

# Providence Row GAZETTE

• COMMUNITY MAGAZINE •

# Welcome

*To the first edition of our brand new community magazine created by Providence Row Volunteers!*

2020 will forever be known as the year of The Global Pandemic. In March life took an unexpected turn, Covid-19 changing the way we live, work and socialise.

At a time when we can't easily meet in person, we wanted to connect in other ways. We've created this in order to not only keep clients updated about our services, but also just to add a bit of fun to your day. From puzzles to online quiz's we have you covered twice a month.

At Providence Row, one of our core values is 'Inclusiveness'. Our magazine is for everyone; clients, staff, volunteers and supporters. The Gazette is collaborative; we're empowering our contributors to share their knowledge and talents.

**"Life is a journey,  
not a race"**



**My name is Daryl and I am the editor of this magazine.**

I started volunteering back in 2019 and I volunteer with Roots2Roots as an Administrator. I come from a background of battling mental health which I still suffer with but it is manageable, so I wanted to find positive and productive ways to challenge this.

I really enjoy what I do and my end goal is to become an outreach worker as I want to help people that may be struggling.

We hope you enjoy our first edition of and look forward to hearing your feedback.

By volunteer



Hannah

# Meet: Julie Floyd, Tower Hamlets Gardener of the Year, 2019

Julie stepped foot on Providence Row's roof garden back in 2017. It's been a whirlwind of harvesting, com-posting and gardening trainees ever since, not to mention scooping up a few awards along the way. Having been unable to visit the garden for four months during lockdown, Hannah Saverymuttu talks to Julie about what it's like now she is back on the roof.

## What sparked your passion for gardening?

When I was five my parents gave me my own patch of garden, by the time I was seven I was growing veg for the family. Mum kept a record of what I grew and paid me by weight. By sixteen I'd saved up to buy a greenhouse!

## How have you found gardening in lockdown?

Space limited. And I'm lucky to have a garden and an allotment. I could legally change location, which was magic. Our allotment is a real international community. Thank you Michael Gove for keeping allotments alive!



## What did you grow at home?

I set up a make-shift garden centre, drop-ping off veg boxes to neighbours. I loved receiving photos of their recipes – it brought us closer.

## Do you have any tips for window ledge gardeners growing in a small space?

It may sound passé but herbs. Parsley, thyme, rosemary, mint. Nothing's better than growing herbs.

## What did you find hardest being away from the roof?

The uncertainty. The ambiguity. It was tough. Plants need care. I was told to let go. It was good advice. If the fruit trees could be saved – the



fig, the pear, the plum – the rest would re-grow. We'd invested six years into the trees. Thanks to Jason and Kevin's watering, our apple tree has 30 cox's orange pippins ripening!

## Finally, what's growing up on the roof garden now?

So much self-seeding happened during lockdown, the garden grew 'wild'. Mustard and landcress self-seeded. It's a silver lining discovering what grew as nature took its course.



# Isolation and loneliness

As well as changing the way we live, Covid-19 has undoubtedly impacted our wellbeing and mental health. Following months of lockdown and uncertainty, rates of depression have doubled across the UK compared to this time last year (source: Office for National Statistics).

Solitude, isolation and loneliness, little thought seems to have been given to their effects when lockdown was imposed in March.

Bereavement, a mental or physical illness, a quarrel, loss of a beloved pet, a move to another part of town mean that many people have experienced anxieties and worries, depression, stress, and fear during lockdown.

Research suggests that loneliness can cause high blood pressure, high cholesterol and weight gain. Some say chronic loneliness is equivalent to smoking 15 cigarettes a day. Certainly, such feelings can affect one's energy levels, appetite and mood.

Avoiding the severe consequences of loneliness and isolation can be hard work often involving trial and error.

## Here are some suggestions:

- A friend or neighbour may be feeling as lonely as you. Sometimes a call can lift the spirits for both of you.
- Finding or reviving a hobby even if only online, immediately brings contacts with others with a similar interest.
- Trying a new project such as learning a language or making a piece of furniture can distract from feeling lonely.
- Online learning programmes can bring learners together in chat forums.
- Book, poetry, art and music groups have adapted to lockdown rules by continuing to meet online. All welcome new members.
- Reading, playing and listening to music can lift transport one into a different sphere.
- Spending time outdoors can raise awareness that the world is still there with people who are probably feeling the same way as you.

Although overcoming these feelings might take a little effort and imagination, the reward can be well worth it.

## Beating loneliness:

### Friender

is a free app that helps people with similar interests to make contact.

### Meetup.com

helps people worldwide with similar interests to organise online.

### Interpals.net

is a worldwide community of online penpals.

### Togetherfriends.com

puts women with similar interests in touch

See also the **nhs.uk health and wellbeing** page! :=)

By volunteer

Frances



## Community post

*Hello!*

*I'm Frances and i've been volunteering at the dellow centre for several years now generally in the welcome area.*

*I've met so many impressive and brave people there, some of whom have become real friends. during the lockdown, i've missed everyone so i do hope you're all keeping safe.*

*Before the virus, i played a lot of sport but i've had to find other ways to keep active and fit.*

*Online fitness sessions can be inspiring and motivating. Did you know that the green goddess, Diana moran, is back on tv and youtube with exercises for everyone?*

*I've also been getting to know my neighbours better. I never knew about their lives and their fascinating interests and talents before but they are such exciting new friends.*

*Some people are rather lonely and appreciate a chat. Others have said that a little help in their lives makes a big difference for them. I only knew one of my neighbours to say hi to in the street but she has become a very good friend since I visited her when her partner died suddenly.*

*So although these months are a frightening and worrying time, I hope you too have found some inspirational experiences that help you to stay up-beat.*

By  
volunteer



Sam  
and his  
cat, Leo

## QUIZZY time!

### 1. What is English singer, songwriter, pianist and composer Elton John's born name?

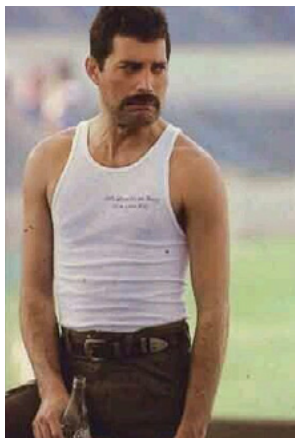
- a) Albert John Cook
- b) Reginald Kenneth Dwight
- c) Elliot Mason
- d) Alfred Donald Duck

### 2. How old is English singer-songwriter Adele?

- a) 30
- b) 38
- c) 32

### 3. Where was Freddie Mercury born?

- a) Zambia
- b) Zimbabwe
- c) Zanzibar
- d) Zulú



### 4. Which one of these songs is NOT a John Lennon's song?

- a) Love Yourself
- b) Aisumasen (I'm Sorry)
- c) Mind Games
- d) Whatever Gets You Thru The Night

### 5. What colour is Ed Sheeran's hair?

- a) Black
- b) Blonde
- c) Ginger

### 6. When was Robbie Williams born?

- a) 1970
- b) 1974
- c) 1977

### 7. What's the name of the band Phil Collins joined in 1970?

- a) Onset
- b) Genesis
- c) Dawning
- d) Get The Thing



### 8. In what year was Amy Winehouse's Back to Black album released?

- a) 2002
- b) 2003
- c) 2007
- d) 2006

By volunteer



Jo

## Spotlight on: Barack Obama



With less than three months until the US election, all eyes are on Joe Biden, the Democratic Party nominee challenging Donald Trump, the Republican president. Biden is best known for being vice-president to Barack Obama, so we thought it's an opportune moment to shine a spotlight on Obama.

### The life of Barack Obama

Obama was the first black African American president of the United States.

He was born in Hawaii. His father was Kenyan and his grandmother and mother were born in Kansas. He had seven half sisters and brothers. He wrote a book called 'Dreams from my Father' about searching for his family roots in Kenya Southern Africa.

His wife is Michelle Obama and their two children are called Sasha and Malia. They kept two beautiful Portu-guese water dogs Bo and Sunny in the White House. He loved basketball and American football.

Obama first worked as a Community Organiser in Chicago alongside homeless people and others fighting for their rights. He used drugs and alcohol when he was a teenager to 'push questions of who I am out of his mind' but gave them up later to help others with drug problems. Obama went to Harvard University to become a civil rights lawyer and taught law at Chicago Law School.

When President, Obama was famous for giving state healthcare to millions, supporting LGBT rights and allowing same-sex marriage

in the US and for fighting global warming. He was a really well loved and admired President and got the Nobel Peace Prize in 2009.

### Pop Quiz!

Obama's father was born in \_\_\_\_\_.

Obama's two children are called \_\_\_\_\_ and \_\_\_\_\_.

He first worked at being a \_\_\_\_\_.

organiser in Chicago.

He became a civil rights \_\_\_\_\_.

He was famous for healthcare, \_\_\_\_\_ rights, allowing same-sex marriage and fighting global warming.

In 2009, Obama was awarded the \_\_\_\_\_ Prize.

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**

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