

COME TO THE NEXT
GENERAL MEETING

TUESDAY

12TH MAY 2026 6:30pm

St John's Highbury Vale CofE
Primary School, Conewood
Street, Islington, London, N5 1DL

Next GM 13TH JULY 2026
AGM 24TH SEPTEMBER 2026

LOCAL EVENTS

**ST THOMAS MORE HALL, Henry
Road, N4 2LH**

The Irish Elders and Friends
Lunch Club from 11:00am to
3:00pm every **Thursday**.

Tea, coffee, and biscuits are
served as doors open at 11:00am

A hot lunch (usually a roast &
dessert) is served at 1:00pm

Cost: £5 for the meal.

No need to book in advance;
you can simply turn up on the
day.

**ELIZABETH HOUSE, Hurlock
Street, N5 1ED**

Weekly Fitness & Wellbeing

- Zumba (Women Only):
Tuesdays, 6:15 PM – 7:15 PM.
- Community Yoga: Tuesdays,
9:30 AM – 10:45 AM.
- Aerobics: Mondays, 9:15 AM –
10:15 AM.
- Baby Massage: Tuesdays,
10:30 AM – 12:00 PM

Over 50s & Senior Socials

- The Blue House Club:
Wednesdays, 11:00 AM – 1:30
PM. A social group for older
neighbours to connect and
stay active.
- Nature-Based Activities:
Elizabeth House organises
sessions in the Highbury
Quadrant Nature Gardens.



**Quadrant
Brownswood
Tenant
Co-operative**

A newsletter from QBTC
Issue 7 Spring 2026



PREPARING YOUR GARDEN FOR SUMMER

Think of spring as a "reset button" for your plants. Here is how to handle the seasonal transition with simple, actionable steps:

- **Clear the debris:** Remove any dead leaves, fallen twigs, or old mulch so the soil can breathe and soak up the sun.
- **Prune the dead weight:** Cut back any branches or stems that turned brown or brittle over the winter to make room for fresh, green growth.
- **Refresh the soil:** Use a hand rake to gently loosen the top layer of dirt and add a fresh layer of compost or potting mix to provide new nutrients.
- **Clean the leaves:** For indoor plants, wipe the dust off the foliage with a damp cloth. This helps them "eat" sunlight more efficiently.
- **Check the pots:** Look at the drainage holes of your containers. If you see roots poking out, it is time to repot the plant into a slightly larger vessel.
- **Start feeding:** Now that the plants are waking up, begin using a balanced fertiliser once a month to fuel their spring growth spurt.

If you lack a garden or balcony, window boxes are the ultimate "bridge" between indoor and outdoor gardening. They allow you to grow sun-loving plants that might struggle inside while keeping your floor space clear.

MANAGING YOUR RENT ARREARS



If your circumstances change and you find yourself in rent arrears please contact your landlord immediately, explain the situation & request a meeting.

Katherine Forsyth at Coop Homes has been very helpful in supporting people with their rent arrears.

You may also find these debt/finance advice organisations helpful:

StepChange Charity <https://www.stepchange.org/>

Turn2Us <https://www.turn2us.org.uk/>

Money Advice Trust <https://moneyadvicetrust.org/>

Mind <https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/>

Hackney <https://www.hackney.gov.uk/council-tax-and-benefits/financial-advice-and-resources/organisations-help-money-matters-and-advice>

Islington <https://www.islington.gov.uk/advice/money-and-debt-advice>