



# MOVIES AND SHAKERS

## Young people's film looks to future of West End

**ACTION!:** youth worker Naz, centre, shows off the new DVD with lads from Newcastle's West End

**YOUNG** people have had a chance to voice their opinions about what they want to see in the Scotswood and North Benwell of the future.

Together We Can is the name of a film which chronicles young people's experiences of living in the Inner West of Newcastle, specifically Scotswood and Benwell.

The film, a project by youth workers in conjunction with young people, was carried out over the course of year where more than 1,000 people were interviewed.

They talked openly about what they liked and disliked about living in the area and

suggested what they would like to see improve.

The interviews were conducted at a series of youth events, which included young people regeneration planning days, a West-End World Cup football tournament and an under-18's rave music event.

The youth workers also went The Gorbals, a housing estate in Glasgow which shares a similar history to Scotswood and North Benwell. It is an area which has undergone periods of decline, bulldozing and, finally, a period of redevelopment.

They did this to draw some comparisons with the West End and see if there were any

lessons to be learnt from the people who live and work in that area.

Youth worker Naz said: "The film is essentially a manifesto of what young people want to see in the Scotswood & North Benwell of the future.

"It is a list of demands of what they want to see happen in the area, which they are entitled to as they are equal residents of the area.

"The issue now is whether those who have influence in redeveloping take the young people's opinions on board and act upon them."

Taking some of the issues forward presented in the film and arguing their case were

three young people, all of whom were residents of Scotswood.

They have attended local meetings with councillors and were involved throughout the consultation process in the making of the DVD.

The DVD will be sent off to councillors and other regeneration decision-makers in an attempt to influence what they do to improve the area in the future.

Sadly, the DVD is not available in the shops, but you can obtain a copy from Scotswood Support Centre on Armstrong Road. The centre is open from Monday to Friday, 9am to 5pm. Come and get it!

Community Police: 0191 214 6555  
 NHS Direct: 0845 46 47  
 All local hospitals: 0191 233 6161  
 Citizen's Advice Bureau:  
 0191 272 0134  
 Pension Credit Helpline:  
 0800 991234  
 Civic Centre (emergency repairs):  
 0191 232 8520  
 Working Families Tax Credit:  
 0800 5975976  
 Pension Credit Helpline:  
 0800 991234  
 Envirocall: 0191 274 4000  
 The Samaritans: 08457 90 90 90  
 Domestic Violence Support:  
 0870 599 5443  
 Benefits Agency: 0191 275 2400  
 Housing Repairs: 0191 228 0666  
 Council Gas Repairs:  
 0191 278 3450  
 Gas: 0800 111 999  
 Electricity: 0800 66 88 77  
 Water: 0845 717 1100  
 West End Resource Centre:  
 0191 272 4244  
 Search Project: 0191 273 7443  
 Scotswood Neighbourhood  
 Centre: 0191 275 0538  
 Scotswood Support Centre:  
 0191 274 2429  
 Ferguson's Lane Ten. Association:  
 0191 274 1254  
 Good Neighbour Project:  
 0191 272 2962  
 Your Homes Benwell:  
 0191 277 1484  
 Your Homes Scotswood:  
 0191 277 1355  
 Community Co-ordinator:  
 0191 211 6286  
 Night Watch Team: 0845 605 2222  
 Benwell Library: 0191 277 4277  
 Denton Burn Library:  
 0191 274 2906  
 Job Centre Plus (Benefit  
 Enquiries): 0191 203 8100  
 Job Centre (Town): 0191 220 8800  
 Social Services (Cruddas Park):  
 0191 277 2500  
 Housing Advice Centre:  
 0191 265 2148  
 Women's Aid: 0191 265 2148

**COUNCILLORS**  
 Sir Jeremy Beecham:  
 0191 285 1888  
 Hazel Stephenson:  
 0191 274 1159  
 Rob Higgins:  
 0191 274 7623  
 David Clelland MP:  
 0191 420 0300

# WHAT A BUZZING NEIGHBOURHOOD

A WARM welcome to you from Issue 4 of Scotswood Now Community Newspaper.

Scotswood is buzzing with activities. The articles, news and letters show that the people of Scotswood are interested and involved in their community. It clearly shows that despite ongoing changes through regeneration that are planned, it is the people of Scotswood that make it all work. Keep sending in your activities, ideas and news, it's YOUR paper!

The front page article shows that our young people have plenty to say. The voices of the future need to be heard, listened to and encouraged to be involved in our community, not just consulted when it suits. Also, well done to Hayley for her award (see page seven).

The What's On section (facing page) is full of information, such as the ever widening developments at St Margaret's Church, with Mental Health Matters, Alzheimers Society, the Timeout Café and the Time For You sessions.

It is a credit to the community that we have a church approaching its 90<sup>th</sup> anniversary that is so proactive in its work and support for the people.

The voluntary work and effort at the Scotswood Neighbourhood Centre is second to none. The commitment of local residents continues with their regular feedback on what is happening and how it will effect the community. Congratulations for The Respect Award for taking a Stand. Audrey Bushel and Audrey Kennedy had a great day in Birmingham collecting the award on behalf of Scotswood.

Events such as the Day at Denton Dene and Make and Bake sessions are recorded in these pages alongside forthcoming events such as ideas for a Back Yard clean up event (see Page 8), so there are many activities, ideas and news items continually operating in our community. It's a clear sign that for true regeneration in Scotswood it is the people of Scotswood that will make it happen.

The success of Scotswood as a living community is its people, the centre page article clearly expresses this.

So, now is the time for residents of Scotswood to ensure that any future community facility for Scotswood is set up and run by local people, for all local people from start to finish. A true Scotswood People's Centre.

Finally, it's inspiring to see the development of the Nixon Volunteers, a tribute to their work and to our friend Anne who continually supported and inspired young people to do better. We miss you Anne and will always remember you.

Please keep the articles rolling in. Scotswood Now is YOUR Community Newspaper. The more contributions the better. If you are interested in getting involved in any way please get in touch. And remember - no previous experience is needed! Please call in to the Pink Palace or ring Dave or Karen on 0191 274 2429. We would love to hear from you!

NEWS  
FROM  
THE PEWS

CONTACT: Rev Chris Knights,  
 St Margaret's Vicarage,  
 14 Heighley Street, Scotswood,  
 Newcastle, NE15 6AR.  
 Tel: 0191 274 6322  
 the.knights@tiscali.co.uk

**ST MARGARET'S Parish Church warmly welcomes newcomers to all services. We are very child-friendly and aim to make everyone feel as comfortable as possible. Come and find out for yourselves that what we say is what we mean! Here's a taster of what we do . . .**

**SUNDAY SERVICES:**

8.45am Morning Prayer  
 (1<sup>st</sup> Sunday)

9.30am Parish Eucharist  
 (Family Service, 1<sup>st</sup> Sunday)

11.00am Baptisms

3.30pm Evening Prayer

**WEEKDAY SERVICES:**

Monday-Thursday:

8.45am morning prayer

4.30pm evening prayer

Thursdays:

10am Holy Communion Sunday,

**CHURCH DIARY:** MAY: Sunday 13th:

Rogation Sunday, 10.30am Beating of the Bounds, procession round the boundaries of Scotswood Parish)

Thursday 17th : Ascension Day, 7pm

Parish Eucharist

Saturday 19th: 10.30am Christian Aid

Week outdoor service at Adelaide

Terrace Shopping Precinct

Monday 21st to Wednesday 23rd:

Chris at Leading from the Future

residential at Ushaw College

Sunday 27th: Pentecost Sunday, usual Sunday services

JUNE: Sunday 3rd: Trinity Sunday,

8.45am Eucharist; 9.30am All-age family service of the word.

**ST MARGARET'S ADVANCE NOTICE: JULY: Friday 20th: The Feast of St Margaret of Antioch, 90th anniversary of the consecration of St Margaret's Church - 7pm Festal Eucharist with baptism and confirmation, with The Right Revd Paul Richardson, assistant Bishop of Newcastle.**

**FERGUSON LANE COMMUNITY ASSOCIATION (Syd's Hut), Broadmead Way. Contact Syd on 0191 274 1254 any day from 9am.**

**WEEKLY ACTIVITIES** (all welcome):  
 Mon to Wed:  
 Lunch Club, from 11am.  
 Social Afternoon, 12.30-1.30pm (Weds 1-4pm)  
 Friday:  
 Fish and Chip Day, from 11am  
 Mon, Tues & Fri:  
 Social Evening, 7.30-9.30pm

We also hire out the hall to various groups and clubs. If you would like to come and visit at any time, please do so! We keep our Lunch and Social Clubs at a very low cost!

**SCOTSWOOD NEIGHBOURHOOD CENTRE.**

The Play Strategy are back! On Tuesday, April 10, a Family Day was held in Denton Dene. A nature trail was laid out with clues to the animals and plants which live in the Dene with prizes of Easter Eggs. There was a birds of prey display where kids could stroke or hold the birds! A picnic lunch was provided and the kids were then shown how to make wild bird feeders from their drinks bottles. A huge thank you both to Steve from Rapid Response, who made sure the Dene was clean and safe, and to the Wardens & Junior Wardens, who did a litter pick. Friends of Denton Dene thanked everyone who gave up their time. They said they were delighted to see the Dene looking so good and to know families were making use of a beautiful, natural asset in the area. We had our first kids party on March 30 in our newly finished Community garden, which our Scotswood Wardens did for us. Again this event went down very well. To book a party, call 0191 277 1266 or 0191 275 0538. **FORTHCOMING EVENT:** May 16- Hanging Baskets: Come along and add a splash of colour to your front doors.

# Cafe's grand new name



**BIG LIFT:** former cafe manager Lynne Murray receives a £1,000 donation

IT has been a busy few weeks in the Community Café. Manager Lynne Murray has left for pastures new and Wendy Wood has joined Janice and Gwen.

All three members of staff jointly share the management of the café/bakery and they've certainly had their work cut out recently!

Their commitment and seemingly endless pots of elbow grease should be noted (we reckon they wear wonder woman costumes under their aprons!)

Some of you may have seen the recent article in the Chronicle about the generous

£1,000 donation from Northern Gas Networks and Murphy Pipelines. This has helped staff buy some much needed shiny new equipment.

A thorough spring clean, some maintenance work and (at last!) free internet access are also part of the improvements. Big thanks to Steve and Pearl who've helped the staff out.

The transformation is set to continue under the new name **Scotswood Diner**. Gemma Sidney is set to get a bottle of the finest plonk for coming up with the winning suggestion in our competition, and a new and improved menu is now

being developed.

Staff say this will include a wider range of sandwiches and daily specials.

Janice said: "We will be offering a hot meal every day, always for less than £3, and a kiddies' special for no more than £1.50."

Meanwhile, a few people have already popped in to the café (oops, sorry Scotswood Diner!) to ask about summer trips. The trips are definitely being run this year but details have yet to be finalised.

Keep an eye out for info in this paper (next edition) and in Scotswood Diner (available by late May/beginning of June).



## YOU TIME

**TIME FOR YOU** has been set up at St Margaret's Church to encourage better mental and physical health. It runs on Tuesdays and Thursdays. There is a Timeout Cafe offering homemade goods at low prices. A team of therapists qualified in various kinds of natural health care offer massages, reflexology etc, at very low prices, ranging from £5 to £15. There are also trained listeners here if you want someone to talk to. Just make an appointment! Call 0191 275 3209.

## NOW ..SOME INTRODUCTIONS

**THE new tenants of St Margaret's Elliott Suite First Office introduce themselves . . .**

● **MENTAL HEALTH MATTERS:** We are a registered charity, operational since 1984. At the heart of our work is the knowledge that real choice for an ever changing variety of needs is an essential ingredient for the well-being of everyone in our services. If you wish to find out more, please feel free to approach us or visit our website: [mentalhealthmatters.co.uk](http://mentalhealthmatters.co.uk). . . and a word from the new tenants of the Upper Room . . .

● **THE ALZHEIMER'S SOCIETY:** The Society provides helplines and support for carers, runs quality day and home care, funds medical and scientific research, and gives financial help to families in need. The Newcastle branch was established in 1988 and is one of the largest branches of the Alzheimer's Society. We are delighted to move our Carer Support, Information and education, and administration services into St Margaret's. If you would like to find out more contact us on 0191 274 2727, email at [Alznewcastle@aol.com](mailto:Alznewcastle@aol.com), or visit the website [www.alzheimers.org.uk/newcastle](http://www.alzheimers.org.uk/newcastle)

**SCOTSWOOD is facing challenging times at the moment, not least a plan by the City Council to demolish the Pink Palace buildings, which have served us so well, and set up a new 'Neighbourhood Centre'. Here we look at the history of the "Pinky", its many fantastic achievements, and what we can look forward to . . . if we continue to work together.**

# The future's in our hands

## IT'S UP TO US ALL, WE'VE DONE IT BEFORE: ROSE HOLDS COURT

SCOTSWOOD resident Rose McCourt, pictured below, moved to Scotswood some 54 years ago. She said: "Scotswood was brilliant but we always organised things for ourselves."

"Trips to the seaside for the street and even holidays abroad were possible because we did it for ourselves and we used the credit union so we could all save up the money."

In the late 1980s things started to go wrong for Scotswood and although Rose had not been involved in the community before, she went to meetings because she was concerned about the number of people moving out of Scotswood.

Along with 200 or more other local residents, she helped set up the Scotswood Area Strategy, which had five aims around childcare, crime, jobs, housing and youth.

"What was important," said Rose, "is that it was set up by the people of Scotswood and not imposed from above."

"That was what made it work, made people listen to what was being said and brought about loads of changes, all for the better."

In the early 1990s, the government set up City Challenge in Newcastle as a result of the

Scotswood Area Strategy. The minister involved even said this in the House of Commons at the time, and this gave the Strategy the funds to do up an old burnt-out shop, which became the Scotswood Support Centre, now known affectionately as the Pink Palace.

Rose recalled: "It really worked, but the fight had to go on to keep it going after City Challenge money ran out, and to make sure it stayed in the control of Scotswood residents."

Of course, then came Going for Growth and everything changed.

We know that many, many people will not want to see the end of the Pink Palace, but the idea of building a new community facility, run by the people of Scotswood for the people of Scotswood would, according to Rose, "Be great. Scotswood deserves it."

We've been through the mill in the last 10 years and we've got nothing.

"If you want to stay in Scotswood and if you want Scotswood to be a better place for your kids, this is important. You need to fight for it and get involved."

**"Scotswood used to be a brilliant place to live and now it is beginning to get back to what it was. It's always the people that make it work . . . and we need to make this work."**



**FACING AXE: above, the Pink Palace on Armstrong Road has served the community for eleven years, while residents discuss what they would like to see for the future of Scotswood, below.**



MOST people will know the Scotswood Area Strategy (SAS) by the building it is based in, the Pink Palace.

The organisation was set up in 1993 and is run to this day by local residents. It opened the Pink Palace in 1996, followed by the youth project (Next Door) in 1997, and in 1998 the community cafe and bakery was unveiled.

In these buildings over the years SAS has run advice services, victim support, help with people looking for jobs, youth activities, creches and nurseries, family support, summer trips and activities and lots of other things . . . all for the residents of Scotswood.

Under the current regeneration plans, the City Council wants to demolish all the buildings the Strategy uses and develop the site as part of a new 'Neighbourhood Centre'.

We, the local residents who run the organization, have thought long and hard about all this and what we don't want to happen is the buildings and resources that residents have worked so hard for over the years to be lost to the community.

What we do want is for Scotswood residents to be better off as a result of the regeneration, and not to end up with nothing.

What we think is that it may be possible to get a new centre built that will be better than anything we have had before. A 21st century Community Facility. One that is owned and run by the residents of Scotswood and one that is for everyone, not just the Area Strategy.

We think this is a real possibility. We think the money can be found. We think lots and lots of residents could benefit.

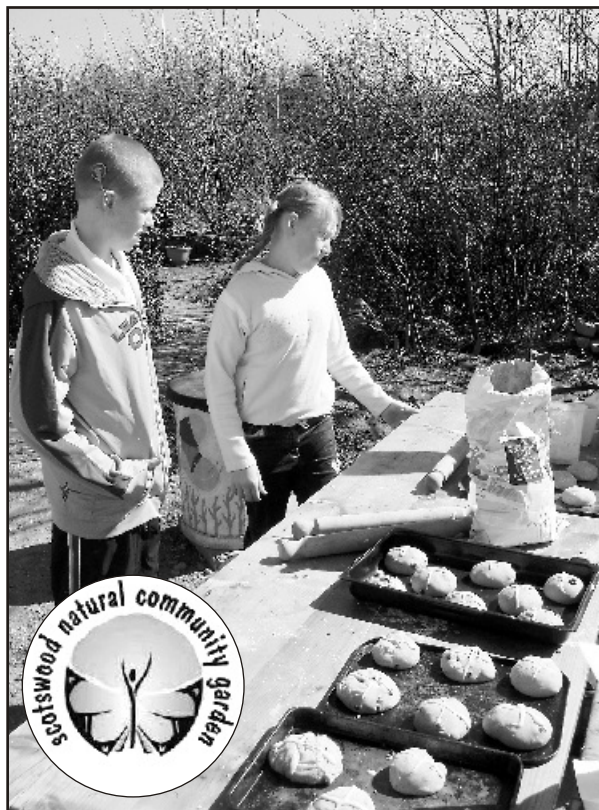
The residents who use the Pink Palace want a building that makes Scotswood into a real community, a place to meet, a cafe with a play area next to it, activities for all the family, courses and advice.

The young people we have talked to want somewhere to hang out with their mates and a place that organises trips and activities.

We want to know what you think of this idea. We want to know if you would be willing to help make it a reality. Let's get together to make it a reality: a 21st century, multi-purpose facility for the people of Scotswood . . . and run by the people of Scotswood.

We would appreciate your support and involvement. Please get in touch with us at the Pink Palace.

# HOT STUFF IN THE GARDEN



**BUN FUN:** fruit goodies from the outdoor oven

We were makin' it, bakin' it, takin' it and, erm, eatin' it!

A "MAKE IT, BAKE IT" Day combined with Volunteer Focus day, was held at Scotswood Natural Community Garden, on Wednesday, April 18.

Last year all, of the fruit from the garden that could be eaten or given away was frozen. On the Wednesday we invited local residents to join Nigel in using some of the frozen fruit to make breads and tarts using the outdoor oven.

Our team of volunteers, who were busy helping Kate to plant up seeds for this year's crops, joined them to eat the fished products, or took some home to share with their families.

If you missed it, watch out for more of our Make it, Bake it Days to be held in the coming months.

## DUE RESPECT FOR SAFETY FORUM WORK

**WE** were nominated for the Respect Award for Taking a Stand by our local councillor Bob Higgins for the good work the Community Safety Forum does in the area.

Audrey Kennedy and myself travelled to Birmingham to pick up the award.

We met some interesting groups from all over the country - a group of young men from Manchester, in particular, who work with youngsters seven days a week doing all sorts of activities - AUDREY BUSHELL

## COMMONS MEETING ON PROJECT FUNDING

### BRIDGING NEWCASTLE/GATESHEAD FEEDBACK:

Early in April I was invited to join BNG chairperson Jim Coulter and director Anne Mulroy at a meeting at the House of Commons regarding future funding of ongoing projects in the area. Among the Ministers present were Jack Straw, Yvette Cooper and several others. Two female residents from different areas spoke of BNG's achievements in their areas. While the GUMT were committed to this funding, it was stated the amounts of money given may not be what was asked for. Altogether, I thought the meeting was a success. However, due to prior commitments, I have decided to stand down from BNG and another Representative has been nominated

- AUDREY BUSHELL

## Food for thought as SNC hosts London uni

ON Thursday, April 26, Scotswood Neighbourhood Centre hosted a buffet lunch for students from University of South Bank, London.

Between us we gave them a potted history of Scotswood, from June 2000, facing total demolition, to campaigning and saving houses, relocation, the trauma of moving house, right through to present day, building the Academy and looking forward to the Expo.

They did a tour of the area and said they had a most enjoyable day  
- SNC STAFF

## BIG BACK YARD EVENT

May 30-31, 2007  
Pink Palace, Armstrong Road.  
BBQ - CRECHE - MORE!

# HELP WANTED!

**FANCY** taking part in making a backyard for the community?

Well you can at the **BIG BACKYARD EVENT** on May 30-31!

The plan is to clear up a disused area round the back of the Pink Palace, give it a makeover and create a space for everyone.

It'll be somewhere for you to put your feet up, meet friends, sit in the sun and somewhere safer for the kids to play.

There'll be all sorts to do, from sweeping and weeding, to painting, planting and

art/design ideas. Everyone's welcome, young and old!

There'll be a free crèche for the little ones and unlimited refreshments for thirsty workers! We'll end by having a community BBQ on the afternoon of Thursday, May 31.

So roll up your sleeves, flex your muscles, get your creative head on and put your name down (or just turn up) if you're interested. For more information, speak to staff at the Pink Palace on 0191 274 2429.

**THANK** you to everyone who signed the petition to keep the Housing Office open. We did manage to keep it open until June 2008, when the new Customer Care opens  
- AUDREY BUSHELL

FEEDBACK + YOUR LETTERS

WRITE TO: Letters, Scotswood Now,  
447-9 Armstrong Road, Newcastle, NE15 6HS.  
EMAIL: [scotswoodnow@thestrategy.org](mailto:scotswoodnow@thestrategy.org)

# Anne's legacy: Nixon Project takes on volunteer challenge

YOUTH SECTION



**HOOD WORK:** young people from the volunteers' project unveil their tribute to youth worker Anne Nixon, above.

IN December of last year, a group of young volunteers came together to create an opportunity to explore their feelings and aims.

Some of the volunteers felt unsupported and confused about their roles.

Some didn't feel valued or adequately involved in planning, evaluation and overall developments.

They felt that they were not given enough opportunities to gain new skills or knowledge and, we believe, somewhat abandoned after the death of

their youth worker, advocate and friend, Anne Nixon.

From this initial meeting came ideas to meet weekly on a Thursday evening at the Senior YIP in Elswick.

There is a core group of young women, and a further six young people, interested in joining the group.

Through the Youth Opportunities Fund, the volunteers have raised funds to enable them to participate in various training and activities to broaden their skills, knowledge and confidence, both in

themselves and others.

In memory of Anne, the volunteers have named themselves the Nixon Project.

The Nixon's future plans are to create a project for young people aged 14 to 25 to be involved in positive volunteering opportunities.

They have designed logos, debated and negotiated to create a new version of the volunteer's pamphlet, discussed and reviewed the policies and procedures, and created a structure and process for the development of their project.

The Nixons are enthusiastic and have many ideas for the future.

They plan to be involved in the running of the Volunteers' Course, creating a website and PowerPoint presentations to support this, setting up a young person's newsletter, developing skills in sports, face painting, games, hair braiding etc, to create fun days and offer help to other projects, and they also plan to hold annual awards ceremonies to celebrate young people's achievement.

For more information, please call the YIP on 0191 272 1643.

# STOP PRESS! Asbo renamed



**WINNER:** Hayley Todd.

**DUE** to some confusion about the original name, and following consultation with local young people and the police, we have decided to change the title of the Active Social Behaviour awards so people know our positive initiative from the other Asbos.

Therefore, we have opted to call them Positive Social Behaviour Awards from this point forward.

This month's award goes to Hayley Todd, of Benwell, who, despite being a full time student, has dedicated many hours of her personal time to help run sessions for young people in the West End.

Hayley has also been involved in setting up 'The Nixon Volunteers' which is a team of

voluntary workers dedicated to spreading good will throughout the area (see above).

Hayley became involved in voluntary work through friends about 18 months ago and says she enjoys working with groups and meeting new people as part of her work. She says that she hopes to become a youth worker in the future.

Good luck to you, Hayley, and well done on receiving your brilliant award!

**Does anyone you know deserve an Positive Social Behaviour Award? Get in touch with Scotswood Area Strategy and give us the details.**

**NOW**  
Scotswood

**HOROSCOPES**

by MYSTIC KRYSTAL

★ **CAPRICORN** (Dec 22-Jan 20): In with the old and out with the new, whether your having a clear out in the home or in the heart, now is the time to look ahead, focus on the future and let go of the negative past.

★ **AQUARIUS** (Jan 21-Feb 19): Feel like you're treading water, doing all you can just to keep afloat? Well, all your efforts will pay off soon and life will become easier and more fun again. Take a chance with romance, it may be just what you need.

★ **PISCES** (Feb 20-Mar 20): There is definitely something fishy going on. Make sure that people aren't gossiping about things that don't concern them. The truth will out anyway. A good friend will show how much they care.

★ **ARIES** (Mar 21-April 20): If it seems a personal goal is dissolving, don't despair! Perhaps you can follow your heart, this time it won't let you down. Lucky number 4.

★ **TAURUS** (April 21-May 21): Don't count on any favours from friends or family. Focus on a romantic or domestic issue that's been burning for a while now, don't put off by the inevitable. Lucky colour: red.

★ **GEMINI** (May 22-June 21): Make the most of your spare time, it's time to get out and about with with loved ones. A money problem can soon be solved, remember two heads are better than one!

★ **CANCER** (June 22-July 23): Shy bairns get nowt - does that sound familiar? You've got something due to you and its high time you get what you deserve. It's worth the wait.

★ **LEO** (July 24-Aug 23): It's your lucky day! Pursue your heart's desire, this time all that glisters really is gold, especially in love.

★ **VIRGO** (Aug 24-Sep 23): Have you been thinking about a holiday? Some sunshine would be good? Maybe a rest and some time out will do the trick. Keep an eye on those stress levels.

★ **LIBRA** (Sep 24-Oct 23): Somebody out there is watching over you and making sure you don't make the same mistake twice. Be careful when it comes to affairs of the heart so you don't get hurt.

★ **SCORPIO** (Oct 24-Nov 22): We all know that Scorpio's are meant to have a sting in their tail, but you also have a big, soft heart too. If you've been feeling angry with someone, maybe it's time to live and let live. Lucky colour: blue

★ **SAGITTARIUS** (Nov 23-Dec 21): Does it sometimes feel like people don't understand where you're coming from? Maybe it's time you made it clear exactly what you really want. Try it - you could be surprised.

'TOON TIME



"Very well, Geoffrey - you have received fair warning. I am going to confiscate your brick."

WORDSEARCH

A	Q	L	E	M	O	N	B	A	L	M	G
F	C	Y	A	S	A	F	A	I	L	I	I
N	T	C	A	E	E	T	S	L	I	N	N
O	O	G	U	N	S	T	I	M	D	T	R
G	E	B	N	Y	C	N	L	S	R	G	E
A	C	E	G	E	N	N	E	Y	A	C	P
R	L	C	A	M	U	S	M	D	U	Y	P
R	N	E	E	C	A	M	S	G	L	L	E
A	N	U	T	M	E	G	Y	P	P	O	P
T	C	O	E	H	P	R	E	G	N	I	G

● Can you find the words listed below, which are hidden in the grid above? They can read up, down, left, right or diagonally. Good luck!

**NICE 'N' SPICEY**

GOLDENSEAL  
SESAME  
FENNEL  
LEMON BALM  
MINT  
SUMAC

BASIL  
MACE  
TARRAGON  
SAGE  
POPPY  
CAYENNE

PEPPER  
YUCCA  
NUTMEG  
DILL  
GINGER

JUST FOR FUN