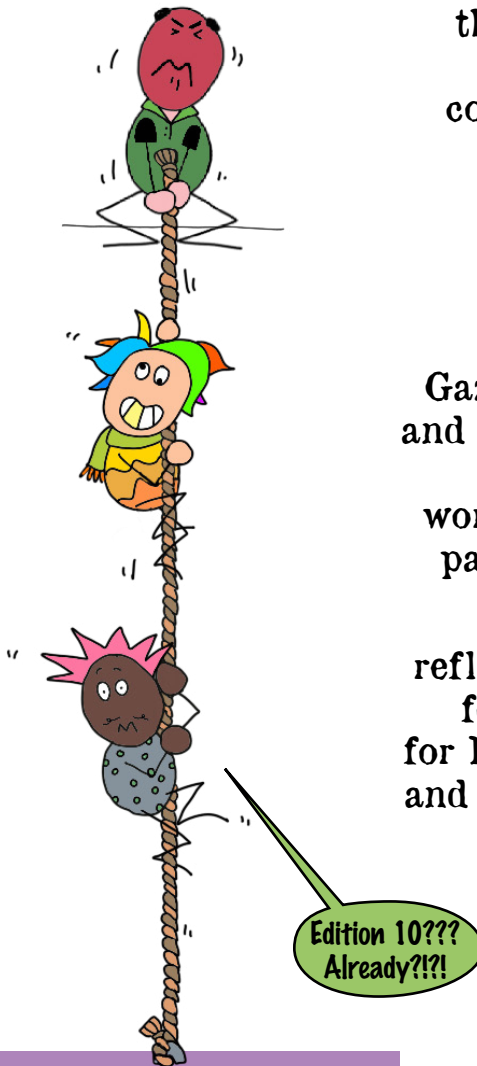


Providence Row GAZETTE

• COMMUNITY MAGAZINE •

COM PASSION



After a year of coping and enduring, there's a huge need for some kindness and compassion. Pondering the meaning of compassion, Luigi our friendly dog realises how grateful he is for his owner Emma's strength and tenderness despite her own troubles. In return, he hopes to console her with companionship and warmth.

In our ten editions of Providence Row's Gazette, we've heard many stories of people and organisations adjusting to people's needs. We report on award winning nurses now working on Westminster's streets, caring for patients' immediate and longer term needs.

When Hannah asked the Gazette team to reflect on our memories of 2020 and dreams for 2021, we told her how thankful we are for kindness and thoughtfulness from friends and strangers. We're asking for more in 2021.

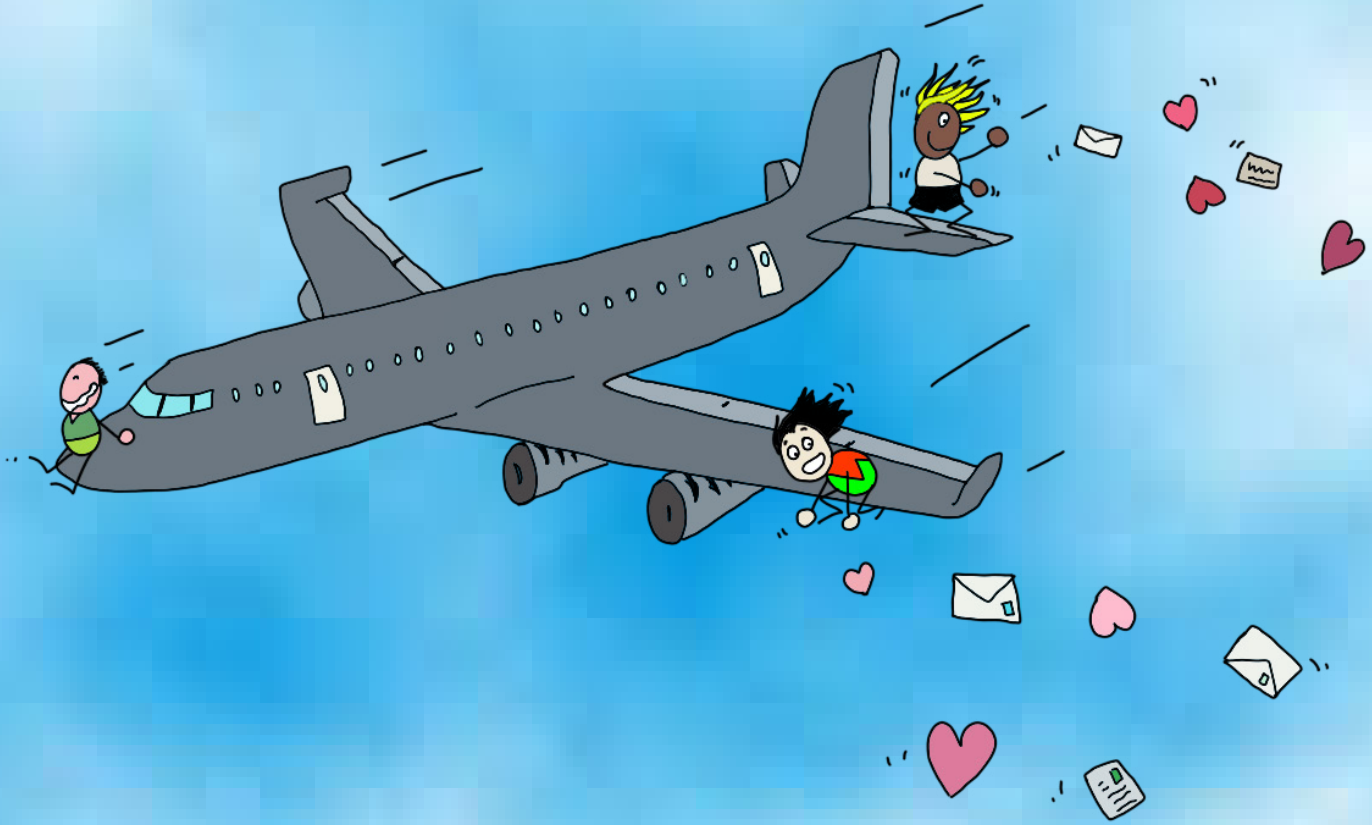
The English language poses challenges for us all – including the English. Some of its popular sayings might be kindly described as quirky if not obscure. Liam has been delving into some of their origins and meanings for us.

Fun, jokes and cartoons from Jo and friends bring this Gazette edition to a light-hearted close. And there is an intruder amongst Leo and his mates. Can you find him?

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COMMUNITY POST BOX



Letter from a corporate volunteer Voirrey Blount from Reed Smith LLP

To Whoever Gets to Read This,

Hi there! Isn't this a crazy time we are living in, I don't know about you but I've found this quite the adjustment. Then just when things seem to be opening it it's all gone back down again! I'm sure we will all pull through this together though. We're all much tougher than we think. I've ended up moving up North to be with my partner. It's been quite an adjustment but I think I've finally got used to the cold and the accents! I've been enjoying to get out and about after work and go for a nice walk around the woods nearby, something I never got to do before, always got to look for that silver lining. I started various lockdown hobbies, tried to learn a language, tried to learn piano but I've just found I've ended up doing more work, not quite the idyllic lock down life everyone has been Instagramming over the last few months. I hope you have managed to keep yourself safe and well during this difficult time. I've found my mental well being has suffered the most. When I find myself feeling drowned by everything I go outside and stand in a superman pose (legs apart hands on hips) and take 10 deep breaths. I find it really helps and I hope you to do if you ever need to do it! Keep safe!

NURSES TAKE TO THE STREETS



Advanced Nurse Practitioner
Rosa Ungpakorn

Rosa remembers a patient

"A patient sleeping in Leicester Square was in a complex cycle of drug use. The street nurses were treating his infected wounds and the outreach teams were also helping him. We were worried about his mental health. Then his family got in touch via the police wanting to link up with him. We asked his permission to help with this and it was a very emotional and difficult experience for everyone. But now, he's living with his sister, registered with a GP and on a methadone script. Such outcomes take time, patience and trust on everyone's part."

Westminster Street Nurses are pioneering a new service for street sleepers in the borough.

Just as a pilot scheme to expand street outreach nursing was getting underway in the London borough of Westminster, covid-19 struck.

But, with good preliminary results, the Westminster Street Nurse pilot project was adapted to respond to the pandemic.

'When the day centres closed, we started seeing patients on the street every day,' explains advanced nurse practitioner Rosa Ungpakorn, the project's leader at Central London Community Healthcare NHS Trust.

As part of her Masters degree, Rosa explored people's perceptions of a street nursing service. 'People experiencing homelessness were very receptive to the idea,' she says.

During the first lockdown, two nurses worked on the street each day. 'We were treating many difficult health conditions, Rosa recalls. 'Working with St Mungo's we could also refer people into the lockdown hotels where people's health improved enormously. The scheme really demonstrated the health benefits of housing.'

Now, the nurses find that a combination of referrals from outreach teams and visiting places where people congregate for food, works well.

The project continues to evolve. 'In partnership with Turning Point, the local drugs service, we can help people who are opiate dependent by assessing them on the street and immediately contacting the drugs worker who can arrange methadone scripts,' Rosa explains.

'The pandemic completely changed our service,' concludes Rosa. 'It's more proactive finding and treating people on the street. We've had to respond to meet people's needs.'

In October 2020, Rosa received the advanced nursing practice award from the Royal College of Nursing.

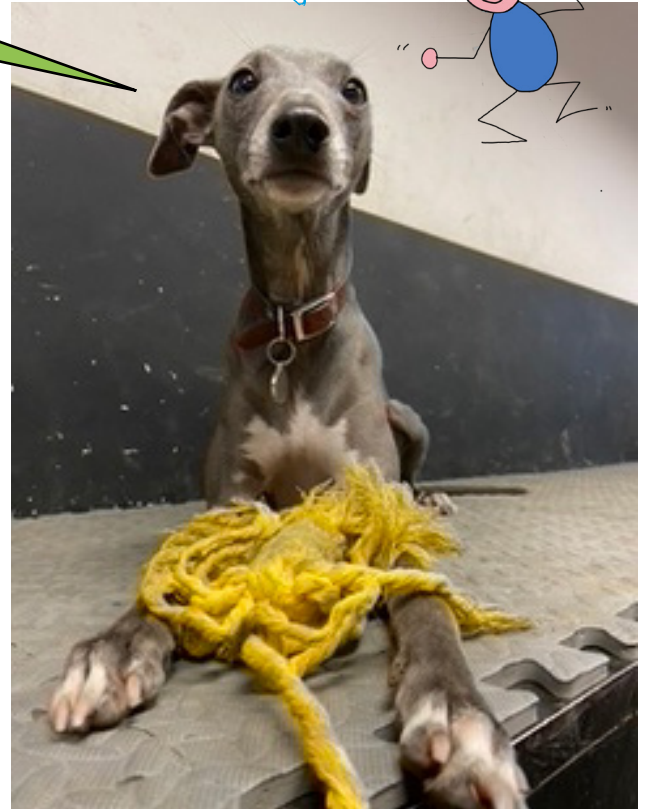
Tales from Tails

Hello everyone and a happy new year though it's already turning out to be not so happy.

So, for this edition we are thinking about compassion but first of all what does it really mean? Well the Collins dictionary describes it as: 'Compassion is a feeling of pity, sympathy, and understanding for someone who is suffering.'

I'm not sure I like the word pity. Perhaps we can think of it as empathy instead, what do you reckon? For example, perhaps I should start showing some compassion to Leo, I mean he's not such a bad guy and he looks very strong. Of course, I can run really fast, I even almost caught a squirrel once! Actually, Leo's a great guy and I feel lucky to know him.

By Emma!



Luigi

In these tricky times it's definitely better to be nice than nasty, kind instead of mean and thoughtful rather than ignorant. It is also important to be understanding. Who knows what is really going on? My human owner isn't very well though she is trying to be strong. I make sure she gets lots of cuddles and the odd loving lick when she least expects it!

How about you think of someone who you know is having a hard time and think of something that might help them? It could be a cup of tea and a chat, a simple hello and a friendly smile. I promise you it feels really good.

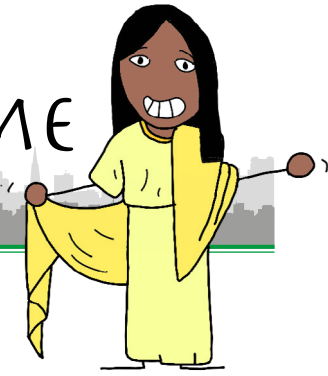
Ah... I could be like that forever...



Leo

JANUARY

A TIME TO REFLECT, A TIME TO LOOK AHEAD



By volunteer Hannah!

Dear Readers,

January takes its name from the Roman two-headed god Janus, who had one head looking back on the past, and one facing the year ahead. We reflect on 2020, a particularly tricky year, and look ahead optimistically to the year ahead.



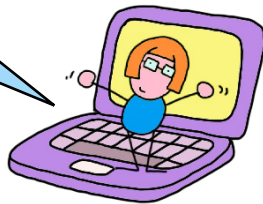
REFLECTING ON 2020

Possessions meant less, however, family and friends meant so much more.

LIAM

I've found new friends from distant places that I would never have met without Zoom.

FRANCES



2020 was the year of "the great outdoors" - walking, running, gardening, picnicking. I have loved embracing nature.

HANNAH



LOOKING AHEAD TO 2021...

I hope to continue the simpler existence that lockdowns brought - but without the lockdowns!

FRANCES

I look forward to longer days, more light and sunshine. Amazing it happens every year and it always cheers me up.

JO

I created music using my keyboard and computer. Creation has always been an important part of my life, but I took that to every extent possible during lockdown.

SAM

A poem by Susan Coolidge reflecting on new beginnings:

*Every day is a fresh beginning;
Listen, my soul, to the glad refrain,
And, spite of old sorrow and older sinning,
And puzzles forecasted and possible pain,
Take heart with the day, and begin again*



In the words of the song, "Things, can only get better", embrace the year positively.

LIAM

We'd love to hear your reflections on 2020 and 2021!

Let us know on

volunteering@providencerow.org.uk

The Gazette Team

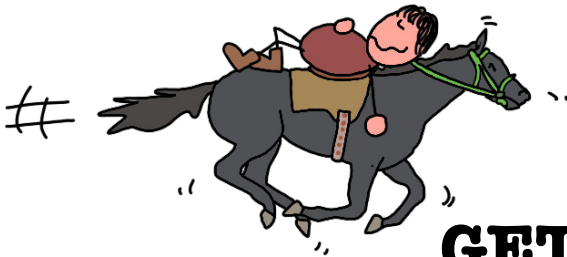


Origins of some popular sayings

By volunteer
Liam

HANDS DOWN

This comes from horse racing, where, if you were way ahead, you could relax your grip on the reins, drop your hands and let your horse win at a canter. So, nowadays, when you win something “hands down”, you are said to win easily.



GET THE SACK



This expression comes from a time when workmen carried their tools in sacks. If your employer gave you the sack, it was time to collect your tools and go. We no longer carry our tools in sacks, well, not many of us anyhow, however, the expression stuck.

HOBSON'S CHOICE

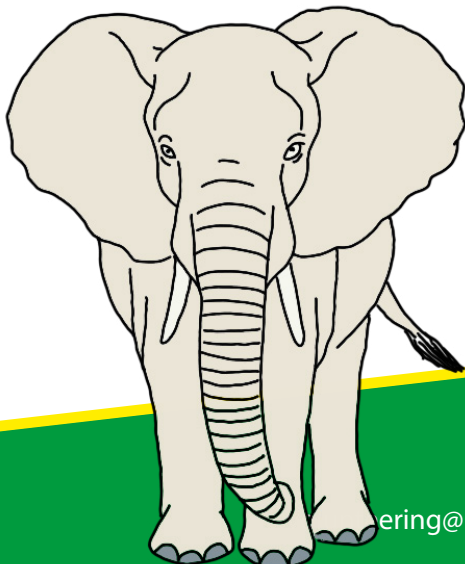
Hobson hired out horses. However, he would not let customers choose their own horse. Instead, they had to ride whichever horse was nearest the stable door. So, if you hired a horse from him, you were given 'Hobson's choice'. Over time, it has come to mean that you have no choice in a decision.

BURY THE HATCHET

This dates back to the early times in North America when Settlers were in conflict with Native Americans. When negotiating peace, the Native Americans buried all weapons, including hatchets, as a sign of good faith. Hence the saying became associated with an end to hostilities.

WHITE ELEPHANT

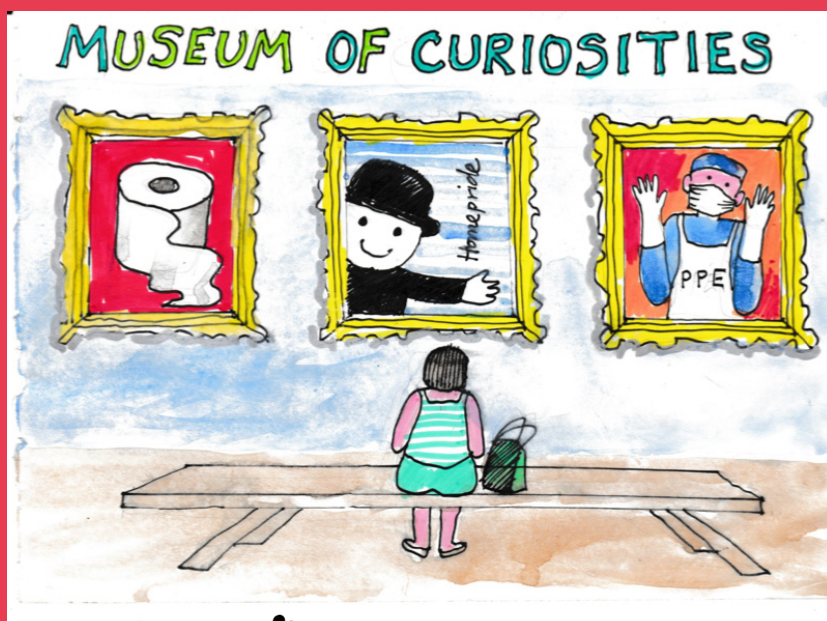
Albino or “white” elephants were highly regarded in South East Asia and costly to maintain. The term evolved to mean any valuable, but burdensome possession, of which its owner cannot dispose and whose cost of upkeep was disproportionate to its usefulness.



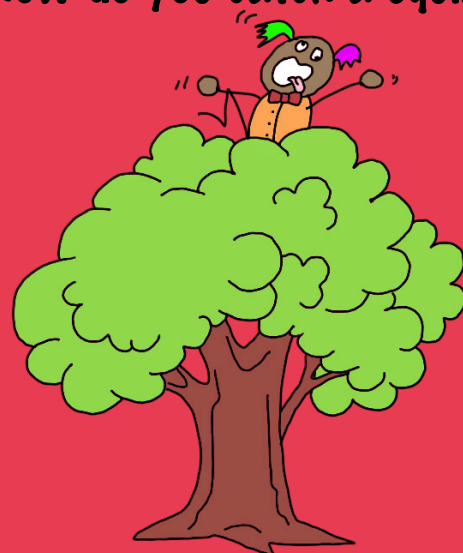
W H I Z Z O O

JOKES PAGE!

Just a little touch of fun and silliness to lighten these times by our wonderful cartoonist Jenny Oliver and volunteer Jo.



Q. How do you catch a squirrel?



A. Climb a tree and act like a nut!



Q. Why does a giraffe have a long neck?

A. Because his feet stink!

Q. WHY DID THE BURGLAR TAKE A SHOWER?



A. BECAUSE HE WANTED TO MAKE A CLEAN GETAWAY!



ART AND FUN

Leo and his 7 mates have decided to go and enjoy a nice walk around the jungle. Can you find them all? There's a cute impostor among them...

By volunteer Sam!

