

# Providence Row GAZETTE

• COMMUNITY MAGAZINE •

## Change

Covid - 19 changed life for many of us. When we went into lockdown, in March, it was overwhelming, at least at first. Some of us became unsettled, perhaps a little afraid, not knowing how we'd manage. Then we started to get used to the slower pace of our lives. We began to adjust and become more accepting of the new world we found ourselves inhabiting. We started to learn how to cope with change.

**The Global Pandemic.** In March life took an unexpected turn, Covid-19 changing the way we live, work and socialise. And so the weather is changing too! **Autumn** has crept up on us, the season is changing, there's a chill in the air, and the nights are beginning to draw in.

The leaves on the trees, their work for the year done, are also starting to change colour and many trees in London's parks have started to shed their leaves, creating wonderful moving carpets of burnt orange and earthy brown.



### CONTENTS

- 2. **Community post box**
- 3. **Coping With Change**
- 4. **Art & Fun**
- 5. **Black History Month**  
*Spotlight on Maya Angelou*

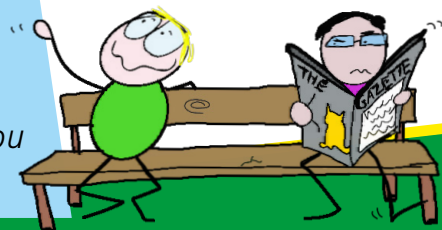
In the words of Winnie-the-Pooh, everyone's favourite bear from Hundred Acre Wood:

*Autumn is a time of hot chocolatey mornings, toasty marshmallow evenings, and best of all, leaping into leaves!*

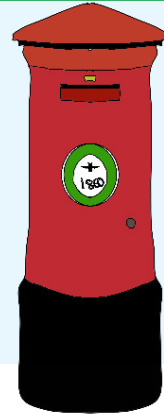
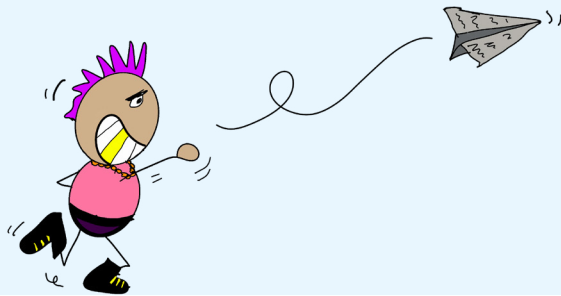


As a child, **Autumn** meant collecting conkers in preparation for countless conker fights at school - at the start of a new term. With the idea of "change" in mind, in this edition we focus on coping with change, a reflection ahead of the upcoming Black History Month as well as giving you your fortnightly dose of "Art & Fun", of course!

*Isn't it funny how day by day, nothing changes that much, but then you reflect and look back, and everything seems so different...*



# COMMUNITY POST



*Hello,*

*If you are reading this, I guess you are one of the people who managed to get connected to the Providence Row support network. I don't know anything about you apart from the fact that you must have fallen on hard times to be in a situation where you need some support from this charity. I am one of those people who is lucky to live and work in London and I have never been homeless myself, but I don't feel indifferent towards homeless people.*

*I want you to know that I am doing everything I can to help in any way I can.*

*I hope your circumstances improve, I hope you will find not just a shelter but a place to call home - don't lose hope - everything is possible. As human beings we all have individual and amazing abilities and potential, regardless of our background or age.*

*I am writing this with hope that my words will reach you, as a simple thought of kindness from one human being to another and will help you feel less lonely, and encourage you to stay positive.*

*Without prejudice and lots of kindness, a random Londoner.*

# COPING WITH CHANGE

By Volunteer Frances



**Never has it been more essential to be able to live with change without being overwhelmed by it. Here Frances looks at some strategies to help us stay in control.**

Ironically, change may be the only constant in life. So why do we often find change such a threat?

A well known saying maintains that we cannot change the world but we can change ourselves.

Recent events are certainly outside our control but maybe we can act to lessen the stress and anxiety that so many are experiencing.

Gradual life changes can be anticipated and planned for, but sudden or catastrophic shock such as a bereavement, a serious accident, or a pandemic are more difficult to live with.

In a similar way to bereavement, reactions to a calamitous change are often described in



Firstly, comes shock and disbelief, then anger and resentment that we have been so cruelly affected. In the third stage, we slowly come to terms with the reality and lastly, we begin to make plans to live differently.

If you are going through a tough time, there are some strategies you might try:

*Know the signs of stress in yourself whether this be irritability, poor sleep or wanting to be alone. Know where to find help early on (see Further Help box).*



*There will always be some upsides. Has your attitude to technology changed for the better, for example? Did you exercise more or learn a new skill in the lockdown?*

*Making our own change can be a lot less scary than imposed change. Even small deliberate self-changes such as being more organised or sounding out job prospects can help alleviate stress.*

*Some people say that altering your inner thinking sets you up to face powerful stresses of change. A constructive frame of mind can release our imagination and creativity.*

*It is likely that the resilience we have built up perhaps inadvertently, over recent months will be called upon again as Covid-19 continues to outwit us. Keep up your strength by taking control.*

## FURTHER HELP

[mentalhealth.org.uk/blog/every-mind-matters](https://mentalhealth.org.uk/blog/every-mind-matters)

NHS service offering simple help to improve everyday mental health

[rethink.org.uk](https://rethink.org.uk)

Advice and information on living with mental ill-health, support services

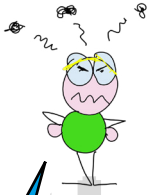
[mind.org.uk/informationandsupport](https://mind.org.uk/informationandsupport)

Explanations and advice about common mental health problems in the face of Covid

[nhs.uk/conditions/stress-anxiety-depression/understanding-stress](https://nhs.uk/conditions/stress-anxiety-depression/understanding-stress)

Information about many mental health conditions including coping with stress; includes simple self help therapies

# ART & FUN!



By Volunteer  
Sam

Please,  
help me out!

Can you spot my cat Leo?

He must be hidden somewhere...

[My cat ISN'T the tiger  
in the pillow :)]



## Jumbled Word Puzzle

All these words are associated  
with **Back to School** time. Can  
you **unscramble** the letters?

- |               |                |                 |
|---------------|----------------|-----------------|
| 1. Mesberterp | 5. Amedaica    | 9. Barliray     |
| 2. Koomherw   | 6. Cetoidaun   | 10. Okbarmardet |
| 3. Verionsi   | 7. Metrimet    |                 |
| 4. Twisosgin  | 8. Tenaxinonam |                 |



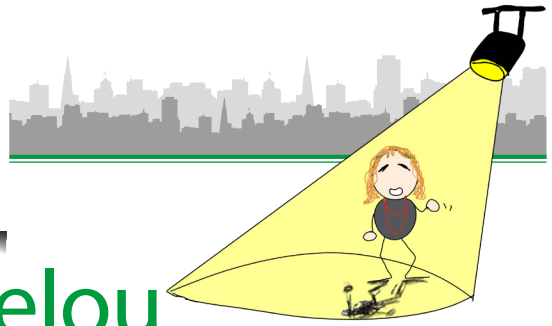
### Online Queezy Time!

Head to the **Providence  
Row** Youtube Channel  
to check out our first  
Online Music Quiz!

[https://www.youtube.com/  
watch?v=cNYqBmlpgEA](https://www.youtube.com/watch?v=cNYqBmlpgEA)

Or type: **providence row quiz**  
in the Youtube Browser :)

By Volunteer Jo



# Spotlight on: Maya Angelou

Ahead of the upcoming Black History month (October), it's good to remember one of the most famous black women of our time Maya Angelou.

## Can you work out the missing words in the piece?



**Maya Angelou** (1928 - 2014) was a black American writer, poet, autobiographical novelist, singer, actress and civil rights activist. Her most famous book is called *I Know Why the Caged Bird Sings*.

It tells of her ---- (1) to the age of 17 and brought her international recognition.

A major experience was when a traumatic shock caused her to not

speak a word for five years. Aged 8 she was sexually abused and raped by her mother's boyfriend, a man named Freeman.

She told her brother, who told the rest of their family. Freeman was found guilty but was jailed for only one day. After his release, he was murdered, probably by Maya's uncles. Maya stopped being able to speak, "I though, my voice killed him; I killed that man, because I told his name."

Soon after she and her brother were ---- (2) back to their much loved, remarkable grandmother. Eventually a black teacher ---- (3) her to speak again and to read widely including Dickens and Shakespeare, as well as black female writers.

Maya Angelou became at 16 the first black female cable car conductor in San Francisco. At times she suffered depression.

She lived a life on the edge becoming a nightclub singer and dancer and for a short while, a sex worker. She wrote about this openly so other ---- (4) people would not feel ashamed of similar times and so "they could go on and live their lives".

She studied widely and supported Martin Luther King. She said "There is nothing so powerful as an idea that has found its time." She became a university professor of American Studies. She campaigned for Obama. She remained a powerful civil ---- (5) activist all her life.

If you want to get in touch, and/or contribute to the gazette, do please call on **07741 385 531** or send an email on to: **volunteering@providencerow.org.uk**

@ProvidenceRow

@Providence\_Row

@providencerow

Providence Row is a charitable company limited by guarantee registered in England and Wales with company number 07452798 and registered charity number 1140192. Its registered office is at The Dellow Centre, 82 Wentworth Street, London E1 7SA

Answers: (1) Life (2) Sent (3) Helped (4) Young (5) Rights

**PROVIDENCE ROW**  
HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

volunteering@providencerow.org.uk | 07741 385 531 | providencerow.org.uk