

CONNECT

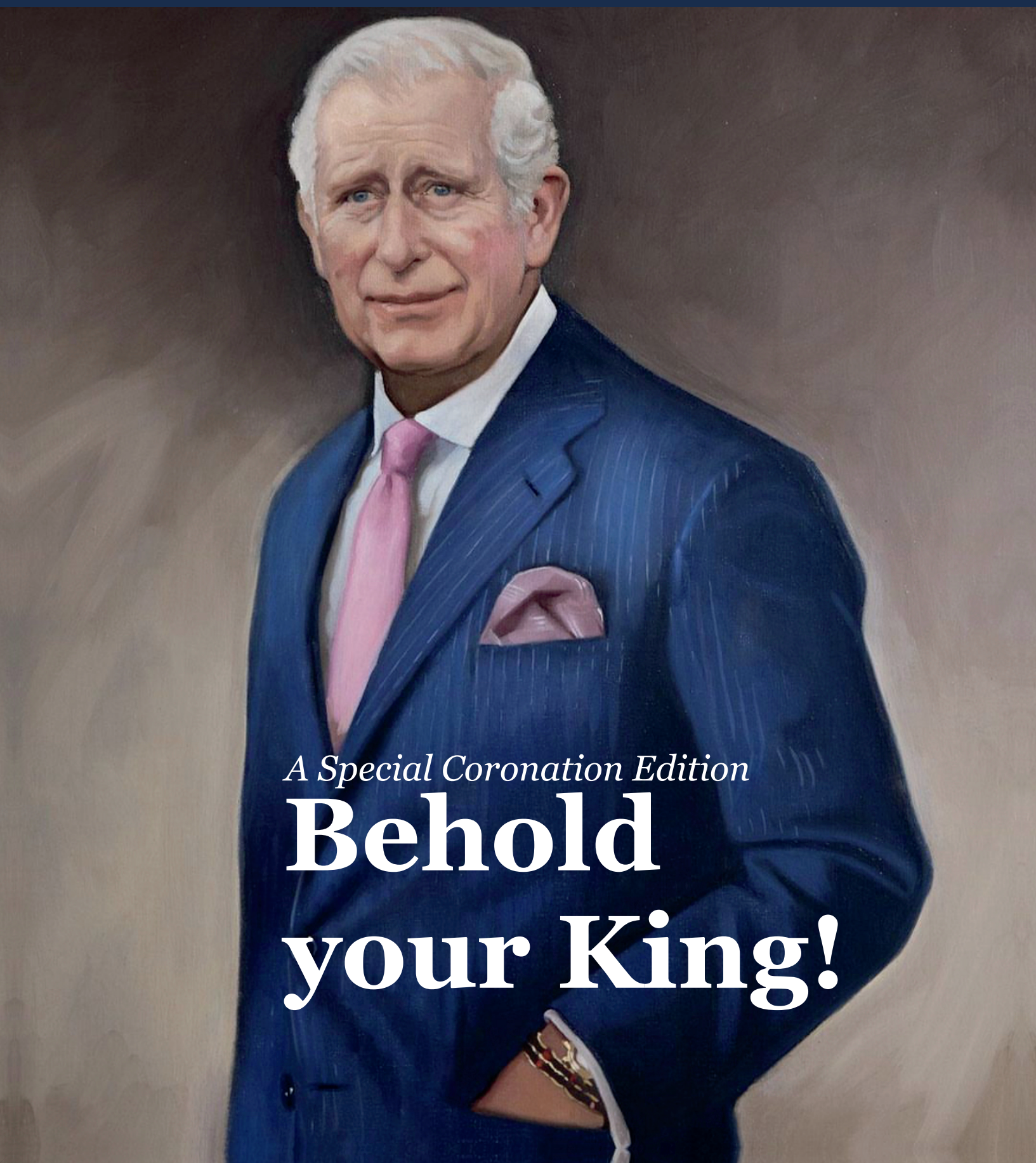
FREE

ADDING VALUE TO LIVES

MAY 2023

A Special Coronation Edition

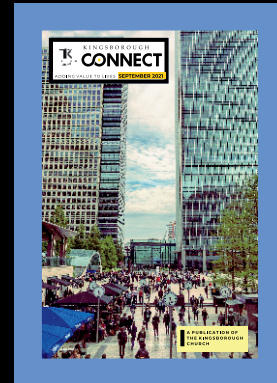
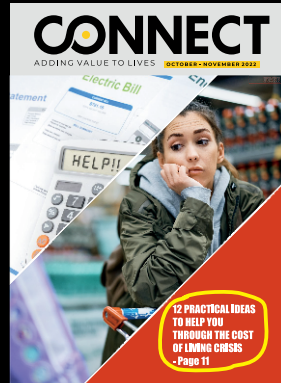
**Behold
your King!**





In this Edition

Starters with PT	3
Jokes Apart	5
Jane's Essentials	6
Let's play Sudoku	9
The Power of Consistency	10
Behold the King	11
Whispering Wind	14



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STARTERS WITH PT



If I were your Majesty King Charles III

BY TUNDE BALOGUN

Congratulations to our new monarch on the occasion of his coronation to establish the beginning of his reign which started immediately after his mother the Queen Elizabeth was announced to have passed on to glory. Though King Charles may have started his reign with a mixed bag of controversies, if I were King Charles III, I will capitalise on the few lines of the goodwill that followed his majesty the King from the first day. I will leverage on these few, but powerful standpoint to crystallise the legacy of my reign “no matter how long or short it might be”.

King Charles is already known to have stood as the longest as the Prince of Wales (heir to the throne). The question is, how did he do it. He may have bruises and cuts all over his body, covered by the majestic royal robes, (who will not) and yet waited more than 70 years believing that one day he would reign as King. If I were King Charles, I will make the decision to share the message of my patience, tolerance and perseverance while waiting for the throne. My message is not that I won, but that I had to align myself with the wisdom of patience in order to gain my confidence and decisive outlook of life rather than the frustration and reactive behaviour.

Lesson of Life, Patience is the golden key you need to open the door to your dream. Better to use the key to open it, than break it down and be left with no door to secure and protect you when you

of leaning towards a modern monarchy and multicultural United Kingdom holds no water! If I were King Charles III, I would pursue my message of inclusivity and a multicultural United Kingdom, in a different way. Rather than rocking the foundation of our monarchy and spiritual foundation, I will appoint a top rotational representative of the faiths to channel reassurance and royal recognition of other faiths.

Finally, it is no secrets that King Charles and Prince Harry are not bedfellows, in so many instances. There has been a long-lasting rift brooding between them, emanating from the sentiment of the rough marriage relationship between the then Prince of Wales and Harry's mum (Diana, the late Princess of Wales) because of infidelity. The separation of 1992 that later ended in a royal backed divorce in 1996, only increased the sentiment of all parties involved in what could be better described as a global centre of theatre.

Relentlessly, even after the death of Diana, William's wedding, and Harry's wedding; the situation has gotten worse, with many more people drawn into the matter. If I were His Majesty The King Charles III, I will find a way in my heart to forgive Harry and draw him close and back in to the family.

Although, I readily imagined how difficult it would be to achieve this, yet I remember that love is a powerful weapon if we consider sacrificing our right. This is the only requirement that makes

forgiveness possible. King Charles III could love Harry into submission, to create a hope for Harry and William to save the unity of the next generation of the household of Windsor. This example will promote the message of forgiveness and clemency among the

people and landscape of United Kingdom and beyond **KC**



If I were King Charles, I will make the decision to share the message of my patience, tolerance and perseverance while waiting for the throne.

eventually get in.

I am delighted that wisdom prevailed upon the King when he finally signed the papers of his ascension to the throne on the 8th of September 2022. Hitherto, over the endless years as the Prince of Wales, Charles nurtured the desire to reign as the “the defender of the faiths”. That would have been unconstitutional and destroy the foundation of the monarchy that was built upon the bible, the Christian faith, and the word of God. His reason



Tunde Balogun is the lead pastor of The Kingsborough Church. He is also the Chief Executive of the Kingsborough Centre, the organization overseeing The Hillingdon Foodbank and the Coat of Many Colours Nursery. He is married to Oluwatoyin.



Jokes

LEARN TO WHISTLE

Thinking no one could hear me as I loaded a UPS tractor trailer, I began to whistle. I was really getting into it when a coworker in the next trailer poked his head in. "You know, I always used to wish I could whistle," he said. "Now I just wish you could." —Megs Brunner

LOOKING FORWARD TO YOUR DEATH

I was admiring my aunt's necklace when she surprised me by announcing, "I'm leaving it to you in my will." I was overjoyed, perhaps too much. "Oh!" I shouted. "I'm looking forward to that!" —Mona Randem

LAZY AWARD

At an event famous for giving out awards in bizarre categories, the emcee enthusiastically announces, "The next prize will go to the laziest person in the audience. If you think you qualify, raise your hand." Everyone raises their hands except a middle-aged man who seems to show little interest. "Congratulations! You are the winner," says the emcee to the man. "Your prize is this \$100 bill!" Still showing no emotion, the man replies, "Would you mind coming over here and putting it in my pocket?" — José J. Zuluaga

LOST IN TRANSLATION

I was on a business call when I realized I was late for a class at the gym. I must have sounded rushed, because the woman on the phone said, "Am I keeping you from something?" I replied, "I have to leave for tai chi." "Oh," she said, sounding intrigued. "What country is that in?"

Jokes are culled from rd.com/jokes



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Springy May

Hello May, it is the dawn of spring. Spring brings with it a lot of beautiful smells from flowers and buds, the fresh green grass, the smell of morning dew, the singing the of birds and longer days ahead.

As customary with this corner, you get to be reminded some important dates or events to note but also a health tip will be thrown in somewhere.

Top on the list for May this year is the Coronation here in the UK, happening on the 6th of May, 2023. This event will hold in the Westminster Abbey as is customary with monarch traditions. It will also be marked internationally across commonwealth

organised by Fairplay. It aims to assist families and individuals reduce their screen time and spend time doing other quality activities. Especially in a world where even our children are hooked on screens, whether it is a phone, tablet or television, it is important to detox from these media sometimes.

Although, some limitations can adversely affect screen detox as many schoolwork and adult jobs require screens due to uptake of evolving technology. It still harbours a health benefit to make screen detox a habit and not only for the first week in May. There are many tips for how to engage your time during a screen detox, from strolling, cooking,



Spring brings with it a lot of beautiful smells from flowers and buds, the fresh green grass, the smell of morning dew

countries. The event will as usual provide souvenirs and memorabilia to mark the grand occasion. In honour to the event, there would be a bank holiday on Monday the 8th of May, 2023.

However, there are other usual events in May. The 1st-7th of May is usually set aside as screen-free week. This campaign started in the US since 1994

cleaning, reading the list is endless all which benefit the person in a wholesome way. Take a dive into screen detox it has a lot of health benefits.

Another important week in May is the National Sun Awareness Week which is observed from 6th - 13th of May. Due to the dangers posed by excessive

sun exposure amongst other things the British Association of Dermatologists have put this campaign together to draw attention to these risks and dangers. The campaign has resources that provide a wealth of information on how to prevent sunburn and reduce the risks of skin cancers.

Education around this topic is essential, especially in a diverse society like the UK. According to some research, it is believed that contrary to popular belief, sunburn or sun damage can also occur in people of colour. It is therefore important that more awareness around this topic is raised. Whereas a walk or run in the sun is a lovely and healthy way of life, it is advisable to do so after applying some sunscreen when venturing out on a sunny day.


Another notable date this year is the 12th of May which marks the celebration of our valuable nurses. International Nurses Day which is traditionally on or around the birthday of Florence Nightingale celebrates nurses all over the world acknowledging their numerous contributions in the promotion and protection of public health worldwide. Such days are a good time to reflect on the importance of our nurses in various sectors of the health and wellbeing service. Their invaluable contribution to society health can not be over emphasised. It is also a time for the concerned authorities reflect on how to advance this sector of healthcare which has

historically suffered staff shortages, inadequate wages and staff burnout. In the UK, the NHS is unfortunately haemorrhaging a lot of valuable and skilled nurses due to a variety of reversible concerns that has been allowed to dig in reins in the NHS.

There is also the celebration of our precious children in this month of May. In the UK, children's day will be celebrated on the 14th of May. The aim of this day is to raise awareness to the need for all children to grow up in a healthy, protected and safe environment. Such children grow up to add value to society as accomplished adults.

Research shows that the environment a child is raised affect who or what they become in future. It is therefore a worthy course to seek that children are raised in a way that allows them to become valuable members of society.

So we have touched on some important dates this May, however, we must mention the obvious elephant in the rooms of almost half of the UK's population; hay fever. It is that time of the year when hay fever sufferers are starting to find the great outdoors an unattractive place to be. Speak to your health professional or local pharmacist and get the right anti-histamine if you are affected so that you can enjoy the lovely spring weather freely. Enjoy the spring season! **KC**



*Walk of Witness,
Good Friday, Uxbridge*

2023 years ago
Jesus carried his cross
Those closest to him
Deserted him
2023 years later
Believers in Uxbridge
Came together
In one walk of witness
Declaring their love
For the One
Who died and rose again
The One who lives
FOREVER!



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and/or welfare
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We will assess your financial situation and give you advice on your debt, options, and budgeting advice if needed.



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Hillingdon Foodbank

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Email:

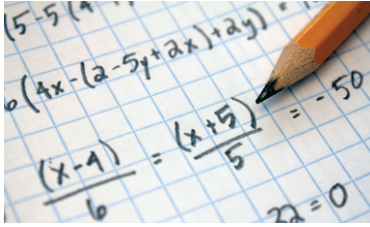
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1 brain exercise to help keep you mentally sharp.

Do math in your head. Figure out problems without the aid of a pencil, paper, or computer. One small study, published in *Advances in Experimental Medicine and Biology* in 2021, suggested that solving math problems had a positive effect on participants' cognition. You can make this exercise more difficult — and athletic — by walking at the same time. *Credit: everydayhealth.com*

LET'S PLAY SUDOKU

“There seem to be two main types of people in the world, crosswords and sudokus.”
— Rebecca McKinsey.

In playing Sudoku, the objective is to fill a 9 x 9 grid with digits so that each column, each row and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1-9. All the best!

EASY

		7	5			6		3
4	3				6			5
6		8	1		9		2	7
2		6	4	5				
		1		6		3	4	
7					8		5	
8			7			1	3	
	7	4		2		5	9	
1		9	3		5			

MEDIUM

		6		2				
		8	1	6		7		3
	9			4	3		6	
			9	8	6	3	4	5
8	6					9		
					6			
			2	7	5	3		
	4	7	3		5			
		3					9	7

CHALLENGING

3					1	9		
				7		4		
1			4	2				
5	3	1					7	
		4	9					
				6				
	9				2		5	7
2								
			1	9			8	



The Power of Consistency

BY CHRISTINE BAMIGBOLA

Wow, here we are in the second quarter of 2023! I bet you have started a goal in one area of your life?

How did you feel during your recent first quarter review of 2023?

Are you making good progress or are you doubting and questioning whether the goal is worth it?

Well done if you are making good progress, but if not, don't throw in the towel yet. Remember that your goal already has a pre-determined, identified, worthwhile benefit, so it is worth continuing until your goals are accomplished.

This is where the Power of Consistency comes into play! The main thing is to make consistency your friend.

It will encourage you through the second quarter and the rest of the year. Simon T Bailey says. Consistency is made up of three key ingredients, and they should not be used in equal amounts.

1. Consistently walking the walk - not just "talking your talk", is your biggest ingredient! This describes the little steps you take throughout the day that breathe life into your

goal. It's not enough to just say you have a goal you must walk towards them every day. It starts with organising your day to make sure that the day is not spent on several other things that are not even your goal. Make your goal the main thing, do it first. If there are too many things vying for your attention, then use the Pareto rule. Find out the top twenty percent of your priorities and spend eighty percent of your time on them, making sure that this includes your goal.

2. Consistently connecting to your why

Constantly remind yourself of the meaning, and the 'why' for doing the goal will allow you to power through even when you're tired, stressed out or unmotivated. To get the best of this, make use your why is written and when you read it, take some time to visualise the change or result that you anticipate getting from your goal. Make sure you have a reward in mind that you will use to celebrate your accomplishment and think about that too. Make sure that you let the positive outcomes override any negative feeling or challenge that you have encountered in the goal. Then get moving as soon you make the mental shift.

3. Consistently disrupt the disruption


This is the magic ingredient—you just need a pinch of it. Consistency without disruption is simply a routine! Disruption means moving to the cutting edge. Stop and conduct a self-review every 30 days and 90 days, which can be set to coincide with the end of a calendar month and quarter.

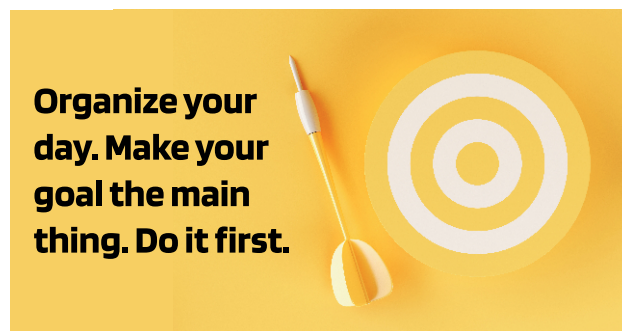
That period is long enough to ensure you're not jumping from goal to goal, but it's regular enough to keep you from getting into a rut, to take stock of how far you have come and appreciate the progress that you are making.

During your self-review, ask yourself: What have

been my major successes in the past month or three months? How have I moved forward? Am I still moving in the direction I want to go? Is there a better way to do things?

Do these three consistently and you are certain to develop confidence and see a cumulative progress that is certain to help you achieve your goal within your set time. Remember, walk the walk, remind yourself of why and review periodically.

Come on then, you've got this, let's smash it and accomplish great things in quarter two of 2023 





Behold your King



His background

King Charles III, born Charles Philip Arthur George, is the oldest and longest-serving heir apparent in British history. As the eldest son of Queen Elizabeth II and Prince Philip, Duke of Edinburgh, he has been groomed for the role of monarch since birth. The past, present, and future of King Charles III are inextricably linked to his family tree.

The past of King Charles III can be traced back to the Tudor monarchs through his mother, Queen Elizabeth II. Her father, King George VI, was the second son of King George V, who was a son of King Edward VII, Elizabeth's great-grandfather. King Edward VII was the son of Queen Victoria and Prince Albert, making Charles a direct descendant of the great British monarch of the nineteenth century.

However, Charles's direct line to the throne comes from his father, Prince Philip. Philip was born a prince of Greece and Denmark, but renounced his titles and became a naturalized British citizen in order to marry Elizabeth, who became queen a few years later. Philip's father, Prince Andrew of Greece and Denmark, was the fourth son of King George I of Greece, making



Charles a descendant of the Greek royal family.

Charles's present as the heir apparent to the British throne is tied to his mother's long reign, which began in 1952. Charles has been waiting to take the throne for over six decades, and he is now in his seventies. However, his role as a senior member of the royal family has not diminished over the years. He has taken on a number of important duties, including representing the

Queen abroad, serving as a patron of numerous charities, and championing environmental causes.

The future of King Charles III is uncertain, but his reign is sure to be marked by continuity and change. He has expressed a desire to modernize the monarchy and make it more relevant to the changing times. He has also spoken out about issues such as climate change, sustainable agriculture, and the need for a more equitable society. At the same time, he will be expected to uphold the traditions and values of the monarchy, including the continuity of the British state and its institutions.

King Charles I, II & III

King Charles I, King Charles II, and King Charles III are all members of the same family and are linked through their royal lineage. King Charles I was the second son of King James VI of Scotland and I of England, while King Charles II was his eldest son and heir. King Charles III, on the other hand, is a descendant of King Charles II through his grandmother, Queen Elizabeth II.

King Charles I was born in 1600 and came to the throne in 1625. He ruled England, Scotland, and Ireland until his execution in 1649. His reign was marked by conflict with Parliament, which eventually led to the English Civil War and his eventual trial and execution for high treason.

Following his father's death, King

Charles II was forced into exile, where he spent over a decade in France and other parts of Europe. He returned to England in 1660 after the restoration of the monarchy and ruled until his death in 1685. King Charles II's reign was marked by the restoration of the monarchy, religious conflict, and the emergence of parliamentary supremacy.

King Charles III ascended the British throne as

the eldest son of Late Queen Elizabeth II on 8th of September 2022. He was born in 1948 and has waited to be King for more than 70 years. Charles's reign is expected to be characterised by his environmental activism, charity work and efforts to make the monarchy more responsive to contemporary concerns.

The Coronation

The coronation of the UK monarch is deeply rooted in the Christian spiritual foundation of the country and must not be lost or diluted. The coronation ceremony of King Charles III is expected to be a Christian liturgical service that has remained largely unchanged for over a

thousand years. It is an important symbol of the connection between the monarch and God, and the divine authority that is believed to be invested in the monarch.

The coronation ceremony includes several religious elements, including prayers, hymns, the reading of scripture, and the anointing of the monarch with holy oil. The anointing is a central part of the ceremony and is seen as a sacramental act, symbolizing the monarch's consecration to the service of God and the people of the realm.

In addition, there is a strong biblical element to the coronation ceremony. The coronation oath, which is taken by the monarch, is based on the oath of the ancient biblical Israelite kings and includes a promise to maintain and defend the laws and customs of the realm [KC](#)

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Whispering Winds

We are all ears!



Q I am a teenager and self-worth has been defined by beauty and acceptance, I am struggling with this definition and it feels like I don't fit in anywhere. What advice would you offer to help me navigate this period of my life?

A Thank you for writing in and it is always a pleasure to hear from the teenagers. Navigating the teen years seems to be the most difficult period of anyone's life and it is a necessary part of life known as your formative years. The body undergoes changes physiologically and this impacts you greatly. Body changes can occur before teen years but the self-consciousness starts in those teen years. You start looking at yourself differently and defining yourself by the standards of your generation. You crave acceptance and want to be noticed, acknowledged and part of the reigning group/s.

You are of the opinion that no one has ever been down this path or understands your struggles. Arguments erupt in the family and causes a lot of pain and anguish; separation and sometimes leaving the home. It is a rite of passage that most people will go through in their life time. Youth is associated with beauty, strength, intelligence, love and acceptance. You are beautiful not by the standards set by your peers or even the world, you have a maker that made you stunning and unique with a non-replicated DNA, it does not get better than this. You're a unique piece very precious to your maker. I would advise that you go about

You are beautiful not by the standards set by your peers or even the world, you have a maker that made you stunning and unique with a non-replicated DNA

your education, acquiring skills for life, your purpose and making an impact in the world. Look into the mirror and remind yourself that you are beautiful (sometimes you may not believe it), write little notes of affirmation and read it out too, you will be grateful for this later in life as you become a strong believer in yourself and capabilities. This struggling you experience is a natural progression into inner strength as you deal with the storms of life. Acceptance is a relative term, just like the adage one man's meat is another man's poison.

You will always find your tribe. Don't force yourself into tribes you don't belong to or be a spare wheel in those communities. What are your values? Align it to a tribe that fits that purpose. If you cannot find a tribe, create one and use that platform to help others going through the same struggles. There is nothing new under the sun, it maybe new to you but someone has gone down this path and others will do so in the future. What matters is the present time, make good use of your teen years don't allow it to slip by with self-destructive thoughts and activities, or falling out with your loved ones. Don't neglect your appearance or isolate yourself from people.

Engage yourself with more activities at school, put yourself forward for tasks in and outside of school. Remember your teenage years are the foundation for your life afterwards **KC**

Whispering Winds is a column where we provide answers to readers' questions on emotional and relationship issues on a monthly basis. If you have a question, please send an email to whisperingwind@kingsborough.org.uk



ANNIVERSARY THANKSGIVING AND PRESENTATION OF ORDINANDS

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Time: 1.30pm

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