

# Providence Row GAZETTE

• COMMUNITY MAGAZINE •

## Sense Of COMMUNITY

Odd how action can be a distraction too. When we all need a little diversion from present misfortunes, **October** brings us some welcome opportunities to reflect and perhaps act in ways that bring our communities together.



**Black History Month.** Given added momentum this year by the Black Lives Matter movement, October's Black History Month helps us to learn about and recognise the endeavours and achievements of black and minority ethnic people in our communities. Our selection of poetry, films, books and podcasts shines a spotlight on the prodigious contributions and talents, often unrecognised, of black and minority communities. Hopefully, our compilation will outlast October and take us into future months.

**Homeless Action Week.**  
Running from 5 -11 October and including World Homeless Day on 10 October, Homeless

Action Week comes when Covid-19 means many are facing hardship and possible loss of their homes. The Providence Row **community** will be highlighting the realities of homelessness and raising funds in a virtual sleepout on Friday 9 October. While this cannot be the same as being without a safe place to sleep, people will be encouraged to raise money by sleeping in a socially distanced spot in their garden or balcony or on their floor. Lots of tips and more information are at [providencerow.org.uk/HAW](http://providencerow.org.uk/HAW)

**World Mental Health Day** falls on 10 October every year.

The pandemic is causing people to feel anxious about many aspects

of their lives, particularly their money and keeping up with payments for their accommodation. Our articles on money care and mindfulness in this issue of the Gazette are our small way of helping. So, along with our regular puzzles and games, there's much to occupy our thoughts and deeds in the next few weeks. **Read on!**

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# COMMUNITY POST

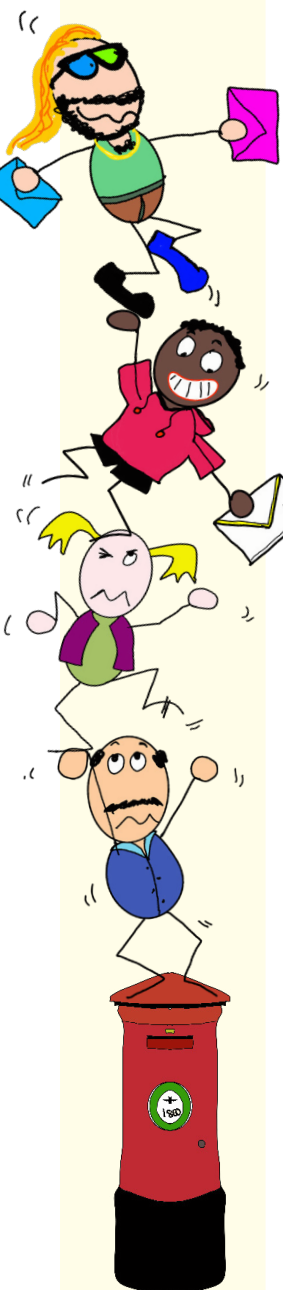
To a very resilient person,

My name is Natasha and I've had the chance to work at the Dellow centre and understand the amazing work that they do. It has been a challenging time being away from everyone but I recognise how important it is to stay connected during these times as well as look after myself. There is this new trend called "self-care" which focuses on how we can look after ourselves emotionally, physically and mentally.

One way I've decided to look after myself is by running. Setting challenges and going on adventures has made me go from a couch potato to a 5k runner! With all challenges, I remind myself to never be too harsh on myself when I fail and to celebrate the gains when they come. I hope that you're finding ways to look after yourself and remain connected.

One way I like to make my dinners special is to add fried plantain: here's a simple recipe if you want to spice up your next meal.

Ingredients: 2 ripe plantains (you can tell they are ripe when the outside looks really dark) and Vegetable oil. Instructions: 1 remove the skin peel 2. use the knife to cut the plantain in thick slices diagonally 3. heat the frying pan to medium-high heat and add oil 4 place slices on the pan and fry on each side for 5 minutes or until they turn golden-brown. Enjoy it with a rice dish or whatever tickles your fancy!



# MINDFULNESS

By Volunteer Liam!



## What is it?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgement.

## Is Mindfulness the same as meditation?

Kind of, but **Mindfulness** is the awareness of "some-thing", whereas **Meditation** is the awareness of "no-thing".

Practicing mindfulness might involve breathing methods, guided imagery, and other practices to relax the body.

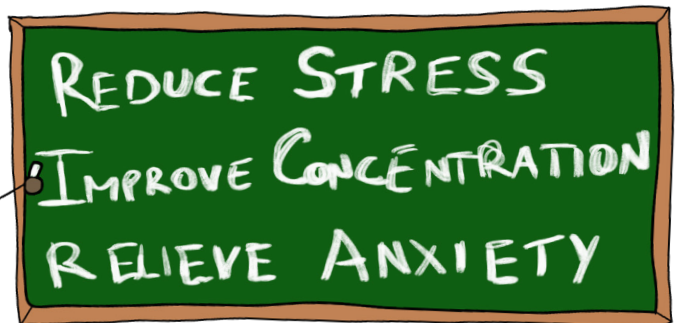
**In general, there are three key characteristics to mindfulness:**

1. Intention to cultivate awareness (and return to it again and again)

2. Attention to what is occurring in the present moment (simply observing thoughts, feelings, sensations as they arise)

3. Attitude that is non-judgmental, curious and kind.

WHAT ARE THE BENEFITS OF MINDFULNESS?



## A Mindfulness exercise - Mindful breathing for 5 minutes

Find somewhere quiet.

Sit and be still.

Relax your body from your head to your feet, but sit upright, it will help your breathing. Rest your palms on your thighs and have your feet flat on the ground.

Acknowledge any background noises, then disregard them.

Now, breathing through your nose, close your eyes and feel your breath on your upper lip and chin. Also notice the rise and fall of your chest.

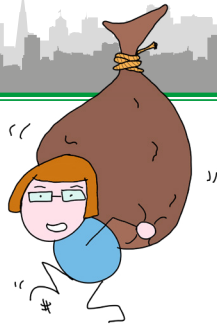
Focus on your breath. Should you lose concentration, don't worry, we all do, especially when first trying this exercise, just bring your attention back to your breath, again and again.

Breathe deeply and steadily, find your own rhythm, whatever suits you, and don't worry about technique, you've been breathing for ages!

Give it a try, you might feel the benefit, then again, if you don't, what's 5 minutes!

# Care with your Money

By Volunteer Frances!



**Care with money** is a responsibility for everyone. Poor stewardship of money can lead to mental health problems such as depression and worse. Here are some suggestions for money care and help with anxieties that seem always to be associated with money. Firstly, some practical steps:

1. Claim any benefits you're entitled to. **Citizens Advice** can advise about your eligibility for benefits and help with claims.
2. Store documents, ID and payment cards safely. If you can, use a secure locker or safe in your accommodation. Otherwise, a hidden body-worn belt is a good investment.
3. Keep just small amounts of money on your person. When paying for items, take out the only necessary cash amount of payment card.
4. If you have a bank or post office account, check your account frequently. Keep passwords and ID secure and do not reveal to anyone.

## Try to manage a monthly budget for your income and keep a record of your expenditure:

1. A helpful exercise is to log everything you spend over a week. Evaluate at the end to see exactly where your money went - you may be surprised!

2. Plan for regular expenses such as weekly supermarket shop, but also anticipate occasional bigger outgoings like presents.
3. Are you a fan of branded products? Don't be afraid to swap to supermarket own-brand cereals, etc - they're often equally as tasty (and considerably cheaper).

## If you are renting accommodation:

1. Avoid getting into arrears. The consequences of non-payment are serious. Each month, set aside money for rent and utility bills and regard this as untouchable for any other expenditure.
2. If you foresee difficulty in paying your rent, contact the landlord or agent quickly to discuss payment arrangements.
3. Finally, money problems can cause mental health difficulties and vice versa. It can become a vicious cycle.



## If your money is causing problems:

1. Talk to your caseworker if you have one. You could ask them to remind you to pay rent/bills etc. Maybe arrange to give your payment card to your caseworker for safe keeping.
2. You could keep a diary of signs that you are becoming unwell and enable you to take action.
3. Maybe cognitive behavioural therapy online or by phone can help.
4. Be aware that some medications can prevent good money care. If you suspect you need treatment, speak to your GP.



## Advice, support and information

[Stepchange.org](http://Stepchange.org) 08000 138 1111 charity offering free, impartial debt advice

[Moneyadvice.service.org.uk](http://Moneyadvice.service.org.uk) free impartial service set up by government; includes money manager specifically for UC claimants

[moneysavingexpert.com/credit-cards/mental-health-guide/](http://moneysavingexpert.com/credit-cards/mental-health-guide/) offers booklets free to download

[citizensadvice.org.uk](http://citizensadvice.org.uk) 03444 111444 phone, online chat

[nationaldebthelpline.org](http://nationaldebthelpline.org) 0808 808 4000 webchat or phone advice on money topics

[shelter.org.uk](http://shelter.org.uk) practical advice on renting and your rights if you fall into arrears or face eviction

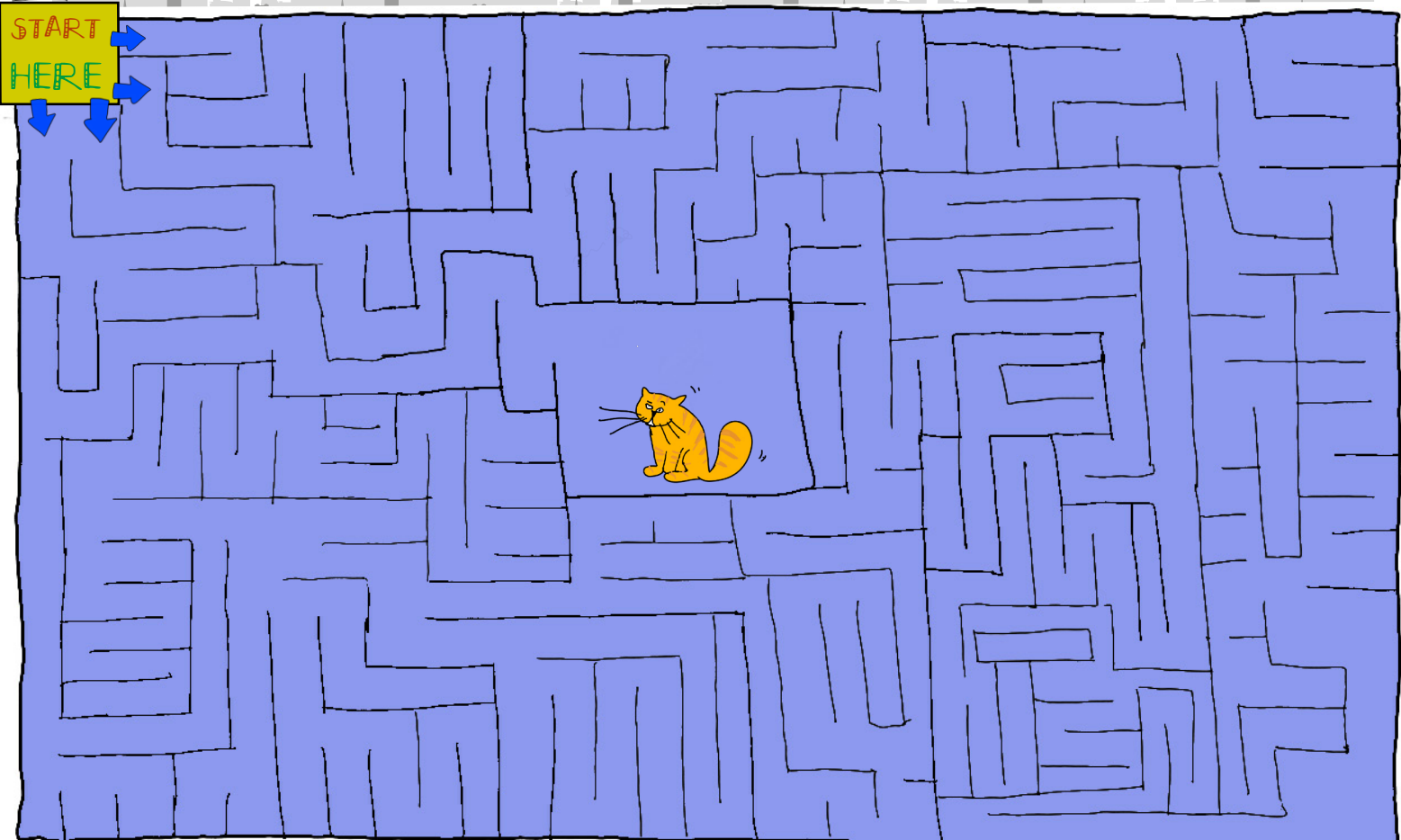
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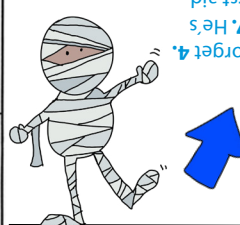
# ART & FUN!

By Volunteer Sam 



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LUCKY	HE'S / HIMSELF	BLOUSE	AID ← AID AID	W E S T
GROUND FEET FEET FEET FEET	ECNALG	CYCLE CYCLE CYCLE	R E A D I N G	R O A D S
0 M.D. Ph.D. B.Sc.	KNEE LIGHTS	YOU JUST HE	MILONELION	PRO / MISE
TOUCH	1,2,3,...,38 39,40 LIFE	JACK	economy	UP 8
JUST		G N I K A M LOST LOST LOST LOST	OVATION	STAND TAKE MINE TAKING 1 YOU 2 MY

1. Seven seas 2. Split level 3. Forgive and forget 4. Missing you 5. Downtown 6. Lucky break 7. He's beside himself 8. See through blouse 9. First aid 10. The West Indies 11. Six feet underground 12. Backward glance 13. Tricycle 14. Reading between the line 15. Crossroads 16. Three degrees below zero 17. Neon lights 18. Just between you and me 19. One in a million 20. Broken promise 21. You're out of touch 22. Life begins at 40 23. Jack-in-a-box 24. Growing economy 25. Up before eight 26. Just around the corner 27. Apple pie 28. Making up for lost time 29. Standing ovation 30. I understand you undertake to undermine my undertaking.



**HIEROGLYPHIC SOLUTIONS!**  
FROM LEFT TO RIGHT ON EACH LINE  
(the right way up)

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



# BLACK HISTORY MONTH

## HOW TO EDUCATE YOURSELF

By Volunteer Hannah!



Watching the news, it is easy to feel powerless, especially on issues of racial injustice. However, we can make a difference. One of the most important things to emerge from the events of recent months is that self-education on issues of the black community, past and present, is vital.

The more we educate ourselves, the better we'll understand the context of the BLM (Black Lives Matter) movement following the killing of George Floyd, an African-American who died after a police officer knelt on his neck for eight minutes and 46 seconds.

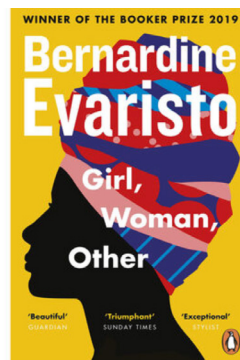
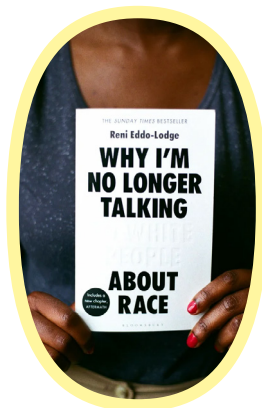
### What to read:

In **'Why I'm No Longer Talking to White People About Race'**, Reni Eddo-Lodge makes it clear structural racism is not limited to the US - it's prevalent in UK society too. This book is an essential start point to understanding white privilege, described by the author as "a manipulative, suffocating blanket of power that envelops everything we know, like a snowy day".

Wonderfully written, The

British book awards describe this read as "breathtaking".

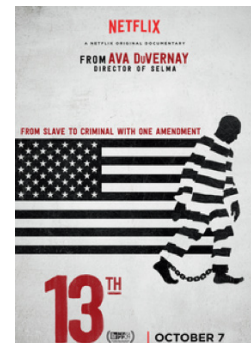
Last year Bernardine Evaristo became the first black woman to win the Booker Prize for **'Girl, Woman, Other'**. Her novel tells the stories of a dozen British people, predominantly black females, ranging from teenage to 93 years old. Alongside race, Evaristo explores gender, sexuality,



faith and class. The characters are complex, their overlapping stories moving, yet their tales remain joyous, witty and wonderfully real.

### What to watch:

In **13th**, available on Netflix, Ava DuVernay examines race relations and mass incarceration in modern America.



Passionate and analytical, **13th** traces mass incarceration of black Americans to its origins in the Thirteenth Amendment, which banned slavery "except as punishment for a crime."

### What to listen to:

The BBC World Services' podcast, **Witness Black History** examines pivotal black history events. As a Londoner, the episode on the city's first black policeman in 1967 - and the racism he endured - is particularly powerful. A word of warning - some accounts are heavy-going.

### What you can do:

Visit [www.change.org](http://www.change.org) to read the stories of individuals such as George Floyd and Breonna Taylor. If you choose to, you can show your support by signing their petitions. [www.theyworkforyou.com](http://www.theyworkforyou.com) shows how your local MP voted on racial issues - as well as other matters - and offers an easy way to contact them if you wish.

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](mailto:volunteering@providencerow.org.uk)**

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

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# BLACK HISTORY MONTH

## TWO BLACK POETS

By Volunteer Jo!



For this month of Black History leading to National Poetry Day we will be looking at two wonderful black poets writing in English.

### LEMN SISSAY

Lemn Sissay is a powerful black poet and writer. His young Ethiopian mum had to give him to white foster parents as a baby but his foster parents put him into a series of children's homes at the age of 11.

The homes were abusive and frightening. He wrote about his deep sadness and the traumatic effects of this on him very movingly in poems and a memoir 'My Name is Why.'

He has won many prizes for his work and was elected vice-chancellor of

Manchester University.



### GRACE NICHOLS

Grace Nichols is a remarkable black woman poet born in Guyana now living in the UK. Her poems are funny as well as warm and imaginative. She tries to capture the memories of childhood in her poems and the experiences of growing up in a Caribbean culture.

Many of her poems have been well loved by children as well as adults and particularly chosen to be studied in schools. She shows how it feels to be missing her birth country and culture and how she thinks of things that will make her feel happy.



### Before We Get Into This

Before we get to know each other  
And sing for tomorrow  
And unearth yesterday  
So that we can prepare our joint grave  
You should know that I have no family,  
Neither disowned nor distanced – none.  
No birthdays nor Christmas,  
Nor telephone calls. It's been that way  
Since birth for what it's worth  
No next of skin.

### Like a Beacon

In London	I need this link
every now and then	I need this touch
I get this craving	of home
for my mother's food	swinging my bag
I leave art galleries	like a beacon
in search of plantains	against the cold.
saltfish/sweet potatoes	



## About Providence Row

Providence Row has been supporting the homeless and vulnerable in London for over 160 years. We work with over 1800 people a year, offering an integrated service of crisis support, advice, recovery and training activities.

We are working towards a vision where everyone has a safe home and a community in which to belong.

**HOMELESS  
ACTION WEEK**  
TAKE ACTION. RAISE FUNDS. RAISE AWARENESS.

Every year our supporters come together for **Homeless Action Week** to raise awareness and take action to improve the lives of people affected by homelessness. The week incorporates both **World Homeless Day** and **World Mental Health Day**.

In England, we are still in the midst of a housing emergency. As the health crisis gives way to a looming economic recession, more and more people will need our help.

We are here to support everyone who is homeless, regardless of their status, background and circumstances. We want to build a community of support, where everyone is welcome.



## Veronica's Story



I was homeless and living in different parts of London. I would sleep with men to stay in their houses, a shameful thing, but vulnerable women get into that situation. Then I met this man and his Mum let me stay at their house. She gave me the number of a charity and told me not to wait and call them!

They helped me get a room of my own. Now I'm working on finding a job I will love. I'm studying law. I've done IT level 1 and 2, and a customer services course. I don't want to dwell on the past. I need to move on with positivity. Without exaggerating, Providence Row has been marvellous. I'm eternally grateful for their support.

Veronica\* is sharing her story to show the experiences of homeless women and that it is possible to build an independent life away from the streets with support.

\*Veronica's name and image have been changed to protect her identity.

## How can you take action against homelessness?



Pledge to stand with Providence Row and take action against homelessness.



Host your own fundraising event during this special week to raise vital funds to support our frontline services.



Join our **Virtual Sleep Out** on Friday 9<sup>th</sup> October.



Donate to show your support.

You can find out more about Homeless Action Week on our website:

[www.providencerow.org.uk/HAW2020](http://www.providencerow.org.uk/HAW2020)



# HOMELESS ACTION WEEK

TAKE ACTION. RAISE FUNDS. RAISE AWARENESS.

5 – 11 OCTOBER 2020

Take action against homelessness during this special week and join our main event:

## THE VIRTUAL SLEEP OUT

Friday 9 October



 PROVIDENCE ROW

HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860