



# TUG Newsletter

## Grow your Own!

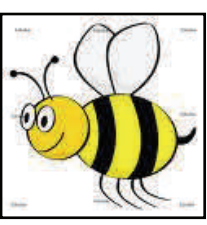


Have you ever wandered through a supermarket clutching an over-priced bag of salad leaves that will turn to mush ten minutes after the bag has been opened? Then why not grow your own? This question if asked a few years ago would probably have conjured up the image of Granddad, complete with pipe and cor-blimey trousers comparing the size of a vegetable marrow with a neighbour on an adjoining allotment plot, all the while "Digging for Victory". Nowadays growing vegetables has become de rigeur thanks to the likes of Jamie Oliver and Hugh Fernley-Whitingstall-by-the-sea. Waiting lists for allotment plots in some London boroughs are longer than an MP's expenses claim, how soon will it be before entire families decamp to another borough not to get little Johnny fart pants into a better school but because they will get an allotment sooner? Or allotments get passed down the generations like family silver.



The benefits of growing your own produce are legion and as diverse from simply saving money to ensuring that the family is eating uncontaminated food, but the by products often overlooked are in themselves incentives. Imagine a Sunday communal BBQ at the allotment site in the sunshine eating stuff that you have grown surrounded by like minded people, 'Lottie' users tend to be a breed alone although competitive only too willing to offer advice to a novice or newcomer. Even if you haven't got the luxury of an allotment or even a garden any space can accommodate a couple of pots

With written permission most allotment sites allow you to keep hens, rabbits and bees. Allotments are also a lot cheaper and far more fun than running around circles in some sweaty gym. It's well worth putting your name down on the waiting list.



If you haven't got the luxury of an allotment or even a garden any space can accommodate a couple of pots. Currently the national trust are running a scheme to get 600 acres of windowsill space turned over to growing vegetables (ledge veg), so even if you don't know a carrot from curly kale (one's orange) it's worth giving it a go.

For the absolute novice tomatoes cannot be beaten as not only are they easy to grow but results are seen quite quickly, once the bug has bitten ex-

pect to be eating fresh home grown produce.

So, what are you waiting for? Get growing!!

**Useful websites for allotments:**

- Newham council: [www.allotment.org.uk](http://www.allotment.org.uk) - Gives help and advice, articles, photos and useful links.
- [www.allotment-uk.com](http://www.allotment-uk.com) - More help and advice and allotment.uk.tv (really!)
- [www.nationaltrust.org](http://www.nationaltrust.org) - Information on 'Ledge veg'



By Mark Grant



Grow your own	1
My favorite Eatery in Newham	2
Employment Corner	2
Crossword	3
Create a corner	4
Alan's Story	4

## My Favourite Eatery in Newham By Tommy

Hi folks, my name's Tommy and I was asked to write an article about where I eat on a daily basis here in Newham. Well that's easy as I only use one place regularly and that's the Café @ 48 Upton Lane, which is in Forest Gate. The café is owned by Danny Guvan and managed by his brother-in-law Mehmet Asik. It is a really good place, bright, clean and with a wide and varied menu. There is something to please most people. To start with they have set breakfasts, of which there are 12, or, if none of those take your fancy, you can choose your own from the list of ingredients on the menu and all the set breakfasts come with bread and butter or toast and tea and coffee. They also do a wide range of hot and cold rolls and sandwiches which are also available throughout the day. But the

best has to be the meal menu which is vast, including vegetarian dishes, halal dishes, grills and burgers and of course many, many home cooked dinners. The best of which, in my opinion, has to be the *Danny's Homemade Meatballs*, either with pasta or chips and salad. In the words of Tony the Tiger "*They're Gree-aattt!*". They also have various coffees and teas, plus a wide selection of cold drinks. You see many people there everyday, some only when they're in the area, others just passing through. If you're a regular you get your photo taken by Mehmet to go on Danny's wall which is next to the cold drinks fridges and features pictures of all the regulars, past and present, which I think is good as it's a constant history of the people in Newham. And last but not least it has a disabled access toilet

which I think shows that they are people with hearts in the right place. I hope to see you there soon...

Bye for now.

Tommy

P.S. the sweet trolley's great!



Mon—Fri: 7am—7pm

Sat: 8am—6pm

## Employment Corner

How work can change your life By Richard Lee

The Tulip Café Gallery in Barking and Dagenham was opened in December 08 and has since proved to be a very popular choice with the locals. Richard Lee talks about his experience working at the Café.....

I was diagnosed with depression (bipolar) 6yrs ago and I was in and out of hospital over the years. I was eventually placed on medication which seemed to work very well for me.

I was referred to the William Bellamy Centre in Dagenham and started Volunteering in the kitchen which boosted my confidence.

I didn't think that I would ever get back to work but the staff told me about a new project opening in Barking Town Square and arranged an appointment for

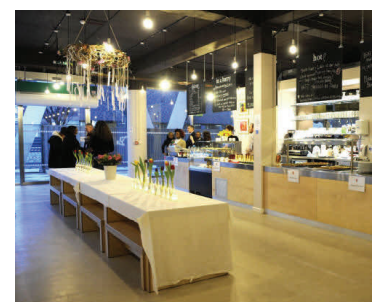
me. I had an appointment on the Friday and started the following Monday at the Tulip Café Gallery and I have never looked back since.

It has now completely changed my way of life and has enabled me to feel useful again in building my self confidence, self worth and self esteem.

If you, like Richard, feel you would benefit from an opportunity to volunteer or perhaps work at the Tulip Café Gallery please contact Adrienne Christie at the

William Bellamy Centre on (020) 8593 9294

The Tulip Café Gallery can be found at The Barking Learning Centre,



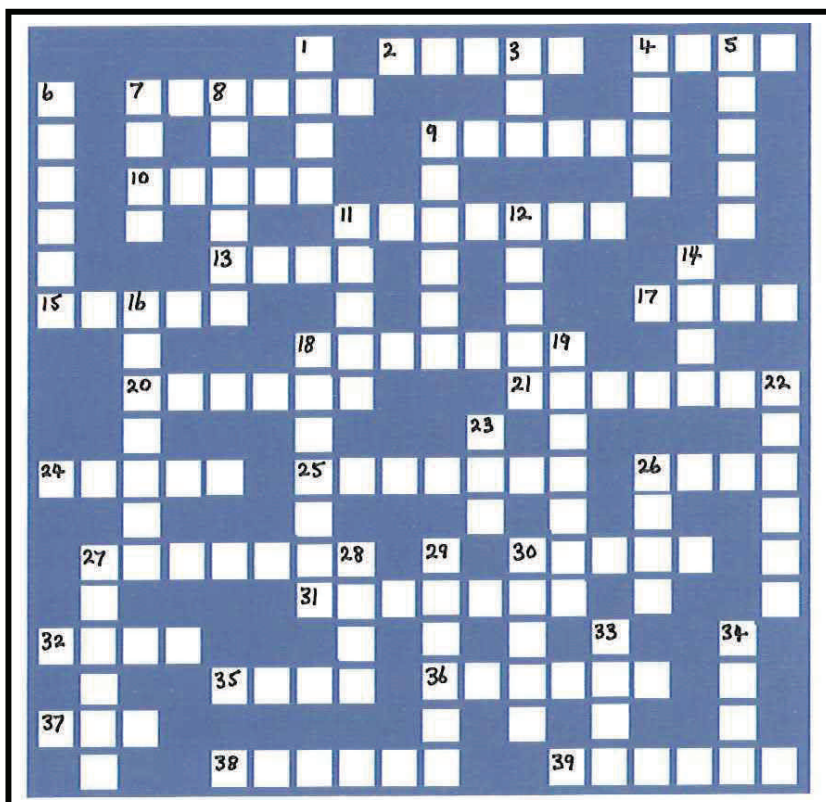
Tulip Café Gallery

2 Town Square, Barking,  
IG11 7NB

Opening Hours

Mon - Fri: 7am-7pm

# Crossword Corner By Christine Horrad



**ACROSS**

- |   |  |
|---|--|
| 2. Shakespeare's theatre (5)                | 20. Stinging weed (6)                  |
| 4. First name of 39 across (4)              | 21. Roman Sea God (7)                  |
| 7. Where bread is made (6)                  | 24. Group of boats (5)                 |
| 9. Bird famous for liking shiny objects (6) | 25. Ice cream flavour (7)              |
| 10. Yellow citrus fruit (5)                 | 26. Online dairy (4)                   |
| 11. Bug's Bunny's favourite food (7)        | 27. Road Surface (7)                   |
| 13. Void (4)                                | 30. Pseudonym (5)                      |
| 15. Ship's load (5)                         | 31. Summer shoes (7)                   |
| 17. Astronaut ---- Aldrin (4)               | 32. Swiss mountains (4)                |
| 18. Pilot (7)                               | 35. Acting part (4)                    |
|   | 36. Feathers (6)                       |
|   | 37. Taxi (3)                           |
|   | 38. Desert plant                       |
|   | 39. Song Writers ----- & McCartney (6) |

**DOWN**

1. Architect or songbird (5)
3. Large (3)
4. Baby kangaroo (4)
5. Queen Elizabeth the first's father, ---- the ---- -- (5, 3, 6) See 22 Down.
6. Reviewer (6)
7. Beak (4)
8. Japanese dress (6)
9. Harbour (6)
11. Piece of garlic (5)
12. Shallot (5)
14. Teacher (4)
16. *Queen's Park* -----, football team (7)
18. Exams (1, 6)
19. Remembers (7)
22. See 5 down
23. Crafty (3)
26. Ray of light (4)
27. Buoyant (6)
28. Story (4)
29. Adjusts (6)
30. Group that sang *The Promise Girls* ----- (5)
33. Outdoor fundraising event (4)
34. Trademark (4)



## Create a Corner

### Alan's Story - part three

In the last issue Alan continued his life history of mental illness, he now concludes his story.....

Shortly after my mothers death my medication was changed to Clopixol Injection, which I was on for about six years or so until being put on my present medication which is Olanzipine and Diazepam.

I know what it's like to wake up in the morning with the terrible cramps and thirst and shakes due to the Chlorpromazine and not even be able to reach out for Procyldine to stop the shakes.

I know what it's like to sleep for 16 hours a day because of the medication.

I know what it's like to be on tran-

quilizers and pick you ups both at the same time.

I know what it's like to neglect both self and home surroundings.

I know what it's like to not to enjoy being in the sunshine because of the Chlorpromazine.

I know what it's like to feel isolated from family and friends.

This has been my existence for more than more than 25 years.

All I know is this existence.

NOT OF MY OWN FREE WILL

Medications can cause this.

In the past year I have been able to gradually come off tranquilizers completely and I am now taking only a

very small dosage of Diazepam which will stop at some time this year.

In the last two years, with the help of understanding doctors, psychologists and support workers in Tulip I have managed to come off these medications and within the last 18 months I have been able to use public transport and travel to City Airport, Trafalgar Square, London O2 Arena, visit Canary Wharf, see St Pauls, Grand Union canal, Bow green Ecology Park—all of my own free will.

**SO DON'T GIVE UP  
THINGS ARE IMPORTANT  
THERE IS A WAY FORWARD**

### Mark's quotes

*He that plants trees loves others besides himself - Thomas Fuller*

*Scars have the strange power to remind us that our past is real - Cormac McCarthy*

*I do wish we could chat for longer, but I'm having an old friend for dinner - Hannibal Lecter*

*Life must be understood backwards, but lived forwards - Kierkegaard*

*A child is not a vase to be filled, but a fire to be lit - Rabalais*

### CROSSWORD ANSWERS

#### ACROSS

2. Globe 4. John 7. Bakery 9. Magpie 10. Lemon 11. carrots 13. Null 15. Cargo 17. Buzz 18. Aviator 20. Nettle 21. Neptune 24. Fleet 25. Vanilla 26. Blog 27. Asphalt 30. Alias 31. Sandals 32. Alps 35. Role 36. Plumes 37. Cab 38. Cactus 39. Lennon

#### DOWN

1. Wren 3. Big 4. Joey 5. Henry 6. Critic 7. Bill 8. Kimono 9. Marina 11. Clove 12. Onion 14. Guru 16. Rangers 18. A Levels 19. Recalls 22. Eighth 23. Sly 26. Beam 27. Afloat 28. Tale 29. Adapts 30. Aloud 33. Fete 34. Logo

If you would like to contact TUG with any suggestions or contributions for the newsletter please do so at:

TUG Newsletter, c/o Tulip, 5 River Park Rd, Wood Green, London., N22 7TB