

Providence Row GAZETTE

• COMMUNITY MAGAZINE •

Sense Of COMMUNITY

Astonishing community spirit comes alive

Almost 1500 people received one of the Queen’s delayed birthday honours earlier this month with an astonishing 72 per cent of them recognised for outstanding service to their community.

The stories behind the birthday honours always lift the mood but this year’s stories were especially thought provoking.

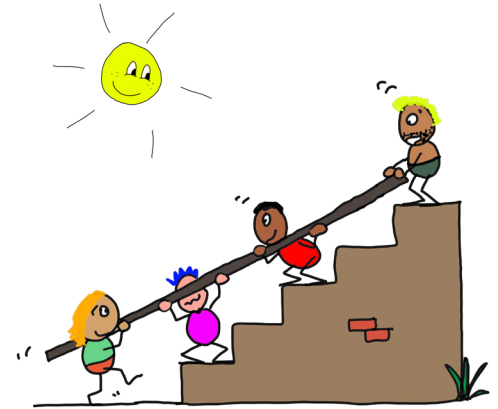
Top of the list was surely footballer Marcus Rashford’s award of an MBE. He successfully lobbied the government to provide free school meals to

poorer children during the summer holidays.

This impressive young man is now establishing a taskforce to tackle the wider problem of food poverty. An inspiration to everyone.

Research reported in our feature on community neighbourliness is showing that most of us are also doing our best to look out for each other. As honours recipients often point out, it’s not only their own endeavours that are recognised but the efforts of all those in their communities.

Halloween will bring us all a little light relief so our pumpkin soup is a simple and warming recipe that even a little witch or wizard can stir up in their cauldron. Meanwhile, our bewitching cat has disappeared again. Can you find him hiding amongst



the country flags? This time, he’s also come up with some brain teasers to tantalise us until his next mischievous trick.

We always want to hear from our reader community too. One initially sceptical reader writes to us about their unexpectedly positive involvement with a local homelessness charity. Another writes about her lockdown determination to learn to draw even when she fractures the hand that etches.

If you would like to contribute to Providence Row’s fortnightly Gazette, please get in touch. We do hope you enjoy the thought and the fun in our little publication!



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COMMUNITY POST



Hi!

My name is Lydia, some of you may have met me in the English class on Fridays. I send all my best wishes to everyone and I hope that you all are safe and well.

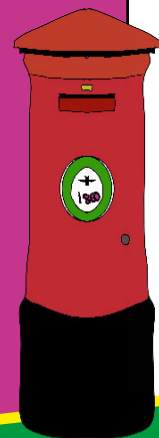
One thing I've been doing during lockdown is trying to learn to draw. I've never thought I was any good at it and felt now might be a good time to try and change that. There has been a bit of a turn of events though, as a few weeks ago I broke my arm. So now I've been having to do everything with my left hand, and I'm right-handed! It might turn out that even after my arm heals I will continue to draw with my left hand as it would have had more practise. So I'd be writing with my right and drawing with my left, wouldn't that be funny? Maybe I could even learn to do both, at the same time!

I thought I'd share some of my drawings with you (see below), I hope you like them. Maybe you could give them a go too, if you wanted.

All the best and hopefully see you soon!



Lydia



NEIGHBOURLINESS



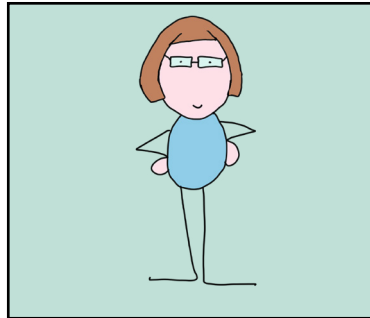
We're all neighbours now!

I love ironies. Who would have thought that a virus that keeps us apart would have brought many of us together? Neighbours who may have lived in the same block or street for years barely passing the time of day, have been seen chatting, enquiring about each others' wellbeing, helping with errands or offering a little companionship.



Many people have told me that their sense of neighbourliness has persisted since the clapping stopped. This is borne out by the Covid-19 Social Symptom study being carried out at London's University College.

By Volunteer Frances!



When asked earlier in the pandemic, 29 per cent of 95,000 volunteer respondents felt their neighbourhood had become more supportive since Covid-19. 18 per cent felt it had become closer and 10 per cent more cohesive.

Here are some ideas:

Introductions to new neighbours or when moving to new accommodation is a good first step.



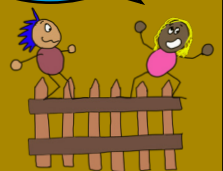
Stopping to chat when meeting a neighbour.

Collecting shopping or medicines for a neighbour is always appreciated.



A phone call or distanced visit to older or poorly neighbours takes little time.

Sometimes just a chat on the stairs or over a fence is enough to give someone an uplift.



Some neighbourhoods have set up a social media group to support and help each other.



HALLOWEEN THROWBACK

PUMPKIN SOUP. ANYONE?



By Volunteer Hannah!

With Halloween a few days away, and an Autumnal chill in the air, it's the season for warming soups. Annette, Providence Row's Enterprise and Training Coordinator, shares her delicious pumpkin soup recipe with us.



One of Annette's home-grown pumpkins!

Even more impressive, green fingered Annette grows her own pumpkins. In fact, this one began life as a seed given to her by one of Providence Row's clients.

Annette's Squash Soup

The great thing about this recipe is that if you're not a pumpkin fan, you can swap in butternut squash or sweet potatoes. Sometimes Annette throws in a red pepper for extra flavour.

Having tasted Annette's soup, I can tell you it is delicious, especially served with crusty bread. What's more, it counts towards your five-a-day.



Optional extras: chilli (fresh or dry) or red pepper (deseeded & chopped)!

INGREDIENTS

- ▣ 1 pumpkin or squash, peeled, deseeded, roughly chopped into 3cm cubes
- ▣ 1 onion, roughly chopped
- ▣ 2 pints of vegetable stock
- ▣ A splash of oil
- ▣ Salt and pepper

STEP ONE

Preheat oven to 200C/180C fan/gas



STEP TWO

Spread the chopped veg and onion on a baking tray. Drizzle with oil, season with salt & pepper. Add chilli if you like spice. Roast for 25 mins until tender



STEP THREE

Pop the roasted vegs into a large bowl and add veg stock



STEP FOUR

Whizz in a blender, or use a potato masher to create a smooth, creamy soup!



Halloweep Throwback

Annette, Julie, Asia and Hannah carving pumpkins and making soup (October 2019)

Which of our pumpkins is the spookiest?

The middle one, damn it!!



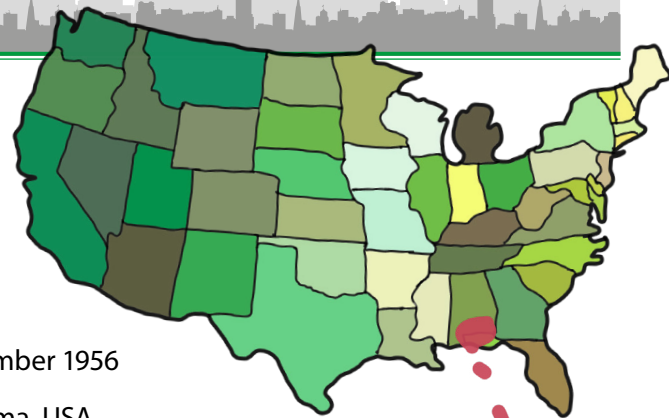
THE POWER OF COMMUNITY

From one of our corporate volunteers!

The power of individuals coming together to make change should never be underestimated.



Montgomery Bus Boycott



Date: December 1955 to December 1956

Where: Montgomery, Alabama, USA

Background

In the 1950s, Alabama had a law stating that seats in the front half of buses were reserved for white passengers and seats in the back half were for black passengers. If all of the seats in the 'white section' were occupied, black passengers were required to give their seat to white passengers.

On 1 December 1955, Rosa Parks, an African American woman, was on a bus in Montgomery, Alabama. She was arrested for refusing to give up her seat to a white passenger.

The boycott

As a result of Rosa Park's arrest, a one day boycott of all buses in Montgomery was arranged by the African American community members.

On 5 December 1955, around 40,000 people took part in the boycott by refusing to take the bus. Due to the success of drawing attention to this injustice, the boycott was extended indefinitely.

The boycott was supported by the wider community with some taxis even reducing fares to match buses. The bus company's profits were impacted by the boycott since people were finding alternative means of transport.

Result

On 13 November 1956, the highest court in America, the Supreme Court, decided that the 'seat segregation' law broke the 14th Amendment of the US Constitution which states that all citizens have equal rights.

On 20 December 1956, an order was made for buses in Montgomery to stop separating seats and so the boycott ended the same day after 381 days.

The boycott inspired others to protest, including a community over 4,000 miles away across the Atlantic Ocean...

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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THE POWER OF COMMUNITY

Bristol Bus Boycott

Date: April to August 1963

Where: Bristol, UK

Background

In the early 1960s, Bristol had a growing population of people of West Indian origin. The community faced racial discrimination of many types, especially in terms of employment opportunities.

In 1961, a local newspaper reported that a Bristol bus company had a policy of not employing black or Asian people as bus conductors and drivers.

This was denied by the company so a local community group developed a plan to prove that it was true. They arranged for Guy Bailey, a Jamaican man, to apply for a job as a bus driver. Once the company discovered that Guy Bailey was black, the interview was cancelled.

The boycott

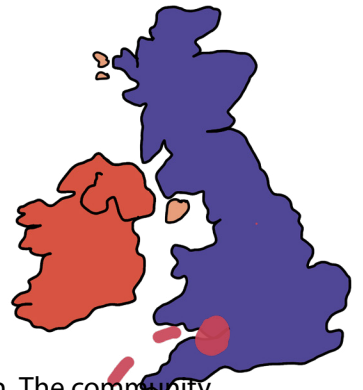
Inspired by the Montgomery Bus Boycott, the local community group called for a boycott of Bristol buses. The group started a widespread media campaign in order to publicise the boycott. Non-violent protests were held across Bristol and blockades were set up preventing buses from entering the city centre. The boycott gained support including from politicians to sports stars. Students from the University of Bristol also arranged a protest march in support.

Result

On 28 August 1963, the bus company announced that it would no longer discriminate in bus crew employment.

On 17 September 1963, Raghbir Singh, a Sikh, became Bristol's first non-white bus conductor.

In the UK up until 1965, it was not illegal to discriminate based on a person's skin colour. It is said that the boycott influenced the Race Relations Act 1965, making racial discrimination unlawful in public places, and the Race Relations Act 1968, making racial discrimination unlawful in relation to housing and employment.



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Letter from a Reader:



Co-production is the essence of our community gazette, and we are delighted to introduce an article written by one of our readers.

Back in May I was approached by a homeless charity outreach team who told me about a new accommodation project. My first thought was "no", but then I realised that if I refused and stayed where I was, I would be woken up every night while in my sleeping bag, that's how they work. But I still thought this new project wouldn't work as I often felt that the homeless industry is not about caring for street homeless, it's about living off the backs of the homeless. Call me jaded, if you like but John knows best and that it would go tits up. How wrong was I.

I quickly learnt that this homeless charity did things differently. Some of the staff had been down the same route as us. There was an easy open attitude to guests as that is how we are treated.

I was helped to get on benefits as well as having access to a doctor. People who know me will tell you I don't like homeless charities. But working with this other homeless charity has made me re-think my outlook.

Now I am just waiting to move into my flat, so my future outlook is better than I thought it would be. To actually have a full team of people in a project that works well together and goes that extra distance to help people. With the various problems that the guests have and different personalities, it's amazing how the staff react to them.

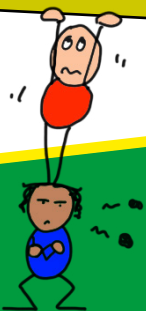
On paper this project should not work, but it does.

Because of the virus there will be big changes in the homeless industry and looking at it, I think it will be for the better.

The whole system needs a change but we will see. This is a good start though.

J

All names have been changed or left out for the purpose of anonymity



ART & FUN!

By Volunteer Sam



1. Can you help Sam find his cat Leo?

2. How many people dressed in full red can you find?

3. How many animals can you spot?

4. How many different country flags can you see?

1. Leo is by the pool!
2. 13
3. A Monkey, a Cat, a Snake, a Mouse, a Bird, a Fish
4. France, Spain, UK, Italy, Germany, Japan, Russia, Sweden, Ireland, Iraq