

Providence Row GAZETTE

• COMMUNITY MAGAZINE •

INCLUSIVENESS

The old maxim says that adversity brings us together. Certainly, lockdowns and restrictions have resulted in people banding together offering practical help, companionship and neighbourly support. Somehow, the differences between us evaporated, and distanced by two metres, inclusiveness happened overnight.



A sense of community belonging is known to improve wellbeing. Hannah's choice of the year's good news stories show how we regard ourselves as part of a greater good. Our differences and our own problems dwindle when we roll up our sleeves and are absorbed in compassionate projects.

Vincent Van Gogh's beautiful yet unsettling portrayals of his world seem to have partly allayed his acute mental distress. Letters to his brother suggest that his genius ultimately became his purpose, bringing him some peace from his feelings of separateness and difference. Jo reflects on Van Gogh's very human struggles.

Fun always brings people together and Liam's festive quiz challenges the best of brains. And mischievous cat Leo is on the loose again. Just where has he got to this time?

Our Providence Row Gazette has brought lots of people together in a common purpose. Spurred on by stories of life's ups and downs, several appearing in this issue, we hope to include many more heartening posts and blogs.

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DO
GET
IN TOUCH!!

 **PROVIDENCE ROW**
HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

Community Post Box



Hi, I'm Lucy! I work for a construction company as a Community Manager and have only recently returned to work after over 3 months. This time has been really isolating and I've missed being able to see my friends and family.

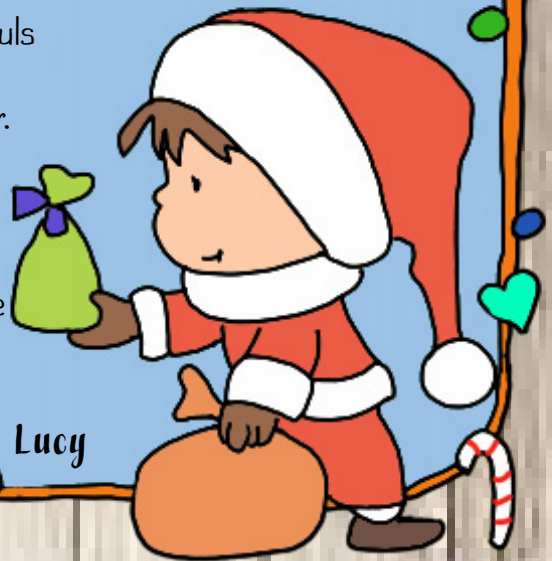
I've really found I've connected with people over food, being able to send my family photos of what I've cooked or by making myself meals using my Mum's home recipes. I wanted to share with you a super easy recipe for a chocolate brownie in a mug. All you need is 5

spoonfuls of Nutella or chocolate spread (90g), 2 spoonfuls of flour (2tbsp) and one egg. Mix the Nutella and egg together with a fork and once combined mix in the flour.

Once all the ingredients are fully mixed simply pop in the microwave for 1 - 2 minutes and enjoy your warm gooey mug brownie. Cooking times may vary dependent on microwave power. I hope I can pass on this recipe to someone and that it perks up your day as much as it does mine.

Stay safe and best wishes,

Lucy



Thinking of you and hoping all will be well in the near future for you and all of us.

Veronica



Hello,

Keep smiling! Please look after your physical and mental health.

Reach out for all the help you need and be assured you are cherished as an important member of our society.

Big hugs,

Linda

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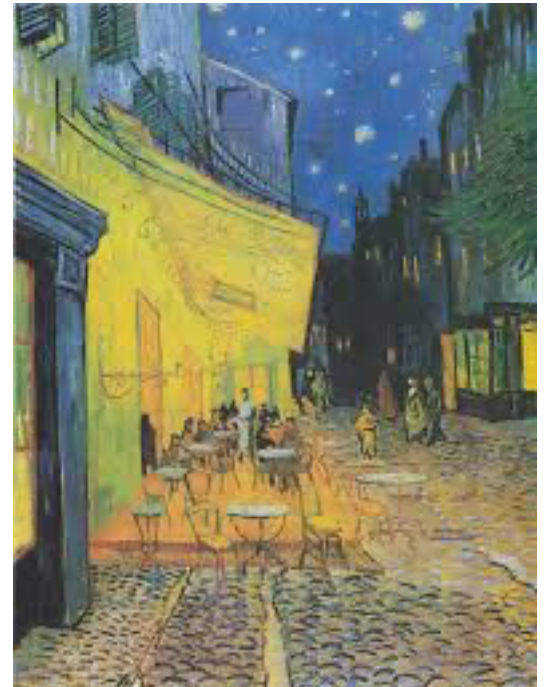
VINCENT VAN GOGH



By Volunteer Jo!

Van Gogh was a Dutch artist who became one of the world most famous painters. He used powerful brushstrokes and vivid colours, yellows, greens and blues in an inventive and unusual way to express his inner feelings about life.

Up till recently he was considered to be an uneducated painter just because he was poor. But his letters to his brother show he read and studied widely in art and literature. He tried many jobs such as in a bookshop, as an unpaid teacher in a small boys' boarding school in England, a post in a church as well as studying at an Art School.



He struggled to fit in because he suffered from extreme responses to life. He sometimes had moods of 'indefinable anguish'. Once he entered an asylum in Saint-Remy de Provence and remained there voluntarily continuing to paint as much as he could.



Today in our society many people experience hardship in their lives even though many believe a civilised society should be including and helping all.



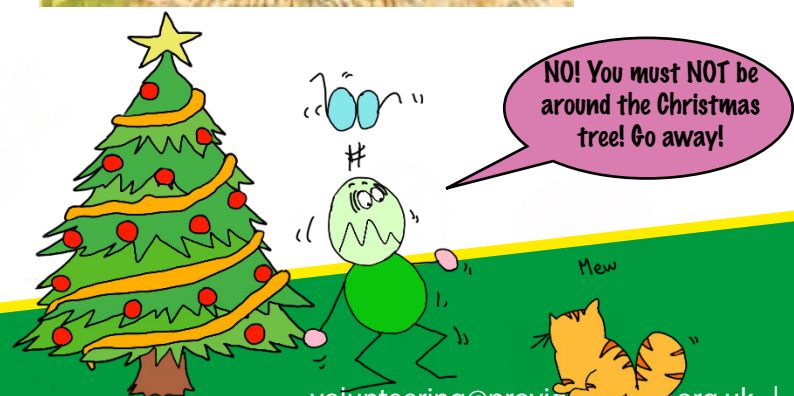
At that time it was also extremely difficult to make a living. His brother Theo gave him a little money but it was scarcely enough to eat and find a tiny room to live and paint in. Van Gogh carried on painting even though he was very poor and could not sell his paintings.

He was born in 1853. Previously most pictures were of rich people and great houses and estates. Van Gogh was unusual because his pictures were of people who were ordinary workers, such as his local postman in Arles and of those who had no work and struggled to find somewhere to live. He painted what he saw.

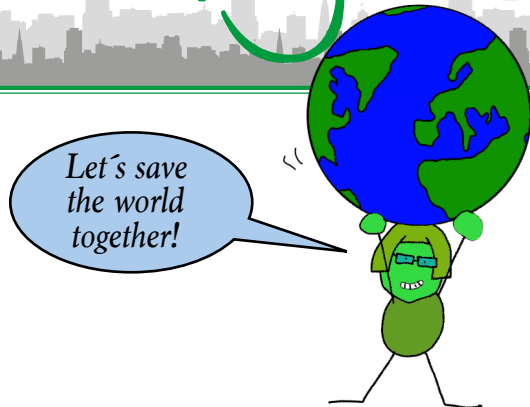
He also created wonderful pictures of the city such as a café at night-time or the natural world of cornfields and starry night landscapes.



Perhaps his work is so much loved because he survived feeling like an outcast, having struggles with his mental health and living on little, while his paintings show us what a powerful and thoughtful individual he really was.



Being Green



By volunteer Frances!



Given the extraordinary year we've just survived, how about an even more different festive season too?

Alongside the Covid health crisis, another emergency is playing out. According to the World Economic Forum, the health of the planet now needs urgent action too.

Celebrations - Hanukkah, Christmas, New Year are generally about loving and giving but generosity can soon turn into a squander-fest of food and gifts.

While we're unlikely to change a planet, every little helps - to lessen food wastage, reduce pollution especially plastic blight and limit carbon emissions.

Maybe this year's celebrations could be a more modest affair and also set the tone for future years?

Some fun tips to prepare - and save money:

Avoid using metallic paper to wrap presents. Reuse paper or use newspaper or brown paper tied with bright ribbon

Instead of a Christmas tree, decorate a fallen tree branch with energy efficient lights and baubles. You might find a pre-used tree on Freecycle

Try a vegetarian celebration

Give smaller presents and ask the recipient what they would like/find useful

I am being green. They said not to use metallic paper to wrap presents, so I am using toilet paper.



What are you doing...?



I don't think you've quite got the point...

Send e-greetings or make your own cards and decorations from recycled materials

Cut up discarded greetings cards for labels, shopping lists etc.

Support local shops and shop local

Reduce food waste by buying only sufficient for your needs

Use recipes that give you recyclable leftovers.

Where are you now...?!



VISIT:

<https://friendsoftheearth.uk/lifestyle/21-ecofriendly-christmas-tips>

www.bbcgoodfood.com/recipes/collection/leftovers-recipes

<https://freecycle.org/>

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2020 Reflections

UPLIFTING NEWS!!

As a wholly unprecedented year draws to a close, we look back at some of the most noteworthy, uplifting and hopeful stories from 2020.

By Volunteer Hannah!

HOMELESS LIVES WERE SAVED

The Government reacted to Covid-19 with its 'Everyone in' scheme, swiftly bringing 15,000 rough sleepers off the streets, saving an estimated 266 homeless lives [source: UCL study]

NIGHTINGALE HOSPITALS BUILT IN WEEKS

As Covid-19 cases rose, the government reacted, quickly building new hospitals. In some cases, existing buildings were repurposed in a matter of days [source: Sky News]

NOO!! Get off the tree right now! Leo! Listen you silly cat!!

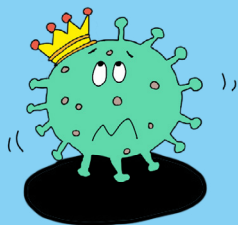
MANUFACTURERS JOINED FORCES TO PRODUCE VENTILATORS

Dyson, McLaren and Siemens switched up their operations to produce ventilators for the NHS [source: The Economist]

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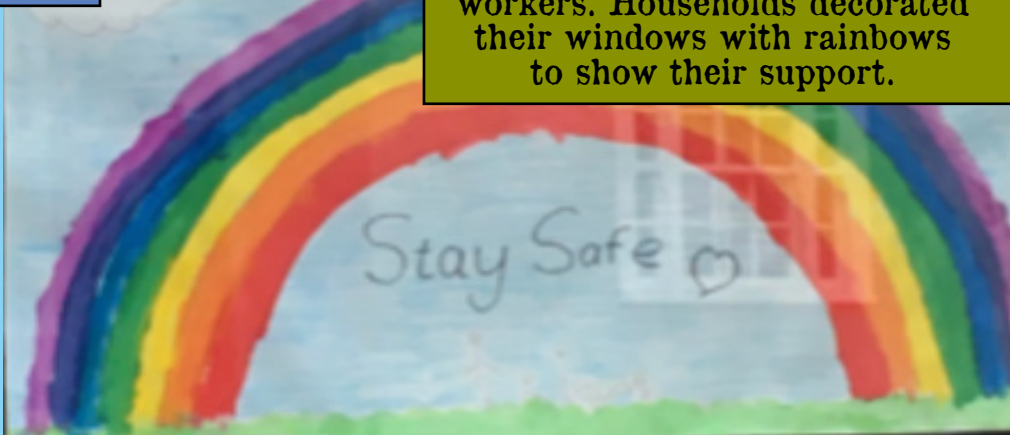
CELEBRITIES DUG DEEP INTO THEIR POCKETS

Rihanna, U2 and a host of others donated millions to Covid-19 relief efforts, whilst \$1m from Dolly Parton helped develop a leading vaccine [source: Huffington Post]



THE COUNTRY CLAPPED FOR THE NHS

At 8pm on Thursdays, the public took to the streets armed with saucepans and wooden spoons to noisily show their support for hardworking carers and key workers. Households decorated their windows with rainbows to show their support.



SIR CAPTAIN TOM MOORE RAISED £32 MILLION FOR THE NHS

100-year-old Captain Tom Moore raised £32 million by walking 100 laps of his garden. The Queen personally congratulated Tom, knighting him in July [source: The Telegraph]

POLLUTION LEVELS PLUMMETED

In London, as well as many other big cities, pollution levels fell by over 1/3 during lockdown [source: Telegraph]

WHALES SWAM TO FREEDOM!

Two beluga whales were rehomed in an open water sanctuary in Iceland after a decade in captivity at an Aquarium in Shanghai [source: The Independent]



GIANT PANDAS MATED FOR FIRST TIME

Giant pandas in Hong Kong mated after enjoying some privacy once the theme park they live at closed due to Covid-19. Fingers crossed for a baby panda! [source: New York Times]

SCIENTISTS DISCOVERED ENZYME THAT BREAKS DOWN PLASTIC

A mutant bacterial enzyme that breaks down plastic bottles has been discovered in a compost heap [source: BBC news]



BUT HOW CAN YOU BE THIS CUTE IT ISN'T FAIKRRR...!!



The Not So Easy 2020 Bumper Christmas Quiz



1. What was Jesus' star sign?
2. Who was Scrooge's dead business partner in A Christmas Carol?
3. What animal is Snowball in George Orwell's Animal Farm?
4. Which record was a Christmas number one in 1975 and 1991?
5. Dr Seuss's "The Grinch" attempts to steal Christmas from which unsuspecting town?
6. Which pantomime character marries Alice Fitzwarren?
7. What is the opening line to Shakin' Stevens' 'Merry Christmas Everyone'?
8. Which act, besides the Beatles, is the only other act to have three consecutive Christmas number one singles?
9. In which pantomime does Wishee Washee appear?
10. How many gifts were given in total in 'The Twelve Days of Christmas' song?
11. What did the other reindeer not let Rudolph do because of his shiny red nose?
12. In panto, who is Princess Marcella?
13. Who composed 'Auld Lang Syne'?
14. In a non-leap year, there are 365 days in a year, so what number day is Christmas Day?
15. Patra, the birthplace of the original Santa Claus, St Nicholas, is in which modern country?
16. Which wordless children's picture book by Raymond Briggs was first published in 1978?



18. How many of Rudolph's fellow reindeers' names start with 'D'?
19. What do American singer and actor Dean Martin, actress and singer Eartha Kitt, and Charlie Chaplin all have in common?
20. The song White Christmas was first performed in which Bing Crosby film?
21. From the Morecambe and Wise Christmas Special of 1971 can you complete this quote - 'I'm playing all the right notes...!'?
22. The Australian external territory of Christmas Island is in which ocean?
23. Which famous scientist who developed the three laws of motion, was born on Christmas day 1642?
24. Which British monarch delivered the first ever Christmas message?
25. Which famous US political figure and celebrity makes a cameo in Home Alone 2?



Solutions are below. Giddy up, Rudolph!

- | | |
|------------------------------------|--|
| 13. Robert Burnst | 25. Donald Trump |
| 12. Sleeping Beauty | 24. George V (in 1932) |
| 11. "Join in any reindeer games" | 23. Sir Isaac Newton |
| 10. 364 | 22. Indian Ocean |
| 9. Aladdin | 21. 'But not *necessarily* in the right order' |
| 8. Spice Girls | 20. Holiday Inn |
| 7. "Snow is falling all around me" | 19. All died on Christmas day |
| 6. Dick Whittington | 18. 3: Dasher, Dancer and Donner. |
| 5. Whoville | 17. Widow Twankey |
| 4. Bohemian Rhapsody | 16. The Snowman. |
| 3. Pig | 15. Turkey |
| 2. Jacob Marley | 14. 359 |
| 1. Capricorn | |



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YOU ARE INVITED TO JOIN
PROVIDENCE ROW'S
CHRISTMAS CELEBRATION



Sing-along Carols



A festive celebration to give thanks and raise much needed funds for people affected by homelessness.

Featuring special performances by local primary schools in Tower Hamlets.

JOIN US ONLINE
WEDNESDAY 16TH DECEMBER AT 6:30PM

PLEASE RSVP TO RECEIVE THE ZOOM LINK

Entrance is free, although there will be an opportunity to give a donation during and after the event.

Please RSVP to getinvolved@providencerow.org.uk and we will send you the Zoom link.

If you are unable to attend please consider making a donation to support our work

www.providencerow.org.uk/donate

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Sponsored by
 **NATIXIS**
INVESTMENT MANAGERS

Aldgate in Winter

7 – 20 December 2020



Join us online for a programme of performances, events and workshops

Take part in creative activities in your own home with our activity packs

Explore the local light exhibition displayed across Aldgate

Together, let's make Aldgate the brightest light in London!

Aldgate in Winter

FREE Online Events Programme

Week One

**MON
7
DEC**

**Aldgate in Winter Online Drop-in:
Meet the team!**

12 - 2pm
Aldgate in Winter project team | Conversation

A Magical Family Friendly History Tour

6 - 7pm
City of London Guides | Virtual walk

**WED
9
DEC**

Digital Safety and Zoom Access

11am - 12pm
Barclays | Workshop

Petticoat Lane / Personal Histories

7 - 8:15pm
Leyden Gallery | Conversation

**THU
10
DEC**

Introduction to Low Waste Living

12 - 1pm
City of London Recycling Team | Workshop

Mental Health and Winter

6 - 7pm
ChitChat UK | Conversation

**FRI
11
DEC**

In the Shadows of a Mighty City

1 - 2pm
City of London Guides | Virtual walk

**SAT
12
DEC**

Make your own Fabric Jellyfish Lantern*

2 - 4pm
Workshop* please pick up your activity pack in advance

Week Two

**MON
14
DEC**

**Make your own Bird House with the Aldgate
Connect BID Craft Club***

5 - 6pm
The Aldgate Partnership | Workshop*

Shopping Safely Online for the Winter Season

11am - 12pm
Barclays | Workshop

**TUE
15
DEC**

Community Banners: Have your say!

2 - 2:45pm / 5 - 5:45pm
London Met Uni: Textile Department | Conversation

Aldgate and the Environment

1:30 - 2pm
City of London Air Quality Team | Talk

**WED
16
DEC**

Winter Wellness with She Oath

1 - 2pm
She Oath | Conversation

SoapBox Live

6 - 7pm
SoapBox | Performance

**THU
17
DEC**

Sustainable Christmas Workshop

1 - 2pm
City of London Recycling Team | Workshop

New Monuments for Aldgate

2 - 3pm
London Met Uni: MA Public Art & Performance | Conversation

The Story of Tower Bridge

6 - 7pm
Tower Bridge | Talk

**SAT
19
DEC**

Make your own Hanging Bird Light*

2 - 4pm
Workshop* please pick up your activity pack in advance

**SUN
20
DEC**

Carradine's Cockney Christmas Sing-along

4 - 5pm
St Botolph without Aldgate | Performance

To sign up for any of the FREE online events or to find out more:

www.cityoflondon.gov.uk/events/aldgate-in-winter

Email: Community.Engagement@cityoflondon.gov.uk

Call, text or WhatsApp: 07903 996 970

www.facebook.com/groups/AldgateinWinter

[@aldgateinwinter](https://www.instagram.com/aldgateinwinter) | [#aldgateinwinter](https://www.instagram.com/aldgateinwinter)

*These workshops require Activity Packs. Get in touch for info OR pick up a

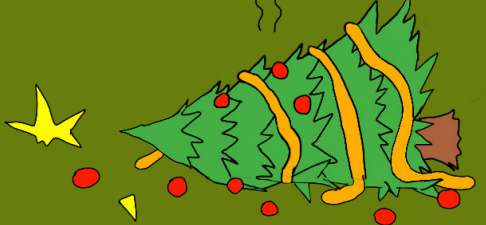
FREE pack from Dorsett City Hotel, Kahalia Aldgate or Toynbee Hall

ART AND FUN

By Volunteer Sam!



My glorious cat named Leo ended up screwing up the Christmas tree... and now he has gone into hiding because he knows what's next. Please, do let me know if you see him, I am pretty sure he is somewhere in this particular room.



Also, can you please help me find the 8 Candy Canes? I was trying to make sure Leo wouldn't find them and now I can't find them myself!



By the door, below the window, in the presents box, in the clock, behind Santa, behind the bookshelf, 2 in the sofa, Leo is inside the chimney!