

CONNECT

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OCT/NOV 2023

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Welcome to

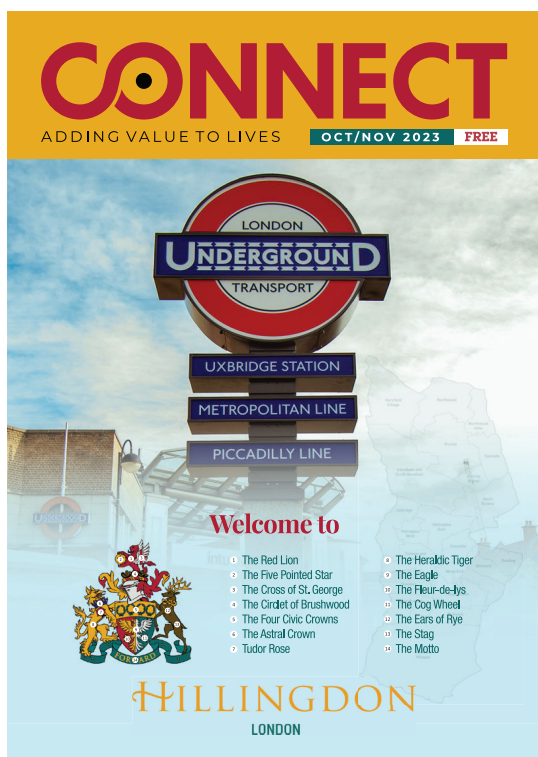


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HILLINGDON

LONDON



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STARTERS WITH PT

International Arrivals

Time from taxiway to arrivals
Some passengers take longer to reach the arrivals hall, about 45 minutes if they have bags to collect, 20 minutes if they don't.

While you wait
You can use the shops and restaurants – and check the latest flight information from any screen.

15:23



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www.ccb.com

Heathrow



Welcome To Hillingdon

BY TUNDE BALOGUN

As you venture into the western reaches of London, allow me the joy and the privilege of welcoming you to Hillingdon. The second-largest borough among the thirty-three boroughs that make up the city of London. Spanning across an area of 44.6 square miles, Hillingdon is home to a dynamic population of 303,870, of which 152,246 are males and 151,624 are females consecutively.

The borough of Hillingdon is unique in its demographic makeup, with 21.7% of the total population being under 16 years old and 6.1% aged 75 years and above. The remaining 72.1% represent the 16-74-year-old working class. Hillingdon's population is also very diverse. According to the 2001 census, the percentage of indigenous white British residents decreased from 73% to 52% in 2011. Meanwhile, the population of individuals from other cultural and ethnic backgrounds increased from 27% to 48% during the same period. Over the years, Hillingdon has undergone significant demographic changes, but it remains a vibrant and multicultural borough with a rich history and a promising future.

Whatever the part of the statistics you are accounted for, I am delighted to invite you to come along with us in this edition of the Connect magazine as we rediscover Hillingdon together. Hillingdon is a diverse community, welcoming people from all

As lovers of Hillingdon, we share a common interest in enjoying the treasures of our borough. We have eaten, drank, sang, danced and flown in Hillingdon long before we ever thought to call it home.

walks of life. Whether you were born here or arrived from other places, within or outside of the UK, Hillingdon is now your home as it has been for myself and my family since 2001. We have grown to love and cherish this community's people, beauty, and legacies. Hillingdon is a place of global impact, making news and gathering many memories for future generations.

As lovers of Hillingdon, we share a common interest in enjoying the treasures of our borough. We have eaten, drank, sang, danced and flown in Hillingdon long before we ever thought to call it home. It may surprise you that even before we became residents, we have benefited from the global recognition of many connections in Hillingdon. These include the former global headquarters of Nestle in Hayes, the iconic EMI Recording studio in Hayes, the Battle of Britain Bunker in Hillingdon from which Winston Churchill led the British army during World War II, the RAF Northolt in Ruislip which has seen members of the royal family and prime ministers take off and land when travelling by air, and the world's busiest airport, Heathrow. While the site locations of some of these landmarks

may have changed, their contributions, the people who built them, and their legacies will never be forgotten by us or future generations.

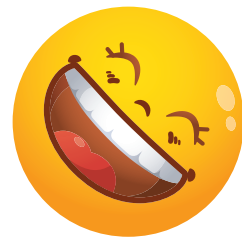
The Connect magazine is pleased to present a special interview feature with His Worshipful Mayor of Hillingdon, Cllr Shehryr Ahmad-Wallana. This edition is geared towards refreshing your knowledge about our beloved Hillingdon. In addition to the mayor's interview, we will also showcase the admirable work of two Hillingdon residents, Kasie and Ellie, who have dedicated their summer to charitable work and sponsored events for the betterment of other's well-being.



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*



FOOD FOR THOUGHT

My neighbour texted me, "I just made synonym buns!"
I texted back, "You mean like grammar use to make?" I haven't heard from her since.

DRIVER'S EDUCATION

My niece Katrina tailgates other cars, and it makes me nervous. I just can't get it through her head that she does this and that it's very dangerous. One good thing is that I sometimes find myself drawing closer to the Lord when I ride with her.

BIKE CYCLE

Ed: The same bike tries to run me down every day.
Fred: Sounds like a vicious cycle...

CROSS-TRACK TEAM

I got excited when my son joined the cross-country team. But then I learned they don't cross the country and are back home in a few hours.

Jokes are culled from rd.com/jokes

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to somebody?

Please text or call **078 4823 7072**

You can also email us at

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Please visit **kingsborough.org.uk**



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Food is good *glue*

Jane's Essentials

BY JANE DOMIKE

The month of October is part of the autumn season, which marks the end of the sunny, green, and vibrant summer season. During autumn, some dishes are deemed to be seasonal, and people are encouraged to be adventurous in trying new foods. In this edition, we will be discussing some foods associated with the autumn season, although they can be enjoyed at any time of the year. It is widely accepted that food has a unique cultural association and is often used as a means of community identification. Therefore, this corner will focus on food as a community glue. As it is the culture of this page, we will also touch on some of the health implications associated with what we eat.

To kick-start, it's interesting to note that even animals have a varied relationship with food depending on the season. In the autumn season, some animals change their eating habit to help them survive. Migratory birds, for example, are believed to eat more during this time to gain weight as fuel for migration, especially as winter approaches. Research has also shown that non-migratory birds behave similarly to migratory birds, storing food away during the autumn in preparation for the droughty winter months.

As people, food has often defined us. It has been used to identify who we are, where we are from, our habits, and much more. In the UK, typical autumn fruits and foods include apples, oranges, butternut squash and many more. These are incorporated into meals to showcase the warm, fragrant, yet earthy and golden nature of the season. Some spices that accent these flavours and fragrances include cinnamon, cardamon, and pumpkin spice.

More locally, here in Hillingdon, there is a rich representation of foods, flavours, and fragrances from different parts of the world. The borough is home to many

high streets and other areas that boast a wide range of restaurants representing culinary diversity. These restaurants offer a taste into people's identity, tradition and culture expressed in their delicious delicacies. It may be a good suggestion to visit these restaurants where possible or google some recipes and try out flavours from other continents. Experiencing the culinary delicacies of other ethnicities is another way of having an insight into people and providing an avenue for community cohesion. In previous years, Hillingdon has hosted some heritage food festivals as a community cohesion strategy. These festivals provided an environment for people to interact and learn about the different cultures. Although, more recently, the borough has focused on managing food waste in response to the current economic climate.

As is customary in this space, it is important to acknowledge that while foods and flavours are an essential part of people's identity, heritage, and culture, we must not ignore the negative impacts they can have on the health of the local community. Despite the debate over which ethnicity has the most calorific meals, it is worth noting that the Hillingdon borough has a higher obesity prevalence rate than London as a whole, as per recent records in the JSNA (Joint Strategic Needs Assessment). Therefore, in line with the borough's strategies to promote a healthier population, we encourage healthy eating regardless of cultural cuisine.

Moreover, we encourage people to be more open-minded and adventurous with their relationship with food, whilst being mindful of any allergens that might be of concern to certain individuals. We hope that swapping recipes with friends of different ethnicities might provide a platform for community cohesion. So, enjoy the autumn, eat well, stay healthy and discover new flavours.



brainteaser

You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?

Credit: parade.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

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

MEDIUM

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

HARD

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



Rediscovering Hillingdon

Councillor Shehryar Ahmad-Wallana



Connect Magazine was honoured to visit the parlour of the Worshipful Mayor of Hillingdon, Councillor Shehryar Ahmad-Wallana. The mayor was gracious enough to engage in an interview with us, providing insightful information and news for the residents and community of Hillingdon. Presented below is a transcript of the interview:

First, let's talk about you. Who is Cllr Shehryar Ahmad-Wallana?

Thank you so much, Pastor Tunde. It's always a pleasure to meet you, and it's my honour to welcome you to the mayor's parlour and thank you for turning up. I belong to a farming family. I came to the UK in 2003 and became a citizen in 2009. I got involved and became part of the local champions in 2007. The idea and passion behind this were to stand up for myself, my family, and my community in Hillingdon. So, I have a very humble background; my father is a farmer, so I'm from a villager background. I have livestock - buffalos, cows, and a dog. I have a good time whenever I go back to spend time with my father and the family there.

I raised my daughter. She's a biomedical engineer. She went to the schools in Hillingdon, Durham, and Bishop Ramsey. Now she's starting PhD, in Brunel, in spinal cord. So, I'm very proud to be a resident of Hillingdon, now the first citizen of the Borough - to represent the borough.

Wonderful. Many congratulations on so many things that you've talked about. I'm so delighted, especially for your daughter, who is starting her PhD in a very complex area of study: the spinal cord. Wow. Congratulations to you and to your family. It's been a while since you have been the first citizen in the Borough now. I'm sure you are well settled in and things are going on well. If I may ask, what would be your vision for the borough during your tenure as a mayor? What would you like (as the mayor) to be seen as done in the borough?

I became the mayor on the 11th of May, so now it's September, a few months already gone, so quickly. As a deputy, I was quite trained as well. My vision about the borough is unity to promote diversity. That is the main thing. I'm uniting the community by supporting and promoting them.

Recently, I have started a new initiative, a walk with the mayor. So, we started our first walk with the mayor. It was organized by a couple of residents and business owners on Uxbridge Road. It was heavily pouring rain the whole day, and we popped into about 25 businesses. They loved it. They said, "you are the first mayor ever doing this". Just to reach out to the business community, we rely upon. They are contributing to the local economy; they are creating jobs for local people. So, it was just an appreciation to go to their doorstep, say hello, and listen to them. Everyone... said millions of great things about

Hillingdon. They were happy, and the businesses were quite settled. Someone said he's been there for the last 20 - 30 years. The second walk with the mayor was organized by Hayes Town Partnership, Hayes Town Business Forum, in Hayes Town. We popped into about 50 businesses. We started at one o'clock and finished at seven. We had lunch at the Hayes College London, in the high street.

So, my vision is to unite the community. The third walk with the mayor is tomorrow (13th September). That is organized by Mr. David in East Court. The chairman of local trader's associations. We are starting from 10.30 to 12.30 in East Court. It's a borough-wide thing now.

Fantastic. Good. I'm sure our readers will take note of this and then be able to benefit from it. How do you ensure that you engage the community in being part of decision-making and supporting the administration - your time in office, the council and the civic centre as a place of operation?

Our community in Hillingdon is very vibrant and very proactive. We have so many community groups. They have been doing a great job for many years. We have a great network with them. I speak three languages, so I know the subcontinent culture as well. As you can see, we have a quite diverse Borough that we are proud of. There are plenty of opportunities within the Borough, and I think people seize every opportunity the borough offers.

People are getting involved in becoming school governors and becoming street champions. There are hundreds of people getting involved in litter picking. They love the borough. People love where they live. I'm really proud of my community and my community members, and as a first citizen, I represent everyone who ever lives in the Borough. People can get involved. There is a lot of information on the website that people can explore. And I think there are always opportunities. Like yourself, you've been doing a wonderful job for the community. You are a role model as well. I'm very, very proud and humbled to be a representative of the Borough.

You talked earlier about the diversity that is in Hillingdon and wanting unity. Will you also be able to mention, especially looking at the walk with the mayor initiative...Is there a way you think that will generate some more mileage for businesses, especially those who would like to create some more businesses, want to promote economic growth, or want to invest in the borough? How will that be likely, or are there any strategies you think will encourage them to invest and grow economic provisions in the borough?

Yeah, I think the walk with the mayor was very well received. We had very good feedback from the business community.

Now, we're going to have dinner with the business community and their families, and we will give an opportunity to every businessman to stand up to explain and introduce themselves. That would not only be a fun evening but also an opportunity to socialize, network, and meet people. Isolation is not good. We are diverse, and we are a very welcoming community.

When people see such opportunities, especially being organized by the mayor, by the council - people love it. And such events and opportunities should be there for the community. We have just experienced great things so far. So, we will continue uniting the community. We will continue promoting the community, including the business community. That is very important.

Now we've been talking about the borough, would you please give us some cultural landmarks or heritage sites that showcase the borough's history and tradition?

First, Hillingdon Borough is the country's second-largest and greenest. And we are very proud of that. We have lakes, rivers, canals. We have parks - it's the greenest borough. We have beautiful sites. We have 700 listed buildings of social character. We have beautiful architects. We have a very well-known site like Ruislip Lido, the Battle of Britain bunker that is very popular (I will be inviting the mayors of Greater London to the bunker). In addition, our borough's beauty is diversity - a welcoming attitude. We are big recipients of refugees as well because we have Heathrow just on the corner.

Our interfaith is doing a great job. Our churches, mosques, temples, gurdwaras - our community is very embracing. We embrace everything we have. We have great schools. I think we are very lucky and grateful that we have such a great, big, diverse and green borough.

If somebody is listening to you talking, and they are

in between decisions to decide whether to move into the Hillingdon Borough, and they're just about making a decision, what is one strapline that you would say to them that can convince them to move into the borough?

Well, we will welcome everyone to Hillingdon. I hold citizenship ceremonies a couple of times a month. I meet hundreds of people, new citizens. So, when I say welcome to Hillingdon and welcome home, that is a proud moment for everyone. I'm so proud to be a representative of the borough, and I just wanted to share something with you... we were invited by the Lord Mayor of London, and every mayor was given a booklet to read. And when I saw Hillingdon's pamphlet and everyone was reading about Hillingdon, that was a very proud moment. Hillingdon is a great borough, so we are very proud of whatever we have.

I also want to ask if community members have seen how you have embraced businesses and how you make yourself approachable and open to them if they want to share ideas or information that they think could better the Borough. Is there room for them to gain access?

This is a very important question. I welcome everyone to the mayor's parlour. I have welcomed carers, people from school, kids, guests, and delegations - we had a couple of delegations from India that were filming around Hillingdon. So, our door is open. And I think as a local authority; there are plenty of opportunities that people can get involved. If any request comes through to our office, we will greatly receive it. And we will definitely get people involved.

Fantastic. Thank you so very much, Connect magazine appreciates the time that you have spent talking to us and sharing this wonderful opportunity for people to rediscover Hillingdon and see how proud this borough is.



Atmosphere for Success!

By Christine Bamigbola



Now that children have returned to school in September, it's the turn of adults to take their spot in College and University. The London Borough of Hillingdon provides an environment conducive to the success of those who have made the decision to further their education. The great thing about Hillingdon is that it offers an atmosphere for success in all that the borough has to offer. Every year, thousands of young people and adults worldwide come to Hillingdon to begin or continue their education in its colleges or universities.

Hillingdon is the home of several renowned educational institutions, including Brunel University, Buckinghamshire New University, Orchard View College, Uxbridge and Hayes College, Green Corridor, and Dynamic Training. These institutions offer a wide range of courses that cater to students who want to train for a career, those who wish to switch careers, or those who want to acquire further qualifications.

We warmly welcome all students embarking on this new journey, whether in college or university, in Hillingdon.

Here are some Top Tips for your College and University Success:

Show Up Prepared. To excel in your classes, put meaningful thought into your work. Come prepared by reviewing and outlining relevant reading assignments. Actively participate, interact with peers, and extend learning beyond the classroom.

Take Effective Notes. Listen actively, focus on key concepts, take notes in the form of questions and answers, and always ask for clarification. Review your notes regularly and organize them for better focus.

Communicate with Lecturers, Professors and Deans. Stay in touch with your instructors regarding the

syllabus, performance, and assignments. Being visible and engaged can lead to strong letters of recommendation.

Have a Mentor. College and university mentoring and counselling aid personal, career, and academic growth. Work with a mentor to increase confidence.

Get Involved with your Tribe. Join a community that aligns with your values, beliefs, and aspirations. It will help you succeed in college and improve your mental well-being. As Lance Armstrong said, "Knowledge is power and community is strength."

Use Time and Money wisely. To manage your time effectively, prioritize tasks based on importance and deadline. Use a calendar or to-do list to track your work and avoid leaving everything to the last minute. Consider each assignment's value and due date when allocating your time. Choose a suitable study location and schedule study time to ensure timely completion of your tasks. Remember, those who fail to plan, plan to fail.

Set, Seek and Meet Goals. Clear goals provide vision and motivation, helping you allocate time and resources to succeed.

Have a Growth Mindset. Think positively about learning and see challenges as opportunities. As Theodore Roosevelt said, "Believe you can, and you're halfway there".

Develop Self-awareness, Self-Management and Self-discipline. Gain self-awareness. Build self-discipline through desire, honesty, consistency, and congruency. Stay safe in isolated areas by having a personal alarm and informing someone of your whereabouts.

Enjoy the Journey and your time in Hillingdon. Seek support from the local Council and local charities, if needed - www.hillingdon.gov.uk

Once again, welcome and enjoy your time in Hillingdon!

Kasia's 280- Mile Cycling Trip from London to Paris

In October of last year, while at work, I received an email sent out by the company CEO. The email stated that they were considering entering a team to participate in the London to Paris cycle ride to raise money for the Royal British Legion. My initial thought was that the cycle ride was nuts. It's a great idea for a great cause, but still, nuts. Before I even managed to finish reading the email properly, I heard some of my work colleagues shout my name across the office, "Kasia!!!" to which I shouted back, "No way!"

Back then, I had only been cycling a couple of miles to work and doing some short and slow social rides. However, after some consideration, I concluded that this was such a rare opportunity, and I would regret it if I said no, so I signed up.

I got some new kit and started training. Then, on a late January evening, on my way back home from work, I had an accident. I came off my bike and sustained multiple injuries. The recovery was slower than hoped, and I was out of action for a few months. I was close to pulling out of the ride a few times, but those who know me also know that I do not give up that easily. In the end, I felt well enough to resume my training properly, with only three months left to go. So, I threw myself into it wholeheartedly, taking inspiration from my colleagues and their training rides. Only at the end of June I did my first ever 100km (62 miles).

Eleven months since the email came out, and I had just completed a 450km (280-mile) bike ride from London to Paris.

On our first day, Thursday, 31st August, we set off at 7 a.m. from Greenwich in a group of over 100 cyclists and cycled 120km (75 miles) to Dover, where we boarded a ferry to Calais. We had a mix of sun, rain, and wind, and by the time we got on a ferry, we were soaked and so very cold.

On our second day, we cycled 130km (80 miles) from Calais to Abbeville, 7 cycling hours and most of it in a pouring, at times near vertical rain. It is safe to say that this was a challenging day, but we completed it safely and still smiling.

Our third day was a 100km (62 miles) cycle from Abbeville to Beauvais, 5 cycling hours on a bike. By then, some of the riders started to experience fatigue; some had sore legs and aches in other parts of their body. The weather was much nicer, with lots of sunny spells and a warm breeze. It felt amazing.

On day 4, our final day, we set off on another 100km (62 miles) ride. We cycled through the beautiful misty morning, passing fields and forests, watching the sunrise, feeling the wind on our faces and the heat build up as the hours went by. Some of us, including myself, were not sure if we would make it through the day. The past few days had been so intense! We had done more hours of intense exercise in such a short period of time than ever before in our lives. Yet as the day went by, and as we kept pedalling, the joy of cycling and the excitement of heading for Paris increased minute by minute and propelled us forward. We finally arrived at the finish line at the Arc de Triomphe, greeted by family, friends,



and members of the public. What a feeling that had been! We did it.

I am super proud of what my 10 work colleagues and I have achieved. This whole experience has been amazing, as I had never done anything like it before. Given another such opportunity, I would do it again.

There were a few aspects to the ride: it provided extra motivation to get moving, and I dedicated countless hours to training, resulting in a massive fitness improvement. There is also the social aspect where you are away for a few days, and all you think of is cycling and sharing the experience with like-minded people. I was very fortunate that I had my work colleagues with me. We came from various backgrounds, from across the whole of the UK, ladies and gentlemen, of different ages and VERY different levels of fitness (some had not cycled since they were kids)! Yet we have gelled and supported each other through the training, sharing tips and organising group training rides. We have had such a great time on the bike and getting to know each other a little better when off the bike.

Another aspect is that in the process of making these

amazing memories and helping ourselves and our own well-being, we were helping others too. After all, this event's main purpose was to fundraise for the Royal British Legion, the UK's leading charity providing financial, social, and emotional support to millions who have served and are currently serving in the British Armed Forces and their dependents.

I work for a locally based company called Shorterm Group; we are based in West Drayton and have offices across the country. We have reached out to our clients and suppliers for support and have also done some private fundraising, where we have managed to raise an amazing amount of £24,000!!!

However, the fantastic work RBL are doing could see some more donations coming.

Should anyone like to contribute, here is the link: <https://www.justgiving.com/fundraising/kasialondon2paris>

Any donations, however small, would be greatly appreciated!



Ellie's Trip to Malawi



Hi, I am Ellie. I'm 18 years old and just finished my final year at Bishop Ramsey. At the very start of my journey in Bishop Ramsey, we were shown the sixth-form trip to Malawi, and I knew the second I saw it that I had to go. I knew it would be an experience of a lifetime, and I couldn't wait to go and help. I've always enjoyed helping and serving the community. Since I was young, my family and I would go out into London around Christmas and give care packages to the homeless, talk to them, and pray. In Galatians, it tells us we should serve others instead of serving ourselves. I couldn't wait to get to Malawi and do all I could to help. I admit it was a lot of money, but it was worth every penny to go out there, talk to the community and experience their lives.

After 24 hours of travel, we arrived at Malosa, and the living conditions were a big shock—power cuts and broken roofs in nearly every building. However, everyone in the community still had a massive smile and was so welcoming. Going to the schools and seeing the kids doing exams and working on broken desks or even sitting on the floor writing on their laps really made me appreciate what we take for granted on a daily basis.

We talked to the kids about their school life and aspirations; many wanted to go into medicine. I remember one conversation I had with a girl about London, and I remember saying to her London isn't all that good. I said after coming here, I've realised there's very little community in London; no one talks to each other anymore, and everyone's on their phones, in their own worlds. It's very rare

to see anyone help each other out anymore. It was so refreshing to be in a place where the community was strong, loving, and without phones. Instead, we played games all day, and in the evenings, we sat talking about life. When I went on the trip, it taught me not to take the little things for granted and showed me how, despite their living conditions and struggles, they all still had faith. I remember being in a room worshipping, and one of the guys' testimonies was a thank you to God for still being alive and able to sing his praise. This taught me that we don't have to have the best things in the world or all the money if we've got God. We came into this world with nothing and will leave with nothing.

Whilst working in the community, we made new mud flooring for families who struggled, as well as building new toilets and donating supplies to hospitals and schools. We also visited a blind school and a primary school, where we read books to the children and made handshakes with them. We also got to visit waterfalls and visit the beautiful Lake Malawi. On our final day, we had a talent show with the older kids at the school. They showed us some of their amazing culture through dances and songs. Although the language barrier made it hard to communicate, sometimes a song and a dance were all we needed to connect.

When I came back from Malawi, I was serving a lady at my work (cake box), and we randomly came into a conversation about travelling. I told her I had just come back from helping in Malawi, and funnily enough, she said her daughter would be doing it next year. She asked me how it was and if I'd do it again. I said without a doubt I'd do it 100 times again. We don't realise it, but even though our aim is to go out and help the community whilst sharing about God. It also humbles us and helps us realise how lucky we are. I said her daughter would love it; it'd be a shock at first, but she would never want to come home.

Our bus driver in Malawi said life here is uncertain; you never know what can happen. That sentence has stuck with me ever since as I now realise how lucky we are to have these hospitals, police, and technology so we don't have to worry as much about our lives as we go about our day. I think it is so important to go out and help the countries that need it the most. Malawi will always have a piece of my heart, and I hope to return in the future.





Whispering Winds

We are all ears!

Q *The young people seem to be bearing the brunt of modern living that is fastpaced, unrelenting and driven. The expectations from all spheres of life weigh heavily on our shoulders. My goals seemed to have flown out of the window or at least been dragged out for a long time. What is the point of setting goals?*

A Modern living always has its fair share of issues for everyone, including young people, and I am thankful you wrote in, as it is a topic that merits discussion. Some people loathe modern living as they view it as a disrupter, while some people wholeheartedly embrace it and the changes that it brings. The assumption that young people can readily comprehend and integrate these disrupters has always been prevalent – young minds, blank canvases, therefore, mouldable. Modern living evolves over decades till it is fully refined and ready for implementation. Human beings are constantly innovating and changing the status quo for the advancement of society and the world at large. Change is one constant aspect of life, and it is found in every aspect of living, even if it is not visible to the eyes or mind. The expectations for young people are erroneously huge from social media, technology, influencers, pranksters, parents, schools, society, and the government. The young people unable to cope with these changes or who had little to no support have gone to the extreme of exiting the world, which is very sad and worrying, too.

The world is preparing you as future leaders; therefore, inadvertently, your shoulders will be heavy – don't mind the pun, none intended here. Parents and society at large are trying to understand the fast-paced nature of the modern world and seem to understand that it would have a huge impact on young people.

Communication must be key to understanding these issues

and the types of support that can be offered. My suggestions are to talk to the adults in your life constantly, openly, and constructively, and rub minds with your peers. Also, you should have an expectation that you will receive responses, subtle nudges, outright suggestions and sometimes demands from them. The key outcome should be a way forward to help you address your goals in life and bring them to fruition; you are the future leader and need to be well-equipped to take on that role.

There are long- and short-term goals: setting goals, implementation, and results are the process flow. You put measures in place and follow them to the letter for results. A lot of hard work and self-discipline is involved, and a good measure of doubt can pull this off successfully.

As autumn beckons, it would be a good time to revisit your goals, set weekly and monthly action plans and tick off as you complete each action. Factor in delays or changing unworkable action plans. Give yourself a pep talk every so often in the day and the week so that you don't lose sight of why the goals are there in the first place.

Goals are like plants; you plant the seeds in good soil, water it (but don't overwater it), and remove all weeds. The traditional plants need sunlight for growth, bees and insects for pollination and the fruit-bearing stage before harvest. These processes look like they are also dragging out business to me.

Let's turn around your phrase: What is the point of setting goals to what does the next ten years look like on the horizon with completed goals? I would say a future full of possibilities because I dared. A future that fulfils the reason why you are on earth at a time like this.

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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



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