

Providence Row GAZETTE

• COMMUNITY MAGAZINE •

HOPE

Staying with our Spring theme of hope, Providence Row is immensely proud of three impressive new peer mentors. We speak to Olja this week followed by Jason and Wayne in future Gazette issues. All three say their training programme at Providence Row gave them inspiration and hope for themselves. We congratulate them and wish them well.

Still singing along to catchy tunes, Jo delves into why some songs go round and round in the head. Bobby McFerrin's Don't Worry, Be Happy picks up that rhythm of Spring optimism and hope. Be warned, it will stick!

For a mega dose of hope, cycling enthusiasts Jeremy, Kieran and colleagues at Natixis Investment Managers, one of Providence Row's staunchest supporters, report on their fund raising for Providence Row. Meanwhile, their friend Al and his catering business have cooked around 2000 meals for Providence Row's clients during lockdowns. Astonishing.

If you've never tried a Sudoku puzzle, now's your chance, And if you're hooked on Sudoku, Liam's game is great distraction therapy. For the hardwired puzzlers, Sam's wordy conundrums compete for brain space with those catchy tunes.

Ramadan Mubarak to our Muslim community as the event again falls during heightened COVID restrictions. As more of us are vaccinated, we hope that next year's Ramadan can happen in the time-honoured way.

CONTENTS

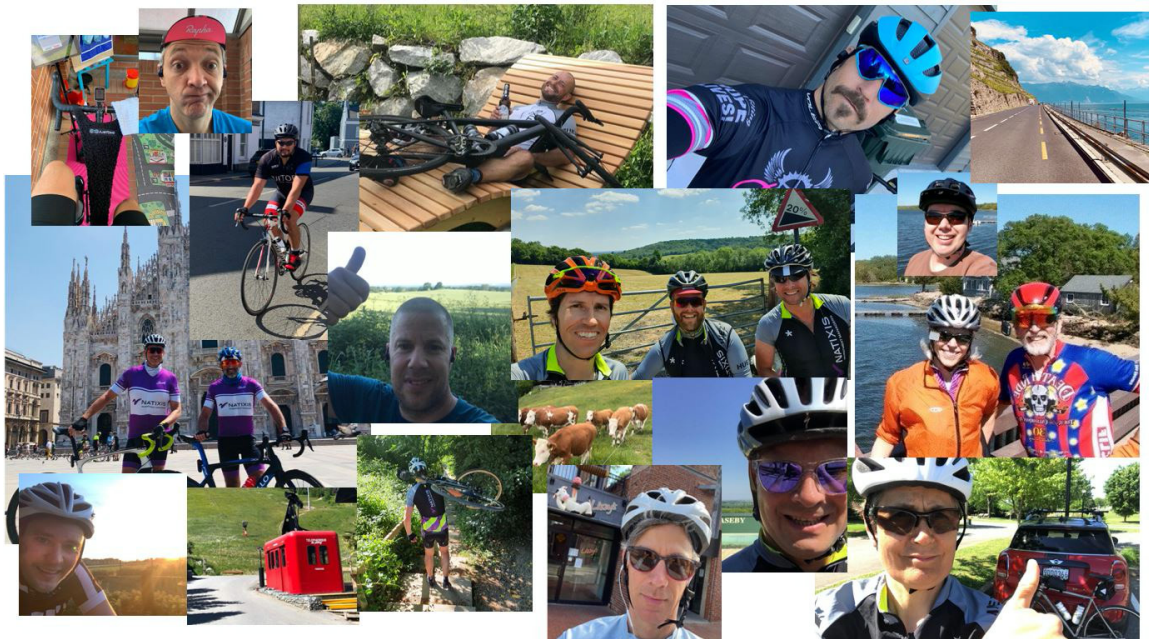
2. Natixis Investment Managers
3. Peer Mentor Ceremony: Olja
4. Continuation on songs of Hope
5. Vaccination Promo
6. Sudoku
7. Art & Fun

Natixis Investment Managers support for Providence Row in 2020

Natixis Investment Managers (IM) have been a long-standing partner of Providence Row for many years. The current charities team, led by Kieran and Jeremy wanted to share more about what they have been up to in supporting Providence Row throughout the pandemic:

Cycling Challenge

“When I first joined Natixis IM back in 2015, we were just starting to make use of places that Providence Row had for the official London to Brighton charity ride. We participated in those for 2 years and started to really enjoy it but realised there was a cap on how much we could raise if we kept repeating this challenge. So, a group of us came up with the idea of doing an office-to-office ride as that would also encourage wider involvement from colleagues in other countries. Since then that idea has grown in ambition each year, with multiple day rides having taken us across France, the Netherlands, Switzerland and Italy.



It was 2020 that provided the most unexpected challenge of all though, as we had to change our plans and ask our riders to take part in a ‘socially-distant’ challenge all on the same date. We pulled together 36 participants from our various offices in Belgium, Colombia, France, Germany, Italy, Netherlands, Switzerland, the UK and USA – who collectively helped to fundraise £19,500 during one long weekend of cycling! We were blow away with the enthusiasm and generosity that we experienced, as people looked to help those who were less fortunate than themselves during a period of global difficulties. It was just amazing!

Now we have the simple task of seeing what can be done in 2021!!!”

Kieran Hedley-Carverhill, Natixis IM charity committee representative

Cooking up a storm in the kitchen

“At the back end of 2020, my friend AJ reached out to me to see if I knew of any specific charities of which his business, Roast in a Box, could potentially partner with. His business is a food delivery service which naturally had excess food in his inventory that doesn't get used and potentially goes to waste. After a few conversations with Providence Row to see if there was any scope for help or support, the partnership was formed and is really starting to blossom.

AJ and I have been allowed into the Providence Row kitchen on three occasions now and have cooked roughly 2000 meals for Providence Row clients.



We have now set up a charity fundraising page and hope to spread the word and raise as much as possible in a continual effort to use this money to help with any shortfall we have with our future ‘cook-ups’!

AJ and I have the goal of cooking 10,000 meals this year. What is really promising, is that a huge amount of friends, colleagues and family are all really wanting to get involved as well, whether that be supporting the cooking initiative, crazy bike rides or garden volunteering. For AJ and I, when the COVID-19 restrictions eventually ease, we would like to work more closely with Providence Row beneficiaries.

Watch this space for 2021 and know that AJ and I are incredibly fortunate to work with such an amazing charity.”

Jeremy Cunnew, Natixis IM charity committee representative

PEER MENTOR CEREMONY

OLJA



By
volunteer
Frances!

Congratulating our new peer mentors

This month, Providence Row welcomed three newly qualified peer mentors to its team of volunteers and supporters. Many congratulations to Olja, Jason and Wayne.

In the next few editions of the Gazette, we will be speaking to each of the three mentors about their training and their plans now that they have qualified.

Providence Row's peer mentoring programme helps people who have experienced homelessness, addiction or mental health problems to use their experience and knowledge to support others in similar situations.

During fourteen online sessions, mentors develop their CVs, receive help to find employment mentors and receive support to act as positive role models for recovery whilst improving their employability prospects by gaining an accredited E3 and L2 qualification in peer mentoring.

By completing the programme, peer mentors can then help their peers to work through similar problems. Peer mentors can be a friend, offering support during tough times and pointing their peers to helpful resources.

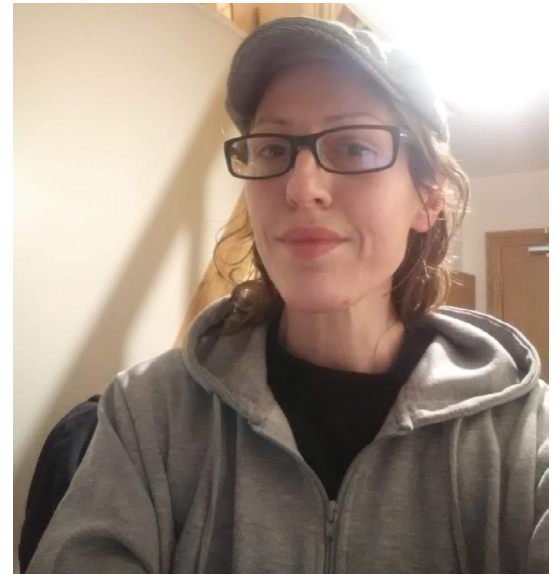
Here Olja talks to the Gazette about the programme, how it has helped her and about her plans.

'Homelessness is everywhere, a terrible global problem,' says Olja. 'People are sometimes locked into their problems but the peer mentoring programme helped me to look outwards to others with difficulties. It has given me optimism and hope.'

Olja says the peer mentoring programme and trainer Nadia changed her life, helping her onto the right track. 'I came to London in 2016 in search of better job opportunities,' says Olja. 'But I became homeless after losing my job and the tied accommodation that came with the job. I struggled with addiction too.'

'My own homelessness gives me better insight into others' difficulties. The peer mentoring programme has given me knowledge and confidence to be part of the solution, not part of the problem,' Olja says.

After being helped out of rough sleeping by different organisations, including Providence Row, Olja is now living in more stable accommodation.



Olja

'I'd like to give something back, to return some of the kindness and help I've received,' she says.

For the moment, Olja is concentrating on staying away from her addiction, improving her health that was worsened by rough sleeping and sorting out her immigration status post-Brexit. 'Beginning with a volunteering role and using my qualifications, I want to find a job here and start my life again,' she says. 'I'm proud to have taken the first few steps.'

After watching the three new peer mentors receive their awards, Providence Row chief executive officer Tom O'Connor said,

'This first peer mentor group of 2021 is an example for all of us and I was delighted to meet them at their graduation. All three mentors have faced considerable difficulties in their lives but are now eager to help others facing similar issues.

'Completing the programme online brought some challenges for them. They missed the mutual support of their colleague peer mentors as well as the support of already qualified peer mentors at Providence Row.

'Nevertheless, they showed tremendous perseverance, finding solutions to the challenges that came up. I know they will be first-rate mentors for their peers. Congratulations to all three on gaining their qualifications and we wish them well from now on.'

The next peer mentoring programme will start on the 5th of May 2021.

If you would like to apply to become a peer mentor, take a look at our web pages:

www.providencerow.org.uk/pages/54-peer-mentoring

and send an email on to peermentoring@providencerow.org

HOPE

By volunteer Jo!



We asked in our last issue "What makes a really catchy song?"

Here are three more examples of hopeful lyrics which use a hook or repeat a line. Is this that makes them memorable? Sometimes the songs use everyday conversational expressions that we use all the time. But attaching them to a lively musical riff seems to give them a new life.

CYNDI LAUPER

Cyndi Lauper captured the attention of the world with her song "Girls just wanna have fun". Here the simple seeming lyrics and an undeniably catchy "hook" or chorus seemed to express the way so many people were feeling.

In this lyric she captures how so many young people feel when parents seem to see their lifestyle and achievements as just not good enough and they feel that they are unlucky in life.

"Come home, in the mornin'
light

My mother says "When you
gonna live your life right?"

Oh mamma dear, we're not
the fortunate ones

And girls, they wanna have
fun"



As a young girl she chose wild hair colours, eccentric clothes and an unconventional way of life to make her mark confronting bullies around her. This sense of fun and a love of spontaneity meant that Lauper made the news all over the world in March 2011 for an impromptu performance of "Girls Just Want to Have Fun" while waiting for a delayed flight in Buenos Aires.

"When the workin' day is done
Oh girls, they wanna have
fun"

She campaigned for all outsiders and those less lucky than others. She chose to help LGBT young people in particular. She set up a homeless centre in New York City and her organisation works to end youth homelessness.

JIMMY CLIFF

It's gonna be a bright sunny day

So often too, the bits of the natural world that we've all been dependent on during this lockdown time can work a kind of magic in the lyrics of a Caribbean song. Dark weather and breaking sunshine are common enough ways to describe our moody swings but can be so fresh for example in the lyrics sung by Jimmy Cliff.

I can see clearly now the rain is gone.
I can see all obstacles in my way.
Gone are the dark clouds that had me blind.
It's gonna be a bright (bright)
Bright (bright) sunny day.
It's gonna be a bright (bright)
Bright (bright) sunny day.



It is amazing that with some songs just seeing the words trigger the tune in your head.

Jimmy Cliff starred in the film "The Harder they Come", bringing to life the struggles of a young Jamaican man caught in a world of some danger but meeting it with songs with a powerful reggae beat and springing rhythms.

BOBBY MCFERRIN

Bobby McFerrin's record-breaking hit was the first a cappella song to ever reach number-one on the billboard hot 100 chart.

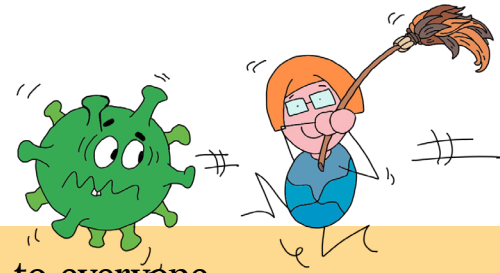
Here's a little song I wrote
You might want to sing it note for note
Don't worry, be happy
In every life we have some trouble
But when you worry you make it double
Don't worry, be happy
Don't worry, be happy

The little stories attached to these songs give us a feeling of the way the singers valued helping others or took the best from tough lives. Is it hearing singers talk and sing like our friends and us that makes them able to cheer us up? What do you think? We'd love to hear from you.



COVID - 19 Vaccination Promo

Covid-19 vaccinations are being rolled out to protect everyone



Covid-19 vaccines are now being offered to everyone over 45 and those in priority groups.

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, priority 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 :

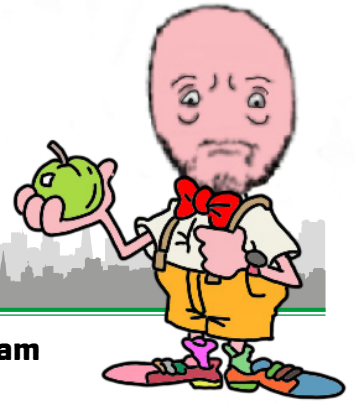
<https://tinyurl.com/NHSvaxinfo>

Tower Hamlets Vaccine Helpline

0207 365 3030

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

SUDOKU



By volunteer Liam

Sudoku has become something of a phenomenon, but there are still many people who do not know how to play the game, are you one of them?

Sudoku requires no arithmetic knowledge and is purely based upon logic. Anyone can play Sudoku, including you! So, grab a pencil and have a GO!

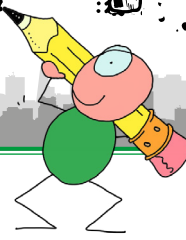
Sudoku puzzles have nine rows, nine columns and nine grids, so 81 cells in total. The grids are the first 3x3 cells, notice the slightly bolder lines below, then the next, and so on, so again, nine.

1. Only use the numbers 1 to 9 to populate each cell.
2. Only use 1 to 9 once in each row, column & grid.
3. Use elimination and avoid guessing the solution!
4. Try the example below, which took me 20 minutes, further puzzles appear daily in most newspapers, including the free Metro, and there are several apps you can download for your phone too.

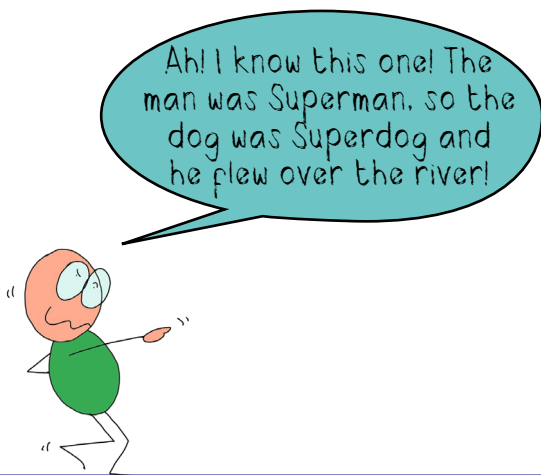
		9				4		
6			4				2	
8	4			3	1		9	
		8			7		4	1
5				6				3
1	6		8			7		
	7		2	9			6	5
	2				5			4
		5				9		

ART and FUN

By Volunteer Sam!



1. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?



2. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

3. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Solutions!

(the other way around)

1. Pencil lead!
2. The river was frozen ;)
3. The number 8
4. A map

4. What has cities, but no houses; forests, but no trees; and water, but no fish?