



Welcome to Niburu London's Spring Newsletter!
Here you'll find a wealth of information on current and upcoming projects.

New Projects This Spring



Niburu Live!



Funded by the **Arts Council** ~ **Supporting Grassroots Music**



We are delighted to announce **Niburu Live**, funded by **The Arts Council**

Niburu Live creates a year-long filmed live music performance project from our community studio, creating a professional platform for emerging musicians while engaging local audiences and developing creative skills within our community.

Over twelve months, we will host 12 professionally filmed live sessions featuring emerging talent across diverse genres. Each performance will be captured at broadcast quality and shared through community screenings, social media, and partner networks to extend its reach regionally and nationally.

The project will focus particularly on black male artist, who remain dramatically unrepresented in the music industry.

We look forward to sharing more with you as the project unfolds!



Creative Futures

Funded by the **Royal Small Arms Factory** and supported
by **National Lottery Million Hours Fund**



Funded by **The Royal Small Arms Trust** and the **National Lottery Million Hours Fund**, Creative Futures is an exciting collaboration between Niburu London **ENACT Youth Club** and **Chickenshed Theatre**.

Following the first workshop, excellent feedback was received from both the young people and members of ENACT and Chickenshed Theatre.

A second workshop was held at the end of April, building on experiences from the first, with further developments planned for subsequent events.

Please visit the **'Creative Futures'** page on the Niburu London website to view images, videos and follow progress of this inspiring project.

We look forward to sharing more in our Summer Newsletter.



Flourishing New Partnerships!

Flourishing Foundations



We are delighted to introduce a new community organisation, **Flourishing Foundation**, founded by Michelle Kyprianou.

Offering a wide range of wellbeing activities from Yoga to Sound Healing, Stress Management to Anxiety Awareness, Flourishing Foundations brings a fresh, inspiring energy to wellbeing events in the Enfield area.

A highly successful pilot event took place at Southbury Road Leisure Centre on 8th March, in which Niburu participated with pre-event organisation and events on the day, including a Drum Journey, Communal Drumming, a Tropic table and Healthy Nutrition & Exercise information.

Feedback from the pilot event has assisted with future planning and we look forward to working with Michelle on future Flourishing Foundations projects.

In addition to the planned workshops, Michelle creates helpful and informative information for Social Media.

Please visit Flourishing Foundations' Instagram account and support this inspiring new organisation!
Flourishing Foundations

Flourishing FOUNDATIONS
SLEEP & RESTORE
Simple tools to help you unwind & sleep better
Creating calm within the chaos

Struggling to switch off at night? You're not alone. Your body knows how to rest — it just needs support. Use these simple tools to calm your mind and body, so you can move towards better sleep.

WHY SLEEP CAN FEEL DIFFICULT

- Busy mind & racing thoughts**
A busy day or overthinking can keep your mind active at night.
- Body still tense**
Physical tension or stress can make it hard for your body to fully relax.
- Irregular routines**
Inconsistent sleep and wake times can confuse your body's natural sleep rhythm.

SIMPLE TOOLS TO SUPPORT BETTER SLEEP

- 1. ALPHABET TECHNIQUE**
Pick a letter and name 3 things for each. Example: Apple • Ant • Anchor
- 2. 4-4-4-4 BREATHING**
Inhale for 4 • Hold for 4
Exhale for 4 • Hold for 4
Repeat for a few minutes.
- 3. BODY SCAN**
Bring awareness to your body slowly from your toes to the top of your head. Release tension as you go.
- 4. CONSISTENT WAKE TIME**
Waking at the same time each day helps regulate your body's natural rhythm. It's more important than bedtime.

GENTLE REMINDERS

- You don't need to force sleep.
- Rest is still beneficial, even if you're awake.
- Your body will sleep when it feels safe.
- Be patient and kind with yourself — change takes time.

CREATE A SIMPLE WIND-DOWN ROUTINE

- Dim lights in the evening. Create a calm environment.
- Reduce screen time before bed. Screens can stimulate your mind.
- Try one calming technique each night. Choose what works best for you.
- Keep things simple & consistent. Routine helps your body learn to relax.

You can improve your sleep. **FLOURISHING FOUNDATIONS CIC**
Creating calm within the chaos

Flourishing FOUNDATIONS
WELLBEING WORKSHOPS & EVENTS
The Power of Being in Nature for Wellbeing

Spending time in nature is one of the simplest and most effective ways to support your mental, emotional and physical wellbeing.

Nature can help to:

- Reduce stress and anxiety
- Lift your mood and improve emotional wellbeing
- Calm the mind and bring clarity
- Improve focus and concentration
- Support better sleep and restoration
- Help you feel more grounded and present

Simple Ways to Connect with Nature

- Take a mindful walk and notice your surroundings
- Sit outside and focus on your breath
- Listen to the natural sounds around you
- Touch and connect with nature — trees, grass, water
- Bring nature indoors with plants and natural light

A Gentle Reminder
"Nature doesn't rush, yet everything flourishes."
Even a few mindful moments in nature each day can make a big difference.

Nature nurtures our minds, bodies and souls. Let's grow together.

WORKSHOPS COMMUNITY EVENTS WELLBEING SUPPORT
For all ages — children, teens, adults & families

Enfield & surrounding areas
info@flourishingfoundations.co.uk
Follow us on Instagram @flourishingfoundationsuk

Creating calm within the chaos



Project Snapshots

Highlights on the latest news of our current sessions and projects

Together at the Table

Funded by the **National Lottery Community Fund**



Together at the Table is held in partnership with The Nightingales Cancer Support Centre and funded by the **National Lottery’s Community Fund**.

Inspired by Niburu London Trustee, Norman Allen’s own cancer journey, the project aims to create a welcoming space where those affected by cancer can come together to prepare nutritious meals, exchange stories, support and smiles!

Following the project’s launch in September 2025, sessions have increased in popularity, with positive feedback received from both participants and Nightingales Management. We are pleased to have the benefit of Enfield Baptist Church, providing an ideal location for the weekly sessions.

Time For Sharing

We continue to listen carefully to feedback and suggestions from Nightingales Management and the wonderful Coffee Morning members who took part in the pilot project. Their input and support has helped to shape the project and we remain immensely grateful for their support.



Sessions last 2 ½ hours, and are held each Friday for a maximum of 6 members. Enfield Baptist Church offers a bright, welcoming space where participants prepare, cook and enjoy a shared meal. And most importantly participants experience time for companionship and sharing.

With greatest thanks to members for kindly granting permission to share images of their together afternoons and Lucy McGinn, Nightingales Marketing and Communications Officer, whose advice and support has been invaluable!

To learn more of Together at the Table, please visit the dedicated Niburu London webpage [**Together at the Table**](#)



Session Spotlight



Youth Music ~ R.O.C.K (Raising Our Communities Kids)

YOUTH MUSIC

Funded by the **Youth Music's Trail Blazer Fund** and in partnership with **Exodus Youth Worx UK** and **Northside Youth Community Connections (NYCC)**, the **R.O.C.K.** project offers budding young musicians a opportunity to take part in a 12 week series of workshops, where they will learn to play music on the instrument of their choice, play in an ensemble and experience music recording and production.

The sessions culminate in a live performance and recording at the Niburu London music studio.

To see more of the first groups amazing journey, visit Niburulondon.com to read our Autumn Newsletter and visit the dedicated page. → [R.O.C.K.](#)

A Million Miles & Smiles!



Funded by
UK Government

As shared in the Winter Newsletter, we are delighted to receive the additional support provided by the

National Lottery's Million Hours Fund.

The funding has allowed Niburu to expand its existing youth-centre-based music programme, providing a significantly greater number of structured, positive opportunities for young people in our community.

The expertise provided by the addition of a professional musician and qualified music teacher has proved a huge asset, particularly at the Ponders End Youth Club, where the young people hold a wide variety of musical interests and experiences.

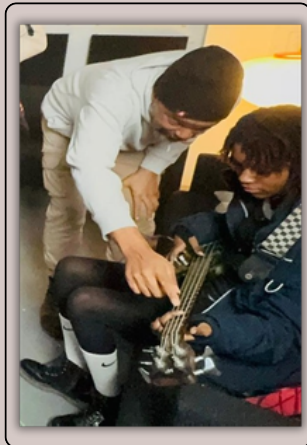


Summer Term 2026!

Sessions continue into the Summer Term in collaboration with **Exodus Youth Worx** and **NYCC** and **Ponders End Youth Centre**.

NYCC Sessions ~ Tuesdays
Ponders End Youth Centre ~ Mondays and Wednesdays

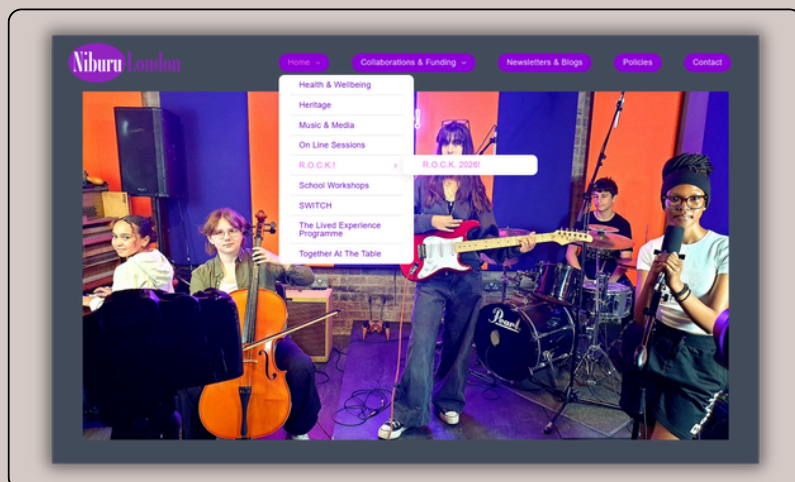
Both centres welcome young people of all abilities!



In celebration of R.O.C.K.'s new groups of young people, we have created a dedicated extension to the original web page.

Please head over to R.O.C.K 2026 and share in more musical journeys.

R.O.C.K. 2026



Introducing Niburu Recordings!









From the Niburu London's inception in 2004, the heart of the company has been our recording studio, located in Enfield Enterprise Centre.

Following positive feedback from new artists and in response to increased interest in the recording facilities, the studio is now available for private hire.

All profits will go directly back into Niburu's community projects, supporting local initiatives and upholding the organisation's not-for-profit ethos.

The studio is available for recording, editing, filming, podcasts and 'music maker' sessions.

In addition to studio facilities, equipment and musician hire will be included over the coming months. We have received interest in the studio's availability and will provide updates as the venture progresses.

 <p>Editing</p> <p>A comfortable creative environment to prepare your latest work</p>	 <p>Recording</p> <p>From solo artists to bands, voiceovers, commercials and more</p>
 <p>Filming</p> <p>Promos, social media and performance in intimate surroundings</p>	 <p>Podcast</p> <p>An adaptable environment for individual or group film / recording</p>
 <p>Full Recording Package</p> <p>All day record, mix and master</p>	 <p>Trackmaker, Music Maker, Song Maker</p> <p>Create an experience to remember!</p>

Please visit the new website and explore the services available - [Niburu Recordings.com](http://NiburuRecordings.com)

Niburu Lived Experience



The Lived Experience Programme draws upon the rich experience of its core members and local community, creating opportunities for individuals to utilise their lived experiences. From planning to delivery, creative design to administration Niburu London thrives upon their expertise.

Introducing Louis Carlet

With a deep passion for making music and over 30 years' experience in music creation, Louis has been central to the R.O.C.K. sessions, funded by Youth Music.

Though his own experience and those of his children, Louis developed an understanding of the organic relationship between the instrument and the individual, feeling that many young people would benefit from experiencing this musical connection.

Louis expressed a desire to offer his support for a music project and share his experience with his local community. We were delighted to provide just this opportunity through sessions with Exodus Youth Worx UK, NYCC (Northside Youth & Community Connexions) and Ponders End Youth Centre, where Louie runs music workshops for their young people.

Expressing his appreciation of the experience, Louis shared that in addition to supporting young people on their musical journey, the opportunity has richly assisted his own growth as both teacher and musician.



Health & Wellbeing Blogs

Niburu London's Health and Wellbeing blogs are uploaded regularly to our website and on social media.

Click on the picture below to visit our Newsletter page and scroll down to view blogs. Each are downloadable as a PDF.

Health & Wellbeing Blogs!

<p>Step Into Spring</p>  <p>Meal for health and vibrancy in springtime! Follow the Link Below</p> <p>Click Here</p>	<p>Taking Time</p>  <p>Taking time out to bring energy to your day! Follow the Link Below</p> <p>Click Here</p>	<p>Regrowing Vegetables</p>  <p>Simple ideas to regrow vegetables! Follow the Link Below</p> <p>Click Here</p>
<p>Microgreens & Sprouted Seeds</p>  <p>Growing in your indoor kitchen garden! Follow the Link Below</p> <p>Click Here</p>	<p>The Practice of Grounding</p>  <p>Simple grounding techniques for wellbeing! Follow the Link Below</p> <p>Click Here</p>	<p>The Magic of Lemons</p>  <p>Hidden secrets of the humble lemon! Follow the Link Below</p> <p>Click Here</p>
<p>The Benefits of Okra</p>  <p>Discover the wonderful benefits of okra! Follow the Link Below</p> <p>Click Here</p>	<p>Exploring Sound Therapy</p>  <p>Explore the world of Sound Therapy! Follow the Link Below</p> <p>Click Here</p>	<p>An Introduction to Reiki Therapy</p>  <p>Discover the benefits of Reiki Therapy! Follow the Link Below</p> <p>Click Here</p>
<p>The Magic of Cacao</p>  <p>Discover the wonderful benefits of cacao! Follow the Link Below</p> <p>Click Here</p>	<p>9 Benefits of Humming</p>  <p>Explore the world of Sound Therapy! Follow the Link Below</p> <p>Click Here</p>	<p>More Blogs Coming Soon!</p>  <p>Discover the benefits of Reiki Therapy! Follow the Link Below</p> <p>Click Here</p>

Please visit our website www.niburulondon.com for more project information, newsletters, videos & photos, past and present!