

Hello!

Welcome to our
Summer Zine!

Following the success of the Spring Zine

we are back! Summer is here and we wanted to share some of the wonderful moments that have happened in person and over the phone over the past few months.

We also want to say a huge THANK YOU to all of you, our Meet Me members and volunteers for your flexibility, excitement and energy as we begin our journey welcoming people back into the Albany. It has been a chance to re-connect with old friends, and continue to connect with new voices and faces. And as always it has been wonderful to see your creativity during this time, from crafting to writing, cooking to sharing gardening tips!

MY BACK GARDEN

So, this is summer
Plants are struggling to grow
Unless of course you like buttercups and dandelions
I won't get brown,
But I just might get drowned

Now the sun has decided to show its face
My garden can't keep the pace
If I was Jack, I would climb the sunflower
that is growing like a beanstalk
But maybe I would be safer on the ground, going for a walk.

BY PHILIP

Gardening Tip

Tomatoes: Top tip from David the gardener at the Albany, who chatted with Rosaline and volunteer Manuela at MMATA on the 13th July.

Vine Tomatoes need to be tied up...take the side shoots off - don't take off the tip at the top of the plant! We want them to grow 5 or 6 feet tall! ...Where the flowers are, the tomatoes grow and these are called trusses... Always keep the flowers - be careful not to take off the flowers instead of the side shoots.

Paulines Recipe

Plantain looks like a banana,
but bigger. It has to be cooked.
You can fry, bake or boil it.

You will need 1 ripe plantain.
Peel and chop 1 cm thickness.
Any shape you like.
Heat 1 tablespoon of oil on
a medium heat and when it's hot
carefully put in your plantain,
cook until brown on one side,
then turn over. Remove from pan.
I like to eat it with an egg and bread.

Enjoy!

Singing at the Albany

There's a river running through my heart, (x2)
And it's telling me I'm somebody,
There's a river running through my heart.

There be peace on the mountain top, (x2)
And it's telling me there's peace in my heart,
There be peace on the mountain top.

Rosaline's verse

There's excitement filling up my soul, (x2)
And it's telling me I'm so happy,
I feel like dancing all around the park!

Gladys' verse

Poetry group

The hammock swung between supportive trees
it wrapped me round in safety and in peace
I covered up my body and my face
Caught hold of edges of the canvas wrap and moved from left
to right as I would rock
I thought of nothingness and everything that came into my mind so peacefully and then let it go so
could fall asleep.
Until my sister jerked the hammock rope and tumbled in beside me with a laugh!

By Janet

Letters to the trees:

DEAR TREE,

you're very pretty, you've got nice shiny lives, when it's very sunny, can you protect from the sun,
from the heavy rain because

with your big leaves and big branches, you can do that. I instead will give you food, will protect you
from cutting, from destroying you,

I will fight tooth and nail, so you will be alive forever then
you can grow big and strong and be there forever.

Love Elizabeth

DEAR TREE

This is to inform you what I think about you, you are beautiful, you are precious, you are kind, and
you have been there for years, providing shade and protection for so many people, so many come
and sit and relax under your shadow. You provide food, you provide for people who haven't got
you are so precious, that they share for many, your things never grow out. there's always a lot to
be shared. you bring neighbours together as they sit under your shade, you bring knowledge and
skills to neighbours by providing more seeds as to how to grow, and more of your offspring. you
encourage children and adults to plant your seeds, thank your beautiful tree you are so precious.

By Stella

Meet me on the Radio – Continues!

We love hearing your stories, songs and experiences

at the Albany on the radio! Tune in every Tuesday at 11:30am (and Thursday at 5pm for the repeat).

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We can't wait to see you soon!

If you have any questions about Meet Me or any suggestions for a future Zine, please get in touch
with Jasmine on 07593 580574