

# CONNECT

ADDING VALUE TO LIVES

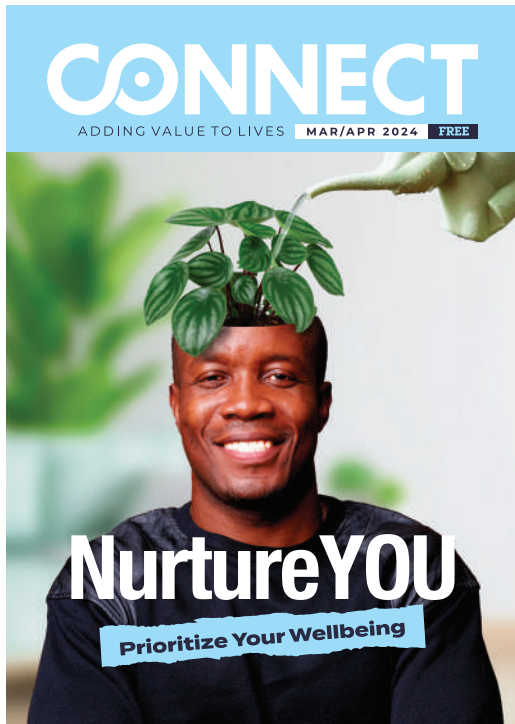
APR/MAY 2024

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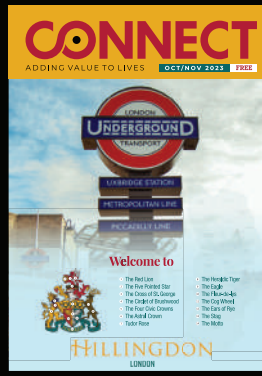
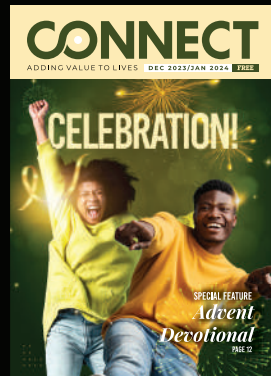
# Nurture YOU

**Prioritize Your Wellbeing**



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**STARTERS WITH PT**



# Free Entrepreneur Lifeline

**BY TUNDE BALOGUN**

**I**t is no longer a secret that the economic crisis has significantly dented the plans of most individuals, companies, and governments. As of the end of 2023, there were as many as 103,454 insolvencies for individuals, although this number was 13% lower than the total insolvencies of 2022. At the same time, there was a growing number of registered companies' insolvencies, with as many as 25,158 in 2023 alone. The impact of this has left everyone in shock, wondering if the effect of individual and company insolvencies is combined with the fact that across the United Kingdom, the finances of the local authorities have been of growing concern. It might be easier to conclude that things are, in fact, going to get worse before they get any better.

While more and more councils are declaring themselves financially bankrupt, it is believed that for every one of the local authorities that go burst, there are ten on the brink of a collapse in the foreseeable future. Overall, the mood of many in our communities is sad, apprehensive, and uncertain because of the councils that have issued Section 114(3) notice of the Local Government Act of 1988, due to funding cuts from the central government. This report is usually issued by the council's statutory chief finance officer when it appears that the council's expenditure will exceed the resources it has available in a financial year. As a result, the councils have to cope by cutting services, increasing council taxes, and reducing support for charities.

All cannot be bad news, as strategies are being considered and embarked upon by individuals, companies and local authorities to mitigate the economic quagmire. The church, which is an integral part of building and sustaining a healthy and robust community life, cannot be left out of finding a solution. The church, which has been known for its "Good News" propagation, always provides small, medium and large-scale community projects and services to provide succour and support to those who are most vulnerable.

Help from churches is usually targeted to the grassroots, who are the direct service beneficiaries. One such help is an ongoing free Entrepreneurial Masterclass by the Kingsborough Centre. The purpose of this program is to encourage, provide awareness to and introduce a practical toolkit for people who believe they have business or entrepreneurial ideas. And may like to explore how to develop and monetise them for entrepreneurial purposes. There are people who possess untapped gifts, talents, or ideas yet struggle to secure or maintain employment. These people are frustrated, and possibly they are frustrating the people around them! But all they really need is someone who would walk with them and help them to take the courage to step on becoming an entrepreneur, that will provide a source of livelihood for them and those around them.

The free Masterclass coaching sessions are faith-driven enterprise coaching centred on Christian faith teachings from the Bible. They take place every Sunday morning from 9 a.m.

at the Kingsborough Centre, Uxbridge. The eight-week Masterclass cycle started with an inspiring session about Called To Create and has treated other sessions that anchor on ownership, Stewardship, Work worship, and the role of excellence.

I am using this medium to personally invite you to come and try out this gathering, with an expectation to find the help that you most need to lessen the impact of the economic crisis as you tap to unearth the treasure of wealth you might be sitting on. I am excited at the passion and interest that I have seen at each of these sessions. It feels like a glimmer of hope and a lifeline that, after all, all hope is not lost. As people's lives get transformed, their situation improves, and the community renounce into another season of plenty.



*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 Ohwatoyin.*

## Free Entrepreneur Masterclass

### Power To Make Wealth

- Are You Afraid About Job Security?
- Do You Have a Gift, Talent or Idea?
- Have you Always Thought About Starting and running your own Business?
- Would You Like To Know About Faith Based Enterprise?

Join Ap. Tunde Balogun  
Every Sunday 9am (March & April)

Kingsborough Centre  
4 New Windsor Street.  
Uxbridge UB8 2TU





# Jokes *Apart*



## BECOMING A CEO

The CEO of a large corporation was giving advice to a junior executive. "I was young, married, and out of work," he lectured. "I took the last nickel I had and bought an apple. I polished it and sold it for a dime. The next day, I bought two apples, polished them, and sold them for ten cents each."

"I see," said the junior executive. "You kept reinvesting your money and grew a big business." "No," said the CEO. "My wife's father died and left me a fortune."

## BIG SPENDER

I had my credit card stolen the other day, but I didn't bother to report it because the thief spends less than my wife.

## FASHION FREAK-OUT

My sister Jordan was helping my 2 ½-year-old niece Berea put on her sweatshirt when Berea's head got stuck in the neck hole.

Berea started panicking and saying, "I can't see! I can't see!" The shirt quickly slipped over her head, and the panic was gone until her arms got stuck in the tight cuffs. The panic returned, and she started crying again. "My fingers can't see! My fingers can't see!" she said. It took all we could, not to laugh as Jordan quickly pulled Berea's arms through the cuffs.

## SHOPPING FREEZE

I'm currently boycotting any company that sells items I can't afford.

*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**



# Green Spring

Jane's Essentials  
BY JANE DOMIKE

**I**t's Spring!!

Spring is believed to be the season of new beginnings, whether fresh or new growth from plants that had withered during the winter or the re-emergence of animals that were in hibernation during the winter months. It's a season of a fresh start, and who does not love a new beginning?

What are those things we set a million start dates for but never do? Maybe we can leverage the spring season to give them a second look.

In some previous editions, we have focused on personal well-being and provided advice on how to better look after ourselves. Similarly, in this edition, we will touch on this subject matter. But because April 22nd marks Earth Day, we will examine the well-being of the earth and how that directly or indirectly affects our personal well-being.

The first question to ask is, what is the significance of Earth Day?

It is a day set aside yearly to draw attention to the various ways humanity can adjust its behaviour to preserve, reverse any damage, or protect what is left of the earth. It addresses the climate crisis and highlights topics around green living.

The popular Tesco slogan "every little helps" is undoubtedly applicable to this sort of discussion because little changes make a big impact. There are varying opinions on how to help the earth. These opinions range from recycling to reducing plane travel to replacing fossil fuels. Let's look at some of the ways we can better care for our Earth in our day-to-day lives:

Recycling provides many benefits for our environment. It plays a pivotal role in conserving natural resources and reducing the environmental impact of waste disposal by diverting materials from landfills and incinerators. It is essential to be mindful of how we dispose of our waste and ensure we recycle whenever possible. In the Hillingdon Borough, it is easy and convenient to pick up rolls of recycling bags from the local libraries. This makes recycling accessible for residents and encourages recycling practices. The borough also has a comprehensive recycling program that includes used and unwanted items. More information about this can be found on the Hillingdon website.

There are many simple lifestyle changes that we can adopt to take better care of our planet. These include turning off the

light bulbs in unoccupied rooms; using eco-friendly light bulbs, which also saves energy; using reusable bags for shopping instead of plastic bags; composting our food and garden waste; growing some of your own food; using a cup of water when brushing your teeth rather than running the tap, travelling by foot or cycling, especially for short distances -the list is endless.

Cheerily, Hillingdon is one of the boroughs that is committed to positively impacting the environment to improve the well-being of the community. The details of this commitment can be referenced on the borough's climate action page and website. The promises listed there include inspiring residents, businesses, and schools to reduce their carbon footprint, igniting the younger generation to respond to the climate emergency, and becoming carbon neutral by 2030, among other visions. Although still controversially regarded, Hillingdon has joined the Ultra Low Emission Zone (ULEZ), which has seen parts of the borough marked as ULEZ. This provides significant benefits for promoting cleaner air and reducing harmful emissions.

Additionally, as a driver, it is crucial to consider the type of fuel we use and, wherever possible, opt for cleaner fuel types. All these can cumulatively make a positive impact on our environment if we all do our bit. London as a whole is very concerned about the rise in pollution caused by air pollutants such as nitrogen oxide and particulate matter. These pollutants have been strongly linked to asthma or other long-term lung diseases and sometimes death.

Therefore, it is no news that a safe environment always affects the health of the area's inhabitants. That goes to say that if we all made our little contribution to keeping the environment free of contaminants, we would be building a safe place not just for us but for generations to come. So even little things like eating more plant-based meals in moderate portions and walking to our local schools or shops can have a positive impact on our physical health and well-being.

The fight to protect the earth belongs to us all. Therefore, we all should do our best to preserve what we can to reverse the damage we can and protect what we can so that future generations will have a planet to call home.

Have a fantastic green spring!



# brainteaser

A man steals a \$100 bill from a shop. He then uses that \$100 bill to buy \$70 worth of goods. The shop owner hands him back \$30 in change. How much money did the shop owner lose?

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

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

### MEDIUM

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

### HARD

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



*Fear:  
Destroyer  
or Catalyst?*





**F**ear is an intricate and profound emotion that has been a steadfast companion of humanity. It lurks in the shadows of our minds, manifesting in various forms and degrees. It shapes our thoughts, actions, and perceptions. From the fundamental fear of survival to the intricate anxieties of modern existence - fear weaves its tendrils through the tapestry of human experience, leaving an indelible mark on our lives.

Fear is, at its core, a primal instinct and a survival mechanism deeply ingrained in the human psyche. It represents an instinctual response to perceived threats, triggering a cascade of physiological and psychological reactions intended to prepare the body for 'fight or flight.' In the face of danger, fear sharpens our senses, heightens our awareness, and motivates us to take action, enabling us to navigate the challenging landscapes of existence.

However, fear is not merely a primitive impulse confined to the realm of survival. It is a complex and multifaceted emotion that transcends beyond the boundaries of survival instincts. It permeates every facet of human consciousness and manifests in diverse and intricate ways. From the fear of the unknown to the fear of failure, from the fear of rejection to the fear of death, its manifestations are as diverse as the human experience itself.

One of the most profound aspects of fear is its subjective nature. What instils terror in one individual may evoke only a mild apprehension in another. Our fears are shaped by a myriad of factors, including our upbringing, experiences, cultural background, and personal beliefs. They are deeply intertwined with our identities, influencing the ways in which we perceive ourselves and the world around us.

Moreover, fear is a potent storyteller, weaving narratives of dread and uncertainty that haunt the corridors of our minds. Throughout history, fear has served as a powerful muse for artists and storytellers, from ancient myths and folklore to modern literature and cinema. It taps into the deepest recesses of the human imagination, giving form to our darkest nightmares and exploring the depths of human frailty.

Yet, for all its omnipresence and power, fear is not an immutable force! While it is a pervasive and potent emotion, it can be altered, managed, and defeated through various means. This includes acknowledging and identifying the root causes of fear, as well as developing coping strategies to enable growth and courage. As much as fear could be an inevitable part of us, the apparent fact that must be settled is that most of what we are fearful of hardly ever comes true. The challenge lies in understanding the many faces of fear and learning to manage it effectively. By doing so, we can unlock its potential to drive us towards growth and success rather than allowing it to hold us back.

### So, What Are You Afraid Of?

On a daily basis, individuals experience countless categories of fear. However, there are a few sources of fear that have become common and affect a significant portion of people within our society and, potentially, the global community. These common fears include the following:

**Financial insecurity:** The pervasive fear of financial depletion has become an increasingly prevalent concern in our society

today, particularly in light of the rising living costs and a trend towards job insecurity. Notably, even those who remain employed often experience mounting pressure to maintain a basic standard of living amidst the inflationary pressures that have rendered daily expenses prohibitively expensive.

**Health issues:** Most people will have experienced the common illness of flu at some point in time. However, there is an increasing concern about developing a serious health condition. The NHS is currently facing a number of operational challenges, ranging from long waiting times to strikes that often result in cancelled surgery appointments. As a result, the hospitals have slipped into rugged terrain that is causing general apprehension that the hospitals may not be as safe as they used to be.

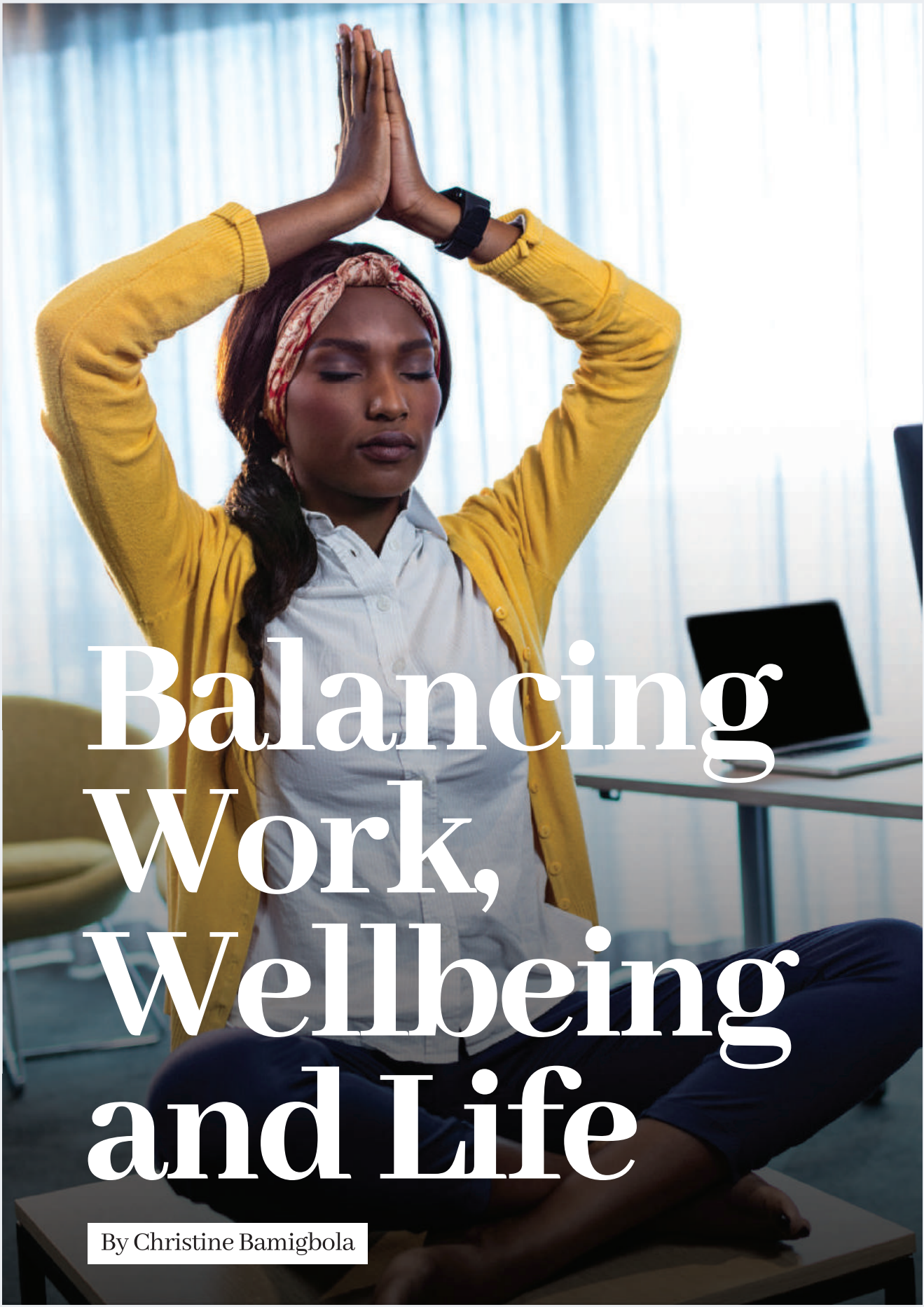
**Fear of crime:** The escalating apprehension regarding public safety has become another focal point of concern. This is particularly following a series of highly publicised violent incidents targeting vulnerable demographics such as children, women, and elderly people. Instances of knife crime, muggings, sexual assaults, and racially motivated offences have seen a notable surge. This is further compounded by revelations of some of these crimes being committed by active-duty police officers. The implications of this have undoubtedly caused a sense of unease among the public's confidence in personal security.

**Fear of World War III breaking out:** The escalating apprehension surrounding the potential outbreak of World War III has intensified against the backdrop of heightened global tensions, particularly since the onset of the Russia-Ukraine conflict in March 2021. The repercussions of the tragic events unfolding in Israel on October 7th, 2023, coupled with the ensuing violence in Gaza, have sparked profound unease, underscoring a deepening apprehension amidst ongoing international diplomatic efforts amidst mounting tensions and provocations.

**Fear of food scarcity:** There is nothing more frightening about day-to-day life than the fear of food scarcity. Imagine getting to the supermarket or shops and finding out that the money in your pocket can not buy basic food stocks because they are not available. The disruptions in the food supply chain have fuelled widespread speculation, prompted rumours of potential shortages and prompted some individuals to engage in pre-emptive stockpiling behaviours.

In the end, fear remains one of humanity's oldest and most enigmatic companions, a mirror reflecting the complexities of the human condition. It is a reminder of our vulnerability, our mortality, and our capacity for both darkness and light. And in the face of fear, we are presented with a choice—to succumb to its grip or to rise above it. The profound impact of the multitude of worries that individuals are currently facing cannot be understated. The resultant stress that ensues from these fears has the potential to manifest in the form of anger and fury among individuals, leading to the destruction of valuable assets. The inability of individuals to effectively cope with their temperament can further exacerbate the situation, leading to a host of adverse outcomes. Therefore, it is essential to adopt coping strategies to assist in navigating periods of fear. Embracing fear as a catalyst for resilience and growth empowers individuals to navigate life's challenges with courage, adaptability, and a steadfast determination to thrive.

As much as fear could be an inevitable part of us, the apparent fact that must be settled is that most of what we are fearful of hardly ever comes true.



# Balancing Work, Wellbeing and Life

By Christine Bamigbola

**W**e are indeed in the swing of 2024, and it has already been a busy year so far! However, it's not so much about the busyness of the year that is important as to how we prioritise our well-being while working. Recent research by Finder has shown that 20 million British workers (about 38% of the workforce) are now working from home, either some or all of the time.

Although working from home has its benefits, if not managed properly, it can negatively impact our mental health. Nuffield Health reported that after the 2020 COVID lockdown, 80% of Brits reported feeling the negative impact of working from home on their mental health. Unfortunately, even in 2024, the pendulum seems to be swinging back towards overwork and poor management of well-being and mental health.

“Work-life balance” refers to a state where an individual allocates equal amounts of time and effort to both their professional and personal obligations without showing any preference for either. This equilibrium is known to reduce stress, enhance workplace productivity, promote job satisfaction, improve personal relationships, and generally contribute to an individual's well-being. While it may be unrealistic to expect perfection in this regard, there exist several strategies for augmenting one's work-life balance.

May brings two bank holidays, one on the 6th and the other on the 27th! May Day (on the 6th) is an ancient celebration of spring, rebirth, and fertility, while International Workers' Day (which is celebrated on the 1st) commemorates workers' rights. Interestingly, these two days revolve around work and rejuvenation. Additionally, Mental Health Awareness Week takes place from the 13th to the 19th of May. This aims to remind and ensure that we maintain our ability to carry out the tasks we need and want to do, such as work, study, interacting with others, etc., whilst taking care of ourselves and attending to our emotional well-being.

Achieving a work-life balance is essential for leading a healthy and fulfilling life, both physically and mentally. However, a poor work-life balance can have detrimental effects on both physical and mental health. Indicators of an inadequate work-life balance may include the regular practice of working overtime, neglecting personal physical fitness, constant feelings of stress and anxiety, a lack of personal time, and experiencing physical and mental exhaustion. Additionally, it can negatively impact personal relationships and reduce the amount of time available for spending with loved ones.

So, how is your work-life balance? And how does this affect your mental health and well-being? How will you use these two bank holidays and mental health awareness week? They should at least be an opportunity to recharge those batteries and a chance to readdress your work-life balance and put a spring back into your own life. Here are some tips to rebalance your work-from-home routine and your well-being and mental health.

#### **Create a Work Routine**

This serves as a prompt to systematically analyse your assignments and allot them at designated intervals throughout the day. Perhaps you could allocate an hour post-commencement of work to handle your incoming emails or reserve a time slot without any scheduled meetings in order to complete your work without any disruptions. While unforeseen critical tasks may arise that may require you to modify your schedule periodically, this technique will assist in fostering a sense of efficacy and control over your daily routine.

#### **Set Boundaries**

This is the most critical piece of advice for people who want to achieve a healthy work-life balance. It is imperative to note

that working from home does not equate to being accessible 24/7. Make sure that colleagues are aware of this! This can be done by filling out your calendar to make them aware of your availability. Furthermore, it is recommended that you switch off your laptop and work phone to prioritise your personal needs.

#### **Make After-Work Plans**

Remote work fatigue is a pervasive issue that often leaves employees feeling depleted and unmotivated at the end of the workday. A way to get out of this rut as a remote employee is to consider planning an activity after work. You can go for drinks with coworkers or friends, join your local gym or yoga class, or even take a long walk to get your body moving after all those hours of sitting. Having something to look forward to makes you go through your tasks with more efficiency and a better mood.

#### **Make Your Health A Priority**

It is easy to forget to take care of yourself and your brainpower when work is taking up a considerable chunk of your day. However, prioritising self-care and cognitive health is crucial to achieving a productive work-life balance. Neglecting these aspects often leads to burnout, decreased productivity, and a decline in overall well-being. Therefore, it is essential to incorporate healthy practices such as eating proper healthy meals (preferably without working simultaneously), exercising and making sure to get enough sleep. Once you commit to a new and healthier lifestyle, you'll notice that you start to feel more energised and less stressed.

#### **Take Time To Decompress**

Your mental health is just as important. Remote employees often work longer hours due to the absence of reminders to take breaks. Therefore, it is imperative to set reminders to cook a quick meal, make a cup of tea, or just put some distance between yourself and your work in order to help recharge your creativity.

On that note, it is also essential to consider vacations as a requirement for every employee. It's great to be a dedicated employee, but holiday is your right, and you should use it when needed. Use your holiday to clear your head and shake up your routine. When work pressure gets to be too much, take a mental health day and do whatever makes you feel refreshed. Besides, an overworked and unmotivated employee is no good to themselves or their company.

#### **Establish A Home-Office Space**

Establishing a designated workspace in your home is vital for a healthy work-life balance. If you're working from the couch, it's much easier to get distracted halfway through the day or keep your laptop on when you're supposed to be having a movie night. Moreover, a quiet space keeps you away from the distractions in your home, such as your roommates or family. Whether that space is your home office or a desk in the corner of your living room, it should allow you to be productive and successfully unplug when your office hours end.

To fully reap the benefits of working from home both in the short and the long term, finding the balance that works best for your well-being and optimum mental health is imperative for your health, productivity, and motivation. It is essential to keep in mind that this is an ongoing process; small but meaningful changes will go a long way, and perfection is not a realistic goal. Finally, remember being fatigued, lacking motivation, being disengaged, and suffering from physical and mental issues does not lead to high-quality productivity. Being well is necessary for working and living well.



## Mayor Shehryr Unveiled New Van Gifted To Hillingdon Foodbank

Toyin Balogun, the Operations Director for the Kingsborough Centre, expressed deep appreciation to Our Worshipful Mayor of Hillingdon, Cllr. Shehryr Ahamad Wallana, the Trustees of the Hillingdon Foodbank (chaired by Rev Yemi Adedeji), the Management and Volunteers of the Hillingdon Foodbank, during the unveiling ceremony of the new electric van. This generous gift, given to support the good work of the Hillingdon Foodbank, is a testament to the value and significance of our mission.

The ceremony was full of heartfelt gratitude from the volunteers and members of the community when Mark and Julie Stimpson considered it appropriate to donate a brand-new electric van to the charity. This gift epitomises the spirit of giving and community support.

Mark and Julie have always been dedicated to making a positive impact on the lives of those in need, and have been selfless volunteers at our beloved Hillingdon Foodbank for nearly a decade. Their incredible contribution will undoubtedly enhance our ability to serve the community more efficiently and make a lasting impact on the lives of those facing challenging times. Mark and Julie have been the driving force behind this initiative, with their selflessness and compassion consistently shining through. Their commitment to our cause has extended far beyond the call of duty; through the donation, we witness the fruits of their dedication, a testament to the power of selflessness and compassion.

This van symbolises a new chapter for the Hillingdon Foodbank, one filled with optimism and anticipation. It will serve as a lifeline, transporting essential goods to the farthest corners of our community, enhancing our reach and efficiency.

In moments like these, we are reminded that change is possible when individuals come together with a shared vision. Mark and Julie have not only given us a means of transportation but have also inspired us to aspire for greater heights and broader horizons in our mission to alleviate hunger and provide hope.

As the van was unveiled, there was a palpable sense of unity, compassion, and community strength in the atmosphere. The Mayor of Hillingdon also expressed gratitude to Mark and Julie, and Mark reciprocated sincere appreciation to the Mayor for facilitating this incredible gesture. This moment stands as a testament to the unity and strength of our community.

May this van pave the way for a brighter, more connected, and compassionate future for the Hillingdon Foodbank and the community it serves. Thank you!



# REGISTER NOW!!!

## Marriage Clinic & Life Ever After

Are you ready to embark on a journey towards a blissful and lasting marriage? Look no further! Join us for our monthly workshop series, where we unlock the secrets to a thriving marriage and celebrate the joys of life ever after.

**Coming May 2024 | Open to Everyone!**

### What to Expect:

- Marriage Mastery Workshop
- Life Ever After Events
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### Why Attend?

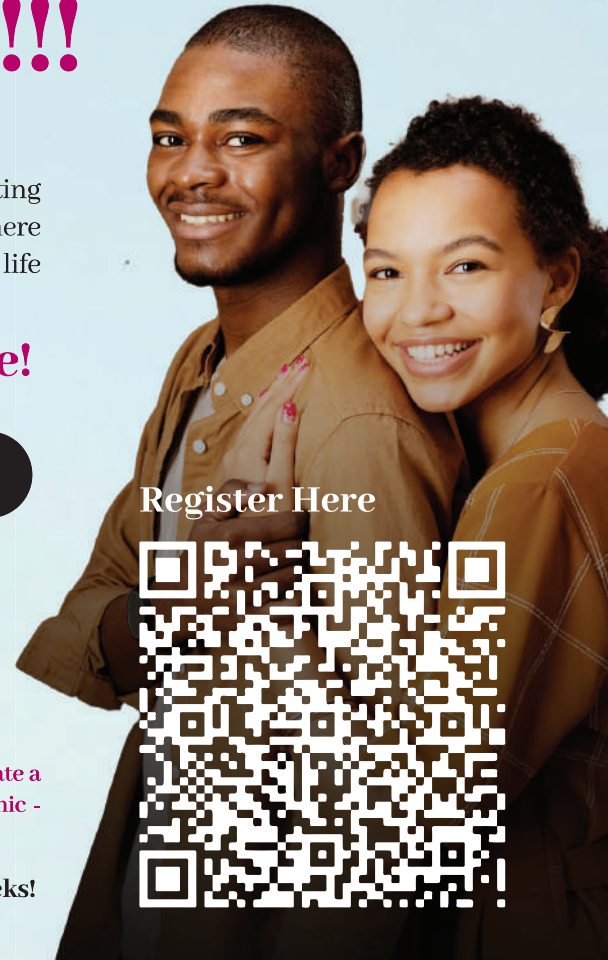
- Expert Guidance
- Interactive Learning
- Connection Building
- Celebration of Love

Don't miss out on this incredible opportunity to invest in your relationship and create a life ever after that you've always dreamed of. Join Marriage & Life Ever After Clinic - because your happily ever after starts here!

Follow us on social media for updates and behind-the-scenes sneak peeks!

 @connectmaguk

Register Here



The Kingsborough Church is excited to present "The Kings Borough," a memoir chronicling our incredible journey spanning over the past two decades. We are grateful for the unwavering support of God that has brought us this far and the profound impact our vision has had on our community, enriching countless lives. We extend our sincere gratitude to all those who have joined us on this journey, a true testament to the power of faith.



**ORDER  
HERE**



# Velvet Laser Clinic Launches New Service!

The VELVET Clinic, renowned for its expertise in promoting and maintaining healthy, glowing skin, recently held a celebratory event to mark the unveiling of its refurbished premises. VELVET Skin & Laser, located on Uxbridge Road, is well-known for its exceptional service and highly trained aestheticians who are skilled in the latest techniques, technology, and ingredients. The VELVET Clinic presented its new equipment and updated structure, which they believe will further enhance its exceptional service. The event also served as the launch of their latest, exclusive service, the "Private Blood Clinic", which is now available to their clientele.

The clinic was honoured to have the Worshipful Mayor of the London Borough of Hillingdon, CLLR SHEHRYAR AHMAD-WALLANA, as a guest speaker at the event. The Mayor spoke highly of the staff and praised their efforts. He also highlighted the importance of staff morale in the NHS and how it affects mental health. And highlighted why the company's approach to staff relations was significant.

*"I want to start by saying thank you for the invitation to join you in your celebrations today. It is a pleasure to be here and to learn a bit more about skincare. This sort of work (skincare) is a part of everyday life and can be stressful for many people due to any skin issue they are suffering from. People lose their confidence, so this clinic offers advanced treatments and solutions for skin problems that help them maintain and enhance their beauty features. Seeing a business grow and progress is always lovely. You have all done a great job building a business and a family. This business can serve as a role model to many in the local area."*

During a presentation delivered by the staff of VELVET SKIN & LASER, the mayor was provided with a comprehensive overview of the services rendered by the business. The team shared a multitude of inspiring anecdotes that illustrated the superior treatment of employees under the guidance of the business owner, who has aptly named the business VELVET FAMILY. The mayor conveyed his appreciation to Mr Zaheer, the Business Director, for his contribution to the local economy by opening a branch in Hillingdon and providing employment opportunities to the residents. His praise was accompanied by an acknowledgement of the organisation's positive impact on the community.





# Whispering Winds

*We are all ears!*

**Q** *How do I maintain optimum well-being as an individual to succeed in all areas of my life?  
There are times that I do not understand the concept of well-being.*

**A** I appreciate that you have written in with a topical issue and one that can improve the life of an individual and the nation. A simple illustration would be if any part of your body is ailing, your body is not in sync, and your productivity is lower than usual. Well-being is paramount for attaining a sustained, successful life. It looks like it is a buzzword now, as this concept has come to the forefront in the last few years and heightened more during the pandemic.

Life is full of quirks and carries a more significant amount of stress, from daily ones to long-lasting stresses. One thing we have in common with one another is stress, and the variance is the degree of stress we experience as part of living. You can never estimate the amount of stress you will encounter, but you can consciously prepare yourself to future-proof your well-being. I am of the opinion that everyone should be made aware of well-being from an early age. Well-being is not a substitute for laziness or opting out of things by default.

I would say start by assessing your current situation. Do you feel that you are in the right place mentally, emotionally, and physically? What do you have control over? Can you identify the stresses in your life? If you were asked to rate your stress, would it be at the high end or low end of the range?

Food is essential in maintaining optimum well-being, as a malnourished body leads to a weakened immune system that is compromised and susceptible to illnesses and hospitalisation. It will take time, effort, and money to get your body back to its capacity. If healthy eating is neglected, there is a considerable price to pay: the burden on the family, the communities and the nation. Mental health is equally as important as nourishing the body with food; increasingly, the discussions are centred around mental health and the cost to

lives and the NHS. What situations in life are leading you to worry, fret and disengage? These life situations need to be acknowledged, and discussions around the support needed should be commenced. There is no need to say it is my life, and my problem, as a problem shared and shouted from the rooftops, is a problem halved solved. It migrates from your head to a table discussion with panel members - excuse the humour.

An increasing number of people are feeling suicidal or have committed suicide. Education and the marketplace are hotbeds of stress! As various deadlines loom, things begin to pear-shaped. When crises arise in these places, what have you fallen back on to support your mental health? The support system of family, friends, neighbours, classmates, work/business colleagues and faith-based family.

**As an individual, you need to check consciously and regularly with your well-being and put in place measures that enable you to prioritise your well-being.**

As an individual, you need to check consciously and regularly with your well-being and put in place measures that enable you to prioritise your well-being. I recently came across a writer who discussed the importance of rest, which does not simply connote

sleeping. But partaking in enjoyable activities that enable you to shut down, such as hobbies, acquiring new skills, community initiatives, volunteering and random acts of kindness, can also be a form of resting. Moreover, the gift of friendships cannot be over-emphasised. Count them as your blessings, and name them one by one!

Wellbeing is not an abstract concept, and depending on your age, it might not have always been discussed openly. Although it is a hot topic nowadays, the world is changing rapidly with significant advances in technology and research. This strikes fear in some people, and others are trying to keep up with the pace. World events have increased anxiety levels for everyone, from maintaining world peace to climate change.

Well-being is your love language to yourself; health is wealth.

*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*

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