

Providence Row GAZETTE

• COMMUNITY MAGAZINE •



EMPOWERMENT!!

Puzzling over how we can empower ourselves, cheeky cat Leo hits on the answer. Puffing out his whiskers and baring his teeth, he looks in the mirror and sees –yes, you guessed- his alter ego, Leo the lion.

If only we could all become confident, resilient and empowered by our reflection in the glass. It's a way of course but there are others. In today's issue of the Gazette, Liam is finding that the From Couch to 5K project, a nine week NHS supported progressive running programme, is testing and strengthening his resolve.

Leo! They're talking about you, man! Where are you again...?!



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In her hunt for the secret behind the hugely inspiring young footballer Marcus Rashford, Hannah discovers that the difficulties of his early life have given him a fearlessness and a dignity in his continuing campaign against child hunger and poverty.

After a career at sea, Voirrey misses the excitement of her travels. Have a go at her you'd-never've-guessed-it facts about the shipping industry and her fun quiz. Surprising results!

And finally, a young reader's poem about the horror of sleeping on the street on cold, wet winter nights provokes outrage that people must endure such cruelty.

Meanwhile, Leo the cat aka Leo the lion is busy with his spot the difference puzzle. See if you can outdo him.

Leo the cat!



Community Post Box

A poem from one of our readers.

Homeless on a cold winter's night

Here I am a young
Homeless girl
On the streets of
London going through hell
The weather changing
To freezing cold nights
And how the days
Are turning dark at
The earliest sight.

So now it is here
The time all us
homeless fear.
The cold and wet
Nights that we
All have to bear
And also knowing
that xmas is near.
Where will we be
As Christmas gets near

In a warm place
Or in this very same place
If only you took the time
To ask me what life is
Really like for me
Then maybe you will
See that homeless
Is not all that
Seems to be.

J.K.



COUCH TO 5K

in 9 weeks

By volunteer Liam!



Week 1

For your three Exercise Days in week one, begin with a brisk five-minute walk, then alternate one minute of running and one-and-a-half minutes of walking, for a total of 20 minutes.



Week 2

For your three Exercise Days in week two, begin with a brisk five-minute walk, then alternate one-and-a-half minutes of running with two minutes of walking, for a total of 20 minutes.



Week 3

For your three Exercise Days in week three, begin with a brisk five-minute walk, then two repetitions of one-and-a-half minutes of running, one-and-a-half minutes of walking, three minutes of running and three minutes of walking.



Week 4

For your three Exercise Days in week four, begin with a brisk five-minute walk, then three minutes of running, one-and-a-half minutes of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, one-and-a-half minutes of walking and five minutes of running.



Week 5

There are three different Exercise Days this week:

Day 1: a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running. (+ rest day)

Day 2: a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running. (+ rest day)

Day 3: a brisk five-minute walk, then 20 minutes of running, with no walking, however, warm down as always. (+ rest day)

Week 6

There are three different Exercise Days this week:

Day 1: a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running. (+ rest day)

Day 2: a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running. (+ rest day)

Day 3: a brisk five-minute walk, then 25 minutes of running with no walking. (+ rest day)

Week 7, 8 & 9

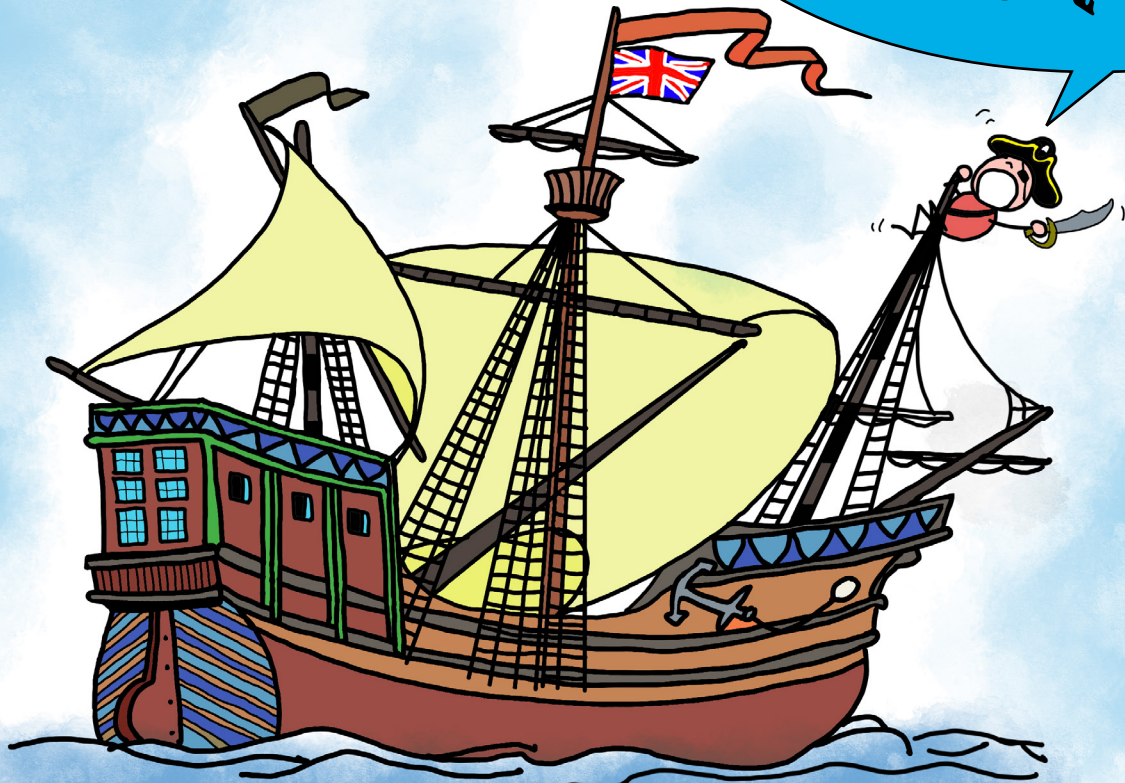
For your three Exercise Days in weeks seven, eight and nine, as always, begin with a brisk five-minute walk, then 25, 28 and 30 minutes of running respectively.

Check with your doctor before commencing any programme of exercise, remember to rest between exercise days and also to gently warm down for 5 minutes following exercise!



PROVIDENCEROW
HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

ALL AT SEA!



Hi all! I am Voirrey (pronounced like sorry with a v!) and I work in the shipping department of Reed Smith. Before this I worked on cruise ships as a Navigation officer, basically I drove them and made sure they got to the right place! I thought it would be nice to give you some fun facts about the shipping industry because it's something that not many people know about.

Something I'm really missing during lockdown is travelling, whether just to visit my family or to go see somewhere new in the world. So I thought I would help you travel around the world on my Round the World in 5 Questions quiz!

Did you know that over 90% of world trade is carried by ships? In the UK this is even higher, over 95% of our imports and exports by volume and 75% by value come in by ship!

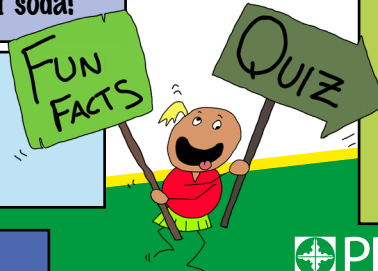
At any time of the year there are approximately 1.2 million seafarers on ships around the globe.

It takes an average of 30 days for goods made in China to get to the UK by ship. But it only costs about £0.01 to ship a can of soda!

Before it was decommissioned the longest ship ever built was the Seawese Giant, an Ultra Large Crude Carrier (an oil tanker). It was a whopping 458m long, 69m wide and 25m deep! This is longer than the Empire State building is tall!

If you lined up all the containers on a large container ship it would make a line about 44 miles long.

1. Which Mediterranean island was awarded the George Cross for the bravery of its inhabitants during the 2nd World War?
2. In 1953 two men conquered Everest, what were their names?
3. In which country would you find the ruins of Angkor Wat?
4. In which state in America would you find Cape Canaveral, where NASA launch their rockets?
5. What is the building 30 St Mary Axe, London better known as?



PROVIDENCE ROW
HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

Marcus Rashford

Not all heroes wear capes. Some wear football shirts...

Not only is Marcus Rashford the youngest footballer to score on his England debut, he's also making a tremendous impact off the field.

When the government stopped providing children with food vouchers during half term, Marcus Rashford stepped up. His tireless campaigning propelled the issue of child hunger onto newspaper front pages, prompting a petition with a million signatures, and eventually a government U-turn on their decision.

In an emotive letter to the Government, Marcus describes his upbringing:



"My story is all-too-familiar. (...) The system was not built for families like mine (...) regardless of how hard my mum worked (...) we relied on breakfast clubs, free school meals (...) this is not about politics; this is about humanity"

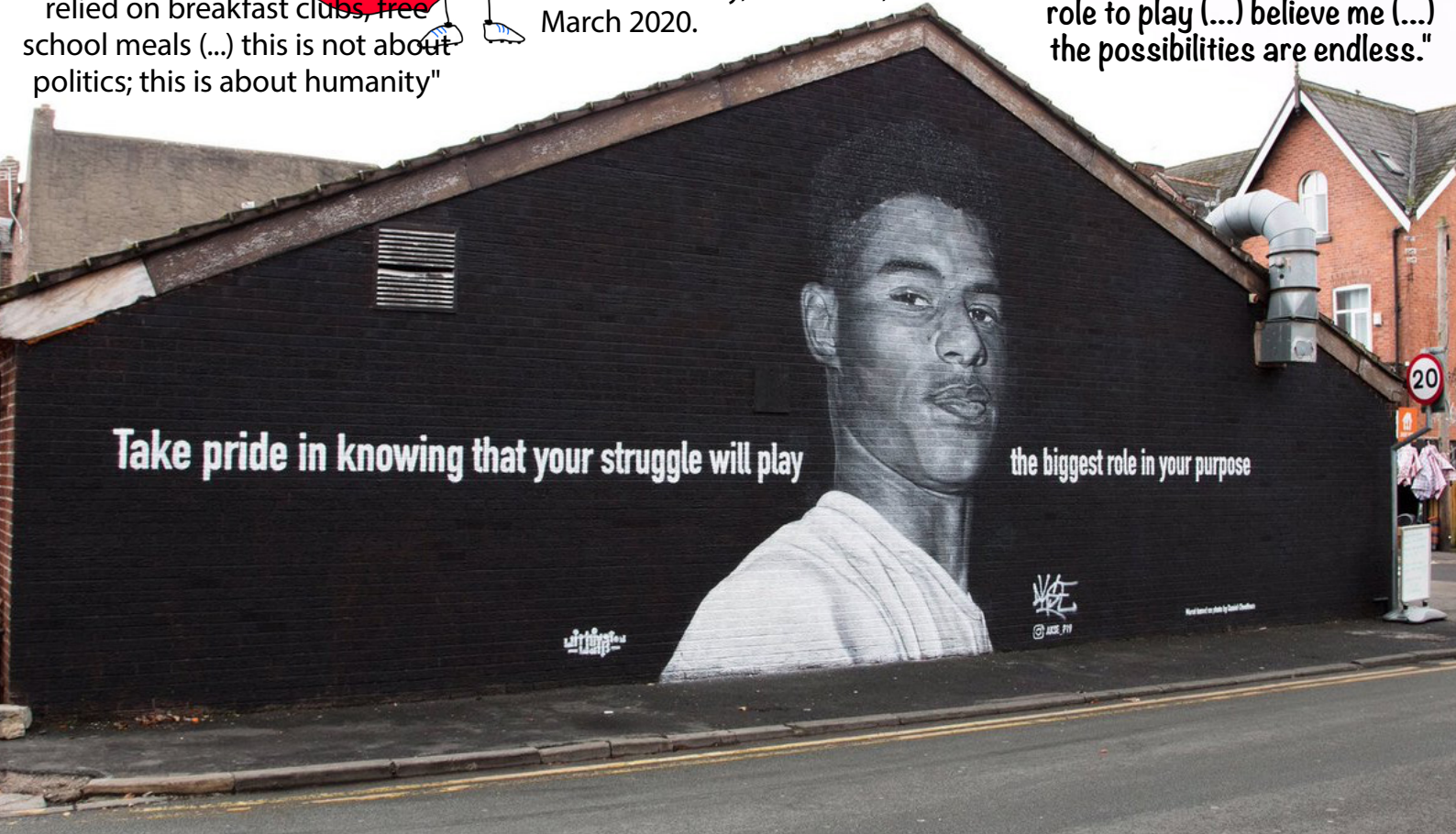
In his battle to defeat food poverty, Marcus harnessed a greater force than parliament - the kindness of strangers, kick starting a movement where thousands of restaurants offered free lunches over half term.

Despite receiving an MBE, leading a Burberry campaign, and playing for Manchester United, Marcus hasn't let fame go to his head. Last Christmas, Marcus, then aged 21, partnered with Selfridges to distribute shoe boxes filled with essentials to the homeless. He's also been an ambassador of UK food charity, FareShare, since March 2020.



In a letter to his 10-year-old self, Marcus writes:

"I encourage you to dream. Sometimes dreams are all you'll have. Would I be the Marcus Rashford you see today if it wasn't for the hardship? Simple answer? No. (...) Never drop your head in shame (...) always remember that kindness is power (...) never go to bed feeling like you don't have a role to play (...) believe me (...) the possibilities are endless."



By Volunteeh Sam!



Yo! For once, I know where Leo is! He is right there, looking at himself in the mirror and seeing the brave lion he truly is!

ART & FUN!

These two identical drawings are NOT so identical...
Can you spot the 8 differences?

