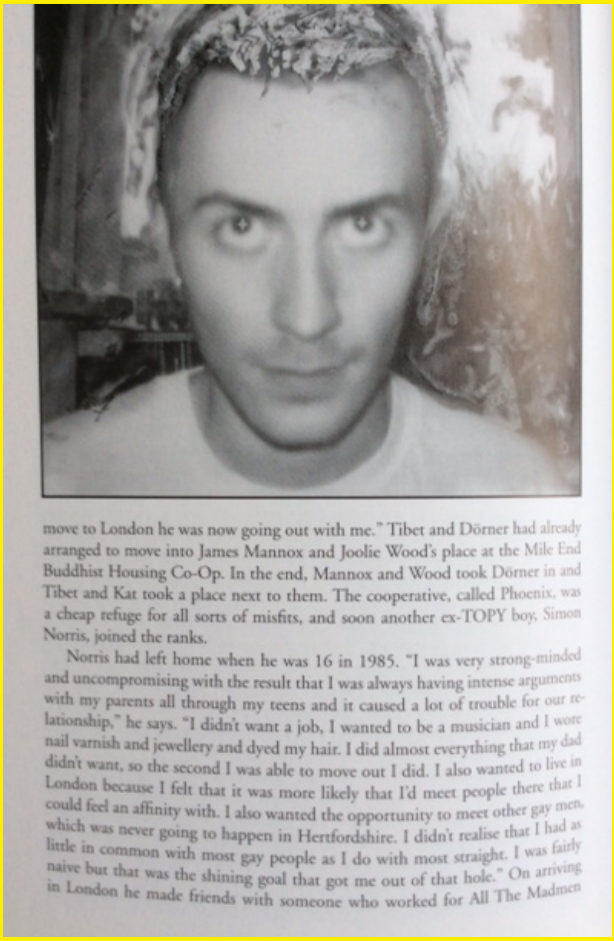
phoenixnews



move to London he was now going out with me." Tibet and Dörner had already arranged to move into James Mannox and Joolie Wood's place at the Mile End Buddhist Housing Co-Op. In the end, Mannox and Wood took Dörner in and Tibet and Kat took a place next to them. The cooperative, called Phoenix, was a cheap refuge for all sorts of misfits, and soon another ex-TOPY boy, Simon Norris, joined the ranks.

Norris had left home when he was 16 in 1985. "I was very strong-minded and uncompromising with the result that I was always having intense arguments with my parents all through my teens and it caused a lot of trouble for our relationship," he says. "I didn't want a job, I wanted to be a musician and I wore nail varnish and jewellery and dyed my hair. I did almost everything that my dad didn't want, so the second I was able to move out I did. I also wanted to live in London because I felt that it was more likely that I'd meet people there that I could feel an affinity with. I also wanted the opportunity to meet other gay men, which was never going to happen in Hertfordshire. I didn't realise that I had as little in common with most gay people as I do with most straight. I was fairly naive but that was the shining goal that got me out of that hole." On arriving in London he made friends with someone who worked for All The Madmen

Phoenix in England's Hidden Reverse

Thanks to Darsavini who found this reference to Phoenix Co-op from *Englands Hidden Reverse* - a book that documents the history of the esoteric underground music scene including COIL, Current 93 and Nurse With Wound.
The passage (left) refers to Phoenix as the Mile End Buddhist Housing Co-Op and 'a cheap refuge for all sorts of misfits', reinforcing the fact that it has always been a source of low cost accomodation for people pursuing a creative journey. Phoenix has been home to its fair share of artists and musicians (including many current members), including people of some notoriety such as David Tibet who worked with Psychic TV and Nurse With Wound as well as his own highly aclaimed industrial folk outfit Current 93.
If anyone knows of any other lietary references or associated anectodes that reflect the creative legacy of Phoenix, please be in touch.

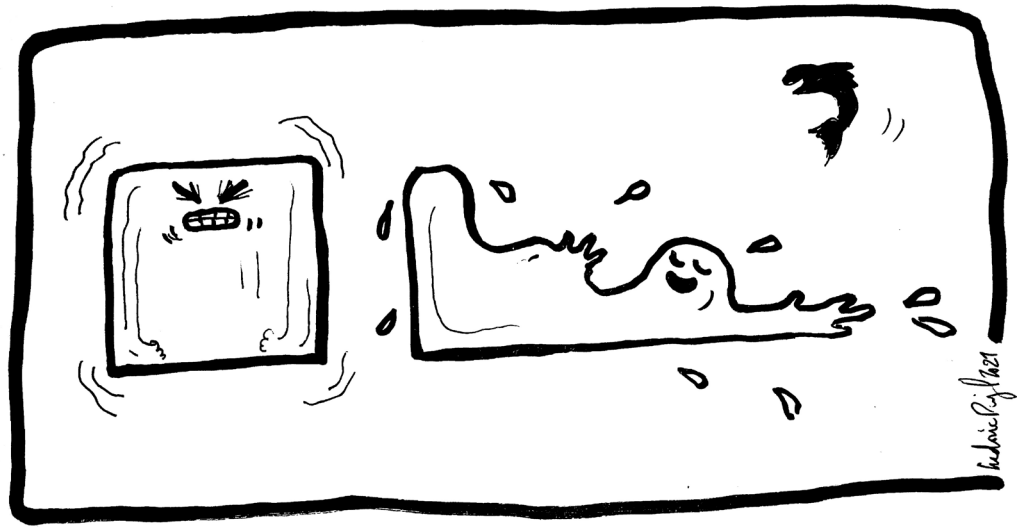
ART AND MUSIC

ORCHID oil painting by Graham Wright

P L A Y L I S T S

* Recommended by Paul Helliwell for winter listening (and summer listening) :
Yuri & Howard Grange
with a few guest spots from DJ horsemouth.

* Andrew Coram's TOP TRACKS 13



As well as being a martial arts practitioner and massage & movement therapist, Ludo is a cartoonist and has included the above sketch as an illustration of this exercise.

ICE TO WATER a simple physical exercise to release tensions in the body

- from Ludovic Pujol

This is a simple exercise that teaches us to relax consciously and that is relatively easy to learn and practice for any one. The idea behind the name of the ICE TO WATER exercise is that we make our body solid as ICE and release it fluid as WATER. In other words we learn the skill of using our conscious breathing and our voluntary muscle contraction ability to release unnecessary muscle tensions unconsciously held in the body.
This practice teaches our nervous system to relax consciously. It is useful for instance to help us when we are emotionally preoccupied or overactive and have difficulties falling asleep. It is also an invigorating practise to do in the morning.

Tutorial - step by step:

• Lay down on your bed or on the floor (adopt the easiest and most comfortable position for yourself).
• Start breathing consciously with an EXHALE through the nose or mouth (as needed or preferred) followed with a calm INHALE via the nose). Keep this same breathing cycle going throughout the exercise.
• Gently and progressively tense every muscles in the body – include every muscles you can feel and think of.
• Hold tension for 5 to 10 seconds (or for the length of time of 3 breathing cycles for example) - whilst keeping the breathing cycle going (this might be somehow challenging the first few times you do it).
• Release all the tension with a long exhale (gently shaking or rocking the body helps).
• Repeat (breathe calmly, tense all muscles, hold tension whilst keeping breathing going, release and shake body)

Know your body, Know yourself:

What percentage of the human body is water?

An interesting fact to consider is that “while the average percentage of water in a person’s body is around 60%, the percentage can vary from roughly 45–75% [as] it changes slightly with age, sex, and hydration levels.”

Source article:
(Medically reviewed by Jillian Kubala, MS, RD — Written by Claire Sissons on May 27, 2020).

MONEY A + E

- from Jaime Hoyos

Money A+E is a not-for-profit community organisation providing money advice and education to anyone who wants to get money confident. Members can refer themselves using the contact details in the flyer or directly to me (details below).

We ourselves have lived experience of money issues, therefore we work with each person in a compassionate and caring way to help transform their lives.

Our service is suitable for anyone in need of support around money management, each session will be catered to the individual's needs. We can offer money guidance, benefits and debt advice.
The program aims to assist people living in Barking and Dagenham, Newham, Tower Hamlets, Hackney, Islington and Haringey.

Money Guidance
-budget creation or review, better off check to see if they could be entitled to additional benefits and check to see if they are eligible to access one-off grants. Providing hints and tips to help decrease their regular spending costs.

Benefits
-check they are receiving the correct rate of benefit, help with form filling for new claims or appeals.
-Help to deal with benefit overpayment issues, or appeal unfair sanctions.

Debt
-Provide a variety of options to help tackle any debt they are struggling to pay, including negotiating with creditors.

All referrals will be seen on a first come first serve basis. Sometimes the wait can be upwards of 2 weeks. Depending on the number of referrals we can look to allocate a set appointments slots if capacity demands it.
Due to current restrictions all appointments are held over the phone or via Zoom or WhatsApp.

If you have any questions, please feel free to contact me:

T: 0208 616 3750
Mobile: 07514849882
Email: jaime@moneyaande.co.uk
Web: www.moneyaande.co.uk

My working days are Mondays, Wednesdays and Fridays (9am-5pm)

SOUP + BAGELS AT THE DUKE OF RICHMOND

The Dule of Richmond pub provides free soup and bagels for anyone in need every Tuesday between 1 - 5pm, no questions asked.

316 Queensbridge Road
Hackney
E8 3NH

www.thedukeofrichmond.com
0207 923 3990
meryl@oldroydlondon.com

TV DINNERS

- from Emma Rock

TV dinners is a free programme of immersive events to make lockdown dining more colourful. Sign up to our mailing list here and you will receive monthly recipe packs alongside reels of film, music and art to enjoy with your meal

MOUNTAINS by Graham Wright

CALLOUT FOR CONTRIBUTIONS if you have anything you'd like to contribute to the next newsletter, maybe about your experiences of life in lockdown or any artwork, music, recipes, horoscopes, events, opinions or ideas for development (or anything else at all you'd like to share with other members of the co-op) please be in touch at emmajrock@hotmail.com I'd love to hear from you x