

Niburu London

www.niburulondon.com

Enriching the community through music, media, health
& wellbeing, intergenerational & local heritage projects

Niburu London Newsletter

May - July 2024

Office: Enfield Enterprise Centre, 26-28 Queensway, Enfield, EN3 4SA

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Health & Wellbeing Videos

James Eaton, the Niburu London Switch Project Health & Wellbeing Co-ordinator continues to release weekly Health and Wellbeing videos via the Facebook platform. The videos explore topics which include recognising stress, overthinking and self-care. Links to a selection of the videos can be found below.

7th May 2024 - Stress



In this video session the topic of Stress is discussed. Advice on recognising signs of stress and strategies for releasing stress are shared.

[Link to Video - Stress](#)

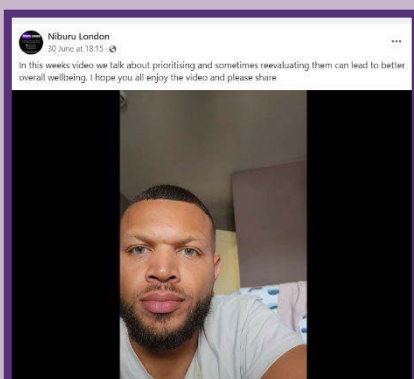
Sunday 2nd June 2024 - Over Thinking



This week's video we talk about how sometimes doing rather than thinking can be beneficial, particularly if we find ourselves over worrying.

[Link to Video - Over Thinking](#)

Sunday 30th July – Being in the Present



This week's video talks about the importance of really being present in the moment, avoiding distraction and giving the people our full attention.

[Link to Video - Being in the Present](#)

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MHA Enfield

Niburu London's Switch Project team continue to work with MHA Communities, North London. Amongst topics for discussion in the fortnightly sessions was 'What advice would you give your 25 year old self'?



Participants took part in an open table conversation, sharing advice they would give to their 25 year old selves. Amongst the anecdotes shared, advice included not spending so much money on clothes, travelling more, worrying less and trying different things.

In another session, participants spoke about what they loved about the Summer! Some answers included feeling happy, waking up earlier and getting out of bed in the mornings, people generally being in a better mood, summer BBQ's and of course ice cream! This led to another rather long discussion about people's favourite flavour ice creams and talking about when a 99p flake used to cost 99p!



Participants also enjoyed planning the summer carnival themed tea party!

Decoration, music, activities, food and drink were discussed, and of course what to wear! Plans included a carnival costume making craft activity area, plus some dancing and a quiz. There will be a competition for the best dressed guests and also the opportunity to have glitter or make up done at the make-up station!



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Participants then spoke about the best celebrations we have attended and what made them so special. A few of people mentioned their weddings and spending time with our loved ones. The topic then turned to the price of weddings and how expensive they are now compared to the cost back in the day!

Please click on the link to hear the Podcast - [Link](#)

One to One & MHA

The joint partnership with One to One Enfield and MHA Communities North London shared trips and creative writing sessions over the summer months.

Trips

In May, 15 members of MHA and One to One, plus volunteers, took part in a trip to Middleton House. The experience provided a wealth of experiences to create a recount in next week's writing session, taking lots of pics which to use as prompts. Participants considered who they thought could have lived in Myddelton house, counting 18 windows in the front of the house!



Participant walked around the gardens, planted by the Bowles family, learning how the grounds were formed. The walk was followed by an enjoyable lunch in the café!

Creative Writing Sessions

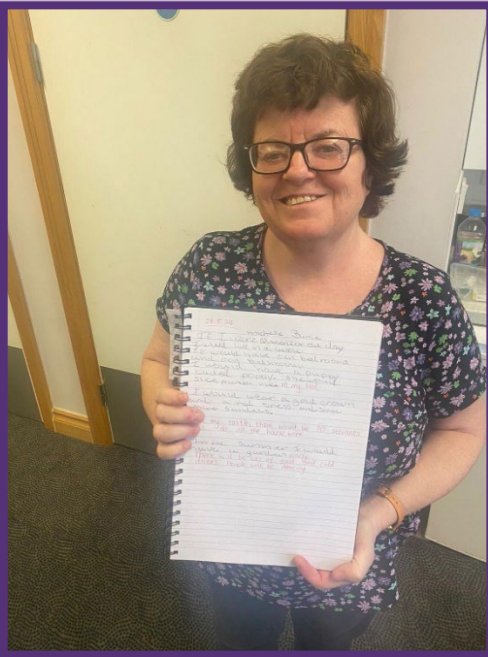
Following on from the trip to Myddelton House, participants had the choice of topics for their writing session:

- 'If I Were King / Queen for a Day' 'Myddelton House Trip' (with picture prompts)
- Some great independent work was achieved, with the benefit of scaffolded support where needed.

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LAST week I went to Myddleton houses garden
 I picked up the bus from Enfield town to we meet
 Turkey Street. when I got there I had at the bus stop
 Then I took some photos PICTURES the first one
 was a church spire on it
 Next was flag poles.
 Next we saw green foliage.
 Next we saw new river lawn which was planted on soil
 from the VICTORIA Line excavations.
 I took a picture of my self
 There was a statue of a musician
 Another statue was of a girl
 holding up paint in her start.
 A ROSEN statue
 Our last stop was at the cafe where
 I had lunch I bought a
 cheese and ham sandwich and a diet cake for
 my lunch.
 On my way home it started to rain.



If I could be king for a day: By Jay
 1. I would wear a crown on my head, smart grey
 trousers on my legs and a smart suit, smart shirt
 and tie.
 2. I would live in "Buckingham Palace" in the heart
 of all the hustle and bustle of the city of London.
 3. I would wake up in the morning and ask my
 servants to bring me my daily morning coffee cup
 of tea before asking them to assist me with having
 a shower.
 4. The one thing I would do is host a garden party
 (if it rained I would move it inside to the long dining
 room). This garden party would be for any
 Londoners that wanted to and were willing to pay a
 small fee of \$5. The food would be a selection in the
 form of a buffet for everyone to help themselves. The
 drinks would be a selection of hot/cold drinks with
 the option of champagne/prosecco available too. Entertainment
 including kids would include music, dancing, karaoke and
 a selection of games for both adults and children. The
 party would run all afternoon and some of the
 evening - starting at around 12pm and would end at
 around 10pm.
 At the end of the evening I would thank everyone for
 attending, give everyone a reward/gift of appreciation
 for attending and then show everyone to the door to let
 them go home. Then I would get my servants to clear up
 after the party whilst I settle down to sleep before
 waking up the next morning ready to hand the crown over
 to the next lucky person to get the opportunity to be king/queen
 for the day.

Media Activities

Suffolks Primary School – Podcast Sessions

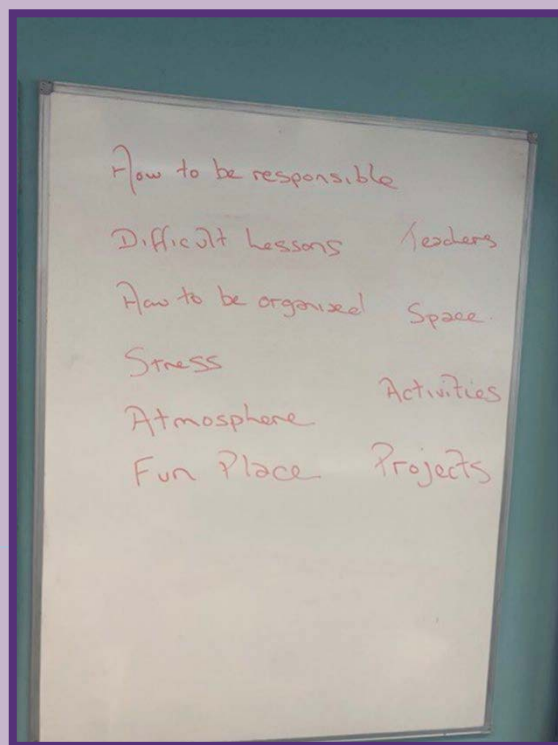
A group of children from Suffolks Primary School took part in a 4 week programme of Podcast Sessions.

The children decided their topic would be 'How to survive/ thrive in Year 6' and worked in pairs to write and rehearse their introductions.



At the start, the children told Maria they thought a podcast was a live recording that you hear on the radio. After some more discussion and examples, they learnt that it is recorded live and listened to at a later date.

The group recorded their introductions in pairs, spending the remainder of the session planning and writing three paragraphs, in preparation for the next two sessions.



Once the remainder of their podcast had been recorded, the group shared thoughts on how to thrive in Year 6. Each child was asked for their feedback on the podcast sessions. Some of the feedback was as follows:

Things they enjoyed:

- Using the recording equipment
- Working in a group to create their podcasts
- Learning about podcasts, what they are and where they are played
- Building their confidence in talking in front of peers
- Helping the Year 5 children in coming up to Year 6
- Writing the content
- Record in parts and not all at once.

Some things they found tricky:

- Speaking in front of people
- Feeling nervous when recording
- Changing their voices e.g. louder, slower reading
- Talking into the mic and reading at the same time
- Writing the content

The final session was recorded and the headteacher popped in to listen to the finished recording!



The group shared feedback on what they thought about the final product. Nearly all were a little embarrassed about hearing their voices out loud, and they gave some good feedback about the podcast!

Please click on the link below to listen to the finished recording:

[Suffolks Primary School Podcast - Link](#)

Suffolks Primary School Podcast project

In this video, Maria shares her experience with the children of Suffolks Primary School.

Please click on the link below.

[Interview with Maria - Link](#)

Sharing & Evaluation

SWITCH Project Evaluation Film

Follow a successful annual review with funders, this film, created as part of the review, celebrates events from the SWITCH Project between June 2023 and May 2024.

Please click on the link below to view.



[SWITCH Project Evaluation Film - Link](#)

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The Niburu Website

Whilst updates are in progress on the Niburu website, the site will be temporarily unavailable. We are adding a substantial amount of new content and features and are looking forward to sharing these improvements with you soon.



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