

Providence Row GAZETTE

• COMMUNITY MAGAZINE •

RESILIENCE

Our focus on Resilience in this month's Gazette turns the spotlight on Providence Row's award winning Enterprise and Training Service. Managed by advisers Asia and Annette, the service has continued to offer employment advice, support and encouragement to clients despite the massive downturn in the hospitality industry. Hannah reports on preparations for lockdown lifting.

Impressive resilience features large in peer mentor Jason's story. Overcoming tremendous obstacles in his life, Jason recently completed the Providence Row Peer Mentoring programme. He tells us how his first ever qualification gives him optimism and ambition.

The safety of women in our society has long been disregarded. But recent headline concerns about safety, ignore the perils facing women with nowhere to stay but precarious temporary accommodation or the street. Francesca, Providence Row's psychotherapist for women tells the Gazette how she helps women find strength and resilience in themselves.

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Football has been in the news too - and how! The super league furore prompts Liam to take a run through the story behind the English Premier League established nearly 30 years ago. Whatever else, football can never be accused of being boring.

Just in case you need a challenge, Sam poses ever more cryptic riddles for our befuddlement. We think Sam spends days dreaming up ways to baffle us.

PEER MENTOR CEREMONY

JASON

By volunteer
Frances!



I'm very proud of my achievement and also very excited by it. I want to get into volunteering and the practical aspects of helping others.

A first qualification for peer mentor Jason

In the last issue of the Gazette, we reported on recent graduates of the peer mentorship programme at Providence Row and heard Olja's story.

Today, we talk to the second of our three graduates. Jason was introduced to Providence Row by a friend who had helped him overcome great difficulties in his life.

'I'd been using heroin and crack cocaine for many years,' says Jason. 'I'd experienced homelessness, done a lot of crime, lived in crack houses, been in prison and tried rehab several times from the age of 18 but I was still using drugs into my 30s.'

'I was completely tied to the drugs; it was like a beast whose clutches I couldn't escape from but of course, it was myself I was escaping from.'

Jason describes how a friend introduced him to one of the 12 step programmes. 'By this time, I realised that my own strength wasn't going to stop me using; I had to rely on another power. The 12 step programme worked for me as it has for many others.'

'My last drink or use of drugs was nearly two years ago. Now I'm a 12 step sponsor using my experiences to help others just as someone helped me.'

Another friend introduced Jason to Providence Row. 'He thought I could be a peer mentor, using my experience to help other people, giving them some hope. He was right. If others know you've been in a desperate way yet see that there's an escape, it can inspire them to do the same.'

The peer mentor qualification is a first for Jason. 'Until now, I had no qualifications because for me, it was crime and drugs from a very young age.'



Jason says 'I like to think a peer mentor is a guide, a sounding board, giving friendly advice,' says Jason 'I feel I can give empathy, understanding and direct people to the help they need. The course taught me how to give people time and respect.'

So I'm very proud of my achievement and also very excited by it. 'I especially enjoyed the addiction module of the programme, studying the effects of addiction and substance use on the brain.'

'It's true helping others with similar problems does affect you emotionally because you remember where you came from. I never forget that. I'm very blessed now, I have a home, I'm clean of drugs and I can see a future. Now, I can be of use because there's nothing better than helping others.'

For more information about the peer mentoring programme at Providence Row, please see:
www.providencerow.org.uk/pages/54-peer-mentoring

For help with addictions, see:
<https://tinyurl.com/nhsaddictionhelp>

Women's Safety

Interview with Francesca

Providence Row's recent appointment of Francesca Wilding as outreach psychotherapist for women clients makes a threesome for Providence Row's psychotherapy team. Francesca says her role as therapist specifically for women and those who identify as women, recognises that women have particular needs.

'Women are more likely to experience domestic abuse and sexual violence and possibly become homeless because of that,' believes Francesca. 'Sex working and other forms of exploitation can affect a woman's view of herself, her body, her relationships and her self esteem,' she says.

'Women try to protect themselves from ending up on the streets and from the trauma of having their



Psychotherapist Francesca Wilding believes services for women should include:

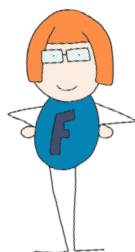
- More emergency accommodation for women and children available every night.
- Better support services, legal advice and representation.
- Women-only safe spaces in day centres and hostels.
- Staff training in safeguarding policies, recognising signs of abuse and starting conversations about abuse.
- Better communication between professionals.

children removed from their care,' says Francesca. 'They may tolerate unsafe living arrangements that then makes it difficult for them to be found and helped.'


Francesca first trained as an actor. 'Surprisingly, acting and psychotherapy are not so dissimilar,' she says. 'Like therapists, actors must identify with their character, explore their experiences, walk in another's shoes.'

Working with vulnerable and homeless people as a key worker in a hostel for people with addictions, Francesca decided to train as a psychotherapist.

'I believe those clients can greatly benefit from psychotherapy,' says Francesca 'Despite often traumatic backgrounds and a desperate need for mental health support, they can miss out.'



By volunteer
Frances!



Building trusting relationships is perhaps the hallmark of psychotherapy and this can take time sometimes over a long period. 'Homeless people can feel dismissed, unheard,' says Francesca. 'Women need space and time to speak about the effects of their experiences, to make sense of their situation and consider what action to take,' says Francesca.

'We try to help women use their own strengths, explore all the options and work out what they want to do. Therapists generally guide, giving women some autonomy, helping them process past events so that they can move forward.'

THE FACTS

- 60 per cent of women and 80 per cent of migrant women are turned away from refuges
- Funding for women's services was cut by 50 percent in 2017 despite demand rising by 83 per cent
- Domestic abuse offences in London increased by 63 per cent between 2011 and 2018. Women made up 75 per cent of cases
- Less than three per cent of rape cases result in conviction

Sources: Women's Equality Party and London Mayor's Office

Contacting Francesca

Referrals can be made to Francesca via:

- St Mungo's Street Outreach Team (SORT)
 - Beyond the Streets that helps end exploitation and abuse
- Providence Row's Advice and Support Team

'WOMEN NEED SPACE
AND TIME TO SPEAK
ABOUT THE EFFECTS OF
THEIR EXPERIENCES'

Providence Row's Enterprise & Training Service

proves resilient during Covid-19

By volunteer
Hannah!



Over a year ago Covid-19 abruptly changed the way we live and work. Hannah speaks to Asia and Annette to understand how their team resiliently adapted during the pandemic, the challenges they faced and what's in store as restrictions ease.

Asia, what is your team's role at Providence Row?

The Enterprise & Training service provides employability support to clients to help them get closer to the labour market. From helping clients with their CV's, job search assistance and action planning, to purchasing appropriate vocational training, we have provided a wide range of services to our clients throughout the Covid-19 pandemic. One of our aims is to support clients to reintegrate back into the community - for many this is through finding work but for others it may be to upskill or engage in meaningful activities such as volunteering or remote learning.



Asia and team have adapted, offering online training during the pandemic

Annette, how have you been working during the pandemic?

I've been making appointments with clients and meeting them at Providence Row for Information, Advice and Guidance appointments. During our meetings we work together to identify plans to help them move forward - either Peer Mentoring, Training, Volunteering or looking for work.

Asia, what have the biggest challenges been?

Understanding clients through a face mask was not the only challenge we encountered. The impact of the pandemic on the labour market - particularly on the hard-hit catering and hospitality industry was a huge blow for many of our clients seeking work in these sectors. Whilst the lack of suitable vacancies and lockdowns did not help boost morale, the E&T team continued to work with clients to not only provide employability support but to also offer reassurance during a difficult time.

Have you helped client access online resources?

We have supported some clients with devices (e.g. laptops, smartphones) to access online learning so they could engage in services.

Annette, what's it like being back in at the centre?

It's good to be back but it is very different to before! It will be great to get more clients back to the centre eventually where they can be supported even further. Getting our training schemes back up and running is our aim.



Annette is pleased to be back at the centre seeing clients in person again

Asia, how have you found delivering employment skills sessions online?

In response to the pandemic, we revamped our structured employability programme Working On It to deliver via Zoom to small groups of clients which would not otherwise be possible onsite. Our pilot saw three clients complete with positive feedback. We engaged with clients who had not previously accessed the centre, nor had intended to visit physically. Delivering virtual workshops presents new challenges, however participants found the video platform engaging and it allowed them to respond on screen to questions through annotating on a board. The next cohort begins on May 5th and we are excited to engage a wider group of hostel residents.

What's in store as we come out of lockdown?

We are making plans for the future. Hopefully we'll come out of lockdown properly in June. Despite all the challenges faced supporting clients during the pandemic, including the impact of Brexit on EU clients' status to remain and work in the UK, we are hopeful for positive change as lockdown lifts, and we are able to resume our award-winning trainee schemes in person.



To find out more about our Enterprise & Training services, including "Working On It" and our 10 week gardening training programme where clients learn skills including sowing, growing and harvesting, please email info@providencerow.org.uk

THE PREMIER LEAGUE

By volunteer Liam



As the European Super League disappears down the plughole of greed, I thought I'd have a quick look at the English Premier League.

The Premier League is all about resilience, the best of the best in England (currently there are no Welsh teams), that's 20 teams playing 38 games over 9 months, when there's not a pandemic!

The Premier League was founded on 20 February 1992 when all the clubs in the then First Division of the Football League resigned, so as to take advantage of lucrative television rights they felt were not being fully exploited.

Premier clubs were apportioned central payment revenues of £2.4 billion in 2016–17, with a further £343 million in solidarity payments to English Football League (EFL) clubs.

The Premier League is the most-watched sports league in the world, broadcast in 212 territories to 643 million homes with a potential TV audience of 4.7 billion people.

Forty-nine clubs have competed since the Premier League started in 1992: forty-seven English and two Welsh clubs. Seven of them have won the title: Manchester United (13), Chelsea (5), Manchester City (4), Arsenal (3), Blackburn Rovers (1), Leicester City (1) and Liverpool (1).

Who will win this year? Well, at the time of writing (28/4/21) Man City lead Man Utd by 10 points, both having played 33 matches, with a vastly superior goal difference, so the trophy is probably on its way from Anfield to the Etihad this season, but don't trust me, I support Chelsea.

PREMIER TRIVIA

Name the three all-time top scorers and the number of goals they scored in the Premier League since 1992.



You can find the Trivia solutions in the last page.
Art & Fun

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ART & FUN

BY
VOLUNTEER
SAM!

1. What month of the year has 28 days?



2. What question can you never answer yes to?

3. What goes up but never comes down?

5. You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?

4. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

SOLUTIONS

PREMIER LEAGUE: 1. Alan Shearer 260 - 2. Wayne Rooney 208 - 3. Andy Cole 187
ART & FUN: 1. All of them - 2. Are you asleep yet? - 3. Your age - 4. He was bald - 5. The match

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