



HOURBANK'S WELL-BEING PACK SEPTEMBER 2020

**PECAN
121a Peckham High Street
London
SE15 5SE
T: 020 7732 0007**

Useful Contacts



Southwark Council - Hardship Fund

Southwark Local Support team provides emergency support to vulnerable people (including severely disabled people), who are facing severe financial hardship. This scheme is designed to help people in debt with household bills and includes; free confidential advice, information and advocacy on housing matters, including homelessness, eviction, tenancy and repairs. Also gas, electricity, water, rent and Council Tax arrears.

Hardship Fund telephone number: 020 7525 2434.

The Samaritans

Are you feeling low? Do you need someone to talk to? Whatever you're going through, a Samaritan will face it with you.

You can call them on **116 123 – Free from any phone**

Or

call them on **0330 094 5717 – Local call charges apply**

SHELTER

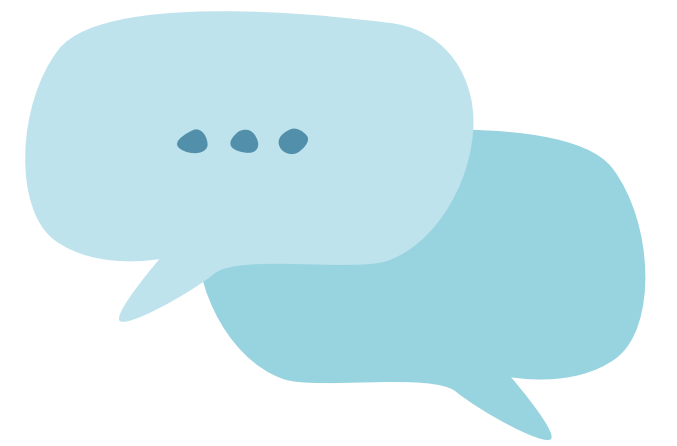
Provides free confidential advice, information and advocacy on housing matters, including homelessness, eviction, tenancy and repairs.

Helpline: **0808 800 4444**

Email: **southwark@shelter.org.uk** or check their website, **www.shelter.org.uk**

What's on:

Discussion Group



Every Thursday at 3.30pm via Zoom

The discussion group has been popular, with new members joining and contributing to the discussion. Do you have a topic you would like to discuss? If so suggest it to Peter and he can then consider it for discussion.

Meetings are typically 40 minutes long, and starts promptly at 3.30pm

These discussions are conducted online, via **Zoom**. If you would like to receive an invitation, address an email to **peter.aleksin@pecan.org.uk** with the subject heading: **Discussion Group**.

Then we will send you a link so you can join the discussion.



Reader's Group

Tuesdays 3:30pm via Zoom

Do you love books ? Then Join HOurBank's Reader's Group!

You will have the opportunity to read aloud, listen to others and to discuss the various texts. Alternatively, you can simply sit in on the session and just listen. The session is likely to be 40 minutes long.

Texts include poems, book extracts and magazine articles (suggestions welcome). The meetings are conducted online, via **Zoom**. If you would like to attend, send an email to **peter.aleksin@pecan.org.uk** with the subject heading: **Reader's Group**.

Then we will send you the link and a copy of the text we are to read.



Please contact us if you are interested and we will send you information to access the session. If you would like some help with Zoom then contact us. **You will need to have a smart phone, tablet, laptop or computer to join these sessions.**

Enjoy these Jokes!



**How many politicians
does it take to change
a light bulb?
Two, "one to change it
and another one to
change it back again"**

**Why did Adele cross
the road?
To sing, "Hello from
the other side !"**

**What happens once
in a minute, twice
in a moment but
never in a decade.
The letter "m"**

**"Some people ask the
secret of our long
marriage. We take
time to go to a
restaurant two times a
week. A little
candlelight, dinner, soft
music and dancing. She
goes Tuesdays, I go
Fridays."**

**Why did the
apple run away?
"Because the
banana split!"**

Teacher: "Where was the
Constitution of India
signed?" Student: "At the
bottom of the page!"

**Teacher: "Which book
has helped you the most
in your life?" Student:
"My father's cheque
book!"**

A mom texts, "Hi Son, what
does IDK, LY and TTYL mean?"
He text back,
"I Don't Know, Love you,
Talk to you later."
The mom text him,
"It's ok, don't worry about it.
I'll ask your sister."

**What did the banana say
to the doctor?
"I'm not peeling well."**

Special moments with some art
See how well you can colour this in!



'Women Who War'



"Last year I took part in HOurBank's Creative Writing group led by Peter Aleksin. I saw the course advertised at the Women's Hub in Peckham and went along. At the time, I knew I wanted to write about my legal battle with my ex-partner. It never really took off publicly at the time but the course certainly helped to develop my confidence in writing and helped me find my flow.

Since then I have managed to start a blog that I post on every Tuesday and have done so consistently for 10 weeks in a row now. I cover issues around mental health, financial and economic empowerment and I promote healthy relationships and lifestyles and all the lessons I've learnt along the way.

I am also currently writing a book called 'Women Who War' which is based on the book the Ancient Chinese War Philosopher Sun Tzu wrote 'The Art of War'. Sun Tzu shares the mental strategy required to win war. I have taken this concept and applied it to the psychological warfare that is domestic abuse. I focus on the winning aspects of the feminine and how to fight without fighting as Bruce Lee also taught us. I think women aren't often considered warriors and are not advised on how to fight yet my own personal experience and the experience of so many others is contrary to this. Women are so often so often caught within battles of all kinds, and yet I see huge wins quietly celebrated. The aim of my book is to show women how not to be blind to their own victory and to celebrate it LOUDLY.

My blog is <https://rachaelpartleton.wordpress.com/>

I would like to take this opportunity to thank Pecan for all that they do in supporting the community; for the The Women's Hub 'Story-telling workshops run by Sam, for Peter's encouragement to keep writing and Alex Porter's coaching. I wouldn't be at this point if it wasn't for their support.



Recipe for Special Fried Rice



Ingredients

4oz cooked ham, chicken or prawns
8oz pre-cooked long grain rice
4oz frozen peas
3 spring onions, finely chopped
2 cloves of garlic, chopped
1 tbsp ginger, chopped
2 tbsp vegetable oil
2 eggs
chopped coriander, to taste

Method

Heat a wok or large frying pan until it is very hot . Add garlic and ginger and cook briefly, stirring all the time.

Add the rice and seasoning and stir fry for 5 minutes on a high temperature .

Beat the eggs together and add the mixture to the pan. Stir fry until the eggs have set then add the peas, ham, chicken or prawns to the rice.

Finish the dish with some chopped coriander to taste.

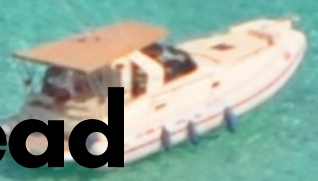
Tips & Tricks

Healthy recipe: Use brown rice and reduce the vegetable oil.

Blowin' in the Wind

How many roads must a man walk down
Before you call him a man?
How many seas must a white dove sail
Before she sleeps in the sand?
Yes, 'n' how many times must the cannon balls fly
Before they're forever banned?

The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Yes, 'n' how many years can a mountain exist
Before it is washed to the sea?
Yes, 'n' how many years can some people exist
Before they're allowed to be free?
Yes, 'n' how many times can a man turn his head 
And pretend that he just doesn't see?

The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Yes, 'n' how many times must a man look up
Before he can see the sky?
Yes, 'n' how many ears must one man have
Before he can hear people cry?
Yes, 'n' how many deaths will it take 'til he knows
That too many people have died?

The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

By Bob Dylan (1962)