

Providence Row GAZETTE

• COMMUNITY MAGAZINE •

JUSTICE

This week, we return to more perspectives on our theme of social justice.

The number of people sleeping rough continues to rise while the number of bed spaces for single homeless people has fallen over the last decade. Ash from Providence Row's Advice and Support Team describes how Streetlink helps many escape the torture of living on the street.

Would yer Adam and Eve it? Cockney Rhyming Slang might have emerged round Providence Row's streets. No longer confined to London's East End, rhyming slang is a jokey secret code perhaps originally intended to fox the police. Still used today, Liam translates some of the slang's phrases for us.

Changes in the lockdown rules might be an opportunity for some to check out their drug use. We explore sources of local help and support.

Meanwhile, some of life's simpler pleasures cost nothing, take little effort and turn out to be true luxuries, finds Hannah.

Valentine's Day wasn't a bundle of red roses and chocolate for everyone, laments Luigi. Where's the justice in the world if a dishy dog like him doesn't receive even a secret valentine?

Leo reckons the back page is a real botherer. He's right. We still haven't worked it out.

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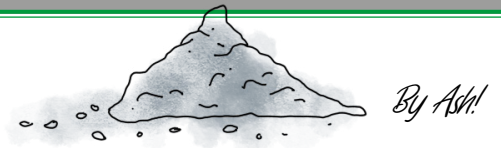
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Homelessness, social justice and StreetLink



An article from our colleague Ash from the Advice and Support Team.

As we are near one year of Covid-19 restrictions in the UK, many within the homelessness and housing sectors worry that we are about to witness a surge in homelessness cases, as the effects of numerous local and national lockdowns take their toll on the finances of millions of households.

Homelessness already represents a serious problem within society, with over 10,000 people sleeping rough on London's streets alone during 2019-20. Add to this the hidden homeless population, which is likely to be in the thousands, from a social justice perspective there is still much to be done to tackle this crisis head on. Society needs to continue moving in a direction where those experiencing homelessness have more opportunities to access specialised housing and health and social care support, that considers the complex needs of many of these people (for more on this see the Lancet article on homelessness and social justice).

This is where the public come in. To give someone experiencing homelessness, specifically someone who is rough sleeping the opportunity to access support, alongside the generous offerings of food, hot drinks and warm clothing I would urge you to make a StreetLink alert on behalf of that rough sleeper.

By completing the simple form on the Streetlink app or website

<https://www.streetlink.org.uk/>

detailing the time, location and appearance of the rough sleeper, an alert will then be sent to a local outreach team. If the outreach team is able to locate and verify that rough sleeper in the days after your alert, it can establish a number of routes of support for that person. This simple process can provide that one chance for a rough sleeper, who may have fallen through the system, to start or resume their journey towards better health and social care support and stable housing.



CARE WITH DRUGS



If you are concerned about your drug use or drinking and would like to discuss what treatment and recovery options are available in the borough of Tower Hamlets, please contact Providence Row, Reset Outreach & Referral Team on:

08008021860

Reset@providencerow.org.uk

www.providencerow.org.uk

(although the Reset page is out of date)

Reset Outreach & Referral work within the community offering harm reduction advice & support and referral into the Reset Treatment & Recovery Support Service pathway. We are currently operating a face to face service, whilst following Covid-19 guidance.

We operate a confidential needle exchange service which can be accessed at – Providence Row, Dellow Centre, 82 Wentworth Street, E1 7SA. Alternatively please call the Reset outreach & referral number above if you would like further information on how to access the needle exchange or seek further advice.

If you are not sure how risky your drinking is, why not take an alcohol test:

<https://drinkcoach.org.uk/tower-hamlets-alcohol-test>

You can also contact the following agencies for support:

Reset Treatment & Recovery Support Service

<https://www.changegrowlive.org/reset-treatment-recovery-support-service/info>

Alcoholics Anonymous (AA) - 0800 9177 650 meetings are live and on Zoom

Cocaine Anonymous (CA) - 0800 612 0225 meetings are live and on Zoom

Narcotics Anonymous (NA) - 0300 999 1212 meetings are just on line

COCKNEY RHYMING SLANG



By volunteer Liam!

Rhyming slang originated in the East End of London, maybe just around the corner from Providence Row, who knows?

It developed as a way of hiding the meaning of sentences from those who did not understand the slang, although it remains unclear whether this was by accident, or intentional.

Rhyming slang works by replacing a word with a word or phrase that rhymes with the word being replaced. For example, "trouble" becomes "barney", because trouble rhymes with "Barney Rubble", late of the Flintstones parish. Similarly "time (prison)" becomes "bird", since time rhymes with ("bird lime").

However, sometimes the whole phrase is used, for example "Hank Marvin" which means "starving". So, there is no absolute rule, and you just have to know whether a particular expression is always shortened, never shortened, or can be used either way.

Some of the phrases I use appear below, many of you will know and use others:

Minces = mince pies = eyes

Porky = pork pie = lie: as in "telling porkies"

Rabbit = rabbit and pork = talk; as in "you've got more rabbit than Sainsburys", (Chas n Dave)

Ruby = Ruby Murray (popular singer, way back) = curry; as in "fancy a ruby"

Sherbet Dab = (taxi) cab

Tea leaf = thief

Tom and Dick = sick

Tomfoolery = jewellery

Whistle = whistle and flute = suit; as in "nice whistle"

Bread = bread and honey = money; as in "I've got no bread"

Butchers = butcher's hook = look; as in "give us a butchers?"

China = china plate = mate; as in "my old china"

Dickie = dickie bird = word; as in "not a dickie"

Dog = dog and bone = phone

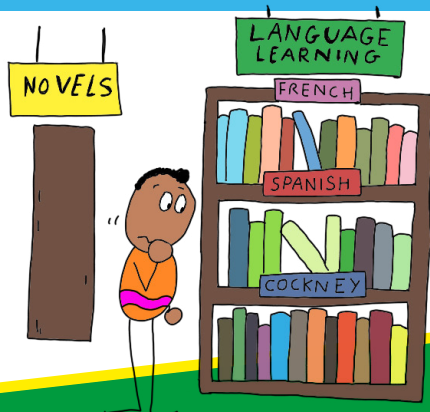
Farmers = Farmer Giles = piles (haemorrhoids)

Hampsteads = Hampstead Heath = teeth

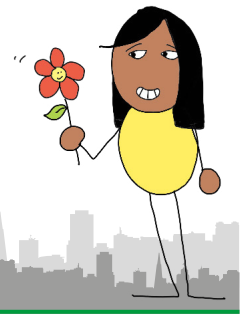
Half-inch = pinch (steal)

Ice Cream = ice cream freezer = geezer

Loaf = loaf of bread = head; as in "use your loaf"



Simple Pleasures



By volunteer Hannah!

We often exhaust ourselves in search of large pleasures, while all around we're surrounded by small pleasures. A little trick to brighten each day is to find simple pleasures, whether it's the joy of an evening sky, or the delight of your favourite dessert. Here are a few of ours...

A long walk in the country on a bright, crisp and clear winter morning with a friend.

By chance, meeting someone of like mind that you instantly see eye to eye with.

I love playing board games with my mum - I tend to win, though.

A family wedding with a free bar followed by a clumsy disco.

Listening to a thunderstorm while you're cosy and snug inside.

I really look forward to eating. Any time of the day, as long as my mum is the cook.

I like simple food nicely cooked or a fresh sandwich. During lockdown this has become more important as you need something to look forward to.

Being in the company of people who like to laugh.

The first cup of tea of the day. Maybe it's my Sri Lankan-British heritage, I savour every sip.

I love sleeping. The moment you close your eyes and start breathing differently. You feel your mind drifting off into a quiet dark world. It's so refreshing. You forget troubles and aches and rest as sleep takes you over. For me it's a way of getting away from everything, a tiny holiday from the noisy old world and from yourself.



We'd love to hear your own Simple Pleasures! Let us know on volunteering@providencerow.org.uk

The Gazette Team

Tales from Tails



Luigi speaks out:

I realise this is harping on about the past but unbelievably I didn't get even one valentine's card, not one!

I mean you've got to admit I'm pretty cute and pretty hot. The girl dogs in Haggerston Park definitely give me lots of attention so what's happened? I mean I usually get an obviously not anonymous one even from that ginger cat Leo - his paw signature always gives him away. He didn't get any either...surprise!

Me and Leo have planned an anti valentines party for as soon as our humans are back out in the world. Even if it is May! We'll miss them like crazy but we have each other and between you and me that makes me feel just a bit warm inside.

PS happy Valentine's Day x



LUIGI

LEO

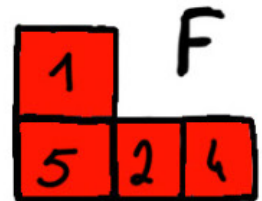
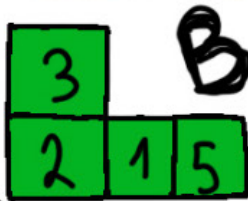
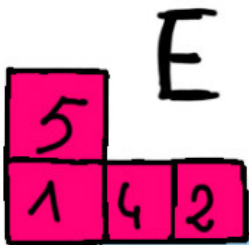
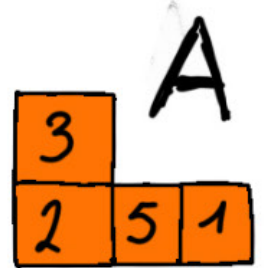
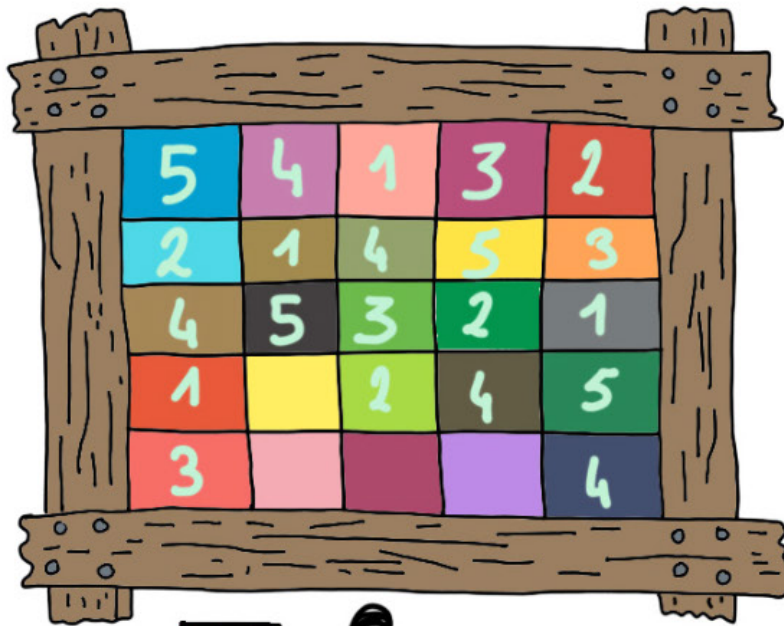
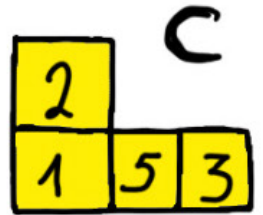
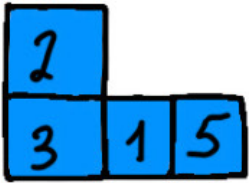
ART & FUN

By volunteer Sam!



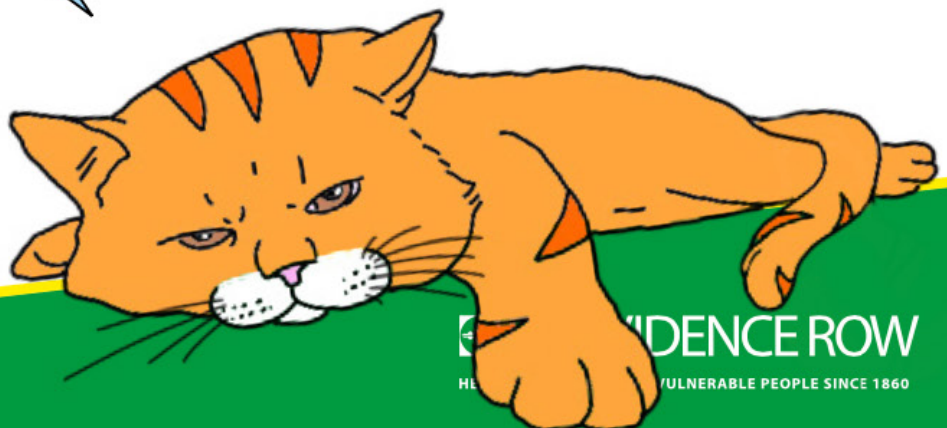
Hey, that's a rhyme...

Numbers & Shapes



Only one of the 6 shapes fits in the part where the grid is missing some numbers. Can you guess which one it is?

SOLUTION: (UPSIDE DOWN!)



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HELPING VULNERABLE PEOPLE SINCE 1860

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A is the right solution. Then each row and column have numbers from 1 to 5 without repeating any.