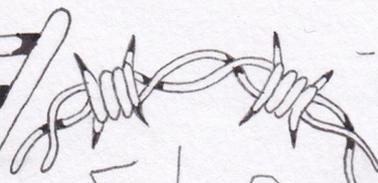
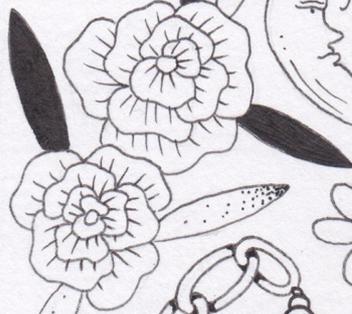
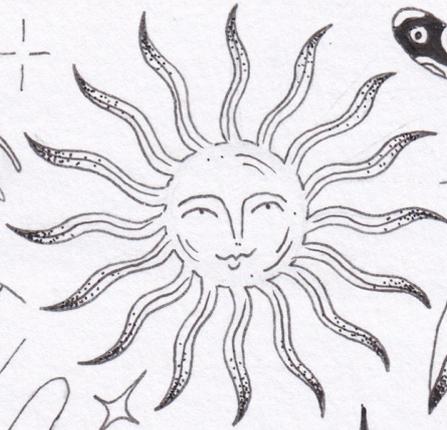


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REFLECT



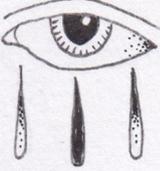
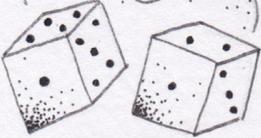
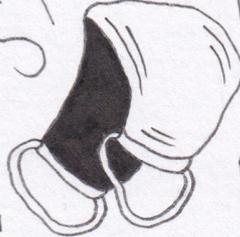
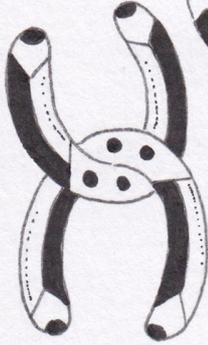
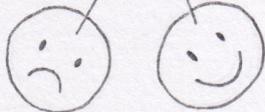
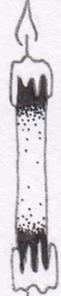
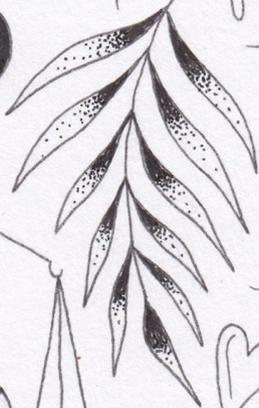
SOCIAL DISTANCE



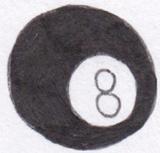
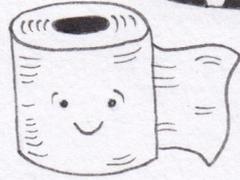
← ISSUE FOUR →



WINTER

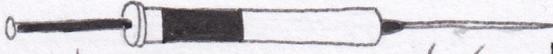


ZOOM

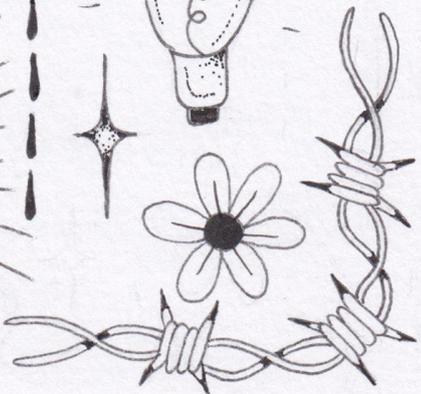


MENTAL

HEALTH



ONE DAY AT A TIME



ISSUE FOUR

HEY THERE! HOW'S IT GOIN'?

Congratulations for making it to 2021!! Oh what a year ay!?
We have also made it to issue 4 of the Social Distance Magazine,
Woop Woop!

I want to thank you all for your amazing support and great feedback.
Without you all, there would be no point in making this. So I want to say
thanks for picking it up from your local cafe or from your doorstep and not
just throwing it away.

In this issue we have more local residents sharing their stories, cool art,
poetry and much more.

Take this year to think about reflection.

Peace and Love
The Wynwood Fam
x

If you would like to get involved in the next issue which is likely to come out in May, please email
info@lowalthamstow.com

Deadline for submissions is **15th April**.

We want stories, art, recipes, workouts, or whatever you want to share.

Have some spare cash and can sponsor us? Drop us and email as every little helps.

This issue was sponsored by:

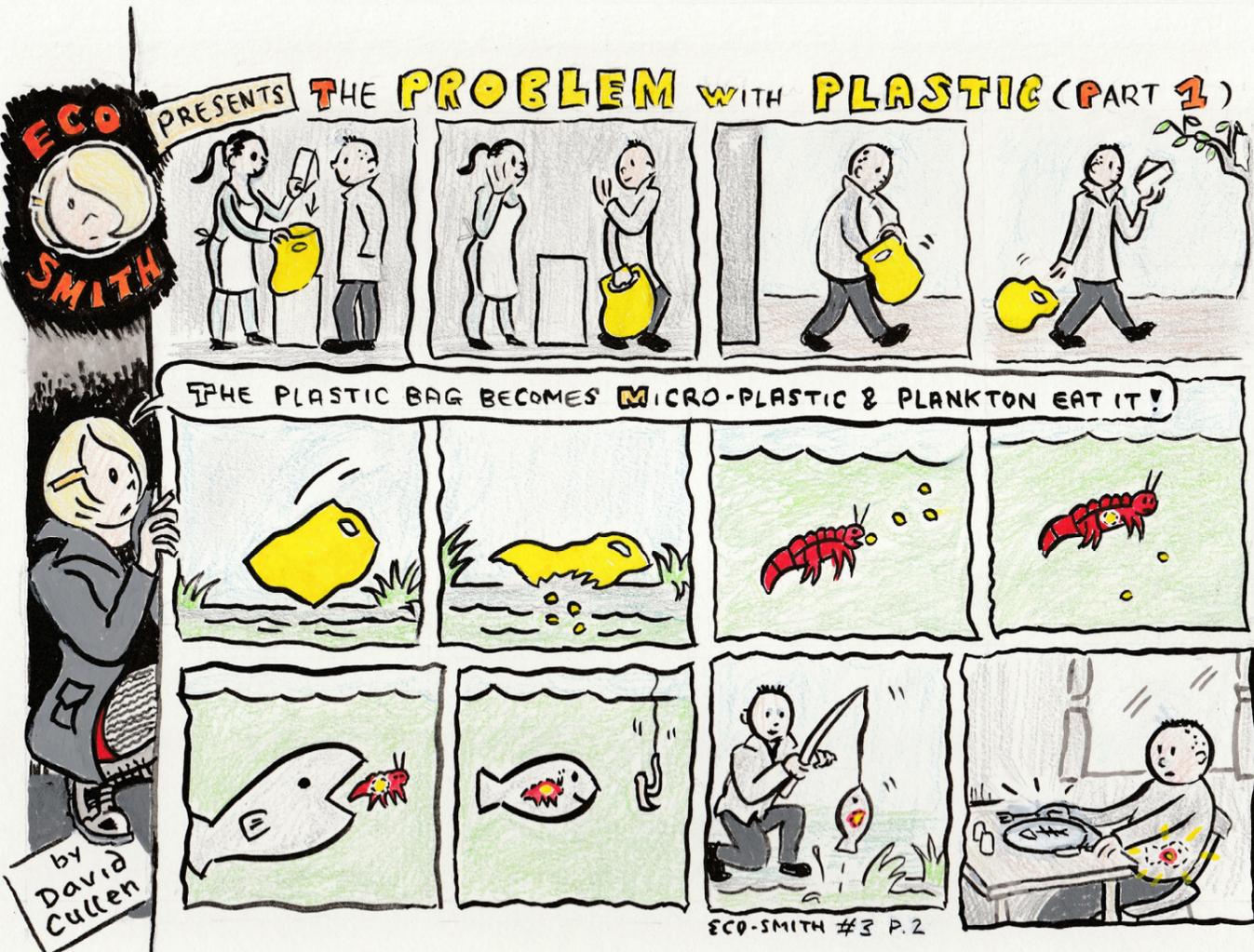
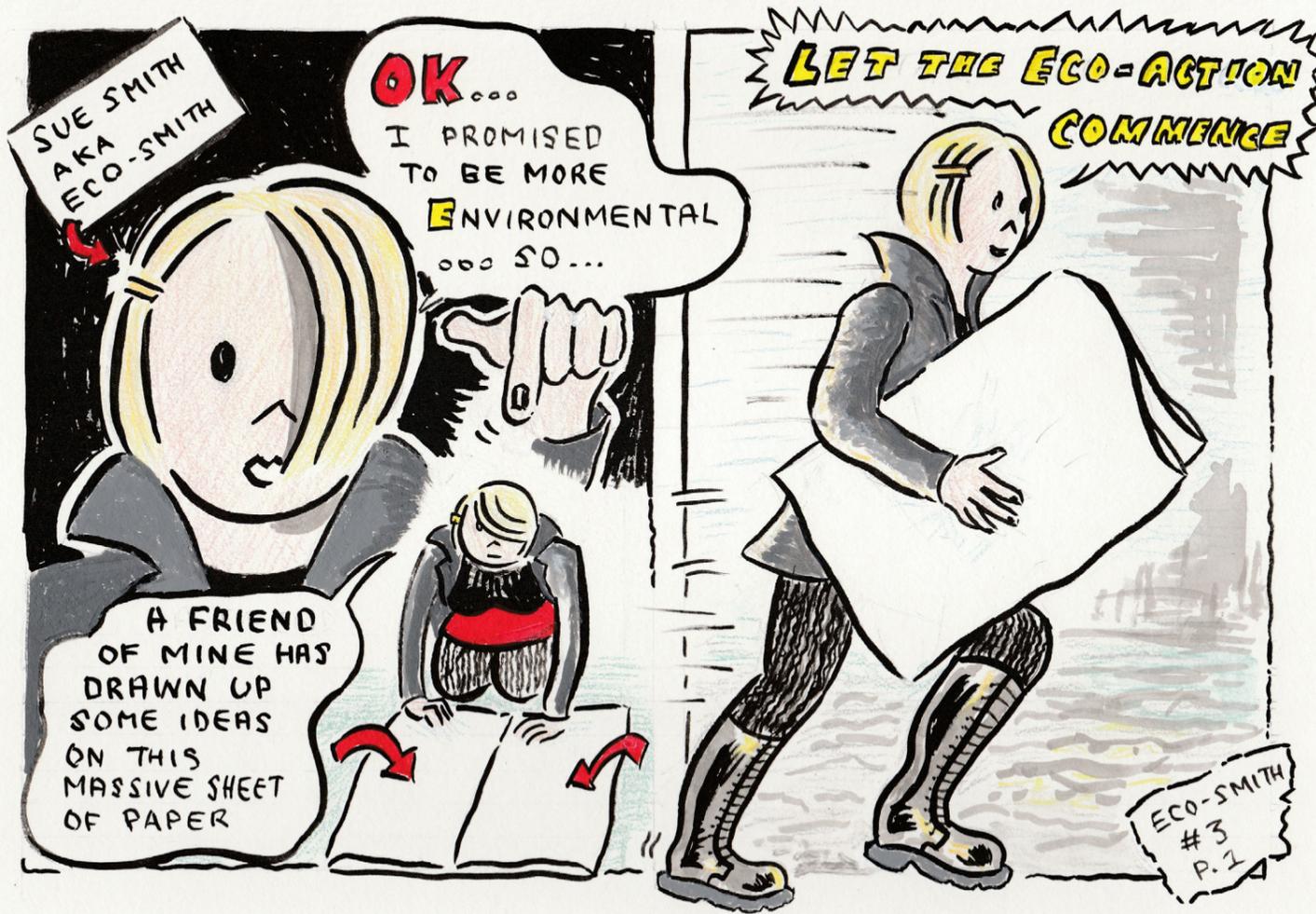
**Urban By Nature
UnLtd**

**'Cyril and Linda'
Wynwood Art District**

Cover art By @slowpuncture - Rachel Arfin
Inside cover art By @imlosttoo



Exploring Ivor Novello Award Winner Renell Shaw



The Ivor Novello Awards

What are the Ivor Novello Awards? The Ivor Novello Awards are presented annually and have been recognised as a pinnacle of achievement since they were first presented in 1956. The Ivor Novello Awards celebrate exceptional artistry in song-writing and composing. Each award represents peer recognition with categories judged by those within the UK music creator community.

The Ivor Composer Awards have nominated 53 works across eleven categories with each category comprising of a broad range of talent that represents both established and emerging composers of all ages. Each of the eleven categories had a separate judging panel of composers and music practitioners who anonymously reviewed all works entered for consideration and the identity of the composer's work was removed from all materials given to the jury.

The list of nominated works highlights the importance and breadth of commissioning new music. 'The Vision They Had', which is an excerpt from Renell Shaw's The Windrush Suite livestreamed via The Vortex and which was written to mark National Windrush Day, won the award for 'Jazz Composition for Small Ensemble'.

'The Vision They Had' in Renell's words.

"The goal was simple, tell my grandparents' story authentically and honestly. I didn't want to create a surface level project about Caribbean people coming to England. I wanted to compose stories about love, loss, triumph, adventure, and success. The information was already there, I'm part of the culture. I just had to speak to my Grandparents then find ways to translate their stories musically".



Who is Renell Shaw?

As a music artist who has exported his skills into the fields of song-writing, composition, arrangement, music production, live performance and acting, Renell Shaw's creative focus has never been hindered by the diversity of his projects. Tying together the threads with an approach of curious introspection rather than methodology, Renell's work is always shaped with an intention of personal interest, using music as a tool to document his thoughts.

One of his longest running affiliations is with Rudimental having spent eight years as a close writer and live multi-instrumentalist, both in the studio and throughout their landmark shows. As a songwriter and performer, he has collaborated, recorded, toured and shared the stage with successful artists such as Orphy Robinson MBE, Jess Glynne, Anne-Marie, Maverick Sabre, Aloe Blacc, Skepta, Nile Rogers, Nitin Sawhney CBE, and Speech Debelle.



Echo In The Bones

Following on from the success of 'The Windrush Suite', 'Echo In The Bones' forms the second suite in a trio of compositions written and arranged by Renell. The pieces take their themes from the routes of Black History: 'The Ages of Enslavement', 'Colonialism', 'Empire', and the 'Felling of Icons'. The lyrical content focus on the psychological impact that these events have had and con-

After HRS: Season 1 - available on YouTube and Instagram. Acoustic performances from new artists, video podcasts with self-employed and business owners about adapting during 2020 and music videos from up and coming musicians.

Music, Mentoring and Masterclasses. Turning spaces into creative places after hours. **Instagram- AfterhrsLondon**





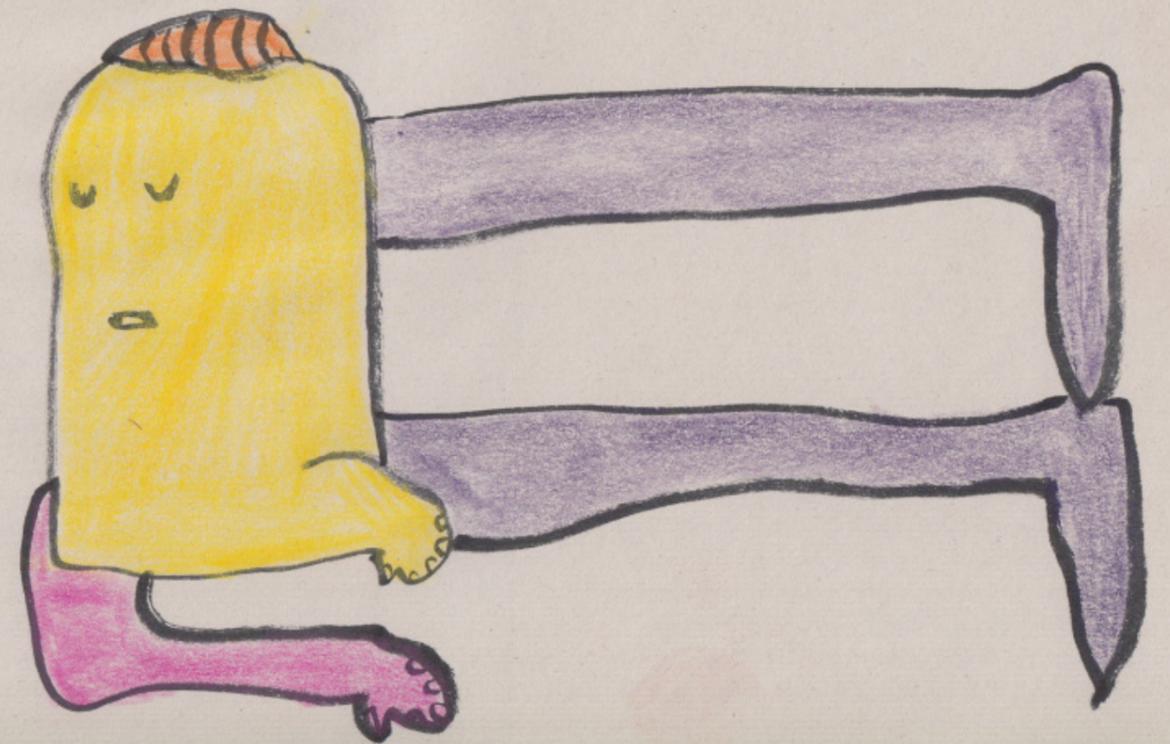
THAT RECURRING DREAM
THAT RECURRING DREAM

PUSHING BACK THAT
FLESHFOUGHT SLEEP

ARRANGING BY DIAMETER,
NOT WEIGHT,
THE COMPOSITE PARTS OF
AN ANGLED BODY

THAT RECURRING DREAM
THAT RECURRING DREAM

WHOSE FEAR I LOVE
WITH BREATH AND TEETH



winter is a think of homes
now and holidays surf as swallowing waves
lost swallows wave
dip wingtips in left cups of bitter tea
the sunrise rings on and off and on

winter is a think of homes
front door whistles water boiling
tap tap tap on poor postbox legs
stirrups riding up halfway awkward jeanleg
butter all over the bathroom window

winter is a think of homes
patchwork cloutie held under eye
glare working through worm carpet
decorations finished with much haste
painful paper lanterns held together with paste

winter is a think of homes
bookshelf full of letters unsent
a shower in a bedroom waiting for water
in deep moments of kindness
the linen washes the towels

winter is a think of homes
bright marks on the floor of the road
set in motion celestial body
broken steps drunk and falling further
the bottle sings under its breath

winter is a think of homes
the wreath hoisted onto the door
screaming to be let down with glue
to find its tree and slip through an unlatched gate
to candle the night into day

winter is a think of home



MY TRAVELLING

Continued

'My Travellings' are stories of Nikolaos; time working on cargo ships in the 1970's. Nikolaos left his country of Cyprus after the war in 1974 as there was very little work. These are his stories, with very little edited, spoken in the way that he tells it.

Hello everyone, I hope to find you all well.

Now back to my travels. I was watching on TV a few weeks ago about the weather in the Caribbean and the Bermuda triangle and it reminded me of when I was passing from there, but this time is about the Caribbean, I had passed from the Bermuda triangle a few times, and it is a bit more north.

As I said in my early stories, we were in the South Pacific in Tahiti island of French Polynesia and we were waiting for the court verdict between the shipping company and the French government about the future of their contract to carry containers from Sydney to some South Pacific islands. Some of the islands included were New Caledonia, Papua New Guinea, Port Vila, Espirito Santos, Samoa-Apia and a few more. Some of them were under the British Empire in the past. Even if we were passing from the international day timeline a few times, you were for the same day twice, or you jump a day depending which way you sail.

We were about a month in the port enjoying ourselves exploring the island, having some good food in the nearby hotels, going tuna fishing and visiting the nearby island of Mo'orea. We watched the culture festival from the ship as we were mooring next to the main square of the city. We watched the sea competition games with canoes, there was a marching parade from the locals and the French Legion who stationed their local market next to the ship. It was the festival time for the island. The city's name is Papeete. Also there is one big tree by the sea from the time Captain Cook. Also I think the statue behind me in the picture (below) is Cook.



There were a lot of small shops in the main seaside road with some traditional bars where we had spent some time. Also near the entrance to the main port was a French legionnaires camp with some ships. As some of them were from Greece. They told us that they were mooring our ship towards their base, and they had instructions if we tried to take the ship and go without permission to come after us. Finally the day came and they gave us permission to leave as they had terminated the contract with the ship company. The next port was Conception in Chile and the cargo shipped logs to Lebanon.

Conception is a nice city with a good market in the old part. Some of the crew decided to disembark and stay for a few days in the city. Some other crew came in from Greece and some locals for the lower crew. The ship chandler (an ex sailor) was from Greece married to a Chilean lady. He took us to some local restaurants and we enjoyed the local food.

After a few days off we go again towards the Panama canal, a river pass from the Pacific to the Atlantic. We passed the canal during night time, a lot of locks to pass through and finally in the Caribbean sea heading towards Beirut and Tripoli in Lebanon. In Beirut, in the same port a few months before, there was the big explosion, destroying part of the city. That time there were troubles in Lebanon after the civil war.

After a few hours, the wireless operator from Egypt took the weather report and there was very bad weather in front of us. It was hurricane Dave; the first time they gave a male name to a hurricane. The captain diverted the ship to avoid the centre of the storm, whilst the operator was sleeping. After a few hours we were in the middle of a storm. What happened after the first report was another one said another hurricane was coming our way, as the operator went to sleep he missed that one.

After that the captain sent a message to the US coast guard to look after us in case we are in trouble, he manoeuvred the ship against the weather and prayed for the best. Usually from the deck of the ship to the top of the sea is about three meters but with the ship going up and down if you are on the deck you can touch the water.

One of the third officers was from Egypt as well and you won't imagine what happens next. He was started shouting to his compatriot that he was not a good muslim, as he went to sleep and missed the other report which led us to trouble. One of the Chileans, an assistant cook went crazy and started running up and down the stairs. When we asked him what happened he replied that he was scared that if he dies his wife will have a boyfriend!

Also we had a problem in the engine room, one of the oil pumps started to have a problem with one of the pins holding the spring down and can shut down any time. The pump on stand by had a problem with a leaking connection, otherwise everything else was fine, as we didn't want any more troubles.

After a few days the weather calmed down. We didn't make a big progress on the mileage, but at least we passed through unharmed to carry on our way to Lebanon.

After a few years after that, I saw the cook again. We were together on a different ship and he told me that one of my compatriots Thanasis was in a tanker ship that went down in bad weather in the Caribbean and he was missing. He saw some of his family in Piraeus and they were searching for information. The one on the left in the photograph with another compatriot Chris. I will write a future story about them.

Rest in peace my friend.



The house is done,
It's all wiped clean,
Yet the memories still
seep through,
I see you, I feel you,
I know you are there,
I crave you, I miss you,
Endlessly,
Deeply.

Andy Lia

THE HOUSE IS DONE

If I hadn't met you,
Where would I be?
Totally lost and incomplete.

If I hadn't met you,
Why would you care?
Not knowing each other,
Not knowing we're there.

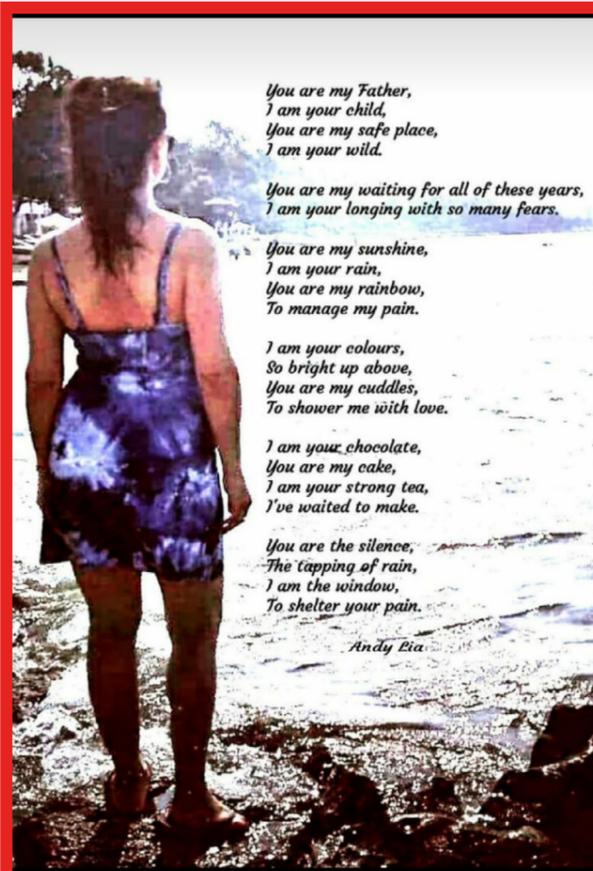
If I hadn't met you,
The truth I would toose,
The hurt and the sorrow,
The love that could fuse.

If I hadn't met you,
Our story would end,
Not know the power
The strength that can mend.

Andy Lia

IF I HADN'T MET YOU

WORDS BY ANDY LIA



You are my Father,
I am your child,
You are my safe place,
I am your wild.

You are my waiting for all of these years,
I am your longing with so many fears.

You are my sunshine,
I am your rain,
You are my rainbow,
To manage my pain.

I am your colours,
So bright up above,
You are my cuddles,
To shower me with love.

I am your chocolate,
You are my cake,
I am your strong tea,
I've waited to make.

You are the silence,
The tapping of rain,
I am the window,
To shelter your pain.

Andy Lia

YOU ARE MY FATHER

He said, she said, they said,
When will this end?
Changing stories,
Mixed up names,
Chinese whispers,
Dangerous games.

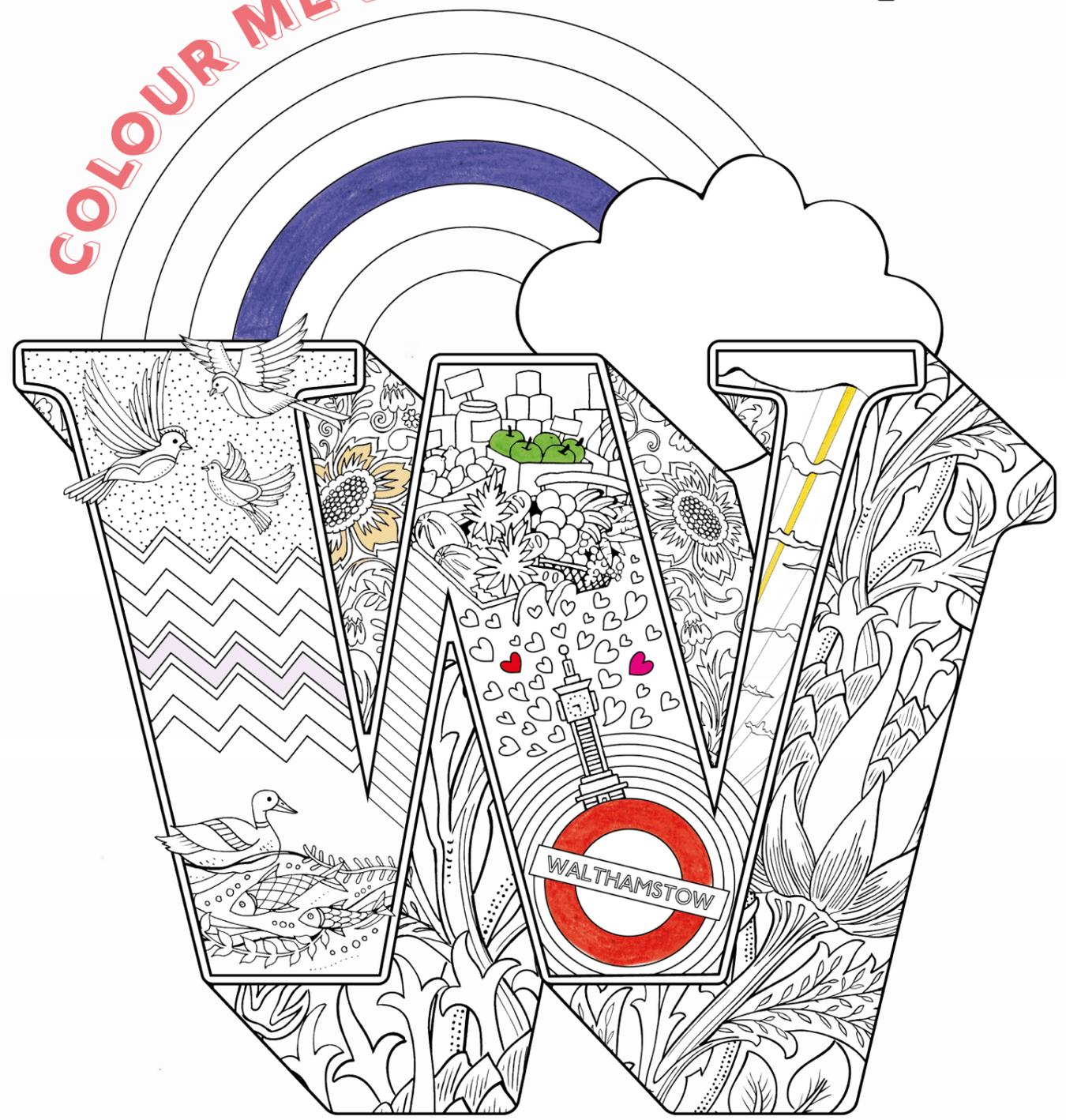
Stick to the truth,
Stick to what's right,
Impossible task, Impossible fight,
Human nature, always been,
Why change now, secret sin.

From day to night,
From black to white,
What's the story? who knows,
Only a handful have it right,
See it, say it, as it is,
Dont change the story just because,
See it, say it, as it is,
Just remember,
What goes around comes around,
And that hurts.

Andy Lia

CHINESE WHISPERS

COLOUR ME IN!



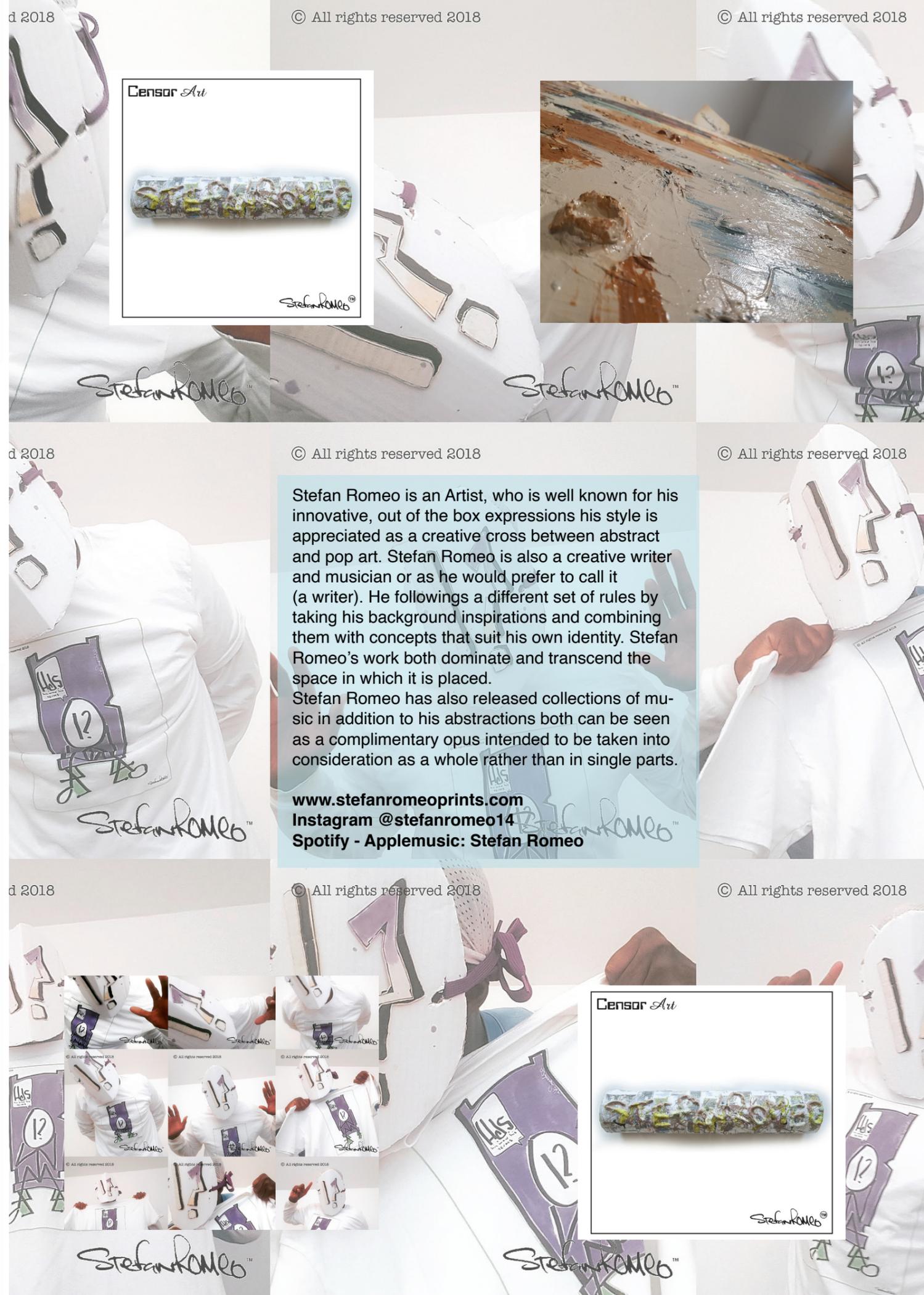
Show me what you've created!
 @stoweframework

E17 surrounds us with letterforms. They tell us about our community and culture: look around you and see limerick murals, inventive shop signs, and our bright neon lights.

Stowe Framework invites you to take part in free activities as part of a new exciting lettering project!

Would you like to draw & decorate your own letter inspired by E17 ... Or embark on a type treasure hunt?

To find out more, visit ...
www.stoweframework.co.uk
 @stoweframework



Stefan Romeo is an Artist, who is well known for his innovative, out of the box expressions his style is appreciated as a creative cross between abstract and pop art. Stefan Romeo is also a creative writer and musician or as he would prefer to call it (a writer). He follows a different set of rules by taking his background inspirations and combining them with concepts that suit his own identity. Stefan Romeo's work both dominates and transcends the space in which it is placed. Stefan Romeo has also released collections of music in addition to his abstractions both can be seen as a complimentary opus intended to be taken into consideration as a whole rather than in single parts.

www.stefanromeoprints.com
 Instagram @stefanromeo14
 Spotify - Applemusic: Stefan Romeo



A self-taught artist who uses his painting as a form of expression and escapism, producing what can be described as a modern medley of styles.



Born in Timișoara, Romania, Andrei A Anton's studied development and public construction and had little exposure to art growing up. His interest art and his figural subjects are informed by his travels and experiences throughout Europe. His work defies strict formal conventions of artistic practice; pushing the boundaries of material aptitude in an expression of abstracted thoughts and feelings. Andrei A Anton's mixed media masterpieces are the product of two years experimentation with different styles and painting materials. While the majority of his work is painted using acrylic and glue, he often tests the compatibility of mediums such as oils, spray paint, pen, and pastels. This experimentation facilitated Andrei A Anton's profound connection to and understanding of his materials, shown in the rawness of his style and sound application of colour. Often surprised by the

choices he makes throughout the creative process, the intrigue for him as an artist lies in the inexactitude of his painting technique. This current development of Andrei A Anton's style with the certainty of future growth and style evolution given the works' highly experimental nature. Themes of nudity and the female face command his attention for the challenge they present in their representation through painting, facilitating his drive as an artist to constantly test his technical abilities. Painting from real life references grounds his subject matter in reality, but the enjoyment of the painting process for him is in the complete release of his inhibitions; letting his mind design the finished composition in an almost meditative flow of ideas. Although Andrei A Anton might describe his artistic journey as a series of chance happenings, his absence of formal training frees him from the accurate expression of forms as they are perceived, allowing him to visually conceive true perception of all things.



INSTAGRAM
andreialexalexandruanton

Community Living with Marina South

I've lived in London for 17 years, the past 6 of those in Walthamstow – so I guess I consider myself a Londoner now. Born in Spain, I grew in rural Pembrokeshire where everyone knew everyone. The moment I visited my sister in Bow when I was 14, I know London was where I needed to be.

The moment I turned 18 I left home to study fashion at Kingston University. Balancing enormous student loans, partying and studying was a lot, but it was a wild and very special ride. My friends became my family and still are to this day. There was a level of acceptance among us, everything I'd been bullied for growing up was celebrated in this new world, it felt liberating. When I think about the whole experience it was all rooted community.

Around 8 years ago I experienced some pivotal moments that changed my relationship with work and life significantly. What started off as some research into animal testing, then the food I was consuming led me down a rabbit hole of findings, one door leading to another. I'd opened Pandora's box and what became clear was the interconnection of once seemingly isolated subjects. This cycle of success, need, want, consumerism, capitalism etc.... all leading us to a world that worked in favour for a very few people.

Deep down I realised what I needed was less of everything. Really, I had always knew this, I didn't grow up with money, but my parents gave us everything they could; creativity, music, art, food.... actual riches. I'd come full circle and felt clear about what I needed to do, leave my job and begin on the journey to downgrade my life. It was daunting at first but now I'm in year 3 of running my businesses, I don't look back.

So often we try to find sustainable solutions to enable the same way of life when, ultimately we need to change the way we live. Campaigns like buy less, buy better, to me always feel disassociated with the masses. It's easy to assume consumers are in the same position we are and able to choose where they place their money. When the reality is the 1 in 5 people in the UK are living in poverty and by 2022 its projected that 5.2 million children will be classed as living in poverty. A huge part of society is literally trying to just survive.

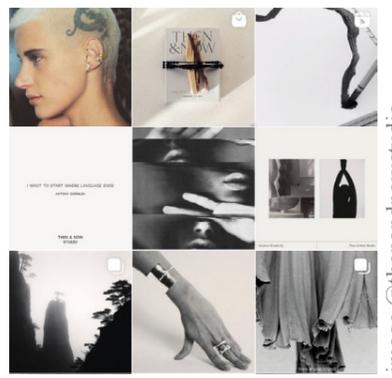
I remember one day walking past Jamaican restaurant, Brown Sugar & Spice on Forest Road, they had a sign up saying free food every last Sunday of the month for the homeless, elderly and less fortunate. For me this was profound. I remember thinking if every business implemented something like this within their structure, communities would soon change for the better, providing care and giving back to those in most need.

We've gradually all experienced the decline in local community living. With the cost of living increasing, we have become so time poor, working every hour possible to pay for a life we can't really afford. But this small restaurant gave me hope. It was at this point the word community became present in my waking thoughts. I wanted to create a space where I could use my creative skills for good. I spoke to a few people about this brewing idea and organically partnered up with a set of like-minded people to co-create We Are Formless.

A community space to inspire, unite and connect through love, compassion and empathy, everything I believe we need to come back to, to cultivate a fairer society. We launched at the start of Covid so had to take our ideas to a digital space, creating pay what you can events that nourish the mind, body and soul through self-care practices, art and sound sessions with each event giving back to our partnered charity or cause.

Moving into 2021 we have big plans to further support local community projects and charities through events, festivals, creative campaigns and product that focus around social and environmental justice. I now truly believe that our individual actions can make a huge difference but the real key for me is to act together, we are not meant to function alone, community is our life line, our support and ultimately our family.

Marina South
@marina.south / @we_are_formless / @thenandnowstudio



Christine Cooper

Hi, My name is Christine Cooper, co founder of Inspiring Salons and a local resident.

I supply hair furniture and design salons, with over 30 years experience in the this trade I ventured out on our own, together with my husband. We work with clients and suppliers all over the country and are lucky enough to have celebrity clients, we also attend the industry's events and therefore were able to collect new product information as a press attendee. Due to the pandemic things have slowed down and we are hoping as a local resident who likes to get involved in their community, we are keen to work more with local salons & so would appreciate being considered as your #keep it local #shop local due to being know in the trade for our work & in the community for me hopefully we can bring the professional side into the personal side. The Social distance magazine has been brilliant. I love to experiment with food & they published my recipe in the last issue with hopefully more to come. Now we are giving you our professional side with some product reviews exhibition

as we were able to work at before the pandemic. And to finish off: In these terrible times my husband has become an NHS Responder and me an age UK Befriender & are helping a few elderly people local to us, its about community spirit & helping where & how anyone can its a joy to give but being very very safe.

I Hope you enjoyed my story. keep safe and lets work together in a safe way to keep our industry & businesses alive. Thank you Christine cooper Inspiring Salons



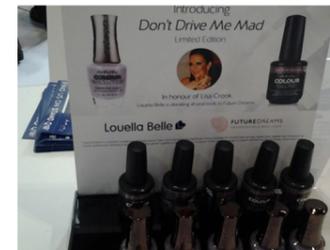
www.inspiringsalons.co.uk

Are you ready for a taste of all latest Hair, Beauty & barber trends from London hair and beauty trade Exhibitions? (prior to Covid-19) With a knowledge in this trade stretching back some 25 years I have selected you the very latest. These UK Professional leading exhibitions, with thousands attending from all over the world, showcase the trade in its best light, including competitions for up and coming creators.

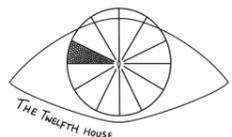
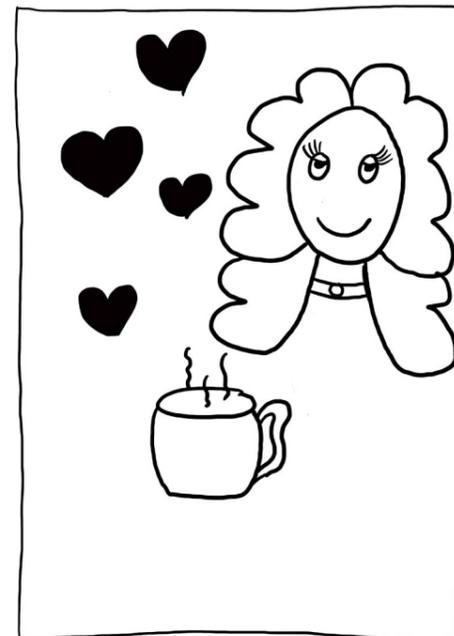
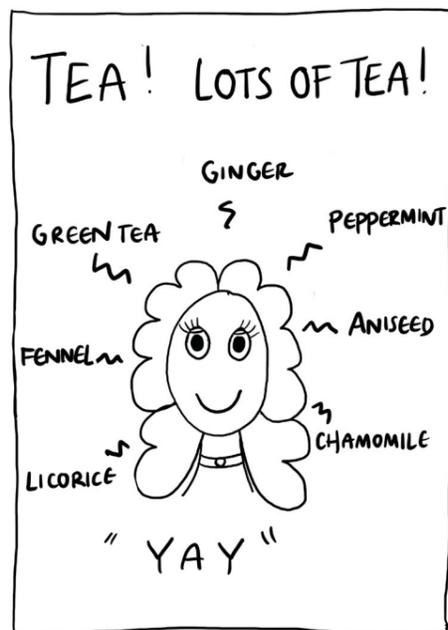
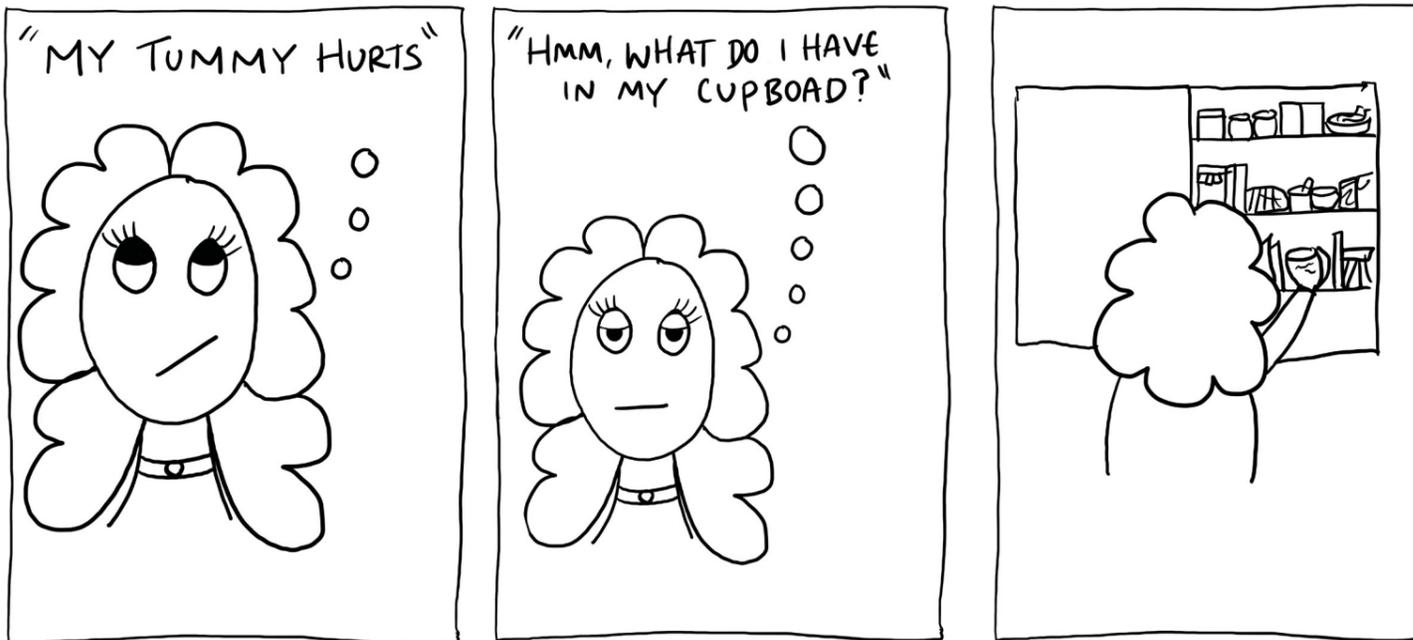
SALON CHAIRS
Well how about a glitzy glam salon (after all we are Essex) Or maybe the up and coming "retro" look for barbers



VARNISH
For all those millions of us that know Essie brand, will know that the lovely Lisa had passed away, and in dedication to her, Raspberry polish, her favourite colour was out on display at in the show in honour RIP



TAN ERASER WIPES
This product is a must for all, Ok had enough of tanning going wrong, blotches here & streaks there, well fear no more "TAN ERASER" wipes away all your mistakes.



www.palosverdestea.com
www.thetwelfthhouseuk.com



NEWS

KEEP ON
DISTANCING
TOGETHER

COMING SOON - FUNDING FOR COMMUNITY PROJECTS

It's a new year and despite Lockdown 3 we want to keep upbeat and proactive. We're in the process of finalising our 2021 funding pots for new and existing projects that can support the community get through the pandemic and on to a better place. You can already get in touch and register your interest with us or chat through your project ideas. We are particularly interested in creative or supportive projects that help families with schoolkids, people experiencing loneliness or that can boost morale in the local community. Some of our 2020 supported projects are pictured here on the right. Contact Milla on 07552 364380 or milla@wmbiglocal.org to register your interest and find out more.

<http://wmbiglocal.org/community-chest-coronavirus-response/>



The Mini-Morris Project



Priory Court lockdown video



Useful & Beautiful



Windows for Ramadan



The Wonders of Clay



Walthamstow Tool Library

Local Food Banks

With post-Christmas struggles harder than ever this year, now is one of the the most important times to be donating to foodbanks. Whether you need to use a food bank or wish to donate to one here's where to get in touch:



Eat or Heat: info@eatorheat.org / 0800 772 0212

Rukhsana Khan Foundation:
rukhsanakhanfoundation@outlook.com / 07980351351

Hornbeam: info@hornbeam.org.uk / 0208 558 6880

PL84U AL SUFFA: pl84u-alsuffa.org/donate
07539 364 110

The Lloyd Park Children's Charity Baby Bank:
Email babybank@tlpcc.org.uk

Speak up in 2021 - Poetivity nights



WM Big Local is hosting spoken word events with Poetic Conscience. When not in lockdown they've been taking place at Priory Court Community Centre, but until we can hold them in person again we've got them online every month. A great chance to connect with people creatively, hear talented artists and if you fancy, test out your own material. We welcome rappers, spoken word artists, singers and poets to take the "stage" and share the open mic. For updates about upcoming nights follow our social on @wmbiglocal and check out <https://www.poetic-conscience.co.uk/>

Hello Wordsearch!

Our Christmas wordsearch was really popular. Congrats to local resident Kate who won the prize. Just for fun this time but you also get to learn how to say hello in 22 different languages!

O	D	I	A	D	U	I	T	Z	V	P	J	U	J	O
N	H	S	N	O	N	R	O	I	G	N	O	B	E	A
A	Y	X	Z	R	U	O	J	N	O	B	O	T	I	C
R	O	A	H	I	N	J	Y	G	G	E	I	G	G	K
Y	S	P	W	O	A	I	O	A	A	U	F	H	O	M
R	H	X	I	F	A	E	T	Z	V	T	A	N	B	A
B	A	Z	F	S	D	N	J	T	Z	B	N	I	B	L
O	L	X	O	E	E	A	S	Y	A	I	X	K	Q	A
D	O	U	N	T	M	V	A	H	C	I	P	R	E	S
O	M	D	U	B	A	L	R	H	P	T	D	T	I	O
E	A	G	O	R	O	A	I	A	L	K	S	M	H	H
G	T	L	D	H	M	W	T	S	W	A	K	A	O	H
Q	C	Z	A	O	A	H	C	S	M	K	L	T	E	B
P	E	A	W	X	A	V	T	A	C	O	G	J	H	D
A	H	N	N	Y	E	O	N	G	H	A	S	E	Y	O

AHN NYEONG HA SE YO (Korean)
ALOHA (Hawaiian)
BOM DIA (Portuguese)
BON GIORNO (Italian)
BONJOUR (French)
CHAO (Vietnamese)
DIA DUIT (Irish)

DOBRY RANO (Czech)
GOEDENDAG (Dutch)
GUTEN TAG (German)
HEJ (Swedish)
HOLA (Spanish)
KONNICHIWA (Japanese)
JAMBO (Swahili)
MARHABAH (Arabic)

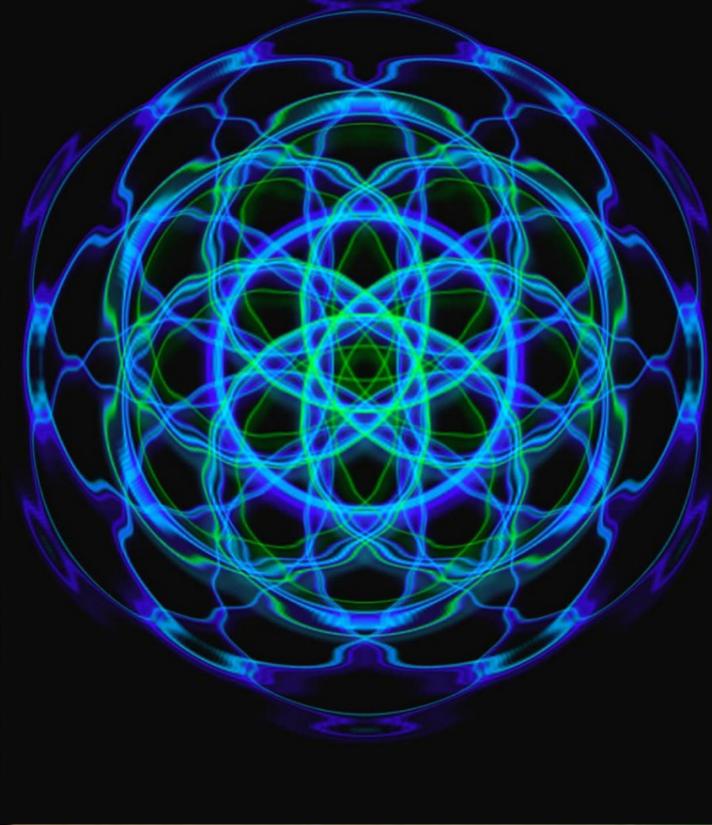
NAMASTE (Hindi)
NI HAO (Chinese)
SALAM (Arabic)
SHALOM (Hebrew)
SZIA (Hungarian)
YIA SOU (Greek)
ZDRAVSTVUIITE (Russian)

Volunteer with us

The William Morris Big Local project is completely resident run and there are many ways you could help us with upcoming projects. We are looking for volunteers to join our Partnership where we make decisions (pictured below), or the theme groups where our projects are developed. If you prefer more hands on volunteering we've got lots of community projects, events and activities coming up later in the year and are always on the look out for helpers.



More information about us can be found at wmbiglocal.org. If you think you'd like to join us please get in touch with Gabriel at gabriel@wmbiglocal.org or have a chat about it on 07947 766 251



Notes from the editor

Some of you may know, I grew up in Walthamstow. I've lived here with my family for pretty much most of my life and have seen Walthamstow change over the last 30 years. Like always, Walthamstow has been very community and that's one reason why we decided to open our business here. I still remember my locals and have seen them come and go. I want to share a story from someone close to my heart. 'Linda' as we know her, had a Newsagents with her husband 'Cyril', as we knew him. We used to visit their shop every day. Linda wanted to share her story.

This is about our journey in Walthamstow. We came to United Kingdom in 1969 from Kenya East Africa. Kenya was a British Colony and our grandparents went to Kenya from India to build railways. When Kenya declared independence, British Citizens had to leave so we came to London. Luckily we found a room to rent and found jobs very quickly. But we always wanted to be in business. So after searching we found a Newsagents Shop in Walthamstow with living accommodations which would be easy for us to work and look after our children. We settled in Walthamstow the best thing we ever did in 1977. We delivered newspapers so it was early starts.

It was a very different area then. We had a bakery a coal merchant shop a hardware shop a butcher shop a launderette and then our shop on Chingford Road. The Dog and Duck Pub was called The Victory then fish and chips shop a mini supermarket and a taxi cab office and greengrocers. People used to shop local then. We knew everyone living locally and used to have big queues at Easter and Xmas. We were a community shop and everyone helped each other and looked after each other. We came to know all our customers their children and their grandchildren too and they still came to see us if they were passing by. After Sainsbury's opened and many other supermarkets followed but we still survived. There were lots of factories along the A406 and most of our customers had jobs there.

We were considering retiring but were not ready but 2020 changed that with Covid. We decided to retire after 43 years. We have thoroughly enjoyed our life in Walthamstow and still want to spend our retirement in this borough. Walthamstow is absolutely beautiful, their arts and culture, local cinema market days, Lloyds Park, swimming pool and gym centre and wetlands make a beautiful feature in our borough. It has changed over the years but has always remained a welcoming and multicultural borough. Our life in Walthamstow has been very fulfilling and we wouldn't have changed a thing.

Indu Shah
'Linda'

Touch
By Philippine Bredon

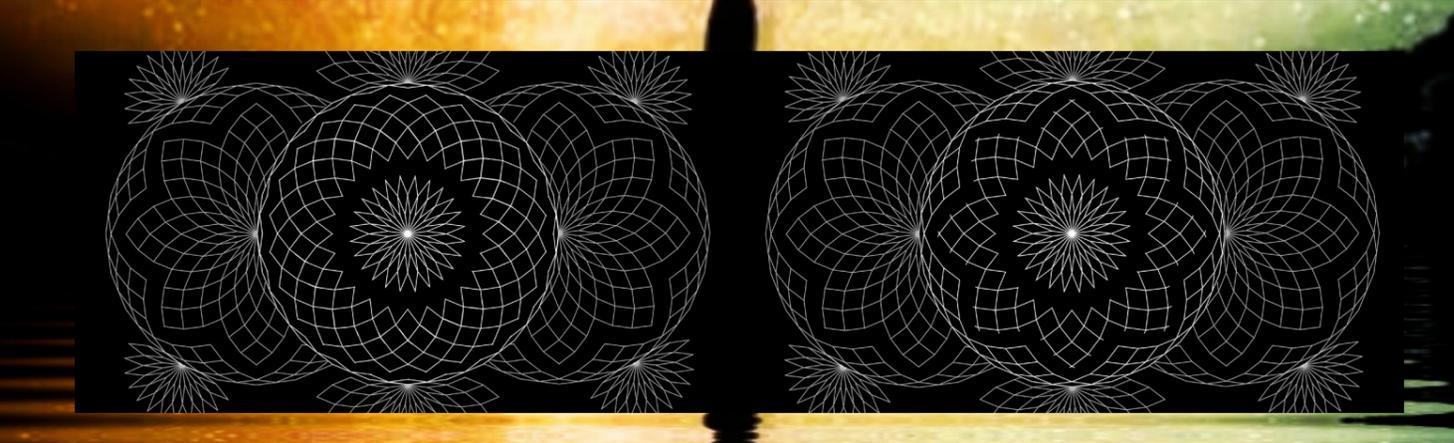
Can, Will it feed the value of life?
The absence empowering and strengthening
with, as much torment as desire

Will it fulfil the purpose, the function of you?
To create a memory, for it is a command.
Indecisive of its effect as junctures subside.

Can the material be all that is?
Undeniable as human, for even one obtains it.
But having, neglects its reality of its source.

The mind, without, can persist?
complexity and intricate yet untouchable,
An endless supply available for that in need.

Can it be without?
The divine from within, the right to be.
President of affection, but without physicality.





We

Must

Keep

Growing