

ELTHORNE PRIDE: THE LOCAL FOCUS

Issue Six

ELTHORNE PRIDE N19

Your Big Local www.elthornepride.org.uk



Summer 2019



Welcome

Welcome to our summer newsletter. The last few months have been a busy time for the team with two successful events: Live Well Elthorne and the Taste the World – Big International Lunch. A big thank-you to all the

volunteers, workers and local businesses (especially Martin and Gary from the Royal Oak) for their hard work. Without them we would not have been able to deliver these events. We look forward to 2020.

The team are delighted to announce we have got the green light to deliver even more activities for our residents up to 2026. Our Funders at the Local Trust have given us a great endorsement of our efforts. On that note, I would like to thank all those who have worked hard over the last 18 months. With this in mind, it's vital that you – the members of Elthorne Pride's community take this opportunity to get involved and shape the future of your Big Local. If you would like to join the Partnership

Board or consider how you could volunteer then please drop us a line.

The great thing to remember about Elthorne Pride is that it's a resident led initiative. That means we do things that you ask us to.

Let's make that change and build a brighter Elthorne!

**Sandi Phillips,
CHAIR**



It's Time for Bingo!

There is one thing for certain and that's people like prizes.

Our "Bingo Fridays" have been very popular with residents. Held at Caxton House on the 1st and 3rd Friday of every month from 7pm-9pm these sessions are completely FREE for residents to take part in. Brenda who attended our first "Bingo Friday" said that "it was really good that she could bring her daughter (who happened to win a fabulous paint set) otherwise she would have stayed home" and another said "we need to let seniors know it's free, it's a great idea to get them out of the house." If you just want to get out of the house for a few hours then feel free to come along. By the way – refreshments are free.





Live Well ELTHORNE



The team pulled out all the stops to deliver Elthorne Pride's first event focusing on the health and wellbeing of its community. We were delighted to have input from Mama Gees, Marli's Eats, Butterfly Health and Safety, Manor Gardens Centre, Caxton House, and Natures Pure Love, The Bomb Factory, Prostate UK, Archway Dental Group, Archway Leisure Centre and Living Space Art School.

Yoga, Salsa, Zumba, Singing, Boxercise, Cooking Demos, Face Painting, Meditation, Clay Making, Mentoring from

a Life Coach, Massaging and Holistic Essential Oils....There was something for all groups, whether it was surrounding yourself in the tranquillity of the Mindfulness Zone or with Rose's Terrarium workshop or relaxing with Anthony and Ameena's art session - Decode your Mood with Colour, you could be sure of one thing and that was to leave knowing more than what you started with.

The day was made all the more memorable with a visit from Islington's then Mayor, Cllr Dave Poyser who was there to

not only participate in all the activities (we have no idea where he gets the energy) but also on hand to thank everyone who came by to support the event and to personally thank everyone involved in the organisation.



TASTE OF THE WORLD

International Big Lunch



On Sunday June 2nd the residents of Elthorne Pride came together again to celebrate the local community with Taste the World - Big International Lunch. Again with the combination of great weather and mouth-watering food this local event was another chance for residents from across the estate to eat, socialise and learn about the heritage of those people they live alongside but rarely

have the time to talk to.

Our volunteers ages ranged from 11 to 80 and all can be commended for ensuring we had a great variety. This year the International Big Lunch ran at the same time as Ramadan, it goes without saying, we are extremely thankful to those food providers/volunteers who contributed as many were up all night cooking to ensure there enough tasty food to go around.

With twice as many attendees (over 400) our volunteers and vendors reported over 1,000 food samples were given away. Countries on the food rota included Bangladesh, China, Brazil, Barbados, Eritrea, Ethiopia, Guyana, Ireland,



Jamaica and Trinidad and Tobago to name a few.

Maureen who lives off Holland Walk told us "I haven't been out for ages - I saw old friends and made new ones today - thank you Elthorne Pride." This really summed up the event - a great opportunity to demonstrate local unity. Roll on 2020 for an even bigger celebration.



6 questions

This is where we shine the spotlight on residents who are set to make waves and who have something to say about Elthorne Pride.



In this interview we feature Elthorne Pride resident Tarinee Sawetnaphanon, who ran an Enterprise Workshop for residents back in February.

1 Tell us about yourself. What do you do?

My name is Tarinee Sawetnaphanon. I am a serial entrepreneur, a business and a wealth coach, Amazon best-selling author and an international speaker. I use my experience and knowledge to help other entrepreneurs and parents set up a business framework, lay their business foundation and start up their own business. I have achieved this alongside being a single mum, loving and raising my two young children.

2 What has been your biggest challenge?

I faced my biggest challenge 4 years ago, when my mum passed away and I decided to become a single mum, full time caring for my 2 young children with no family support in the UK, while running businesses and having many families and tenants across the UK relying on me.

3 What has been your biggest triumph?

It took me 3 years to find my own feet, set up systems for businesses, build up a support circle and find my happiness again. This part of my life journey inspired me to create "Single Parents Hub CIC" a global community to support other single parents and children around the world.

4 Who inspires you?

Lady Michelle Mone for her perseverance, Sir Alan Sugar for his Leadership style and Sir Richard Branson for his creativity.

5 Tell us what inspires you and keeps you going when things are difficult?

You are in charge of your own happiness.

6 What makes Elthorne Pride so important?

Elthorne Pride strengthens the community by empowering the residents to influence decisions about services and policies that affect them. This empowerment embraces children and young people enabling them to improve their lives; with access to better opportunities. Their support in helping the older community by overcoming isolation and supporting physical, mental and emotional wellbeing is for me the most important. There are many more benefits that Elthorne Pride brings to our residents and I'm so grateful that Elthorne Pride is part of our community. Thank you!

If you would like to start your own business contact us at info@elthornepride.org.uk



Enterprise in a box

The Enterprise in a box workshops took place at the City of London Academy Highgate Hill on the 11th and the 18th of April 2019. This event was facilitated by Ruth Persaud, Head of Computing and Business Studies at the City of London Academy Highgate Hill in collaboration with Mybnk and Elthorne Pride.

The Workshops featured exclusive ethical products in a box and a step-by-step guide to setting up a social enterprise. In one week we took the young

people on a journey of selling a product, learning the story behind it, and making a profit, whilst also making a difference.

The programme provided links to various Enterprise modules in Business Studies curriculums at GCSE level. The participants gained the practical experience of running their own social enterprise, working as a team, presentation and communication skills, identifying their target audience, advertising, pricing, customer service, cash flow monitoring and planning ahead.



If you are aged 10-16 and want to sign up for our enterprise challenge this summer - email events@elthornepride.org.uk



Dates for your Diary

FREE ACTIVITIES AND
EVENTS FOR ELTHORNE
PRIDE RESIDENTS



Thursday 4th July, 5.30pm to 8pm
St Johns Community Centre,
Holland Walk N19 3XU
Streets Paved with Gold

This one man play will act as the finale for the Stories to Stage writers' workshop programme.

All are welcome to attend. For more details contact Ngoma 07905 708 777



Saturday 27th July, 1pm to 6pm
St Johns Community Centre,
Holland Walk N19 3XU
**Elthorne Summer Pop-up
Cinema and BBQ**

(organised by the young people of Elthorne Pride)

Featuring entertainment by



Sunday 21st July, 12pm to 5pm
Navigator Square N19 (Adjacent to Archway Tube Station)
Archway's Annual Summer Fair

It will be even bigger and better this year. Once again Elthorne Pride

will showcase our local businesses so bring all the family for a great day out.



Sunday 18th August, 2.30pm to 5.30pm
Caxton House Café area
Elthorne Circle of Friends' Club

Are you or do you know an elderly person who lives in the Elthorne Pride area? Local resident, Sharyn Joanas will be running a free social club where you can make new and meet old friends - Each month there will be different activities - kicking off with a summer film screening at Caxton House - Free snacks and refreshments. For more information give Sharyn a call on: 07494 733 020 or contact our office on: 020 8017 2205

Look out for our Kid's Summer Workshop Calendar of Events

Crafts on Sundays



Create your own mosaics
14th July - 4pm to 6pm
Caxton House,
129 Caxton

House, 129 St Johns Way,
N19 3RQ

Spend a relaxing Sunday making beautiful mosaics for your home and garden. Ideal for beginners. Please bring ideas/sketches.

Crafts on Sunday - All materials and refreshments are FREE to Elthorne Pride residents. A small fee is payable to non-residents.



Plant to Perfume (1)
Sunday 4th August, 1pm to 4pm

Delve into the history of fragrance from antiquity to current day, train your nose and learn the vocabulary, structure and classification of fragrance; sample and sniff your way through a stunning palette of premium quality essential oils and absolutes. Learn to blend with confidence to create your very own 25ml bespoke perfume spray.



Make your Own Skincare (2)
Sunday 1st September, 1pm to 4pm

Location for both workshops is Sunnyside Community Gardens Hazillville Road, N19 3LX

Ever wondered how to make natural skin care using natural botanical ingredients including essential oils? Join this session on making facial oils, body scrubs or bath soaks.

Places are limited so RSVP is essential. Please note, Craft on Sunday classes can accommodate young people accompanied by an adult, parent/carer. Please RSVP to the details below.

For more info or to RSVP to events please email events@elthornepride.org.uk or call 020 8017 2205

Contact us if you want to make a change at: info@elthornepride.org.uk

Local Trust | Big Local

