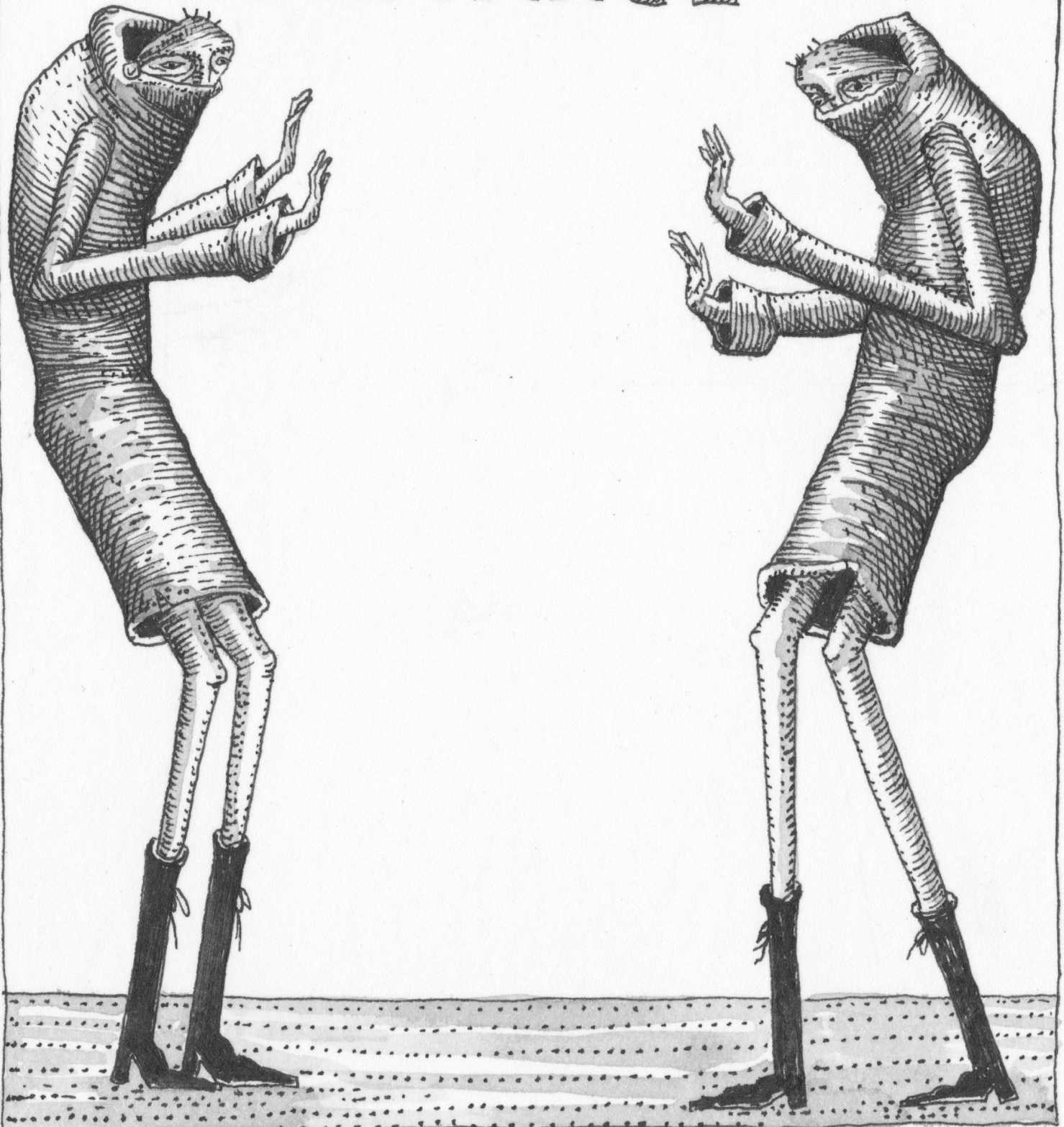


SOCIAL

← DISTANCE →





OH HEY

... what a time we have found ourselves in,
but here we are. We hope everyone has
been staying safe, healthy (& not over
bingeing on snacks), productive, positive
and sane.

This is a time for rest, reflection and reset.

We have created a small community
Quarantine Magazine to give you
something to read, colour, bake or do.

This magazine is sponsored by William
Morris Big Local and Urban by Nature.
Created by Wynwood Art District and
Locus of Walthamstow.

Peace & Happiness

x

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RECIPES.

Chocolate Cookies

Ingredients:

- 135g (5oz) slightly salted butter
 - 80g (3oz) caster sugar
 - 80g (3oz) soft light brown sugar
 - 1 egg
 - ½ teaspoon vanilla essence
 - 160g (7oz) plain flour
 - 30g chocolate powder
 - ¼ teaspoon cinnamon
 - ½ teaspoon bicarbonate of soda
- Makes 10 – 12 cookies



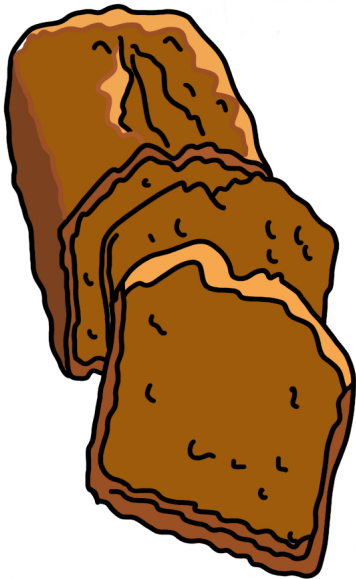
Method:

1. Preheat the oven to 170 (gas mark 3) – line baking sheets with baking paper
2. Cream together butter and both types of sugar, break in the egg, add the vanilla essence, and mix well.
3. Sift together the flour, chocolate powder, cinnamon and bicarbonate of soda.
4. Slowly add to the creamed mixture, mixing thoroughly.
5. Break off pieces of dough, roll them into balls, place on prepared baking sheets. Allow space for them to spread apart during cooking.
6. Place in the oven and bake for 15-20 mins or until golden. Leave on sheets for 10 minutes to cool and set before transferring to wire rack.

If you like your cookies a bit soft and chewy take them out of the oven as they start to turn golden. If you like add chocolate chips, or dried fruit to the mixture before cooking.

CLAIRE RASUL

Courgette & Pistachio Cake *VGN



For more delicious recipes from Walthamstow's very own Leopard Print Baker, subscribe to her blog at theleopardprintbaker.com or follow her Instagram: [@theleopardprintbaker](https://www.instagram.com/theleopardprintbaker)

Ten years ago, my family (and some friends) were still coming to terms with the fact that I'd given up meat. The idea of going vegan? Unimaginable. Giving up dairy and eggs was considered "hippy", "unhealthy" or downright strange.

Luckily things have changed and most people can now see the benefits of a lifestyle that doesn't involve three portions of meat a day. In fact, according to a recent survey, 3.5 million people in the U.K are now vegan. Whilst I don't think I could give up dairy or eggs full time, where possible I too have made attempts to adopt a healthier lifestyle and try to include one vegan meal in my daily routine.

To make the cake you'll need a loaf tin.

Ingredients:

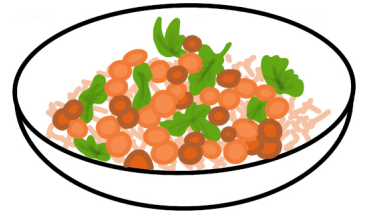
- 1 large courgette
- 75g/2.5 oz pistachio nuts
- 225g/8 oz plain flour
- 1 pinch of sea salt
- 1 pinch of ground cinnamon
- 1 tsp baking powder
- 80g/2 oz golden caster sugar
- Juice of half a lemon
- Vegan butter or margarine for lining the tin

Method:

1. Grate the courgette and carrot
2. Chop the pistachio nuts, mix them with the flour, salt, cinnamon, baking powder and lemon juice in a bowl
3. Add the grated veg followed by 150 ml (5 fl oz) water and stir everything until everything is combined evenly
4. Pre heat oven to 180 C. Grease the tin, pour in the mixture and bake in the lower part of your oven for an hour.
5. Use a knife or a cake tester to check the middle of the cake.
6. Once it's baked all the way through, remove it from the cake tin, leave to cool for a few minutes and enjoy!

THE LEOPARD PRINT BAKER

ChickPea Curry



Ingredients:

- 1 teaspoon each of mustard and cumin seeds
- 1 can of Chick Peas (or you can buy dry and soak overnight for minimum of 12 hours)
- 1 finely sliced Onion
- 1 can of chopped Tomatoes
- 1 chopped Green chili
- 4 chopped Garlic cloves
- 1 inch chopped ginger
- 2-3 Bay leaves
- 1 tsp. Red Chili powder
- 1/2 tsp. Turmeric powder
- 1 tsp. Coriander powder
- 1 tsp. Garam Masala powder
- Olive oil
- Fresh Coriander to garnish

With supermarkets having to restrict access, here is a cheap and healthy meal you can make mainly from stuff you would keep in your larder. The only fresh ingredients you need to source are onions, garlic, chilli and ginger. The latter 3 items can be made in batches and frozen or you can buy them frozen from the supermarket. Coriander is optional and helps lift the curry but is not the end of the world if you cannot get hold of it. Service with basmati rice or pitta breads. For a non-vegan version with a richer sauce you can substitute olive oil with butter which needs to be clarified.

METHOD

- Put the seeds in hot oil until they start to pop then add;
- finely sliced onion and fry until golden brown;
- add the ginger, garlic and green chili;
- make a paste by adding spices and tomato puree and splash of water (don't add garam masala yet);
- when oil separates add tin of tomatoes and warm through;
- add chick peas;
- simmer until heated through then 2-3 minutes before serving add garam masala;
- finally garnish with chopped green coriander leaves and serve hot

ZAH RASUL

Spinach, Cheese & Egg Pancakes



Ingredients:

Pancakes (makes about 8):

- 110 g/ 4 oz plain flour
- 2 large eggs
- 2 tablespoons of butter for greasing the pan
- 7 fl oz/ 200ml milk
- 3 fl oz/75 ml cold water

Topping:

- 56g/2 oz Gruyere cheese (optional)
- 8 eggs
- 1 tablespoon of butter
- 1 garlic glove thinly sliced
- 110 g/4 oz fresh spinach
- Black pepper for sprinkling
- Juice from half a lemon

When it comes to savoury vs. sweet pancakes I choose BOTH. However, as my go to sweet toppings are always Nutella and banana (there is no better combo, don't even try to fight me), I figured it would leave little to the imagination if I shared this recipe.

There are lots of great vegetarian options for savoury pancakes. My personal fave is cheese, egg and spinach. It might sound a little strange, but it works really well together and is a fusion that I fell in love with when living in France.

This is a dish that is perfect for brunch, lunch or a light dinner. I usually make this for four people, so everyone gets two servings each, but of course, you can mix this up (read have all eight portions for yourself).

If you're not sure of the topping, or just want a plain pancake recipe, just follow the first part of the ingredients and method from below.

THE LEOPARD PRINT BAKER

Method:

1. Sift the flour into a large mixing bowl using a sieve, then make a well (a hole shape in the middle).
2. Break the two eggs into the well and start to whisk. I just use a fork for this but you can also use an electric whisk if you have one!
3. Tilt the bowl at a slight angle and stir with a rubber spatula.
4. Add the water and milk together and gently pour in gradually, whilst continuing to stir. Your stirrs should be almost scoop like to avoid lumps and should make a noise against the bowl.
5. Cover the large bowl (a large plate should do the job!). Leave to set for about 15 mins.
6. After 15 mins, take a small amount of butter to grease your frying pan and spread it all around. Tip a small amount of the pancake mixture in. As soon as the batter hits the pan, make sure to stir it around so it hits all of the edges. Do not worry if your first attempt is not successful. As the old saying goes "The first pancake is the worst pancake".

7. Each one should only take about a minute to cook. To test it, make a line around the pancake with a spatula before placing it underneath to flip it. I usually place all the pancakes on one plate to keep them warm until it's time to serve.
8. For the spinach, heat the butter in a pan on medium heat. Stir in the garlic and cook for about 2 mins. Add the spinach a few handfuls at a time and cook for about 5 mins until it's all wilted. Keep on a very low heat whilst you start on the eggs.
9. Using the last bit of butter, crack open the eggs in a frying pan (two at a time). I'm a big fan of runny eggs, so usually take a couple of mins to fry mine.
5. Serve up to your guests! I would recommend sprinkling a little bit of Gruyere and black pepper on top to give it an extra kick.

Brownies

Ingredients

- 120g/4oz good quality dark chocolate
- 115g/3oz softened butter
- 2 large eggs
- 150g/5 oz caster sugar
- 1 tsp vanilla essence
- 50g plain flour
- 30g self raising flour
- 1 tsp cocoa powder
- 100 g of milky bar chocolate or alternative
- 50g walnuts (optional)



Method

1. Preheat oven to 180C
2. Grease a square cake tin and line with greaseproof paper.
3. Put the dark chocolate in a heatproof bowl and place on top of saucepan with hot water.
4. When it has melted or started to melt, add the butter and stir until it is a smooth mixture. Leave to cool for a few minutes.
5. In a separate bowl, add the sugar and beat the eggs in. Then add the vanilla extract and the melted chocolate and stir together. (Be careful with the melted chocolate – use oven gloves!) This should leave you with a lovely thick dark mixture.
6. Sift in the plain and self-raising flour and cocoa powder and beat until smooth.
7. Break the white chocolate (and walnut pieces if you're including them) into small pieces, add to the bowl and stir.
8. Pour into cake tin and put in oven. Leave for about 20 mins to cook. Don't leave in the oven for too long – the outside needs to be firm, but the inside can be gooey and lovely.
9. Bring out to cool for about half an hour, then slice into pieces and watch all the happy faces as you share them out. Or you could always keep all the brownies for yourself!

THE LEOPARD PRINT BAKER

VEG HUT

We want to give a big shout out to Veg Hut for keeping us Sane throughout this crazy time. They have literally everything, from home Sushi kits to KoKo cream cheese.

If you don't want to wait in line at Supermarkets then this is the place to go!

Open every day until around 6 or 7pm.

Big love to the local businesses.
Instagram: @e17veghut



Antigone's Wave

RANDOM MUSIC
RECOMMENDATION

WARA ALEX OUTER

MASEGO 2Fox

TIEMPO SERRA SPACE

WHITE MAN INNER DRUM

FENG NOCHE KARUN
SUAVE OSCURA GLOW UP

BIGARANX MONDAY
FT. LEJ. AKHENATON
+ BLONDETTO

RE+SILLY WALKS
CANT BRIDGE MY DEFENCE

SNOH AALEGRA
I WANT YOU AROUND

LILA WHERE I'M
IKE COMING FROM

SON LITTLE
ALICE

BARRINGTON LEVY
BE STRONG
THE NEXTMEN
+ EVA LAZARUS
MISTY EYES

THE RILAN + BOMBARDIERS
WALKING ON FIRE

QUEEN LIONESS ON
IFRICA THE ROAD

For my playlists visit Spotify
Search - Antigone Taliadoros

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T	I	L	A	Y	R	W	G	E	N	I	N	L	G
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PUZZLE PAGE

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		9	4	2	7	3	1	5	
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SUDOKU

Each row, column and box, can contain only the numbers 1-9 once.

I would suggest using a pencil to fill in the boxes.

1. Easy
2. Medium
3. Hard

Enjoy!

Submitted by Antigone Taliadoros

COUNTRIES WORD SEARCH

There are 10 hidden words in the word search. The words may be found across, down, diagonally and backwards and can overlap each other. The hidden words are listed below. Circle the words in the Word Search as you find them and tick off each word.

BANGLADESH	FIJI
MONGOLIA	UZBEKISTAN
BHUTAN	GUATEMALA
SWITZELAND	CYPRUS
LIECHTENSTEIN	THAILAND

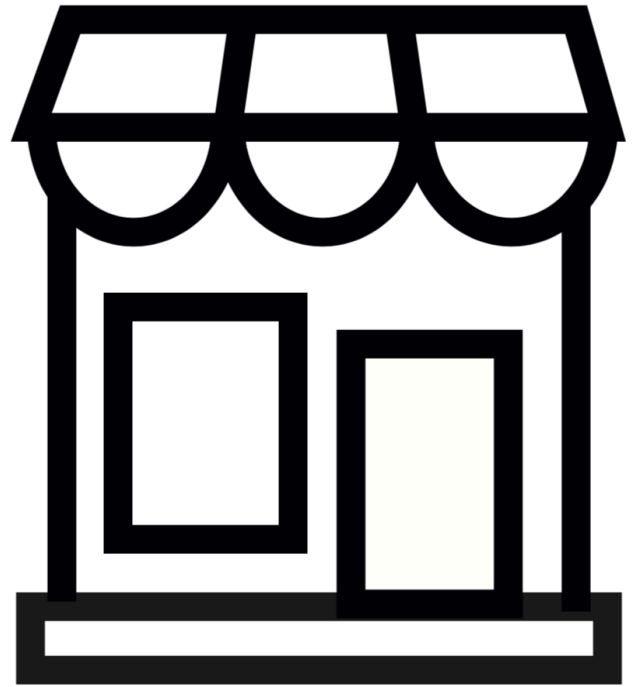
Submitted by Zach Feculak

COLOUR ME



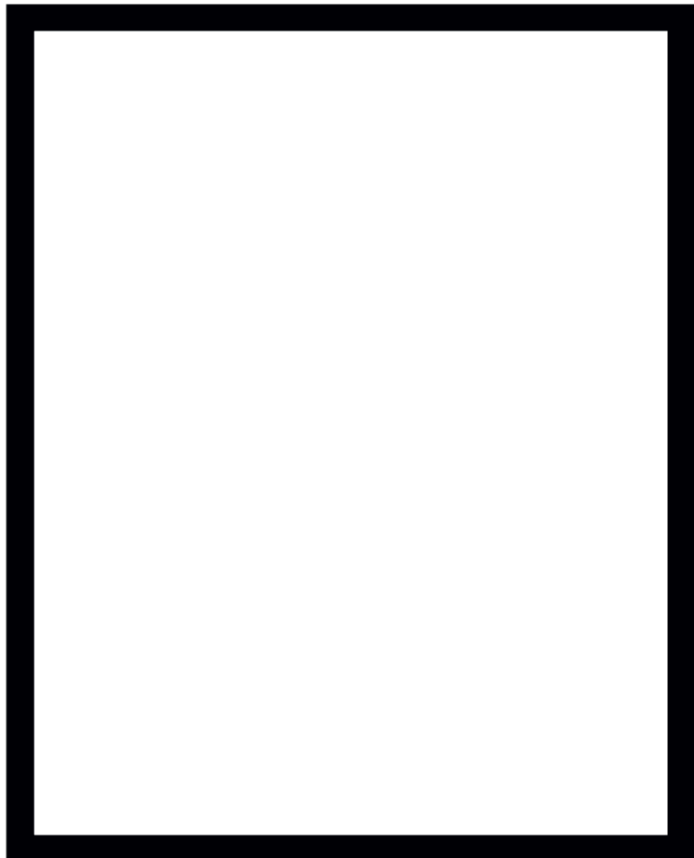
The Little **crafty** Shop
Colour me in sheets.

Your Little Shop



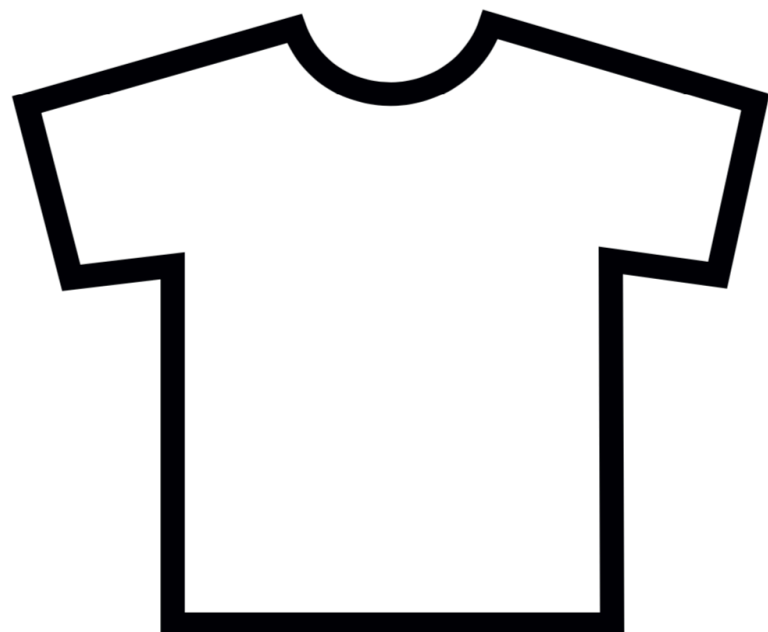
Shop Name

What Do You Sell?



Draw Your Top 5 Products.

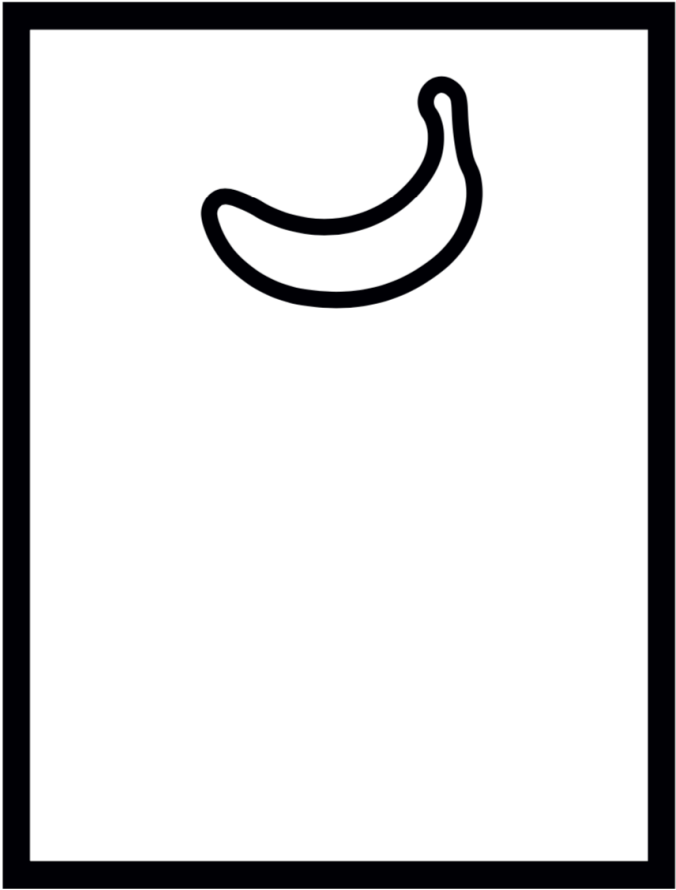
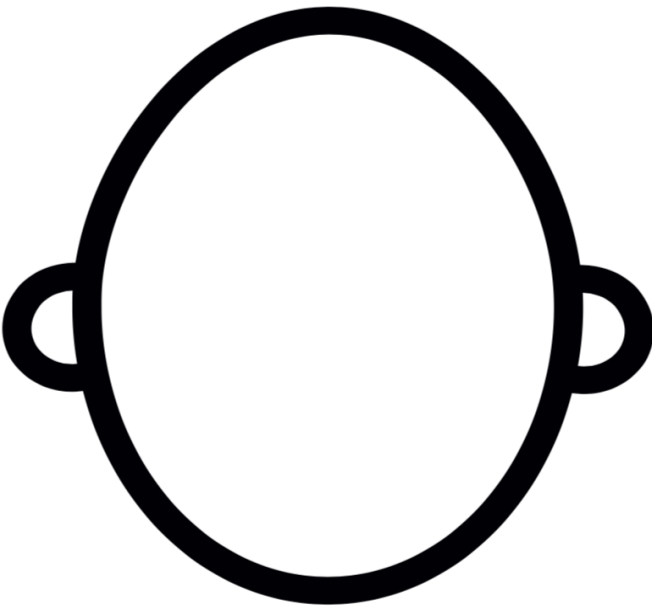
Staff Uniform



Design Your T Shirt.

Shop Owners Self Portrait.

It's Lunchtime.



My Name is

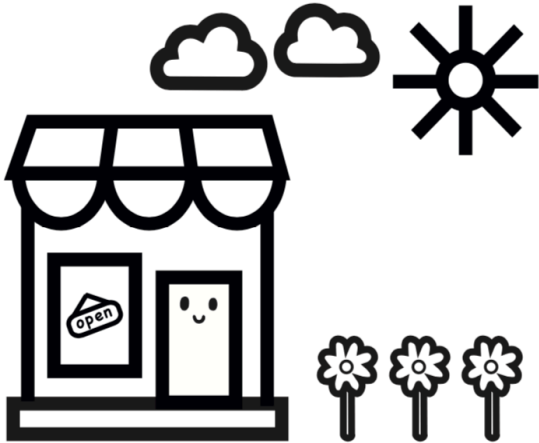
Draw 3 Yellow foods.
Spot The 5 Differences.



Example.



Draw Your Customer's Hair.



COMMUNITY

What we've been up to by Amanda and Ruby

- Colouring-, essential for focus and calming
- Cooking anything and all the stages of that
- Making dough for modelling
- Cleaning
- Water play/washing up play
- Reading out loud in costume, with props, in to a Mike, making a library area
- Finger painting
- Foot painting - skating on large rolls of paper - beware slippery!
- Building from junk - old food boxes, packaging, anything found
- Collage on everything
- Large chalks outside on patios, old bits wood etc
- Hiding things in the house and finding them – pirates and maps
- Yoga and meditation – Waybaloo good for small kids – lots streaming – I can recommend Emily yoga teacher at East of Eden – Instagram: generationmindbodysoul
- Home obstacle courses, chairs, tables and stair running (if have any!)
- Tents inside or out with old sheets
- Self-care stuff -Henna – cheap and goes a long way, nail painting, wig making with wool, face painting
- Rag doll making from old fabric and stuffed with a duvet
- Bee & Lace wing hotels
- Flower collecting and pressing
- Making potions, weaving weeds, wrapping any trees or bushes you might have in your garden
- Making window boxes or raised beds old bits of wood and seed planting
- Painting, drawing, music, dancing, making musical instruments



A Memory

I remember when I used to go into Wynwood and I would always have one of their fabulous chocolate milks, and maybe share a cake with my dad. I would also sometimes stamp their takeaway bags. I love that shop! Their cakes are great! They are great!!

Phoebe, age 10.

Autumn

Autumn leaves fall on the floor.
A cold, bitter breeze swirls and rain starts to pour.
Stamping around in the orange and yellow leaves,
Loveliness is in the air
And the trees start looking bare.
The moon starts to shine so bright.
Nothing could be a better sight.
Oh, Autumn, Oh Autumn,
You shimmer like a gleaming light.

Hetty, age 7 ½



© Jim Gravy

The Girl Who Sewed The Sampler.

About ten years ago I found stuffed at the back of a drawer in an emptied old Walthamstow house two Victorian embroidery samplers. The girl of twelve who'd stitched the alphabet and numbers had sewn on her name, age and date. I began my internet desk research but hardly progressed. I enlisted a genealogist, Mary Barnham. We left it on the back burner as the internet filled up with heritage sites and more.

Forward to now as the Corona Virus takes over the News. I used my self-isolation time searching as to how and why the samplers were in an old kitchen drawer.

The girl who sewed the cloth was Alice Petch, daughter of Robert Petch who had been the police constable serving at Walthamstow Police Station in 1888 or so.

She was born in 1876 in Newington, Southwark, - South London and died in Kent one hundred years later. I found records of her husband and children. Further down the line I found a woman who could have been the granddaughter called Susan. I messaged her on Facebook. I waited. I found what could have been Susan's son. I messaged him. Susan was his recently deceased mother. He had no other information for me despite he carried Alice Petch's married name. One has to be sensitive when even asking about names.

The research is far from over. I would like to give these precious samplers to Alice Edith Petch's family.

In all of that what a pile of reading I've done from the history of Vestry House Museum to St

Mary's Church in Newington, to the architecture of Walthamstow terraced housing to war-time Walthamstow memories.

I have researched as an avid amateur other histories of Walthamstow families. Alice Petch left a tangible artefact and had a long life. I salute her.
Gillian Lawrence E10.

r:stng

Recommended for kids:

r:stng

Taking music by composer Kate Whitley as a starting point, this FREE app from NMC Recordings features a specially devised remix by Olugbenga Adelekan of Mercury Prize nominees Metronomy. The software provides an opportunity to create your own remix and is designed to meet KS3 & KS4 curriculum. It works on your desktop, smartphone and tablet and we've also put together lesson plans and an instructional video! Have a play here: nmcrec.co.uk/rstng



The Window

By Martin Juhasz

Glass.

Hard and firm.

A line that stops the air,
And breaks the waves of sound
Of no more children playing outside.

A fence, a block, a barrier of sorts.

And yet it lets in light:

A ray of sun, a moonlit glow.

A cycle of change that will change

again.

And again.

And yet again.

The air, the colours, the sounds, the
smells

Will breathe once more.

The touch of Life, fed by hope . . .

Sweeter, smiling, kinder than before.

The Unbroken Rest

The bear would sleep for six months. He had crawled into his den, dragging his belly along the ground, round as a boulder and soft from many weeks of eating.

As a cub he had learned from his mother to make his den, to eat three times his usual fare, to waddle fat and sleepy into the darkness. Then, he had curled up next to her warmth, his snout resting in the crook of her leg.

He slept alone now, for he was a much older bear, but he knew, by instinct, that there was communion in his snores. Across wide tracts of the land over which he roamed there were other bears, in other dens, taking to the long unbroken rest. He knew that he would emerge many months from now, and call out into the flower scented air, and he might hear upon the wind not just the echoes of his growls but the noise of others, and they would tell him that yes, Spring is here.

The bear had never seen winter. He had tasted a first, wet snow on his nose, but not galloped through deep drifts, or shivered in cruel winds. He knew the winter only as long, fractured dreams of

spring. Because during his slumber, the bear did dream. Deep inside his den, dug into the wet, dark mud beneath a hollow tree, as his belly rose and fell, he dreamed of the outside.

He dreamed of the trickle of a stream, carrying water clear as tears, its laugh echoing along the wooded banks. He dreamed of salmon darting through the shallows, quick like lighting, swift beneath his swiping paws. He dreamed of bees buzzing tunelessly between bright pink and purple flowers, and of following them to the tree where they concentrated their industry. He dreamed of the sticky, sweet honey running down his fur and dreamed of licking it with his fat, rough tongue. He dreamed of rubbing his back against knobbed trunks. He dreamed of rolling on soft grass, beneath blue skies. He dreamed of mountain tops, and the smell of pine sap.

And as he dreamed these things, it was as if the world heard his dreams, for the ice began to melt and the stream began to trickle. And the salmon, themselves dozing in frigid depths, began to wiggle their tails. The bees, softly huddling about their queen began to test the air, taste it with their black

socked feet. The trees shed chunks of snow, which fell with soft thuds to the woodland floor. The grass poked green through its thinning, winter blanket, while white peaks receded, slowly, as the mountains remembered again their colours.

And when the bear did, finally, wake - his heavy eyes lifting once, twice, thrice; his belly sagging empty and filled now only with hunger - he pulled himself up and plodded, unsteady to the entrance of his den. And he looked out onto a world that he had almost forgotten, which had, perhaps, almost forgotten him, and he saw that it was more beautiful than even his dreams.

Written By Angela

Science at home:

The many forms of molecules, from chocolate to medicines

In this series we'll describe science experiments that you can easily do at home, explain the science behind them and why that science matters in the real world. Warning: this first experiment may require eating dangerous amounts of chocolate!

The Experiment

- Get a 100 g bar of reasonable quality plain chocolate (we used Bourneville). Take half of this and set safely aside (you can maybe have one square now)
- Break the other half into pieces and gently melt. This can be done over steam (in a Bain-Marie) or in the microwave. If in the microwave, be careful not to burn the chocolate as this will make your experiment null and void
- Once fully melted, spoon into portions, trying to recreate the bar on a plate or some foil and get this into the fridge to set as soon as you can. Leave it in the fridge for about an hour, until fully set (whilst waiting you can clean the melted chocolate still in your bowl)

Now to gather your data! What differences can you detect between the chocolate you have just made and the professionally made bar you set aside at the start?

Sight: Does one bar look more smooth, shiny or rough?

Sound: Try breaking a piece of each of the bars. Do they make a different sound?

Touch: Do you notice any differences when you pick up the different bars? Look at your fingers after you have handled it for evidence!

Taste: Do they both melt in your mouth? Does one melt faster?

If you are unsure about any of your results, repeat the gathering of your data.

The Science

Everything around us is made up of molecules. These molecules are so tiny that you need a powerful microscope to see them and you would find about a million, billion, billion of them in a glass of water. When something goes from liquid (or melted) to solid, these molecules go from swimming around together in the liquid to packing together in an ordered way in the solid. Sometimes, these molecules can pack in different orders. A good way of thinking about this is looking at bricks in walls. You can take the same set of bricks and pack them together in lots of different ways. Each of these ordered ways of packing molecules (or bricks), we consider different forms. In the case of chocolate, the molecules in chocolate can pack in 6 different ways. Meaning there are 6 different forms of chocolate. Now only one of those forms is nice and shiny, provides a satisfying snap when you break it, doesn't make your hands too mucky but still melts in your mouth whilst you eat it. This is the form that chocolate companies carefully make sure their chocolate takes. When you gently melted this chocolate and quickly re-set it, all you changed was the way that the molecules packed. This meant you changed the chocolate from one of those 6 forms to another and should have changed the physical properties that you could see, hear, feel and taste.

What this has to do with medicine

You might be wondering what this has to do with medicines. Beyond the fact that both chocolate and medicine making you feel better that is! The other similarity is that the active molecules that make up medicines often also show many different solid forms (we call this polymorphism). These different forms each show the same biochemistry but like the chocolate have different physical forms. Changing the physical properties changes the way our body absorbs the active molecule and can have a huge impact on

the medicine's efficacy. As an example, the most common way to take medicine is as an oral tablet. Controlling the solid form can allow you to control the release of the active molecule as the tablet passes through the stomach, large intestine and small intestine. One form might fall apart in the stomach and get destroyed by the acids there whilst another might release steadily as the tablet passes through your digestive tract providing you with the required dose over a longer period of time that allows you to take the medicine just once a day.

Because of the important role a solid form can play in the performance of a medicine, these physical properties have to be well understood and described in the filings required before a medicine can come onto the market. Getting this right is big business and can make a huge difference to the people who need these treatments.

Submission by Tom Sturgeon

How to feel great when you work from home
 If you're working from home at a laptop you might be getting achy shoulders and a stiff neck & upper back.
 Local Osteopath Sarah Oliver is here to explain a few easy stretches which will help you feel relaxed again.

1. Chair Rotations



Sit facing forwards with your feet on the floor. Slowly twist to one side, taking care not to lean backwards or side-ways. Hold on to the back of your chair if you can reach. You should feel a pleasant stretch in your back. Hold this position for 10 seconds, then face forwards again. Repeat 3 times on each side.

2. Neck Stretch



Sit or stand upright. Drop your chin into your chest. Lean your head to the left. You should feel a nice stretch over your right shoulder. Use your left hand to apply gentle pressure on your head. This will make the stretch feel a bit stronger. Hold for 10 seconds. Repeat 3 times on each side.

3. Shoulder blade pinches



Sit or stand upright. Hold your arms out to the side. Slowly pull your shoulder blades backwards and together, as if you are trying to pinch them together. Hold for 5 seconds. Repeat 3 times.

4. Shoulder Rolls



This is a very easy exercise! Shrug your shoulders up and forwards 5 times, then up and backwards 5 times.

3. Upper back extension



Sit upright. Place your hands on the back of your head. Pull your elbows backwards. Then slightly lean your shoulders backwards. You should feel a pleasant stretch in your upper/mid back and across your chest. Hold for 10 seconds.

Repeat the whole exercise 3 times.

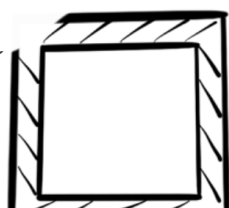
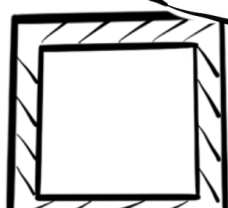
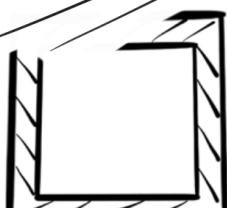
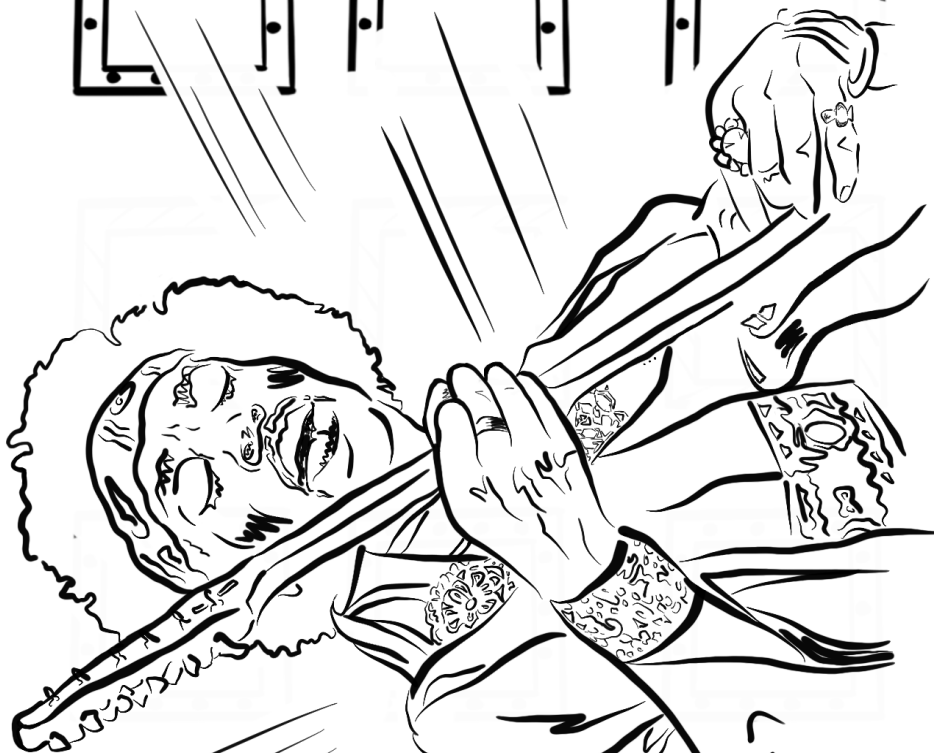
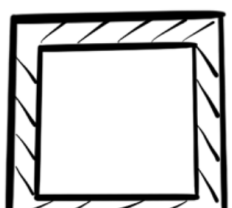
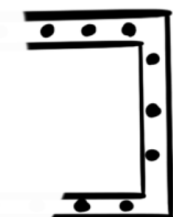
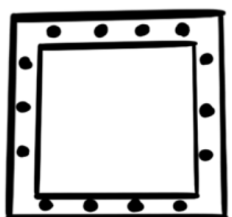
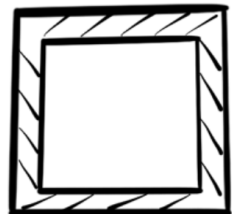
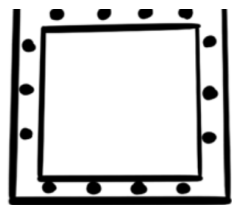
You can perform these exercises as often as you like. Stop stretching if you feel pain, dizziness or nausea. These stretches are helpful for releasing tension in your neck and upper back. You'll feel even better if you take frequent breaks from your computer and if you do 30-60 minutes of physical activity every day. Walking, cycling, running & dancing are all great options!

Sarah is based at Ashlins Natural Health on Hoe Street, E17. For more advice on healthy living visit www.ashlins.co.uk.

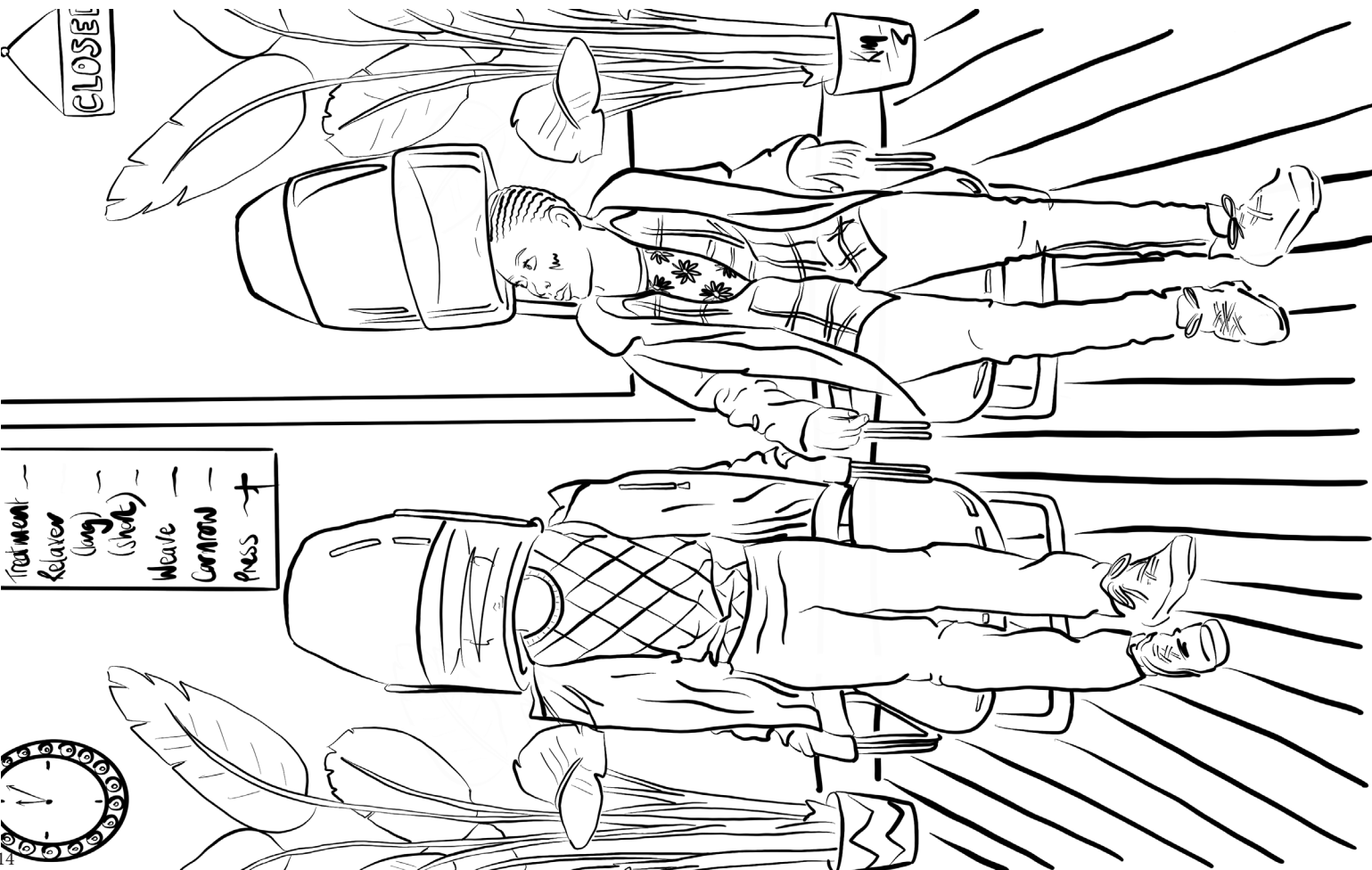
STRENGTH

COLOUR ME

By Kim Myers



CLOSET

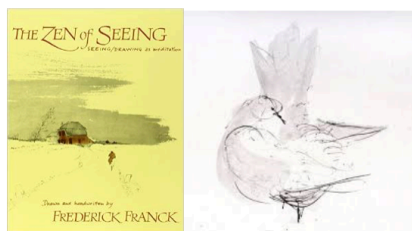


Treatment
Relaxer
(long)
(short)
Weave
Cornrow
Press +



ZEN SEEING / ZEN DRAWING MEDITATION

The Meaning of Life is to see -- seventh century Zen sage Hui Neng.



'The Zen of Seeing: seeing/drawing as meditation' and 'Dove' by Frederick Franck

"Becoming one with the lilies in seeing/drawing, I become not less, but more myself." - Frederick Franck

Frederick Franck was a painter, sculptor, and author of more than 30 books on Buddhism and was known for his interest in spirituality. His drawings and paintings are part of the permanent collections of numerous museums in America and abroad.

Here's how he introduces his zen drawing technique to participants at a workshop:

"Let your eyes fall on whatever happens to be in front of you. It may be a plant or bush or a tree, or perhaps it is just some grass. Close your eyes for the next five minutes . . .

Now open your eyes and focus on whatever you observed before — that plant or leaf or dandelion. Look it in the eye, until you feel it looking back at you. Feel that you are alone with it on Earth! That it is the most important thing in the universe, that it contains all the riddles of life and death. It does! You are no longer looking, you are seeing."

He counsels us not to think about the drawing but to simply allow the hand to follow what the eye sees; this approach to art, named "seeing/drawing" by Franck, is a form of meditation, "a way of getting into intimate touch with the vision world around us, and through it . . . with ourselves." Unwavering attention is all important:

"All the hand has to be is the unquestioning seismograph that notes down something, the meaning of which it knows not. The less the conscious personality of the artist interferes, the more truthful and personal the tracing becomes."

Through this approach we can explore non-duality - the idea that there is nothing that separate us from other people, animals, places, and things, that it is all one.

In the following passage, the artist makes the connection of drawing to Zen meditation:

"The Zen of Seeing is a way from half-sleep to full awakening. Suddenly there is the miracle of being really alive with all the senses functioning:

"How wondrously strange and miraculous:
I draw water, I carry fuel.'
-- Hokoji, eighth century

"How wondrously strange and miraculous: I see! I see a lettuce! I see you!"

"The ninth century Zen master Siubi was asked: 'What is the secret of Zen?'

'Come back when there is nobody around and I shall tell you.'

"The inquirer returned. Siubi took him to a bamboo grove, pointed at the bamboos and said:

'See how long these are. See how short these are!'

"Suddenly the questioner SAW, 'had a flash of awakening.'

"What did he see? He had a revelation of sheer existence.

"Where there is revelation, explanation becomes superfluous.

In 'The Zen of Seeing: seeing/drawing as meditation' written by Franck in 1973, he proposes that:

"We do a lot of looking: we look through lenses, telescopes, television tubes...Our looking is perfected every day- but we see less and less...

He describes how ever more gadgets 'from cameras to computers from art books to video tapes' serve give us a greater sense of separation from the world around us that we perceive - turning us into 'objects' that look at 'subjects'.

And of course this was in the 70s before our current passive and zoned out approach to life fuelled by our reliance on and addictions to our laptops, tablets, and 'smart' phones!

Seeing/Drawing

Franck had a specific technique he called '**seeing/drawing**' to get you to enter this 'seeing' state and radically improve your observation skills. I have been using it myself for many years and also use it with my creative writing students and with undergraduates when I was artist-in-residence for the Syracuse University London Program. It doesn't require much - pen or pencil, paper and patience. I thoroughly recommend trying it.

Here's what to do:

1. Look at what's before you (a leaf or a petal are good places to start) and then close your eyes for a few minutes
2. Open your eyes and look at what's in front of you again *really* intently - as Franck says, '**feel that you are alone with it on earth! That it is the most important thing in the universe**' Look again until you see things you hadn't observed before
3. Take a pen or pencil loosely in your hand and whilst you keep focused on what you're observing, let your pen '**follow on the paper what the eye perceives**' but without making any marks on the page
4. When you are ready start to draw do so, as Franck puts it, by 'caressing the contours' of the outline edges of all the different component shapes of what you see; with your eyes focused almost entirely on the subject and hardly on the drawing paper. As you draw your eyes should scan the outlines of the subject and your hands should be drawing what your eyes are seeing.
5. Do this for at least 20 minutes or for as long as you keep noticing more of what you are seeing

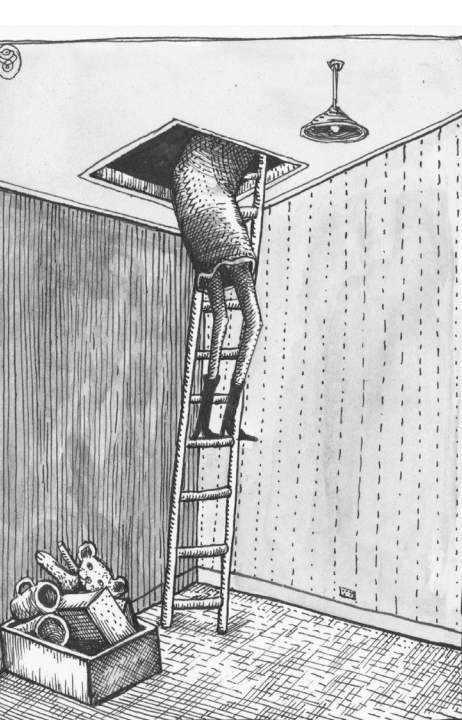
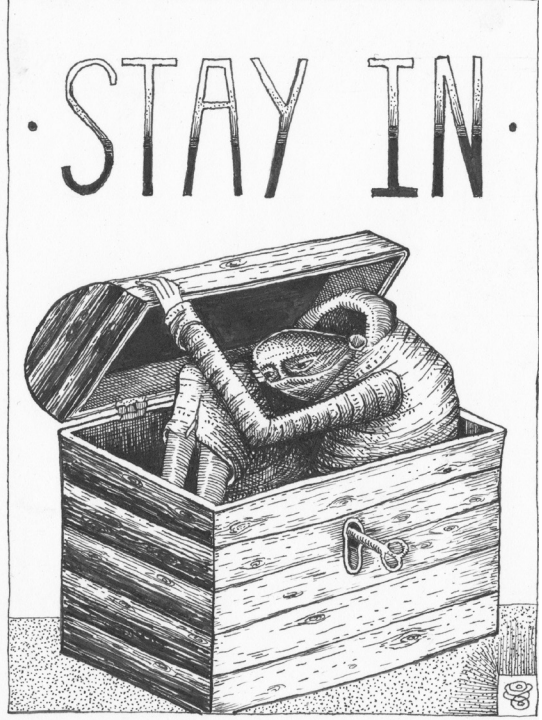
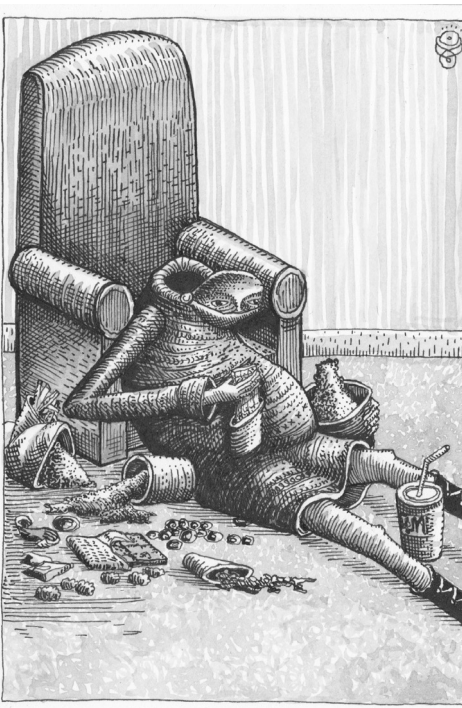
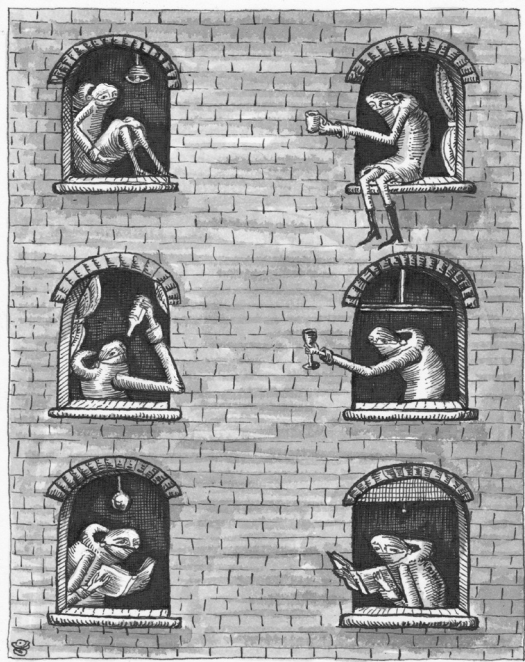
Don't get held back or bogged down by the idea that you "can't draw" or that you have no "drawing talent" - this is about exploring reality and closing the gap between subject and object. I hope you will enjoy the silence and stillness as you complete your drawings. Please share them!

<http://www.frederickfranck.org/>
<https://theawakenedeye.com/pages/seeingdrawing-as-meditation/>
https://www.newnetherlandinstitute.org/history-and-heritage/dutch_americans/frederick-franck/



*If you could get rid
of yourself just once,
the secret of secrets
would open to you.
The face of the unknown,
hidden beyond the universe
would appear on the
mirror of your perception.*

- Rumi



NHS

STAY

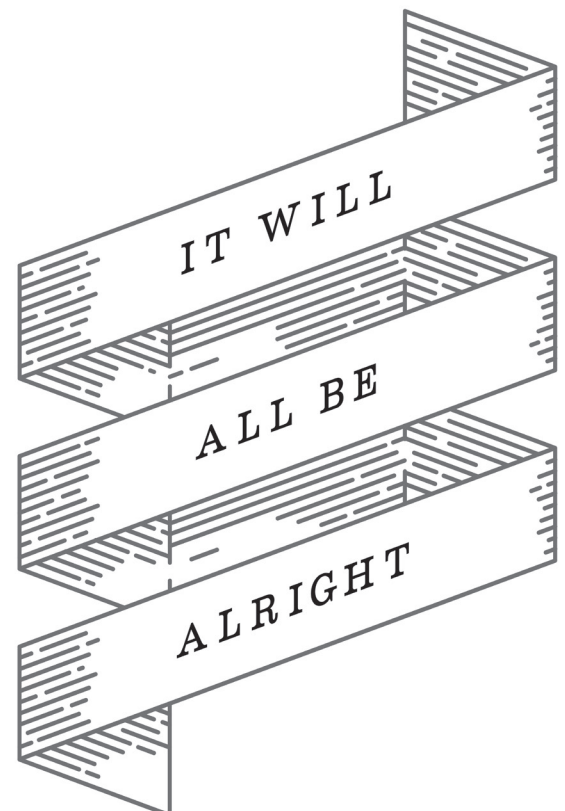
HOME

SAVE LIVES

#StayHomeSaveLives

#ProtectTheNHS

EnjoyRelax Studio



Healthy Start to Nutrition balance!B

Who would have ever thought that we would be asked to stay at home for God knows how long? Nevertheless, here we are, at home, either WFH or just chillin. Whatever we're doing we have to keep taking care about ourselves and the easiest way to do so is through understanding our body's needs, particularly through nutrition and activity!

Personally, I never liked cooking too much, I just didn't like spending so much time in the kitchen. Now, however, I understand the importance of healthy cooking and enjoying the result!

Food not only gives us energy but also provides vital micronutrients protecting our body which is particularly important these days.

1. There is simple math behind the perfect nutrition balance. Superly simplified: it consists of energy intake and energy expenditure. Before the whole quarantine happened, we had a certain consistent energy intake from food and a certain consistent energy expenditure through walking to work, exercising in the gym, walks in the park etc. Current situation now: energy intake > energy expenditure, and guess what, that will result in weight gain. We eat the same or even more and we move less than usual. Which means we have to be mindful about what we eat, how often we do so and how big our portions are.

2. Food diary. If you are getting concerned about it, a great start is to start filling a food diary. Simply start writing down everything you eat during the day. You can also include the mood you're in and time. This will allow you to reflect on your relationship with food and maybe notice some patterns?

3. Calculate your energy needs. If you don't know how much energy intake during a day you need, feel free to DM me on my instagram @beutritionista and I can do it for you absolutely free or

google it, but be mindful about it one does not fit all!

4. Plan your meals. It is always a good idea to plan and shop only for those products you need. That will save you time going to the shop more often, save money and learn new recipes!

5. Healthy recipes. Don't be influenced by the beauty/health bloggers and their 'healthy' products/shakes and drinks. Be your own boss. Learn to distinguish between really healthy and what only looks healthy.

6. Activity. As our energy expenditure drastically falls it is extremely important to keep on moving. For those who own a smartwatch can see how their activity levels differ from 2 weeks ago and now. To fix that, one day we just must wake up a little bit early, turn on that Youtube with some awesome workout and go for it. Just go for it! Start with as little as 10min routine. Increase to 15 min the next day and by the end of the week you'll be more active than you were before the quarantine!

Hope you enjoyed and found it useful!

Stay safe and healthy!

Love,
@Beutritionista
(Nutrition and Weight Management Advisor)



WALALA PARADE

LEYTON'S BIGGEST PUBLIC ARTWORK

SUPPORTED BY MAYOR OF LONDON / DEENEY'S / MIGHTY ELK / WOOD STREET WALLS

DONATE WALALAPARADE.COM
FOLLOW US ON [INSTAGRAM/WALALAPARADE](https://www.instagram.com/walalaparade)

MURAL DESIGN & GRAPHICS CAMILLE WALALA
CAMPAIGN GRAPHICS KRIS SHEASBY

Waltham Forest locals receive £25k from Mayor for the borough's largest ever public art project – the transformation of a Leyton streetscape by Camille Walala. Waltham Forest businesses Deeneys and Mighty Elk, together with community art group Wood Street Walls, are working with the internationally renowned artist Camille Walala to bring a large-scale public art project to a parade of shops in Leyton, East London.

Aiming to inject brightness and character into the otherwise grey surroundings of High Road Leyton, the project – known as Walala Parade (www.walalaparade.com) – has already been awarded £25,000 from the Mayor of London's Crowdfund London Campaign. Now the community is raising funds on crowdfunding platform Spacehive, asking Londoners both for their funding support, and their votes on the final design.

colour palettes and dynamic geometries to energise the cityscape.

The opportunity to create a huge mural spanning most of the street and inject more joy into Leyton's built environment proved irresistible for Walala, and street-art collective Wood Street Walls – who previously oversaw the funding of a creative space on Wood Street – took charge of building the crowdfunder.

The Campaign and receiving support from the Mayor of London. Now live on Spacehive, the crowdfunding campaign aims to raise just over £40k to cover the costs of painting the entire parade of shopfronts with Walala's distinctively joyful designs, creating an eye-catching, spirit-lifting artwork – the likes of which has not been seen in this part of London before. Thanks to the donation of £25,000 by the Mayor of London's Crowdfund

A Hope for the High Road. Scottish street-food specialist Deeneys opened its first café on High Road Leyton in 2015, moving to a larger premise in December 2018. At the same time, when the Deeneys' team got chatting to Andy de Vries of local animation studio Mighty Elk. Andy thought the neglected streetscape could benefit from an artistic intervention, and that the uniquely shaped buildings on that particular block would be well suited to a mural. The search began for the right artist to create it.

Looking for an artist with a strong positive aesthetic – as well as the expertise and experience to deliver such a logistically complicated project – the pair approached Camille Walala. Having created large-scale murals, building façades and public installations in locations ranging from Melbourne to Mauritius to Mayfair, Walala has a track record in transforming urban landscapes around the world, using bold

London campaign – more than 50% of the target – the outlook is very positive and, if funding is successful, the mural will be painted during the London Festival of Architecture.

How to make it happen. You can pledge to the project on Spacehive by visiting www.walalaparade.com and sharing [#walalaparade](https://www.instagram.com/walalaparade) on social media. All proceeds will go directly to the project, with merchandise available after the project reaches its target.



My Travelings -Coronavirus
By Nikolaos Taliadorors

With the recent epidemic one night was on the television how the poorest nations in Africa will cope with that. This reminded me when I was in Ecuador Guinea took cement from Gdansk Poland for that poore then country .

Ecuador Guinea was a former Spanish colony, the Russians just left,except a small fleet of trawlers fishing in the area and the Chinese arrived as an influence of the government . There was a military government.

The cargo started unloaded , there were soldiers guarding the ship , the forein minister always coming every few days to check the process but always at lunge time so he can sit with us to have a meal and asked for some milk for his children .The country was so poor as they drain all there resosers a big part from there forest was already exported.

Few times even the president was passing from the port with his escort ,then all the workers stopped and started clapping for him. To go to the town wasn't any transport as the port was few miles away so we have to walk there, and half way we used to take short cut through the forest. The town wasnt that you can see except for the spanish architecture and the market, they selling anyting and everything but it wasd very clean. The electricity power was coming on every other day as they were very poor to pay for the petrol to run the engines for the electricity, so there was hardly any night life, only every other day for a few hours in the evening. On the way to the town was a small hut bar who was selling drinks plus fresh water, this was precious for them as they had to walk miles away as there was no fresh water in town.

We had english electrician on board and one day on the way to fix the cranes, he had an accident and we took him to the hospital. After a few hours he was back, the reason they discharged him was because there wasn't any clean sheets for him on the bed, no food or medicine for him. After that, i had to take over as electrician as nobody else has any good knowledge about electricity as

the electrician got sent back to england.

One day on the way to the seaside, next to the port there was a lot of fishermans huts, coconut trees and people harvest the coconuts and fruits from the tree. The chinese they used to come out at night time and try to catch small crabs with a special net they had made for their food.

A few days later, on the way to the seaside again (as there was no other place to go) i came across a fisherman and his family and started chatting a bit of english a bit of spanish and a few hand signals (the international language) and he show us where he was keeping the catch of the day to dry and smoke, so he can use it in the winter. I noticed in the hut, there was a petrol lantern but the glass was so black you couldn't see the light coming out. I clean it for him and i show him how to do it next time as he didnt have any idea how it works. He was very happy about it so he could finally see a light at night time.

That country, they must do very well now as a few years ago they were hosting the african nations football tournament, but i was thinking about the other poor nations who didn't have the same luck and couldn't prepare for the virus.



“Californians” The L.A Mountains Are always burning but no No Not No Mo!!

I was supposed to end a trip of 'Sorting my shit out' starting at this view of LA from my friends bedroom window. LA is my second home and I didn't get to say goodbye. The whole world is in this together and we are all dealing with it in different ways. My friends name is Diane and this is her contribution.
Stella

This workout is designed to be done solo, without any need for equipment, but if you're lucky enough to have a willing partner who's happy to hold some pads, or if you happen to have a skipping rope or ankle weights or anything else lying around the house, feel free to make use of them while following this routine! This is a Boxfit Simulation workout which puts you through the paces of the sort of conditioning training boxers do, without any physical contact. Enjoy, and remember to stretch afterwards!

WARM UP:

1 min x jogging on the spot (50 secs casual pace; 10 secs sprint)

1 min x jumping jacks

1 min shadow boxing*

REPEAT X 3

WORKOUT:

• Press Ups:

- 1 press up / jump onto your feet then throw a quick jab and cross

- 2 press ups / jab, cross

- 3 press ups / jab, cross

- 10 press ups / jab, cross

• 10 x stationary lunges (advanced option: lunge jumps)

1 MIN X SHADOW BOX: jab, cross, lead hook, cross

• Shoulder Blitz - 1 min x punching upwards directly above your head

• 20 x squats (advanced option: squat jumps)

1 MIN X SHADOW BOX: jab, cross, lead hook, cross, lead hook

• 1 min x wall-sit. Position yourself so that your back is against a wall, with your knees bent at a 90 (yes, 90 for the entire minute please!) degree angle while holding your arms out with palms facing the floor. Feel free to hold a couple of tin cans if you managed to grab any from the shops.

• 1 min x bob and weave (bend your knees and move from side to

side as if ducking an imaginary clothes line) with jab and cross
1 MIN X SHADOW BOX: jab, cross, lead hook, cross, lead hook, rear uppercut

• 20 x burpees (advanced option 1: include a jump / advanced option 2: include a press up)

• 1 min x high plank (advanced option: touch one shoulder then the other for the duration of the plank)

1 MIN X SHADOW BOX: jab, cross, lead hook, cross, lead hook, rear uppercut, lead uppercut, cross

ABS BLAST:

- 20 x mountain climbers
- 20 x sit ups with a jab and cross
- 20 x Russian twists
- 20 x flutter kicks
- 30 sec C-Sit with continuous straight

punches (make sure you are feeling tension in your abdominal muscles throughout; if you are not, then you are no longer in the right position)

• 20 x squat thrusts REPEAT X 3

PUNCHES:

Here is a quick instruction guide as to how to perform the punches, though I highly recommend consulting YouTube on how to perform them if you are unfamiliar with the techniques. Punches should always be thrown from your face, where your hands should be chilling ready to protect your face, and elbows should be tucked into the body protecting your torso.

• **Jab:** throw your non-dominant fist out straight so that your shoulder is up protecting your cheekbone and you are looking straight down your arm. This should be a fast, snappy action. Make sure you twist your body into the motion, beginning with the front foot.

• **Cross:** throw your dominant fist out, ensuring your shoulder ends up raised to defend your cheek, and focus on generating the power behind this punch from really turning your body into it: begin with the turning the rear foot inwards (heel should be raised), and allow your hips and shoulder to follow. You should never be standing square-on with your (imaginary) opponent.

• **Hook:** the thing to focus on here is to NOT bring your arm out to the left (if a left hook) or to the right (if a right hook) and

subsequently leave your body exposed and telegraph your intention to your opponent. Instead, make sure that your body does the work by twisting, beginning with the feet. For a lead hook, turn the lead foot inwards and allow the hips and the shoulders to twist with the motion. Throw your arm out in a 'hook', making sure that the elbow is at a 90 degree angle and raised so that it is parallel with the ground. For a rear hook, do the same with the rear hand.

• **Uppercut** (aka the most difficult one to attempt to describe): for a rear uppercut, pull back the rear hand by turning the body and bend the knees to lower your position at the same time. Then, turn the body towards your opponent while straightening your legs and driving your fist up and out in front of your face. You should end up looking at the inside of your wrist (before quickly pulling back into your defensive stance). Make sure you utilise your hips to help generate power and really drive your punch upwards. For a lead uppercut, perform the same motion but begin by turning the body so as to pull the lead hand back.

(OK I did my best but I strongly recommend taking a look at this on YouTube!)

Feel free to create your own combinations for when you are shadowboxing.

– Olivia

Personal Trainer & Boxer

FREE

GOOD

Lifting The Sky: Qigong Exercise



This is a great and simple health exercise you can do at easily and is one of the most widely practiced qigong exercises in the world.

Lifting the Sky is the first exercise in one of the most famous qigong sets in the world: The 18 Lohan Hands, taught by the great Bodhidharma, first patriarch of Zen Buddhism.

Practice Lifting the Sky for about 2 minutes a day and make it a new habit if you can by doing it every morning for 30 days.

I hope it will help you unwind stress and get you started on the journey of self-healing.

Lifting The Sky - Step 1



Keep your feet about 1-4 inches apart.

Your weight should be spread evenly over your feet.

Try to keep your jaw relaxed. It should be so relaxed that it hangs gently open.

Close your mouth only when you need to swallow your saliva.

Your toes should be pointing forward.

Your hands should be relaxed by your sides.

Your posture should be upright, but relaxed.

Your chest should be soft but also open.

Your nose should point forward.

Lifting The Sky - Step 2



Your palms should face down toward the ground.

Your fingers should point toward each other. But don't force this though.

Your fingers should have some space between them.

Your arms should be straight, but not if it's uncomfortable.

Your neck should tilt down, as if looking at the hands. (The eyes may be closed.)

Don't lean the body forward.

Keep your shoulders relaxed.

Your jaw is still relaxed.

Lifting The Sky - Step 3



Your arms arc up smoothly.

Your nose follows the movement of the hands, even if the eyes are closed.

Your arms stay pretty straight (but not so straight that you are uncomfortable.)

Breathe in gently through the nose as you arc upward.

The mouth can stay open, or it can close gently for the inhale.

Keep your body relaxed even though it remains still.

Close the eyes once you get the hang of it.

Lifting The Sky - Step 4



At the top of the arc, lift up gently, as if pressing the sky with your palms.

Don't lift the shoulders. Instead, stretch and decompress the spine.

You can pause the breathing for a moment during the lift.

Keep the heels down during the lift.

Your nose should point upward.

The angle of your neck is up to you, and should be comfortable.

Try not to use strength. Keep it gentle.

Lifting The Sky - Step 5



Lower your arms smoothly down, like a bird flapping its wings.

Your wrists are no longer bent.

Breathe out gently through the mouth with a "haa" sound as your arms are dropping.

The exhalation should be similar to how you would fog up a mirror with your breath, but gentler.

The neck gradually returns to normal with the nose pointing forward.

Lifting The Sky - Step 6



Return to the starting position.

The nose should point forward.

Remember to keep the jaw relaxed.

Eyes closed if you can.

Pause here for a moment.

Pause your breathing too. Don't hold your breath, but just pause if gently.

Go to Step 2.

The steps are fluid, not static. There are slight pauses in the movement, but the steps should flow from one to another.

REMEMBER NOT TO LIFT THE SHOULDERS, KEEP IT RELAXED, KEEP IT SIMPLE. Keep your shoulders as relaxed as possible and open the chest.

If you want to learn Lifting The Sky in more depth, there are many videos showing the flow of the movement on YouTube

I am grateful to Sifu Anthony Korahais of www.flowingzen.com for allowing me to share his words and descriptions from his website. He supports sharing this page with friends and family. As he says:

"Hopefully, you'll pique their interest in qigong and self-healing. Who knows, maybe they'll get serious about qigong and make major changes in their health."

Links to video demonstrations:

<https://www.youtube.com/watch?v=Jyi9Bbcgq1Q>

https://www.youtube.com/watch?v=T_WsOEWf7TU

https://www.youtube.com/watch?v=rR_hzNtUpLU

<https://www.youtube.com/watch?v=6RMswaWw3II>

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N X W L D J A Y I
C O F F E E N B N
A Q U A N D X F W
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WORD SEARCH

AVOCADO
CAKE
COFFEE
JAM
PANCAKE
TEA
TOASTIE

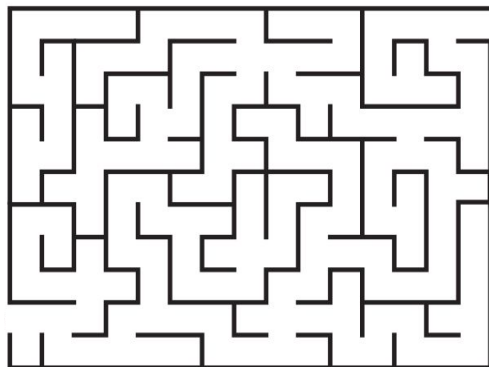


GET TO THE CAFE!

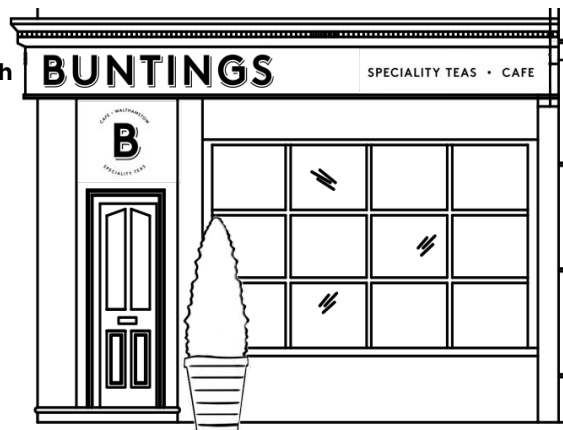
Help Lucy find
her way through
the maze



start



finish



We would like to thank all of the contributors of this magazine and those that have helped deliver the thousand of copies we have made.

We would love to see your art and what you've been up to, so please hashtag all art

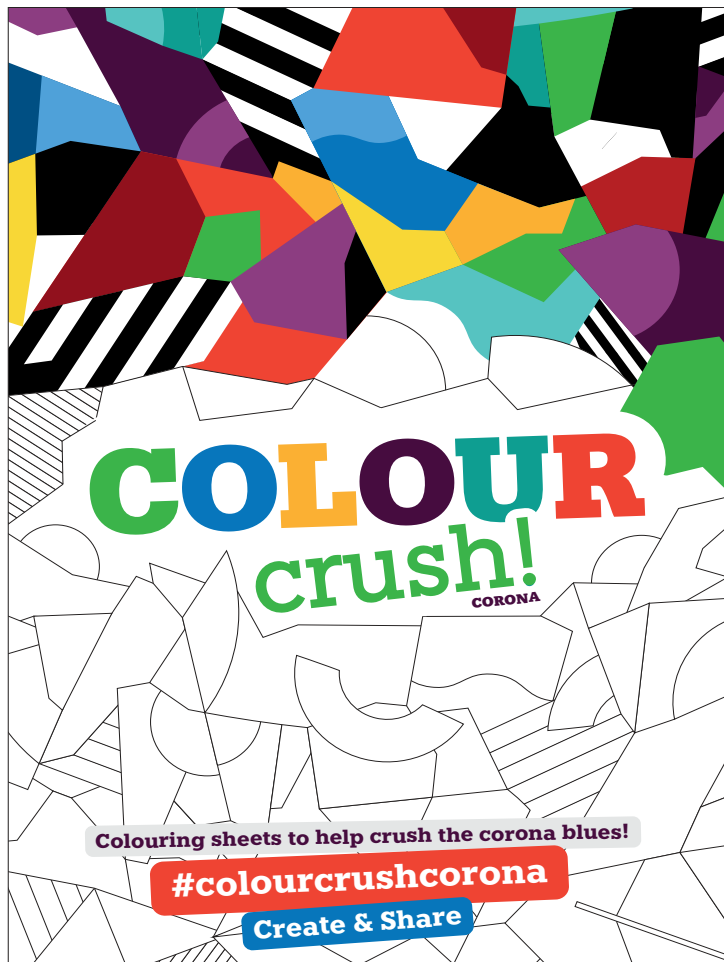
#socialdistancemagazine and send anything to

info@wynwoodartdistrict.co.uk
Tag us on Instagram

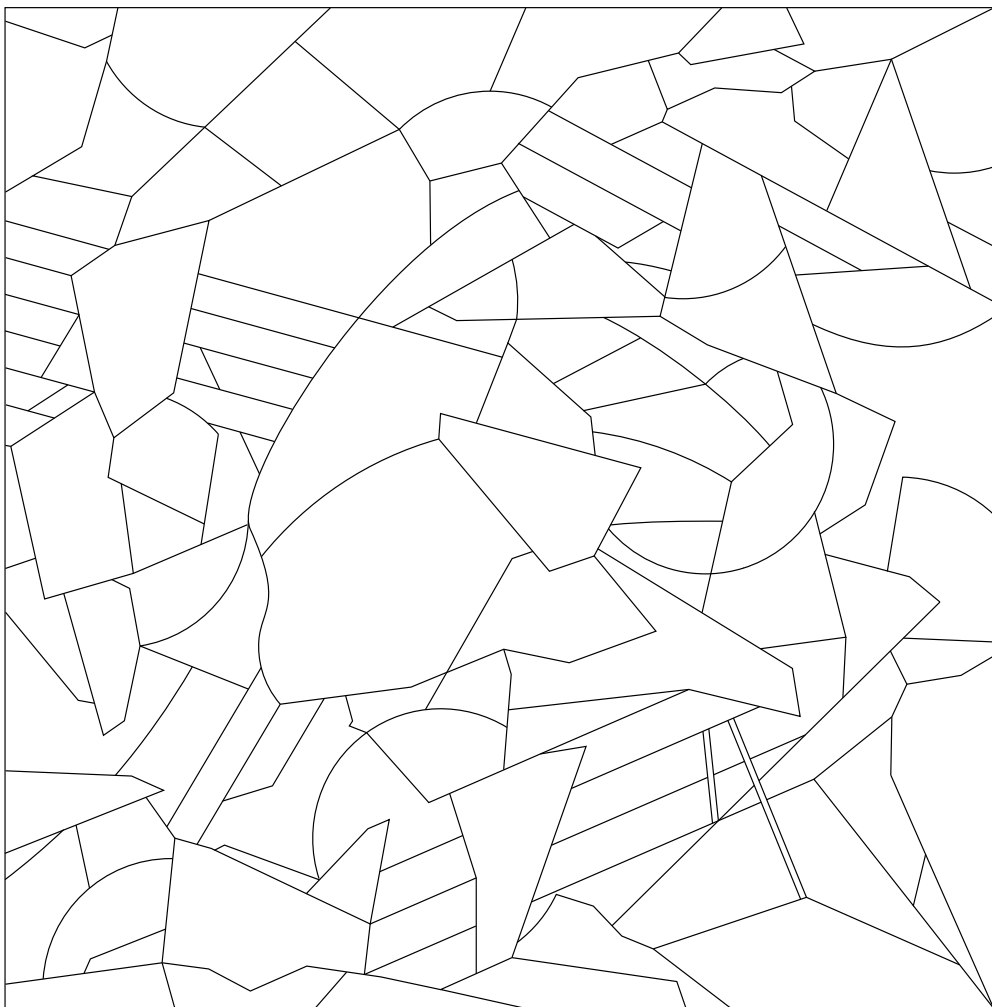
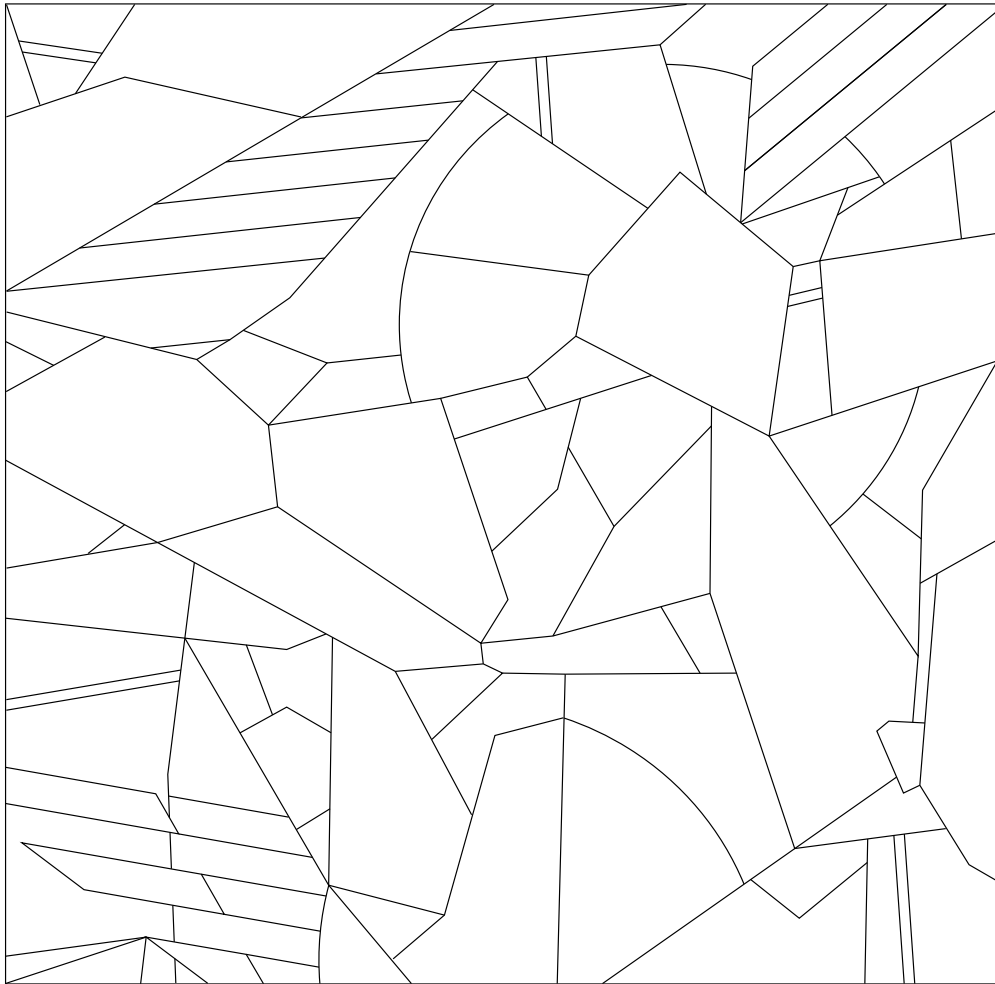
@wynwoodartdistrict or tweet us @wynwoodartd

Thank you to William Morris Big Local and Urban by Nature for funding the printing of this magazine.

Stay safe, stay healthy!



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@ Jim Gravy

WYNWOOD
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