

CONNECT

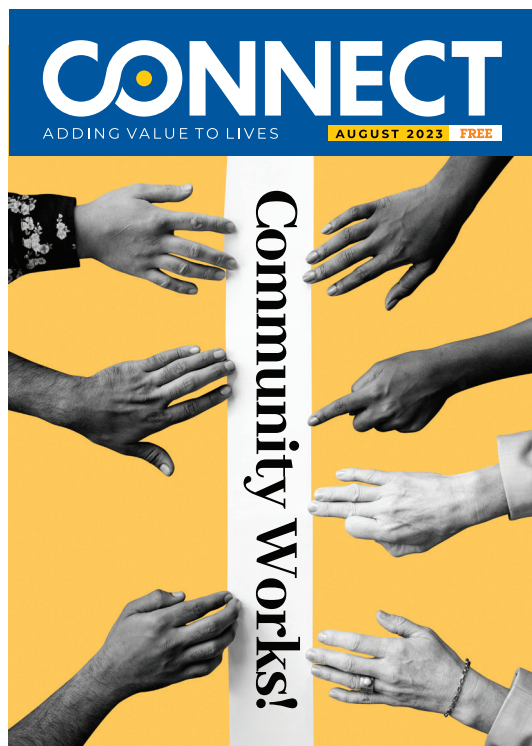
ADDING VALUE TO LIVES

AUGUST 2023

FREE

A collage of diverse hands reaching towards a central white vertical strip. The hands are of various skin tones and are wearing different types of clothing, including a floral patterned sleeve, a dark sleeve, a light-colored sleeve, and a sleeve with a ring and bracelet. The background is a solid yellow color.

Community Works!



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Email: designs@kingsborough.org.uk

EDITOR IN CHIEF: Tunde Balogun

EDITOR: Dorcas Fakile

EDITORIAL TEAM & COLUMNIST: Christine Bamigbola, Jane Domike, Dorcas Fakile, Azuka Aghadiuno

GRAPHIC DESIGNER: Toluwani Fatuki

BRAND ADVISOR: Pranjali Kanchi



STARTERS WITH PT



Community works!

BY TUNDE BALOGUN

M My background in Sociology and Anthropology gave me a genuine desire to be involved in the community. I was exposed to the various aspects of the community framework, including family, crime, behavioural pattern, and industrial sociology. I observed with intrigue how the human society components are interwoven and interdependent on one another beyond anybody's imagination. Now, with over thirty years of working passionately in the community as a grassroots stakeholder in the combined capacity of a Church and community leader, I can convincingly deduce that Community Works.

The tapestry of the various components that make up human society often gives an initial complexity that may be difficult to understand and manage the status quo. However, my day-to-day engagement with people at different entry points in human society strengthens the understanding that community works. It's like a living organism that grows, and its fabrics evolve organically, needing no human interference. As one of the natural components that make up a complete functional society, there is a tendency to often try to control or regulate the fabrics of our society to determine a peculiar outcome or devoid of dysfunctional propensity, but we hardly get our desired results.

Promote the welfare of the city
where I have sent you into exile.
Pray to the Lord for it. because
your future depends on its
welfare **Jeremiah 29:7 (CEB)**

My preference for a fruitful, organic and functional society that advances life and progresses human developmental wellbeing, is rooted in investing values and resources that outlays our dream society from the onset. No one should be made to feel unsafe and vulnerable in any community; if they are also willing to integrate and reciprocating the gesture of being admitted as an integral part of the community.

Laying the right foundation is the key to actualising a strong and sustainable society. And following these three crucial principles are needed for a solid foundation:

Prioritise a solid foundation for children:

Getting the early years formation for a child and securing a foundation on which they can build upon as they grow into adulthood is very important. The experience of being a church leader at a church that has pioneered and managed a multi-site childcare facility for 15 years. And has seen hundreds of children pass through their early formative years in our care; has shown that such children go on to perform better and excel in the area they chose to pursue whether academic, vocational training or apprenticeship - starting with English and numeracy.

Define, promote, and protect the culture:

No community of people should surrender to anything instigating the denial of its culture. Culture is the identity of a community, and it holds the key information, values and connections to its origin, history, and future generation. The reason a culture could be extinct in a community overtime, is due to not allowing the full integration of its visitors warmly into acknowledging and valuing the culture of their host community. Cultural exchange creates a warm atmosphere that encourages mutual respect, recognition, and cohesion of multiple cultures within every community.

Objective value system:

Value is the self-worth of a person. It also measures the contribution they bring to a situation or the community. Nobody should be categorised as worthless, no matter how much or little it seems like they do, compared to others. The theory of structural functionalism by Herbert Spencer and Robert Merton states how the framework of our complex community system should synchronise to work together and promote stability.



Correction and Apology Improve Your Eyesight Naturally

We apologise for the fact that the article (Improving Your Eyesight Naturally) on pg.12 of last month's magazine was edited and added to (including adding a photo of optometry equipment), so that it did not entirely reflect what the author intended. It is imperative to highlight that it is not **giving birth** but **being born** that can impact our vision and our individual experience of vision is subjective. The original article can be found on our Social Media page @connectmaguk



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 *Apart*



A WEE LITTLE TRIUMPH

Try as she might, our granddaughter couldn't grasp the concept of potty training. Then one day... success! Jumping up and down, she threw her arms in the air and yelled in excitement, "I went potty all by myself, and now I can go to Harvard!"

WHICH CHIN?

Concerned that he might have put on a few pounds, my husband exited the bathroom and asked, "Do you think my chin is getting fat?" I smiled lovingly and replied, "Which one?"

I BOUGHT TWO

It always irked my single mother that her grocery store didn't carry eggs in packages of six—just by the dozen. Then one day, her wish came true. She walked into the grocery and found fresh eggs in cartons of six. "I was so excited," she told us later, "that I bought two!"

BAD WORK EXCUSES

Thinking of skipping work? Don't try these real excuses—they didn't work the first time.

- My false teeth flew out the window while I was driving down the highway.
- I quit smoking and I'm grouchy.
- My favourite football team lost on Sunday, so I needed Monday to recover.
- I received a threatening phone call from the electric company and needed to report it to the FBI.
- I got lost and ended up in a different state

Jokes are culled from rd.com/jokes

**Do you need to *talk*
to somebody?**

Please text or call **078 4823 7072**

You can also email us at

info@kingsborough.org.uk

Please visit **kingsborough.org.uk**



@KingsboroughUK

**Sunday service at 4 New
Windsor Street, Uxbridge
UB8 2TU from 9.45am**

kingsborough.org.uk



Enjoy together

Jane's Essentials

BY JANE DOMIKE

August is the eighth month of the year, it is also the tail end of the summer season. Following from our July edition, we explored ideas of what we can do with our time during the summer that will both be engaging for children and adults alike. In this edition, we will look to explore tips on how to decide what activities to choose for your family.

Families differ in size and composition, hence the types of activities you may choose would also differ. Parents with younger children will choose a completely different itinerary from parents with older children or even lone couples. It is good to be clear that parents and guardians are the leaders in these scenarios, so some of the qualities that makes a good leader are to be informed, prepared for and

put into practice. In this corner, we would share a couple of tips (in no particular order) to help foster this leadership skill.

Make out time:

It is important to intentionally make out time to spend with your family. In families with lone couples or older children, this might not be too much of a challenge as they can plan to take time off work at around the same time, to accommodate for their holidays. Parents with younger children will have to make plans around their children's school holidays, although this is not always possible. Hence, being intentional with making out some time on the weekend or on days off can serve as a time to spend with family doing fun things.



Identify your key players:

Within every family there is always one or two persons skilled at selecting the most suitable activity that will serve all family members equally. Identify them and involve them when making decisions about what the family should be doing. The main considerations as earlier mentioned will include the diversity of the family so that everyone enjoys the day or days.

Have a realistic budget:

The rise in the cost of living forces a consideration of financial implications for planned activities. One valuable tip for holidays is to plan and pay towards it well in advance to avoid any stress. With activities, it is good to plan to go to places that are free or cheaper to access, especially if you have a large family. It might be worth making your own snacks sometimes rather than buying snacks. Unless a sit down meal at a restaurant was pre-planned as part of the day, hence, budgeted for.

Plan your travel route:

Getting to a destination is also part of the experience. For

parents with younger children, consider what works and will be interesting for the children and not too tiring for them. Sometimes a train ride might be more adventurous for some children than others. Whilst some parents might benefit from such an adventure, others may prefer the comfort of driving their own cars.

Set goals for each activity, outing or holiday:

It is established that active learning is more beneficial than passive learning. So, when planning an activity, outing or holiday, it would be a good idea to consider what the participants would take away from the experience. There are endless learning opportunities that can arise from one activity. Although the main objective is to have fun and create memorable experiences while doing so. We can all still learn a lot while having fun.

In summary, families are the bedrock of the community as in it lies the future leaders and heroes of our community. Investing time in your family is most valuable.

Have a wonderful August break!

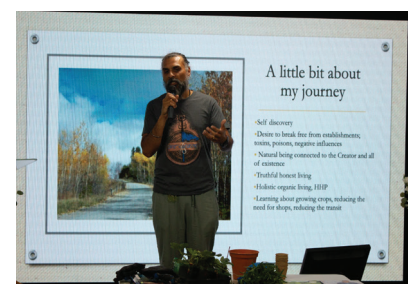


Recap: Green Fingers Sunday

Cultivating Growth and Sustainability

On the 2nd of July, we embarked on an inspiring journey of growth and sustainability with our Green Fingers Sunday service. It was a vibrant celebration of nurturing the earth, sowing seeds of knowledge, and embracing sustainable practices. During the service, we explored the beauty of gardening, composting, and growing our own food at home. Our guest speakers shared invaluable insights on cultivating green thumbs and fostering a deeper connection with nature. We learned about the importance of sustainable living and how small actions can make a big difference in preserving our planet. The atmosphere was filled with enthusiasm as families and individuals alike embraced the joy of gardening. Seeds were planted, tips were shared, and a sense of community flourished. We are grateful for the incredible support and active participation of our church family

in making this day a resounding success. As we reflect on the rich experience of Green Fingers Sunday, let's carry the knowledge and inspiration gained into our daily lives. Whether it's tending to a small garden, composting, or making eco-conscious choices, let's continue to be stewards of creation and agents of positive change. Together, we can cultivate a greener, more sustainable future. Stay tuned for more exciting events and opportunities to deepen our connection with nature and foster sustainable living. Let's continue this journey of growth and make a lasting impact on our community and the world around us.





Rev. Dr Sam Adeyemi will be discussing various strategies that churches can use to impact their communities positively. We will be exploring topics such as community engagement, social justice, and advocacy. You will have the opportunity to network with like-minded individuals and exchange ideas on how to make a difference in your community.

Guest Speaker

Rev Dr. Sam

ADEYEMI

Atlanta, USA

An Academic Lecture on

The Church Strategy on Community Development

Don't miss out on this opportunity to learn and grow with us.
Register now and be a part of this exciting event!

Join us on September 30th for "The Church Strategy on Community Development"
with special guest: Rev. Dr Sam Adeyemi



Saturday
September 30th, 2023



Brunel University London Kingston Lane
London UB8 3PH United Kingdom

	Regular	Premium
Early Venue Access	✗	✓
Light Refreshments	✗	✓
Reserved Seating	✗	✓
Discounted Price on our New Book Launch	✗	✓
Gift Bag filled with Special Memento Freebies	✗	✓
	FREE	£20

Register here





**Do you need
free debt
and/or welfare
benefit advice?**

How we can help:



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



Help you deal with emergencies such as bailiff action, eviction, court hearings or other issues needing urgent action.



Our adviser will also help you identify if there are any ways of maximising your income such as by claiming extra benefits.



We can also provide generalist advice in areas like employment, housing and family law.

HOW TO BOOK AN APPOINTMENT:

Hillingdon Foodbank

Telephone: 07859710747

Email:

info@hillingdonfoodbank.org



Hillingdon Citizens Advice is working in partnership with Hillingdon Foodbank to offer our community:

Free * Confidential * Impartial Advice

Follow Project updates via Twitter @hillingdoncab

Thank you to staff and volunteers of Hillingdon foodbank for the impact you made in Hillingdon community

The Trustees, Directors and Project Manager of the Hillingdon Foodbank expresses their deepest appreciation to the incredible team of staff and volunteers who work tirelessly to support the Hillingdon Community. By providing emergency food parcels and free debt and/or welfare benefits advice services to clients struggling due to the cost-of-living crisis. The dedicated efforts of the admin coordinator, warehouse coordinator, debt adviser, and all the volunteers are truly commendable.

Caroline, our admin coordinator, plays a crucial role in ensuring the smooth functioning of the entire operation. Her organizational skills and attention to detail ensure that the administrative tasks are efficiently managed, allowing the team to focus on providing emergency food parcels to those in need. Her commitment to keeping everything running smoothly is invaluable.

Dante our warehouse coordinator, deserves heartfelt appreciation for his tireless efforts in managing the logistics of storing and distributing the food parcels. His exceptional coordination skills ensure that the right resources reach families in need at the right time. His dedication and hard work contribute significantly to the success of this vital community initiative rendered by the Hillingdon Foodbank.

The advice service offered by Vivian in supporting clients cannot be overstated. Her expertise in financial matters and compassionate approach provide invaluable guidance to individuals and families facing financial challenges. Through her efforts, she helps clients navigate difficult circumstances and work towards a brighter future.

Lastly, a special mention goes to the selfless volunteers who dedicate their time and energy to supporting this noble cause. Their commitment and compassion touches the lives of countless individuals and families. Their kindness and willingness to lend a helping hand makes a significant difference in the lives of those in crisis, far and wide across the borough of Hillingdon.

Collectively, the admin coordinator, warehouse coordinator, debt adviser, and volunteers are the backbone of this essential community support system. Their unwavering dedication and selflessness inspire us all. On behalf of the Management of the Hillingdon Foodbank, I extend my heartfelt gratitude for their invaluable contributions. Their commitment to helping others is truly praiseworthy, and they serve as an inspiration to us all. Thank you for making a positive impact and for embodying the true spirit of community service.





Kixx

Kixx Uxbridge's First Tournament Experience

The month of July saw Kixx Uxbridge take part in their first ever football tournament.

Connect Magazine is happy to congratulate the Kixx Uxbridge U6's as the champions of their group at the Brook House Summer Sixes. As well as a commendable effort by their U8's who took part in the West Drayton Youth FC tournament.

Coach Dawa (the head coach), is said to be very proud of all of the Kixx Uxbridge group entries that participated in the tournament. Particularly the U6's for winning their group with 2 wins, 2 draws and 1 loss. What an amazing achievement it was for them! There is a lot more to look forward to in the future.

Connect Magazine will surely continue to cheer on Kixx Uxbridge from the sidelines!

(For more information visit @Kixxuxbridge on Instagram, Twitter, Facebook & Threads)



Hillingdon Trussell Trust Financial Inclusion Project

The partnership between Citizens Advice Hillingdon and the Hillingdon Foodbank received a funding boost from the Trussell Trust to provide advice to users of Hillingdon food bank. The principal advice areas of the financial inclusion grant are around debt and welfare benefits. However, the service also facilitates access to advice in other areas (such as housing, immigration and employment) where these issues are identified.

The project commenced in February of this year and to date, we have:

- Supported a total of 52 service users (offering face-2-face and telephone appointments).

- Service users were helped to maximise their income and receive advice on financial capability to reduce their household utility bills.

- Achieved financial gains totalling to **£59,916**, through advising service users on benefit entitlement and helping them apply for the relevant benefits (Universal Credit, Housing Benefit, Pension Credit), challenging benefit decisions and applying for charitable trust grants.

- Feedback on the service has been positive and encouraging, especially for those who are vulnerable and experiencing financial hardship. The service has helped reduce their stress and anxiety, and increase their confidence and ability to deal with problems and gain knowledge on what help is available.

Community Month

Family BBQ Sunday

9th July, 2023





Whispering Winds

We are all ears!

Q *As I progress in life, I have admired leaders in different spheres of life and I often wondered if I could find myself in such roles or acquire the skills to be one. I have dissuaded myself as I don't understand it.*

A The journey through life requires different sets of skills both professionally and personally and that is why I am glad that you wrote in. It looks like you have been contemplating additional skill sets that would enrich your life and benefit those around you. As you plan ahead, you probably have exhibited leadership skills in your life without realising it. Putting yourself forward for pieces of work - that's leadership! As you are taking responsibility for the success of these pieces of work and other people depend on your judgement, expertise and ability to carry them along, providing the information required. As life is not static, it is imperative that we continuously improve ourselves, stretching and challenging ourselves, as we never know what we are fully capable of doing. Some people are good at developing themselves with a sense of direction, while others discover themselves overtime.

Leadership skills can be used at work or at home. Sometimes you are thrust into it without adequate training, so you learn on the job, especially if you are a parent. And surprisingly, some of those parenting and carer skills set that are developed within the home environment through many trial and errors, are transferable to the workplace.

Some people think they have not got any leadership skills, nor can they lead others when called upon. As it looks like a

mammoth task and no amount of persuasion might get them to accept or consider the proposition. This leaves a huge void within families, communities and even the workplace. There is another set of people who wish to step in and step up with more leadership skills and are unsure about how to go about it. This is where talent spotting comes in, either at home, in the communities or the workplace. This category of people will benefit from mentors and coaches that can show them the ropes to the DNA of an effective leader.

I would encourage you to see yourself as the next potential leader in any sphere you wish to lead. There will be a mindset shift as you prepare for that role. Do a skills assessment and find out which ones need more upskilling to the next level. Identify training courses; a lot of courses can be accessed online nowadays. Please find a mentor and coach. It is very important, as no man is an island. Believe in yourself and give yourself time for the acquisition and execution of these skills.

Choose your friends wisely, as you don't want naysayers around you. Find your tribe; they will help you along this journey. Practice your skills in the early days; at any opportunity you get. Don't fall for the current axiom of faking it till you make it.

Putting yourself forward for pieces of work - that's leadership!

And lastly, be the sort of leader you would like to be his follower!

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



Knowledge Corner



As a result of the challenging economic situation in the economy, though the inflation level is abating. We need to learn how to live differently and thrive during economic downturn. Hence, we are recommending a Summer Book to read titled **The Richest Man In Babylon**.

You will gain lots of knowledge about making money, spending it wisely and saving some for the future.

You can scan the QRcode below to buy an audible version on your phone. And you may also join us to discuss this book every Sunday morning from 6th of August, during our Pathfinder live group discussion from 9am - 9.45am at Kingsborough Church.

Scan Here



Broom Tree Cafe

- Free Toast ● Friendship
- Reading Newspapers
- Games Mutual Support
- Life Courses
(Money Literacy, etc.)

Every Saturday from

11am - 1pm

Venue:

Kingsborough Centre

4 New Windsor St,

Uxbridge, UB8 2TU

01895 830510





DAY OUT FUN FOR NURSERY CHILDREN AT AN URBAN FARM



What is the name of the farm you visited?

Hounslow Urban Farm

What was the purpose of the trip?

The children really enjoy animals and have spent some time learning about animal names and sounds they make. Children were shown pictures to choose where they would like to go for a trip, and they chose the farm.

What impact or difference would this make on the children and their upbringing?

This is particularly good for children who haven't had the chance or may not get the chance to go to such place. As sometimes outings as a family can be more expensive, parents may not be able to get to the certain place. It also helped with the children that have been learning about the animals to actually see some in real life and hear the sounds for themselves.

What are the benefits (if any) for parents whose children went of the farm trip?

The benefits for parents can include an ease of a financial and execution burden for planning such trip. As this trip provided the opportunity for those that can not afford or maybe were unable to get to the place. This was also beneficial for parents and children from larger families, as it gave the opportunity for parents to spend one to one with their child from the specific nursery room.

What are the benefits (if any) for the community with having the children go on such trip?

To the community, this has shown that we take children on special outings and find ways to extend their learning outside of the nursery. It has also shown that we can still provide safety and care and attention to the children even more when outside of the nursery building.

Can you give us the contact person at the farm to speak to?

I just spoke to a person on reception at the farm. Pick out any more info and images about the farm at <https://hounslowurbanfarm.co.uk>

