

# Providence Row GAZETTE

• COMMUNITY MAGAZINE •

## RESPECT

A little cautious optimism may be allowed amid spring's blossoms and flowers.

Early evidence that Covid vaccines appear effective in knocking out the coronavirus needs to be confirmed by us all accepting the vaccine as soon as it is offered. Our neighbour's well-being is as vital as our own.

Our theme of Respect for the month of March is inspired by International Women's Day this week. Hannah explores its origins and why the day is observed throughout the world. Vorrey's painting of Eve inspired us to consider the impressive women in our lives. Who would you acknowledge?

Jo's reflections on the people she admires and respects aren't the ones you might predict. Drawing on her teaching background, she recalls people remarkable not for fame or fortune but for more extraordinary qualities.

Providence Row Gazette's art and photo gallery – yes, there is one- wants to show off your images. Perhaps scenes of London's East End will inspire you to post to our email on

[volunteering@providencerow.org.uk](mailto:volunteering@providencerow.org.uk)

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Census Day on Sunday 21 March is a once in a decade chance to contribute to big decisions about services and resources. Some say this might be the last census ever. Find out how to be part of this historic event.

Gorgeous greyhound Luigi has his respects well sorted from sausages and squirrels to... cats. But he's reckoning without his pal, clever cat Leo's puzzles and teasers. Have fun.

# COMMUNITY POST BOX

*Thanks to Voirrey from Reed Smith and Jenny, a community supporter.*

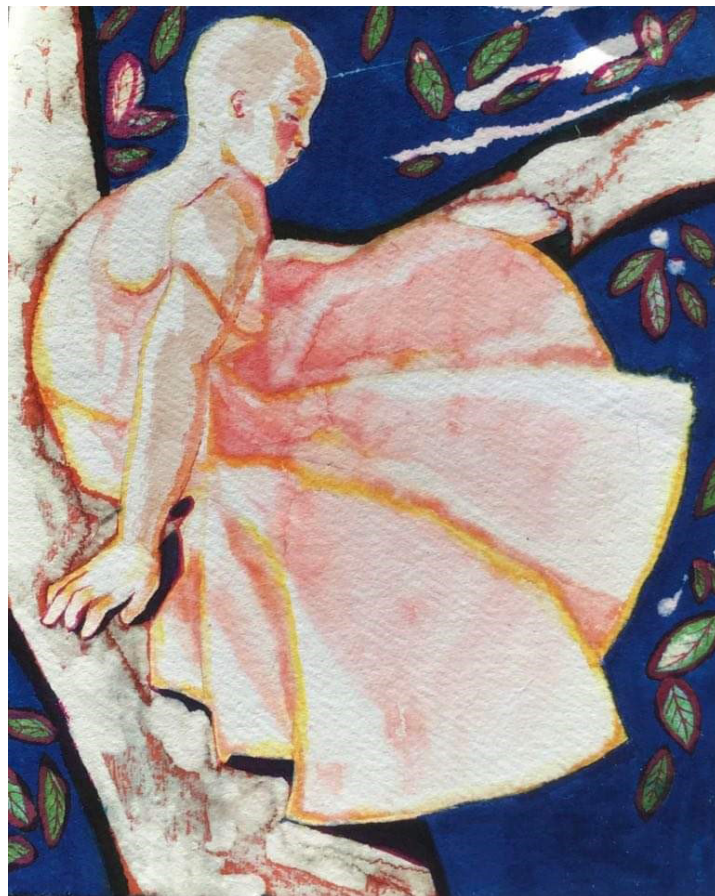
**“A person is a person no matter how small” – Dr Seuss.**

*It doesn't matter what someone's circumstance, gender, religion or race is, they are always worthy of respect. International Woman's Day (08 March) is a day where women around the world are celebrated and their achievements are highlighted. Take some time to think of the women in your life, mothers, grandmothers, aunts, cousins, sisters, friends and think about the positive effect they have had on your life no matter how small, whether they inspired you to make a big change in your life or whether they are always there for you to talk when you are low. Every act has an effect and positive acts should be celebrated, ideally all year around rather than just one day a year!*

*The painting on the right is called “Hope” and is painted by Jenny Blount.*

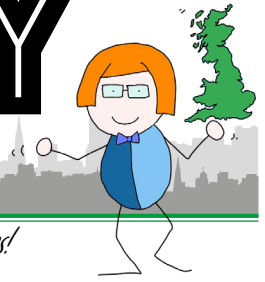
[www.instagram.com/jennyablount](https://www.instagram.com/jennyablount)

*Eve is sitting in a tree waiting for the fruit to grow on the boughs whilst the leaves fall around her. She is full of hope that the bare bough will soon be laden with fruit.*



*In life sometimes it can seem that what is laid before us is bare and empty and we lose hope for better things. Surrounding yourself with people who respect you and who you give respect to in return can provide you with hope for the future and give you that strong base to build from for the future.*

# CENSUS DAY



*By volunteer Frances!*

Many of us will have recently received our Census 2021 access code by text or letter in advance of Census Day on 21 March.

From the Latin censere - to estimate, the 10 yearly snapshot of the population is used to plan housing, health and social care, education, transport, business, charitable and many other services.

Answering the census questions is a way of contributing to decisions about these services.

The 2021 survey will ask questions about age, work, ethnicity and household size. Questions about religion, sexual orientation and gender identity can be answered voluntarily.

For an accurate picture, it is important that everyone living in or visiting England or Wales on 21 March is included on the census. Although we are encouraged to complete the census online, those who cannot can request a paper version.

If you don't receive or lose your access code, you can request one by phone, email or text. Although all personal census data are locked away for 100 years, the Office for National Statistics will start releasing anonymised results within 12 months.

## **Complete the census if you are :**

- Living in a refuge, shelter or hostel although you don't have to identify this on the form
- Using a day centre or shelter between 20 and 22 March where the manager can give you a form with an access code or you can request a code by text
- A householder who can complete on behalf of other people at the address on 21 March
- A tenant or wish to keep your information private

**THE CENSUS DOES NOT ASK FOR YOUR NI NUMBER, BANK OR PAYMENT CARD DETAILS.**

## **MORE INFORMATION:**

[www.census.gov.uk](http://www.census.gov.uk)

[www.TinyURL.com/censusadvice](http://www.TinyURL.com/censusadvice)

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HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

# WHO DO WE ADMIRE/RESPECT?



At this time of increasing isolation the faces and voices we see and hear are often those of famous people. Sometimes we feel we know them but are these the people we really respect and admire?

I saw a Nepalese chef in a tv cooking competition. He was a cheerful ordinary looking guy. In Nepal his family all lived in one tiny, thrown together wooden home. We saw pictures. His story of coming here and being a poorly paid washer upper, a hired hand and eventually a cook in London restaurants was really interesting. But by the end of the programme he had cooked for the top chefs in London and they were all applauding him. Why? Because he brought 20 or 30, often humble, new ingredients from his home in Nepal and his granny's recipes and cooked with such love and care that he created wonderful original food.

It seems to me so important to respect our food, our cultures, our wonderful and fantastic multicultural society and these people who give us so much.

The doctors, the nurses, the care assistants many of whom came from all over the world have been much around us. They save peoples' lives, they work in terrifying situations and sometimes they die for us. We have all clapped for them.

One senior medic asked for more help on behalf of people like his hospital porter. This man who worked with the same Covid patients as himself, doing work which was on the frontline found that he and his family earned so little money they really struggled.

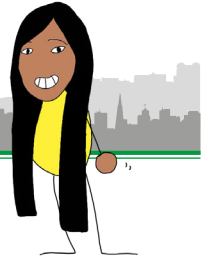
They say it's often the most brilliant people who show the most respect to others. And I have found it can be the smallest children who speak with wisdom about their loved ones' experiences and hardships.

So let's cheer on those often ignored by society. And let's feel good about ourselves that we are surviving these harsh experiences and hope to look forward to better times.



# INTERNATIONAL WOMEN'S DAY

## WHICH WOMEN DO YOU CELEBRATE?



By VOLUNTEER HANNAH!

**International Women's Day is a global day celebrating the achievements of women. The day is a time to reflect on progress made, and importantly, a call for change.**

The first International Women's Day gathering occurred over a century ago in 1911 (source: International Women's Day website). This year may be different, however the day will not go unacknowledged.

The World Economic forum acknowledges that shockingly: "Gender equality will not be attained for 99 years at the current rate of change".

The UN states that "The world has made unprecedented advances, but no country has achieved gender equality. Legal restrictions have kept 2.7 billion women from accessing the same job choices as men. Less than 1/4 of parliamentarians are women. One in three women experience gender-based violence" (source: UN website)

International Women's day belongs to all groups everywhere. As Gloria Steinem, journalist and activist explains:

"The story of women's struggle for equality belongs to no single feminist, nor to any one organisation, but to all who care about human rights."

In the spirit of celebrating women's achievements and creativity, these colourful flowers were made by members of Providence Row's talented women's Group in 2019.



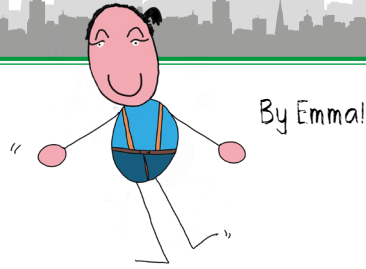
So, which women do we admire? The list is long! Providence Row's female members of staff and clients are strong, resilient and tenacious. In 2020 countries led by female leaders such as New Zealand have been applauded for their handling of the Covid-10 pandemic. Professor Sarah Gilbert has been at the forefront fighting Covid-19, leading the development of the Oxford vaccine.

Which women are you celebrating this International Women's Day?

FIND OUT MORE ABOUT HOW YOU CAN OBSERVE INTERNATIONAL WOMEN'S DAY ON THE UN WEBSITE:

[WWW.UN.ORG/EN/OBSERVANCES/WOMENS-DAY](http://WWW.UN.ORG/EN/OBSERVANCES/WOMENS-DAY)

# Tales from Tails



According to the oxford English Dictionary respect means: (for somebody/ something) a feeling of admiration for someone or something because of their good qualities or achievements.

I'm humming RESPECT at the moment that great Aretha Franklin tune...what you want baby I've got it ha ha! Singing it or humming it makes me feel happy. Go on fry it. Leo, you could do the low bits as you're a little bigger then me. oh sorry I'm supposed to be respectful - what I mean is your low notes really complement my angelic falsetto.

Here's mine and Leo's clever list of my most important respects.

- R - Running and running. Rabbits.
- E - My lovely best friend and human Emma.
- S - Squirrels. Sausages. Sunshine. Smells.
- P - Petals. Parks. Pals.
- E - Everyone that gives me a snuggle and a treat. Eating.
- C - CATS: LEO! chips.
- T - Trees (for weeing on.) Treats.

**RESPECT!**



# PHOTO APPRECIATION POST



Hannah, one of the Gazette team, is a keen amateur photographer, and has taken the photographs that appear below, using her phone, in and around the Spitalfields/ Tower Hamlets area.

As you will see, Hannah has captured a number of images, and I'm sure many of you may also be able to name not only the subject of the photograph, but also where it was taken.

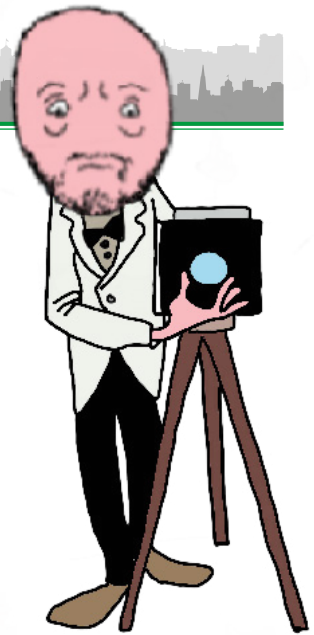
We're really interested in finding out what YOU have been observing, perhaps some graffiti, or maybe flowers letting us know spring is here, or maybe a funny dog, or a cheeky squirrel, or two friends enjoying a laugh, or anything else that captures your imagination that you'd like to share; a landscape, a portrait, an object, it doesn't really matter, YOU choose.

Please submit your photographs by email to [volunteering@providencerow.org.uk](mailto:volunteering@providencerow.org.uk) and we'll publish a selection of them over the coming issues.

If you want us to include your name, we're happy to, but please confirm that you agree to this in your email. Also, if you wanted to caption the photo and/or include details where you saw it, please include this information also.

Thank you all.

say  
cheese...



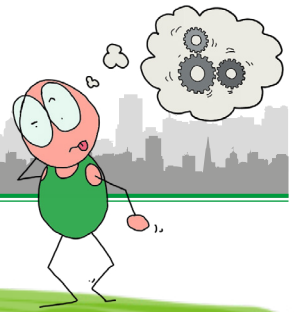
By volunteer Liam!





# Art & Fun

By volunteer Sam!



WHAT IS SEEN IN THE MIDDLE OF MARCH AND APRIL THAT CAN'T BE SEEN AT THE BEGINNING OR END OF EITHER MONTH?

No. 1

A GIRL HAS AS MANY BROTHERS AS SISTERS, BUT EACH BROTHER HAS ONLY HALF AS MANY BROTHERS AS SISTERS. HOW MANY BROTHERS AND SISTERS ARE THERE IN THE FAMILY?

No. 2

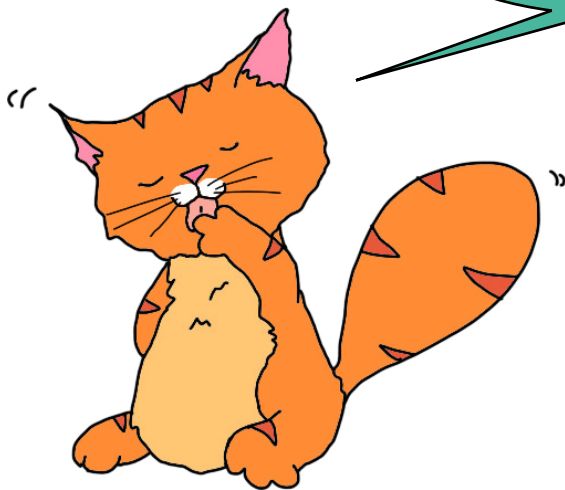
I HAVE KEYS, BUT NO LOCKS AND SPACE, AND NO ROOMS. YOU CAN ENTER, BUT YOU CAN'T GO OUTSIDE.

WHAT AM I? No. 3

HOW MANY LETTERS ARE IN THE ALPHABET?

No. 4

Solutions are listed below...



THIS BELONGS TO YOU, BUT EVERYONE ELSE USES IT.

No. 5

5. Your name

4. 11

3. A keyboard

2. 4 sisters and 3 brothers

1. The letter K

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