

Providence Row GAZETTE

• COMMUNITY MAGAZINE •

Justice

In our February editions of the Gazette, we explore how justice, one of Providence Row's values, is evident in our community.

What a difference a few weeks makes. Since our last edition, the country's morale has shifted northwards in the wake of a massive Covid-19 vaccine roll out. We're hoping that everyone takes up the offer of vaccination.

One of the most influential advocates for a more just world is former South African president and political prisoner Nelson Mandela. Jo gets behind Mandela's inspirational resilience and still-powerful legacy.

For people troubled by housing, money or relationship problems, each search for support is a negotiation. Liam has tips to ensure the dialogue is a genuine one.

After routinely serving 50 meals a day, Providence Row's chef and volunteer kitchen assistants have been cooking up a herculean 3000 meals each week. Volunteer Hannah reports from the stove.

Alcohol can be a pancea and a curse. Frances investigates where to draw a line and where Tower Hamlets' locals can find help in the borough.

In sober mood, Leo and his pal Luigi have been swapping notes on their lockdown woes only to realise that the joys of Spring are almost here.

Sam's final justice inspired brainteaser had us thinking really hard. How about you?

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VACCINATION PROMO



By volunteer
Frances!

Be protected: Covid
vaccines are here
for everyone.

Covid-19 vaccinations
are being rolled out to
protect everyone.

Covid-19 vaccines are now being offered to people in priority groups; more groups to follow over coming months.

The vaccine prompts our immune system to produce antibodies to the Covid-19 virus if we encounter the virus. This can prevent or lessen our chances of becoming very ill or dying from Covid-19.

Vaccines are safe and effective and are given by a small injection in the upper arm. For maximum immunity, a second 'booster' dose after several weeks is necessary.

Although some people experience a mild reaction to the vaccination, vaccines cannot cause Covid-19 disease. No vaccine contains animal products.

People will usually be contacted by the NHS according to age and/or vulnerability to Covid-19 when it is their turn to be vaccinated.

Because of the severe health risks of COVID-19 and because re-infection with COVID-19 is possible, vaccination should be offered to you regardless of whether you have already had COVID-19 infection.

The NHS and Tower Hamlets council are urging everyone to take up the offer of vaccination to keep themselves and the community protected, and safe.

More information :

<https://tinyurl.com/NHSvaxinfo>

Tower Hamlets Vaccine Helpline:
0207 364 3030



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Spotlight on: NELSON MANDELA



By volunteer Jo!

Campaigner for Justice

With justice as our theme we throw a spotlight on a great man who fought against injustice and racism.



Mandela in 1994

Nelson Mandela was a key figure of the 20th Century who fought against injustice in South Africa and eventually became its first democratically elected President. He was a lawyer and an activist.

He was imprisoned for 27 years because of his campaigns. The government kept power only for white people and kept black people poor and powerless, stopping them from having most human rights under apartheid.



Lime quarry on Robben Island where Mandela and other prisoners were forced to carry out hard labour

He was imprisoned on Robben Island, where prisoners did hard labour in stone quarries. He studied and wrote a book there 'The Long Walk to Freedom' hiding the pages under the slates on the floor of his cell.

What kept him going during 27 years in prison, was the sound of children playing in the playground of the one school on the island.

The revolutionary movement grew powerful all over the world. The song "Free Nelson Mandela" was heard everywhere.

When he came out of prison he negotiated to get rid of apartheid. He eventually was elected President of South Africa. He set up the Truth and Reconciliation Commission to expose the truth about the killings of black people. Through this process he hoped to still maintain the peace.

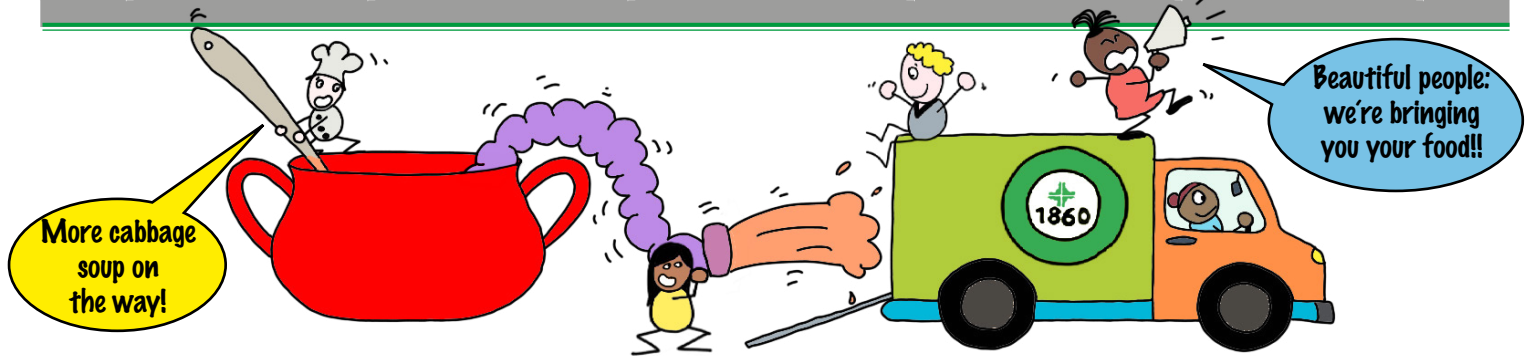
In Britain many people had supported him. After he stopped being President he visited ex-prisoners who were without jobs and homes in Leeds to give them support, saying he too was unemployed now and an ex-prisoner.



Flowers left at the Mandela statue in London's Parliament Square following his death

He once said **"Do not judge me by my successes, but by how many times I fell down and got back up again."**

ONE CHEF, 20 VOLUNTEERS, 3000 MEALS A WEEK? WHY NOT!



By volunteer Hannah!

If there's one thing Providence Row does well, it's thinking on our feet. After having to abruptly close our doors in March, Craig and the team had to re-think. Fast forward to October and we were back, albeit with a difference.



OUR CHICKEN JAMBALAYA
(PHOTO CREDIT: VOLUNTEER COOK CLEM)



VOLUNTEER COOK HELENE



CRAIG DELIVERING TO
A LOCAL HOSTEL

We shifted from serving 50 meals a day, to delivering hundreds to hostel residents in East London. Before long we were preparing 3000 dinners a month as well as feeding rough sleepers in our courtyard.

Incredibly, we achieved this with just one superstar chef, Craig, and 20 invaluable volunteer cooks, including Gazette contributors Liam and Hannah.

We caught up with volunteer cook Helene.

"I came across Providence Row on Hackney's volunteering website, looking for something to do in my neighbourhood. I've been furloughed, so I've got lots of energy to give"

If you'd like to volunteer in our kitchen, email
volunteering@providencerow.org.uk

Our kitchen makes the most of home-grown salad from our roof garden, as well as generous food donations. Head chef Craig opens up about life in the kitchen:

"Our biggest challenge is reacting quickly - a food donation arrives, suddenly you need to change the menu last minute. The best bit is seeing the project take off - the scale is phenomenal!"

TYPICAL MENU

Mon: Roasted veg pasta

Tues: Butternut squash, chickpea & spinach curry

Wed: Sausages, mash, onion gravy

Thurs: Chilli con carne & rice

Fri: Chicken & pepper jambalaya

ALCOHOL - PLEASURE OR TORMENT?

As alcohol consumption increases during lockdown, we hear about help available locally.

Many people confessed that a Dry January in 2021 would be impossible for them. The stresses of the last nine months had made any alcohol abstinence too much to bear.

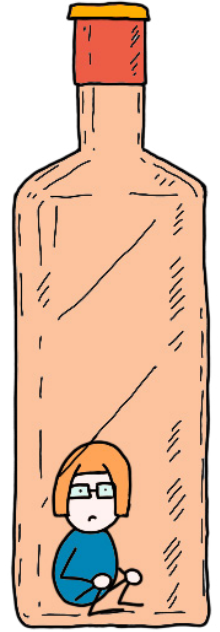
After all, alcohol makes us feel better and temporarily banishes psychological distress.

But as with many pleasures, there comes a cost. Excessive intake (see box) can damage physical and mental health and can be at the root of relationship, financial, housing and employment problems.

Dependence on alcohol can be caused by stressful events, mental health problems and may build up gradually over time such as in lockdown.

Help for anyone concerned for their own or another person's drinking is there for the asking. The borough of Tower Hamlets hosts the free RESET treatment and recovery service with an outreach team at Providence Row's Dellow Centre.

RESET accepts all referrals including self referrals. For now, most consultations are online or by phone and walk-in consultations are by appointment.



By volunteer Frances!

Help in Tower Hamlets

RESET Treatment and Recovery Service

020 3889 9510

reset.towerhamlets@cgl.org.uk

www.changegrowlive.org/reset-treatment-recovery-support-service/referrals



Alcohol units

The UK chief medical officers recommend a safe maximum alcohol intake of 14 Units per week spread over three days or more with several alcohol free days each week:

750ml bottle of wine	10 Units
500ml lager/cider/beer	2-3 Units
25ml shot spirits	1 Units

This article is based on a presentation by Alan Briggs BRIC (Building Recovery in Communities) team leader and his colleagues at RESET.

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Negotiation: A Guide



A negotiation is a journey towards a mutually acceptable agreement between two or more parties.

Every meeting, to a greater or lesser extent, is a negotiation. For example, an appointment with DWP or a meeting with your housing advisor, both are negotiations, and should be treated as such. It is important at these and similar meetings, for you to find your voice and be heard.

When approaching a negotiation, plan ahead. Begin by breaking the process down into stages. The model below breaks the process down into 4 stages, but remember, each negotiation is **UNIQUE!**

BY VOLUNTEER LIAM

1. PLANNING

- What do I want?
- What might they offer?
- What might I accept?
- What is my strategy and how strong is my position?
- What are my options, can I walk away?

2. PRE MEETING

- Where is the meeting?
- Who will be attending and do they understand the issues?
- Might you want to be accompanied?
- What documentation or rules apply?
- Are all the key players there and do have the authority to make a deal?
- Is it a negotiation about price or value? since they are not necessarily the same.

3. BARGAINING/TRADING

- If I offer this, might they be prepared to move their position?
- Never be afraid to trade, although concede slowly.
- Silences can be helpful, don't feel obliged to fill them with concessions/offers.
- If an offer looks good, explore and test it, perhaps make a counter offer?
- Ask for time out to reflect upon an offer, maybe get a second opinion?

4. CLOSING

- Recap and confirm what's been agreed
- Focus on money, time, dates, responsibilities, dispute resolution process etc
- Ensure the agreement is in writing.

THE KEY WITH ANY NEGOTIATION, PARTICULARLY ONE THAT INVOLVES YOU, IS TO BE ACTIVE RATHER THAN PASSIVE, REMEMBER, YOU ARE BEST PLACED TO CREATE YOUR OWN JUSTICE.

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Tales from Tails



By Emma!



LUIGI

For sure Leo and me are in a different position to you guys but we also understand some of the injustices people are facing and the weird feeling of not being quite free to just do normal stuff. Not being able to meet with friends or see your family is so rough, but we reckon there's sweet justice coming soon and we'll all return to whatever it is we normally do everyday.

Of course us pets are not really looking forward to normal stuff returning. It's been pretty awesome for us having our favourite humans with us every day. We'll be thinking: hang on a minute why's my normal now upside down?

Me and Leo have promised each other we will not dwell on what is wrong and will think about what is right. I even spotted a tiny little daffodil peeking out in Victoria Park yesterday and that made me think of Spring and beautiful flowers, fresh grass, loads of delicious flowery smells. Between you and me not having to wear a stupid coat every time I go out is something I really look forward to.

So we are concentrating on the fact that no matter what, no matter how silly, no matter how small, we know for sure beautiful, yellow, sunny daffodils will always bloom in spring, regardless of what's going on in all of our lives. It sort of centres me just knowing that. Also blooming flowers will always be there on time. Reliability/security/routine is what we all need.

Spring is coming and the closed flowers are ready to fully open up to the sky no matter how crap life is. Colours, beautiful colours are coming, that we can promise. Really promise, right Leo?

Luigi speaks out:

We hope this third lockdown is not too bad for you and somehow you are managing to find at least one positive thing everyday.

This edition we are thinking about justice, at the moment which, I'm finding quite hard to think about. Even harder for those of us with small heads! Boy, there are too many injustices in this world currently - too many to write about here. Could even feel overwhelming.

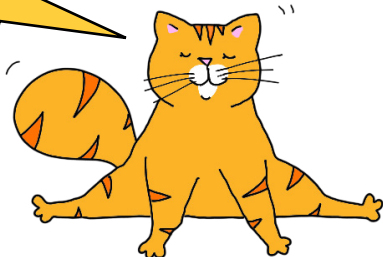
...and breathe

I'm sure you can personally think about one positive thing today. I'm sure you can easily think about injustices that you and people around you have experienced. Today for instance I got stared out by a fat rat, I swear I saw him smile knowingly as I was on my lead - what a loser!

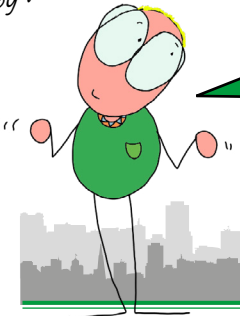


LEO

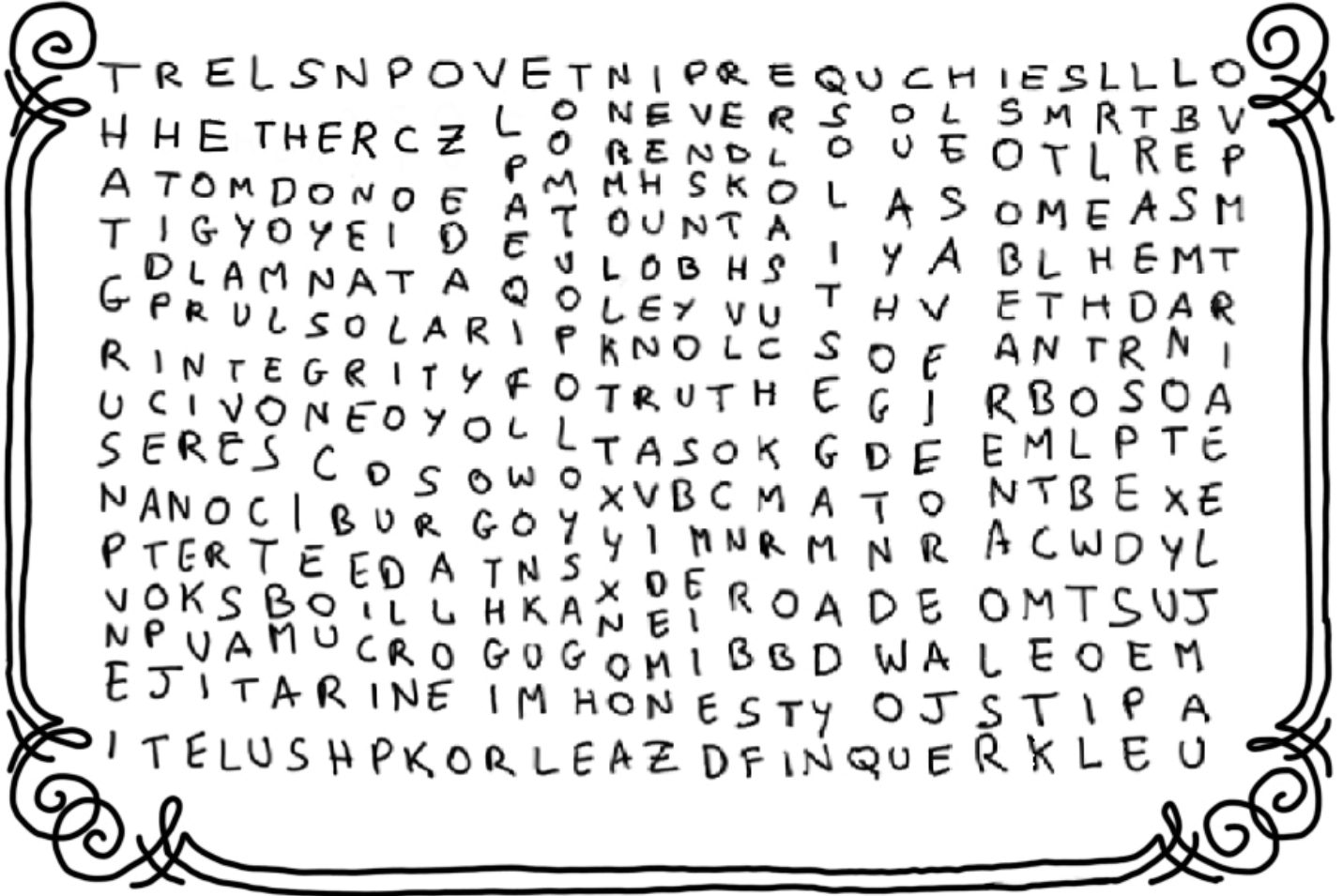
Wanna know a secret... all I was thinking there was "yo hooman, stop taking pics of me and feed me..."



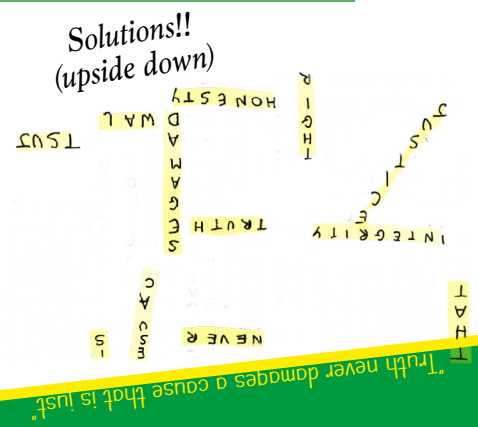
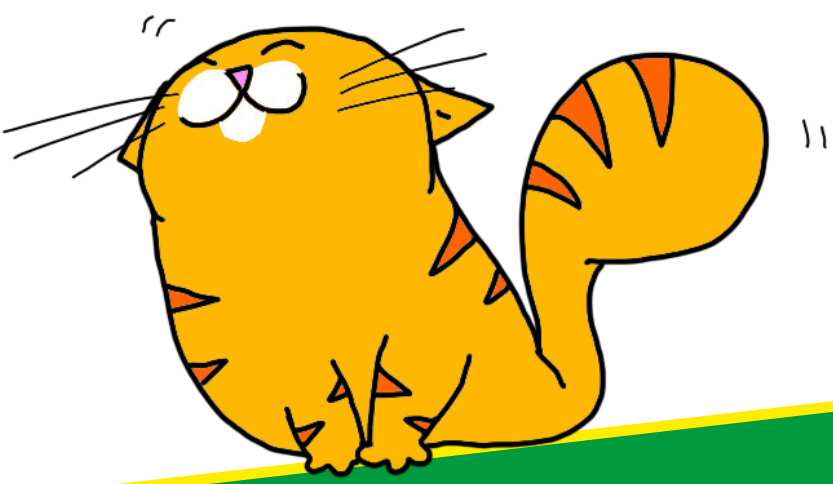
By volunteer Sam!



Apparently Leo is in the mood to play some alphabet soup games today. He has hidden the following words in the puzzle:
JUSTICE - LAW - RIGHT - HONESTY - IS - INTEGRITY - THAT - TRUTH - NEVER - CAUSE - JUST - DAMAGES
 They can read left to right, right to left, top to bottom, bottom to top, and diagonally.



Now taking 8 words out of those 12 from the alphabet soup we can make a famous Mahatma Gandhi quote. I'll give you a hint:
 _____ A _____



"Truth never damages a cause that is just."