



PROVIDENCE ROW

artwork by Arta Kane



LEARNING &
WELLBEING PACK #7

Welcome to the seventh Learning and Wellbeing pack. I'm sure you couldn't help but notice the incredible 'seven' artwork above, which comes courtesy of talented Arta Kane. It's got a bold design but gentle and subtle colours inside and then a bright acid green on the outside. We think it's brilliant. A big thank you to Arta for making it.

And we're on number seven of our packs! That means it's now been seven weeks since we faced lockdown. That's a long time and we appreciate that it's not easy. As always, we're here if you need to get in touch on phone, text and email. Our details are below and it'd be great to hear from you - hear how you're doing, what's been going well, what's been difficult, what you've been working on, ideas for the packs.

This week, in our pack, we've got an interview with one of the regular members of the groups sharing his experiences of lockdown, a film review from Alex (and you can make up your own mind as the film is showing on Sunday 17th May), Sarah's prepared a page on making your own skincare products, and Chris has got some tips for you when copying and tracing pictures.

Like we always say, remember the advice on page 2 to keep yourself and others safe. Stay safe, stay strong, and stay in touch,

from Sarah, Alex, Sabina & Chris



USEFUL CONTACTS

SAMARITANS

[116 123](tel:116123) If things are difficult and distressing, talk to someone here for free, confidentially, 24/7

RESET

reset@providencerow.org.uk
For support around your drug and/or substance use, get in touch.

MENTAL HEALTH CRISIS LINE

[020 7771 5807](tel:02077715807) When you're having difficulties with your mental health and can't reach other healthcare professionals, call 24/7

NATIONAL DOMESTIC ABUSE HELPLINE

[0808 2000 247](tel:08082000247) A free, confidential service for people experiencing domestic abuse, 24/7.

Monday – Friday 9am – 5pm

Alex ☎ 07776590709 ✉ apalmer@providencerow.org.uk

Sarah ☎ 07990004246 ✉ shalsey@providencerow.org.uk

Monday, Thursday, Friday 9am – 5pm

Chris ☎ 07741143898 ✉ cbardo@providencerow.org.uk



If you don't have a tissue, use your elbow



Avoid touching your face with unwashed hands



use a tissue for coughs and sneezes



CATCH IT.

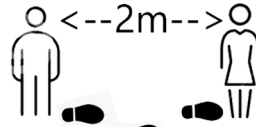
BIN IT.

KILL IT.

Protect yourself & others



Wash hands for about 20 seconds with soap and hot water or hand sanitizer



Stay at least three steps away (2 metres) from other people if possible

If I have symptoms of Coronavirus

Isolate yourself & stay in



Use the online service at 111.nhs.uk



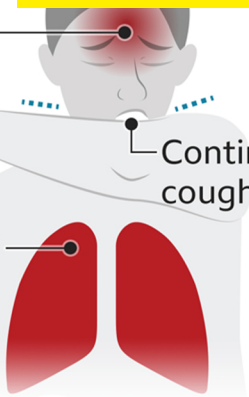
If your symptoms get worse or are no better after seven days, seek medical advice

Symptoms

Fever and tiredness

Continuous cough

Breathing difficulties



If you live with someone who has a 'new continuous cough or high temperature, stay at home for 14 days in case symptoms develop

Coronavirus Information

Keep in touch with one another



Look after your heart, mind & body

Stay safe, stay in

No unnecessary journeys or social contact



Public gatherings of more than two people are banned, excluding people you live with.



Don't visit other people's houses or socialise outside your home.



Police will be able to fine you if you don't follow the rules



You can travel to and from work if absolutely necessary



Only leave home for essential shopping, medical needs and exercise once a day

3 beautiful photographs

Things you can do with a beautiful picture:

1. simply look at them. Imagine what it would be like to be in each picture.
2. put the pictures up somewhere so you can look at them throughout the week. Think carefully -
3. Copy them or trace them.
4. Draw on them. You could colour them in?
5. Cut them up and rearrange them, sticking them down.
6. Write about them. A story or a poem?
7. Get inspired and consider the nature around you and how you could make your own images or artworks about nature or images in black and white.



for more black and white photographs of nature, check out the garden photographer of the year competition at <https://www.bbc.co.uk/news/in-pictures-52442403>

Client Corner

We interviewed one of our regular Providence Row Clients to find out how they were getting on during coronavirus

1. What was your living/life situation before COVID-19?

I was living in the Dellow Centre hostel where I had been for just over 2 years

2. How has your life changed as a result of the COVID-19 outbreak?

I can't go and visit my family and friends, especially my grandkids. I worry about their health. Also, I have a lot of friends at the Dellow that I can't go and visit.

3. What is your current living situation?

When coronavirus started I was moved out of the Dellow, into a 1 bedroom flat in Hackney. I absolutely love this flat. It is a big change for me as well, I just need to get used to it. I am now paying my rent and my service charge. I also have to buy my own food. It's a big responsibility.

4. Have you had to self-isolate, and how was it?

Yes. It is hard. I am currently going out once a day for half hour and it pees me off because I can't do what I want to do.

5. What are your main concerns?

When you go shopping you are standing in a big queue and you have to wait to get into the shop, but we can't do anything about it. I worry that coronavirus might affect my family, especially my Mum and Dad who are both are in their 90's. They are based in Scotland, so I can't just walk out the door and go and see them. I phone them every 2 or 3 days and they seem to be ok, but I don't know how they are really doing because I can't see them. My sister phoned me yesterday and we were on the phone for an hour and she told me "I love you" and she never says that.

6. Are there things you need?

A washing machine would be great!

7. What are your hopes for after the pandemic?

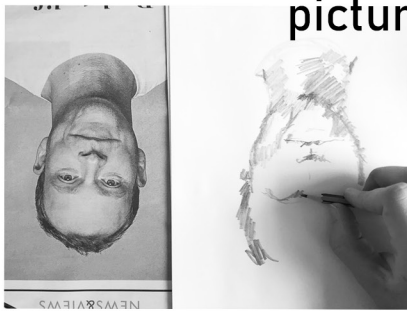
I am hoping to go back to Providence Row to do my art, music and go to film club. I really miss them, as you need to keep your mind occupied. I am hoping to get my peer mentoring back.

8. Any other thoughts or opinions they would like to share.

I hope that all the staff are working hard to get things back to how they used to be.

copying & tracing

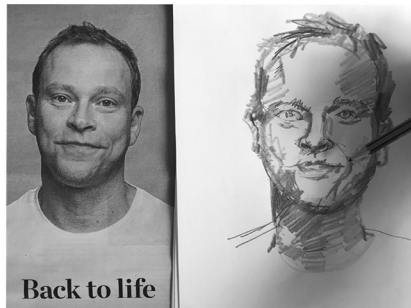
Try copying from a picture upside-down



drawing upside-down helps us to see faces as shapes and draw more accurately



try to keep it upside for as long as you can, then add details the right way up when you're ready

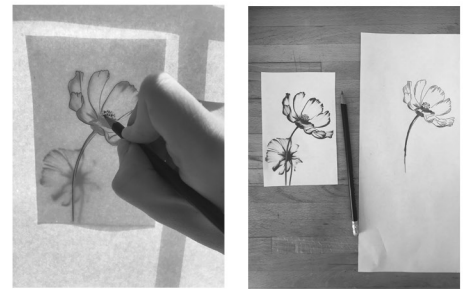


Back to life

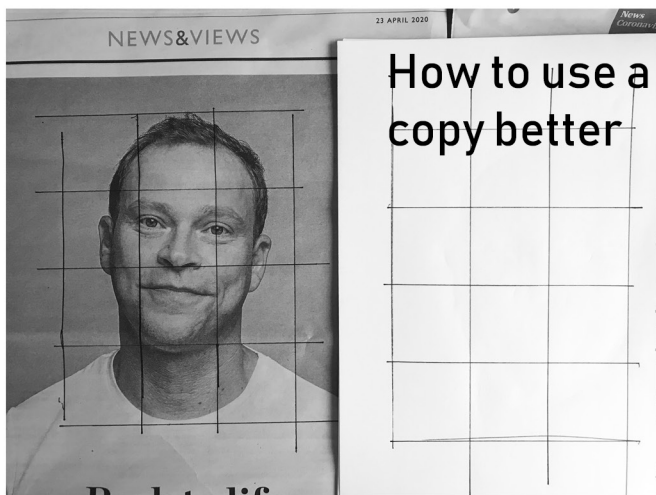


How to use a window to trace

put your paper over the original picture on a bright window, hold it in place carefully and trace away!



get creative with your tracing by making lots of copies on top of each other



How to use a grid to copy better

copy one square at a time

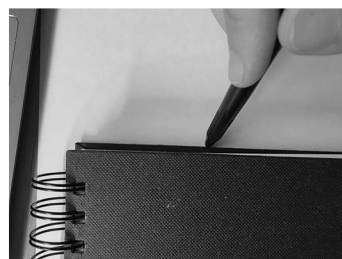
focus on copying the shapes and colours you see in just one square and not the whole picture



Back to life

draw a grid on a picture and draw a grid of the same proportion (size) on a piece of paper

use the edges of a book to get straight lines



Trust yourself



Back to life

Make your own skincare products

We've put together some easy recipes for making your own skincare products with three ingredients or less! All the ingredients are things you can find in the shops or might already have in your cupboard.

If your skin needs special care, we would suggest speaking to your doctor before you try these recipes.

Some helpful words...



Tablespoon



Teaspoon



Mash (you can use a fork)



Mix



Squeeze

Moisturising mask

- 1/2 mashed banana,
- 3 tablespoons of plain yogurt,
- a squirt of honey



Mash the banana in a bowl until it is smooth.

Add the yogurt in one spoon at a time, mixing it in with the banana

Add a squirt of honey and mix in.

Skin Cleanser

- 1/2 cup plain yogurt
- 1 tablespoon of sunflower oil
- 1 1/2 teaspoons fresh lemon juice



Mix all ingredients together and place in a sealed container. Store in the refrigerator. Use 1 tsp. morning and night to cleanse face.

Orange Yogurt Mask

- 1 teaspoon of plain yogurt
- the juice of 1/4 of an orange



Squeeze the juice of 1/4 of an orange into a cup and add the yogurt. Mix together. Dip fingers into mixture and smooth onto face. Leave on for a five minutes and then rinse.

. Alex's Film Review -

HAPPY FEET

(animation, adventure, comedy)

Mumble, is born into a large family of Emperor penguins, and soon finds himself rejected by the other penguins because he cannot sing a "heartsong" - which is a song penguins can perform from an early age to find a partner. The truth is Mumble has a terrible voice. However, he can tap dance!

Unfortunately, he is mocked by the other penguins, especially the older penguins that are in charge.

Because Mumble's gift of dance is blamed for their shortage of fish (which is actually caused by the local fisherman taking the fish), he soon finds himself alone and pushed aside by all the penguins, Mumble goes in search of humans in order to speak to them about the food they need and try to save the day!

I don't normally like films about dance, but I loved this film because it is so happy and uplifting. I found myself tapping my foot all the way through. Also, even though it is an animation, I love the fact that it is a story about overcoming struggles . **Rating 4.5/5**



**HAPPY FEET is on ITV2 at
5:10pm on Sunday 17th May**

