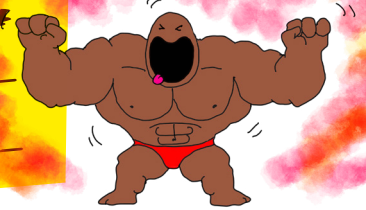


Providence Row GAZETTE

• COMMUNITY MAGAZINE •

EMPOWERMENT



Welcome this month to new contributor, Emma. As a peer mentor in Providence Row's English class, Emma has been encouraging clients' confidence in language and writing. Now, she uses her background in journalism to inspire our readers with a step by step guide to blogging. As we explore the theme of empowerment in this month's issues, we would love to publish our readers' s efforts.

When it comes to empowerment, our thoughts turn again to that impressive young man, footballer Marcus Rashford MBE. His stand against powerful resistance in his crusade for free school meals shows his tremendous courage. We will be exploring how we can all become strong and confident in life.

Football is our national sport, uniting people beyond gender, race and class and empowering players and spectators alike.

Liam's fascinating exploration of the origins of our world class Premier League teams had us engrossed.



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Our investigation into the hotels providing safe shelter during the first lockdown begs the question why this cannot be a longer term fix for sudden homelessness. If you have been involved in the scheme, we would like to hear from you.

Registering with a general practitioner practice is a first step in owning our mental and physical health. As our article points out, GP surgeries are the entry point to expert health professionals and better overall health.

Make food part of your good health, says Jo as she begins an occasional recipe column today. Her no-cook chicken couscous and easy to make halloumi burger are delicious, healthy and inspired us to try more recipes. Empowerment on a plate.

Finally, cheeky cat Leo, egged on by his new friend gorgeous greyhound Luigi is playing hide and seek with our keys. Can you find where he has hidden them?

COMMUNITY POST



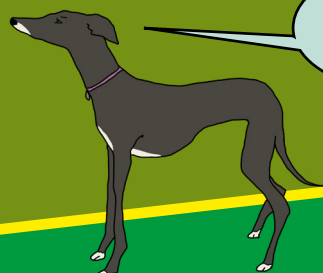
Emma has volunteered at Providence Row helping with English classes at the centre and has worked with at risk homeless young people and adults in Tower Hamlets. The opportunity to work with other volunteers, staff and service users was an empowering experience and one that Emma found rewarding, sometimes challenging and always great fun.

"Helping people to read and write, gain confidence in expressing themselves and enjoy learning I hope gave the service users a sense of authority and to understand the importance of controlling their own lives. It certainly helped me to feel more doing something so important."

As a journalist, Emma has worked on national newspapers and spent 20 years working as a TV producer making documentaries for all the channels.

During lockdown Emma has been reading lots, watching too much Netflix and hanging out with her whippet Luigi. Keep an eye on the newsletter for "TW (Tower Hamlets) Tales from Tails": adventures with Luigi and Leo - mischief, outrageous pranks and hilarious points of view from a cat and a dog... they love each other really!

Luigi the whippet!



Is that me...?



Yeah, bro, that's you.

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BLOGGING FOR BEGINNERS

By Emma!



What is a blog?

A blog is an online platform for you to write anything you want from a diary style post to getting noticed by potential employers. The content is conversational and can be your opinion on a fun topic, love of movies, One Direction, Pot Noodles... anything goes.

Who writes blogs?

Millions of people from teens to Grandma's, politicians, journalists and even a biscuit! Here's one for example: <http://www.chasinganoodle.com/>

Who reads blogs?

Depending on your chosen topic people with an interest in it will read and follow your every word. Give it a go. Here's how to create a free blog in just six steps using WordPress.com

Another really good and simple guide:

<https://media.theukdomain.uk/wp-content/uploads/2020/01/How-to-start-blogging-ebook.pdf>

1

Choose a topic. What will be the focus of your blog? It's tempting to tackle multiple topics at once; however, it's probably easier to begin with one area you have the most expertise or interest in. You don't want to overwhelm yourself straight out of the gate.

2

Create an account. Go to WordPress.com and click Get Started. Follow the prompts to create your account and new blog.

3

Claim your domain name. Based on the topic you choose, pick a domain that tells readers what your blog is about. You can either create a free domain name that includes WordPress.com in it (example: wordpress.com), or you can [register a custom domain](#) that doesn't mention WordPress.com

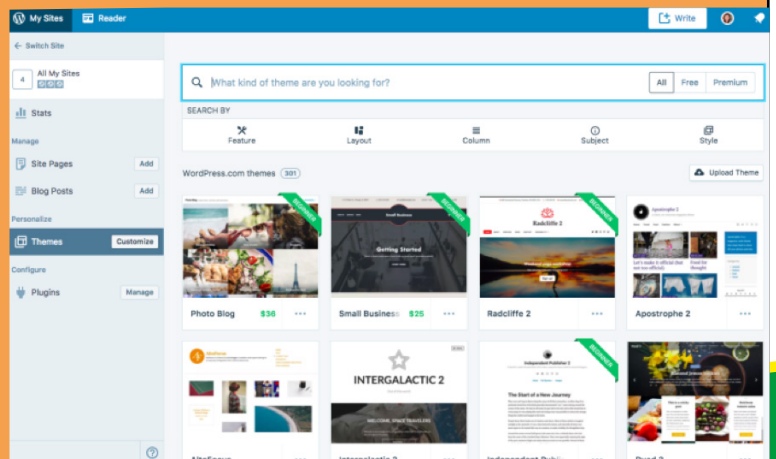
4

Customise the design. Choose a [WordPress.com theme](#) that matches the desired feel of your blog. The WordPress.com customizer allows you to choose fonts, specify a colour scheme, create a custom menu, and upload a custom header image. Don't worry if you aren't settled on the visual aspects right away - you can always adjust them later.

5

Create some unique content. To create your first blog post, head over to the My Sites screen. Under Manage and next to Blog Posts, click Add. You'll be directed to the post editor, where you can begin writing and formatting your post. You'll be prompted to add a title (among other details). Start writing the body of your post beneath the toolbar.

Publicise. After you hit Publish, be sure to promote your blog posts on social media to share your hard work. With WordPress.com you can start a blog in just a few hours. Once you learn how to create a blog and get into a publishing pattern, you'll be able to perfect your content until you're drawing in eager readers every day.



The "Everyone in" initiative

Repurposing Hotels



By volunteer
Hannah!

Back in February, "Covid-19" was still an unfamiliar phrase. By April, the UK was in lockdown. "Stay home" was the instruction. For the homeless, "staying home" was easier said than done. Even for those living in hostels, social distancing is near impossible with shared facilities commonplace. What's more, people experiencing homelessness are three times more likely to experience a chronic health condition (source: Crisis). Rough sleepers were at serious risk.

The Government reacted: "Everyone in" was born

The government declared "All rough sleepers should be provided with a roof over their head". An initial £3.2 million was given to councils, and over 15,000 homeless people were accommodated (Source, BBC news),

Repurposing hotels

Until March, London's hotels were buzzing with visitors: tourists catching a few hours sleep between trips to museums and West End musicals, or office workers swooping in for meetings. Hotels became ghost towns overnight, deserted, as life - and travel - ground to a halt.

An opportunity presented itself. London mayor Sadiq Khan declared that "self-contained accommodation like hotels were the safest way to protect those who'd otherwise be sleeping rough". People needed their own private space - and importantly, a place to feel safe.

What was happening elsewhere?

Similar schemes emerged. In New York, 139 hotels were used to house the homeless during the pandemic. This idea is not new - in 2018, New York spent \$350m renting hotel rooms when homeless shelters became full (Source: The Independent). However, in 2020 the scale of these initiatives is larger than ever before.



What happens next?

The impact of "Everyone in" is still being evaluated. Research from UCL estimates that 266 homeless lives were saved, and over 20,000 Covid-19 cases avoided by the scheme (Source: Sky news). What's more, many of the hotels were run by homeless charities such as Providence Row, who provided essential advice and support services - much more impactful than solely offering a place to stay.

What's important is that the benefits - both in terms of reducing infection risk, and providing secure and safe spaces to live, continue beyond the pandemic, particularly as Autumn turns into Winter.



What about other disused spaces?

We're curious about how other empty spaces may be repurposed in the coming months. Who knows what will happen to deserted office blocks, many of which have sat empty since the pandemic struck? Working from home is the new norm - as a result, the infrastructure of our cities will evolve. Only time will tell. Perhaps we'll visit the topic in a future edition of the Gazette.

FOOTBALL TEAMS

By volunteer
Liam!



Can you guess his
favourite team?

There are currently 20 teams in the English Premier League. These teams empower and inspire people from all over the world, in each of the continents, including Antarctica! This brief article examines their origin and how they came to be known by their present name.

Alphabetical History of the 20 Premier Teams 2020/21

ARSENAL

Originally known as Dial Square, who were employees of a factory in Woolwich, London, who built cannons, they became Arsenal Football Club in 1919, and have always been known as "the Gunners".



ASTON VILLA

Aston Villa were founded in 1874, approximately one year before Birmingham City, a source of constant frustration for the "Blues". They play at Villa Park and are known as the "Villans" or the "Lions".

BRIGHTON AND HOVE ALBION

The club was founded in 1901, and originally were known as Brighton & Hove United, but soon changed to its current name and are known as the "Seagulls".



BURNLEY

Burnley Rovers were originally a rugby club, but switched codes to football and changed their name in 1882 and, since they play in claret and blue, and are known as the "Clarets".



CHELSEA

Chelsea Football Club were founded in 1905. Since there was already a team named Fulham, (bit of a nuisance) the club was named Chelsea after the adjoining Borough of Chelsea and Kensington.

Chelsea! well done
if you guessed
Liam's football
team right!



CRYSTAL PALACE

The club was formed by workers of The Crystal Palace, the plate-glass building erected in Hyde Park to house the Great Exhibition of 1851. That club disappeared and then re-appeared as Crystal Palace Rovers, who in turn became Crystal Palace in 1905.

EVERTON

The Liverpool-based club began in 1878 as St. Domingo F.C. In 1880, they became Everton FC, to reflect the surrounding district of Liverpool in which they played, and because of sweet shops in that area, became known as the "Toffees".



FULHAM

Founded in 1879, Fulham is one of the oldest British football clubs. The club originated from Fulham St. Andrew's Sunday School FC. Fulham play at Craven Cottage and are known as the "Cottagers" or the "Whites".



LEEDS UNITED

Leeds United FC were formed in 1919 as a successor club to Leeds City. Their home ground is Elland Road, and they are known as the "Whites" or the "Peacocks".





LEICESTER CITY

Leicester City were founded as Leicester Fosse in 1884. Following WW1 and Leicester becoming a city, the club reformed as Leicester City Football Club. Leicestershire being known for foxes and fox hunting gave rise to the "Foxes" nickname they use today.



LIVERPOOL FC

Liverpool FC were formed following a dispute between Everton F.C. and the land owner of the Anfield football ground. The 1892 dispute ended with Everton, the original tenants, leaving Anfield to find a new ground, Goodison Park. Liverpool are known the world over as the "Reds"



MANCHESTER CITY

Formed by members of St. Mark's Church of England and originally called Gorton Athletic FC and then Ardwick FC. In 1894, the club once again changed its name, this time to Manchester City Football Club.



MANCHESTER UNITED

Newton Heath FC was formed in 1878 by the Lancashire and Yorkshire Railway depot. The club went into receivership in 1902 and, after considering Manchester Celtic and Manchester Central as alternate names, reformed as Manchester United Football Club, they are known as the "Red Devils".



NEWCASTLE UNITED

Following a merger between Newcastle East End and Newcastle West End, Newcastle were formed in 1892. In order to signify this union of two clubs, the new club was named Newcastle United, they are known as the "Magpies".

SOUTHAMPTON

Southampton were formed as St. Mary's Church of England Young Men's Association in 1885, simplified to St. Mary's F.C., and then to Southampton St. Mary's. Two years later the club became known as Southampton F.C., they have always been known as the "Saints".



SHEFFIELD UNITED

Sheffield United was founded in 1889, 32 years after Sheffield Wednesday. They play at Bramall Lane and are known as the "Blades".

TOTTENHAM HOTSPUR

Spurs, as they are now known, were founded by members of the Hotspur Cricket Club in 1882. 'Hotspur' is a reference to the Shakespearean character Harry Hotspur, in real life, Sir Henry Percy, who lived in the area in the 1300s. Tottenham was eventually added to the name to reflect the district and distinguish the football club from the cricket club.



WEST BROMWICH ALBION

West Brom were founded as the West Bromwich Strollers in 1878 and two years later became the first team to adopt the Albion suffix. They were one of the founding clubs of the FA. Albion's logo depicts a song thrush bird sitting on the branch of a hawthorn tree, paying tribute to their home ground at 'The Hawthorns.'

WEST HAM UNITED

Formed in 1895, and then known as Thames Ironworks F.C., West Ham eventually came into being in 1900. The crossed hammers on their crest reminds them of their shipbuilding past and gives us their nickname. They left Upton Park and now play at the London Stadium.



WOLVERHAMPTON WANDERERS

The club was founded in 1877 as St. Luke's F.C., they later merged with Blakenhall Wanderers to form Wolverhampton Wanderers in August 1879. They play at Molineux Stadium and are known as "Wolves".



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HOW TO REGISTER WITH A GP PRACTICE

By volunteer Frances!



Finding and registering with a GP can seem daunting, but the process is straightforward. Frances explains.

Registering with a medical practice can be a first step in taking care of our health. Everyone in the UK whatever their circumstances has the right to register with a medical (GP) practice of their choice.

You do not need Identification or proof of address or to live in the practice neighbourhood in order to register. You can use a temporary address such as a day centre, hostel or a friend's address. Some GPs use the practice address to register you.

Registering with a particular practice means you can make online or face to face appointments to consult with one of the regular doctors or other professionals in the practice.

Aside from receptionists, other professionals in the practice can include practice nurses and phlebotomists (specialists who do blood tests). Larger practices may employ visiting clinicians.

Doctors can assess, diagnose and treat medical complaints and/or refer a patient to hospital for further tests or consultation. Practice nurses are generally able to offer vaccinations, injections, wound management, some tests and investigations, sexual health and family planning and general health advice.

Before registering, think about your medical and social needs and if possible, ask your friends or key worker to recommend a GP.

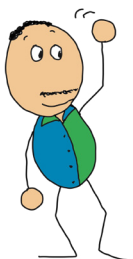
You will need to complete and submit a registration form which is available online.

Psssst!
Click those links below!



QUESTIONS TO ASK BEFORE REGISTERING

Can I see a female/male GP?
When are the GP surgery hours?
Can I ask for help in understanding or completing the registration form?
How soon can I consult with a doctor online or in person?
Can I see the GP in a private area in the surgery?
Are interpreting services available?



RESOURCES

GP registration form: <https://tinyurl.com/HowtoregisterGP>

Choosing a practice: <https://tinyurl.com/ChooseGP>

Poem from a Reader

A poem from one of our readers. We love our readers contributing and hope that this encourages them to find a voice.

SAY GOODBYE MY FRIEND

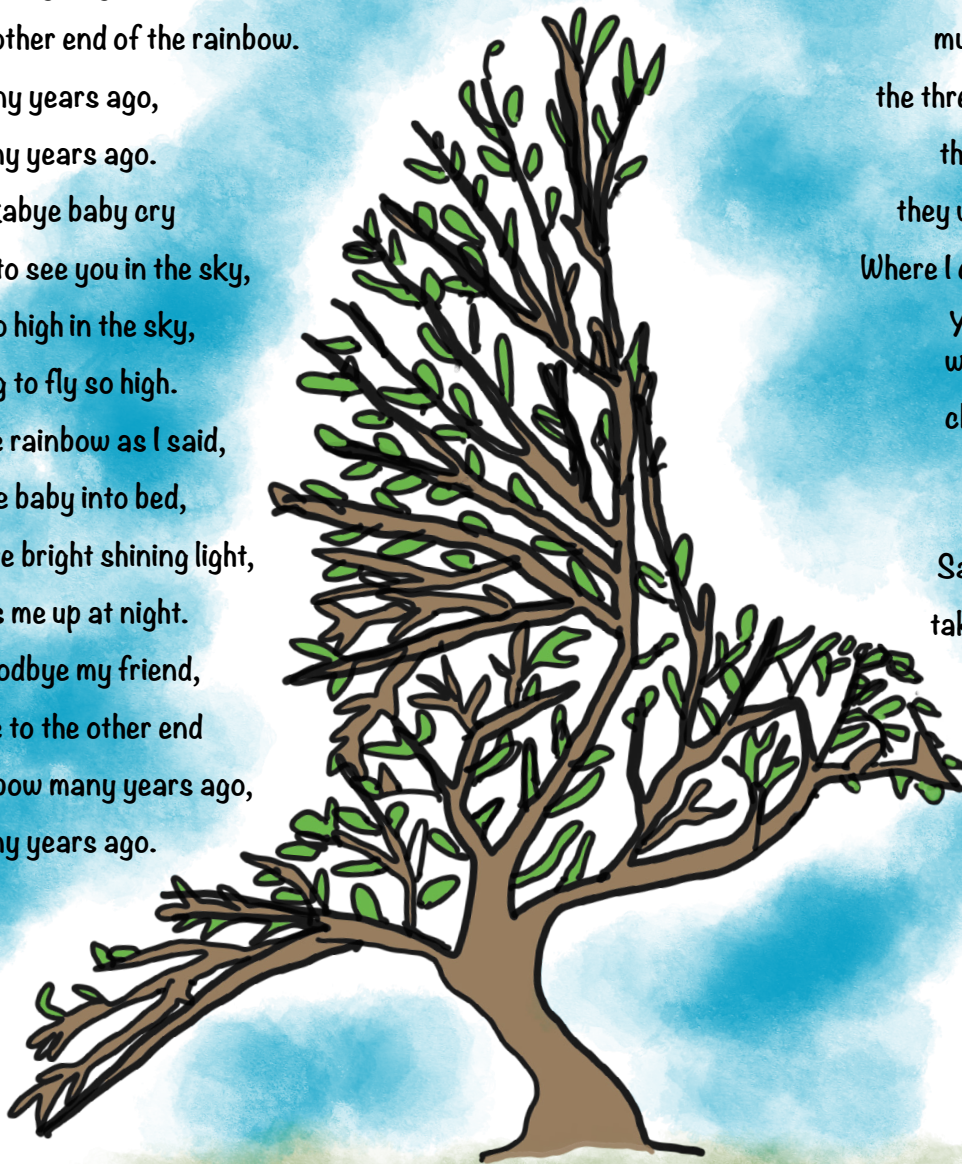
Say goodbye my friend,
take me to the other end of the rainbow.

Many years ago,
many years ago.

Rockabye baby cry
don't want to see you in the sky,
I'm too high in the sky,
trying to fly so high.

Catch the rainbow as I said,
put the baby into bed,
the stars are bright shining light,
covers me up at night.

Say goodbye my friend,
take me to the other end
of this rainbow many years ago,
many years ago.



Starry eyes are with me,
mum could not disagree,
the three bears were inside of me,
the leaves on the trees,
they were blowing to the seas.
Where I could not breathe or believe.

Years ago I was there
when my kittens were,
chair walked down the
stairs to the heirs,
my affairs.

Say goodbye my friend,
take me to the other end,
of this rainbow.
Many years ago,
many years ago.

KO

Recipes to Cheer you Up

By volunteer Jo!



Here are some easy-peasy recipes with not too much cooking involved!

Tasty food gives you strength and cheers you up.

Apart from some useful store cupboard ingredients which you can use again and again these recipes are chosen to have cheap to buy ingredients. Also one has no cooking involved, as little as boiling a kettle, and the other has easy cooking. But they also are healthy and cheery to eat.

No cook Chicken Couscous

This is warm and tasty in this chilly time. It can make a feast for one or used for two to share. Needs only a kettle or some boiling water. You can keep any unused cold uncooked chicken pieces wrapped up or covered in a fridge for a little while.

INGREDIENTS

- 110 gms plain couscous
- 100 gms frozen peas
- 1 chicken or veg stock cube crumbled into 200ml boiling water
- 200 gm packet of cooked chicken fillet slices
- 1 large tomato chopped
- 1 tbsp cooking oil
- a squeeze of lemon juice about a teaspoonful



Step One

Tip the couscous into a bowl with the peas. Pour hot water onto a stock cube in another bowl or mug and stir to mix it. Then pour this over the couscous, cover with a plate to keep the heat in, and soak for 5 minutes.

Step Two

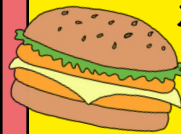
Tear the chicken into good bite-sized strips, then toss half of it on top of the soaked couscous. Mix in with the chopped tomato, then moisten and flavour with the cooking oil and lemon juice. Season to your taste – you probably won't need to add any salt, just some pepper. Divide between two plates and top with the rest of the chicken strips. Drizzle over a little extra oil and it's all ready to serve.

Easy Vegetarian Halloumi burgers

These hearty burgers are tasty and simple to make. Make one per person or two if you feel like a feast or want to share. You can keep leftovers of uncooked halloumi wrapped up in the fridge.

INGREDIENTS

- Half a 250g block halloumi cheese cut into 4 thick slices
- 1 tbsp of oil
- 2 buns (any will do but brioche buns are nice)
- 1 large tomato thinly sliced
- 2 tbsp of hummus



OPTIONAL

2 tbsp fresh tomato salsa, shop bought, or made with a chopped spring onion, paprika and a small chopped tomato, salt and pepper to taste

2 lettuce leaves

STEP 1

Spread each side of the halloumi slices with oil and cook them on each side for 2-3 mins or until golden. You can use a frying pan or grill pan.

STEP 2

Split the buns (toast them in the pan or grill very briefly on both sides if you like, but be careful not to burn them) and put the hummus on the bottom halves. Add some tomato and then the halloumi, then finish, if wanted, with the salsa and/or lettuce and top with the other half of the bun.

Variation: a small avocado can be sliced or mashed instead of the hummus if you like.

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It is a bit chilly already...!

ART & FUN!

By Volunteer Sam!



Empowered **Leo** has taken over the house rules! **Sam**, who does not look particularly happy, sits on the floor while the cat is enjoying a nice nap on the sofa...

"Leo wanted to make sure nobody would be able to open his treasure chest, next to the plant, so he locked it with **10 different keys**. Can you find them all?
Tip: the color of the security **lock** is the same color as the **keys**!"

Under Sam's hand, left of the dinosaur, on the TV, on top of the plant, under the plant, under the blue toy's foot, inside the slipper, behind the sofa, on the furniture, on the TV, on top of the plant, under the plant, under the wood horse, under the stuffed animal.

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