

HOuRBank 



**HOURBANK'S
WELL-BEING PACK
MAY 2021**

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

Registered Charity number 801819

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**

website: **www.shelter.org.uk**

Domestic Violence

Solace Advocacy & Support Services (SASS), delivered by Solace Women's Aid in partnership with Southwark council. They provide confidential advice, advocacy and support to women and men aged 16 + who live in Southwark.

How to access information and Service

Website: <http://solacewomensaid.org/get-help/southwark/>

Email: **southwark@solacewomensaid.org** or **advice@solacewomensaid.org**

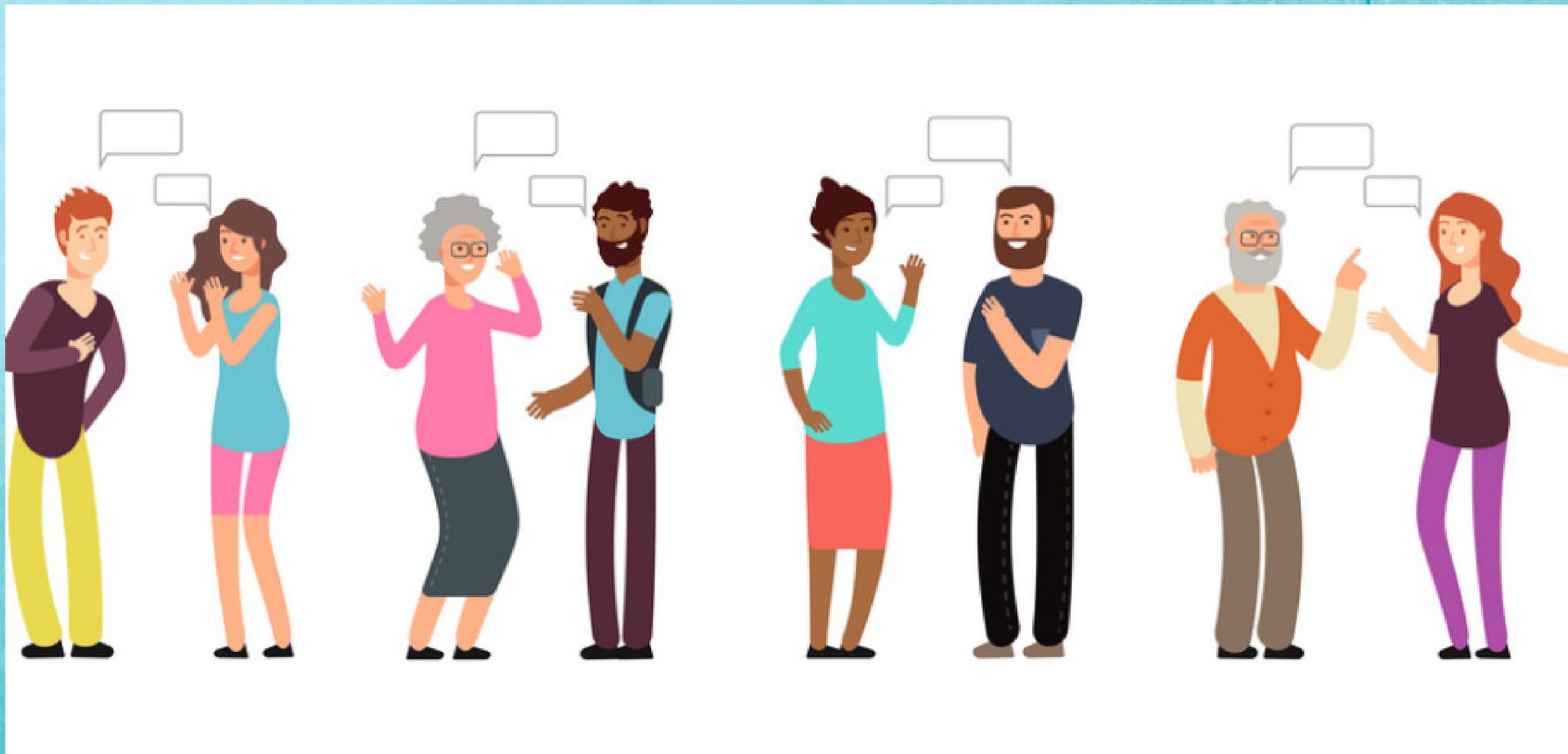
Phone: **0808 802 5565 (Helpline)**

Southwark Service: **0207 593 1290**

Have a Conversation!

Remember to stay connected with family, friends, neighbours, even strangers via conversation, talk to each other face 2 face. On the telephone, via What's App, by text, via email, even by sending a letter. Say hello to those you meet on your journey. Have a conversation, it may even lift Someone's day!

By Gennoria Miles (HOurBank member)





What's on: Viewer's Group Online

Tuesdays 3:30 pm via Zoom

Do you enjoy viewing TV shows and chatting with others?
Over the next few months we'll continue to look back at TV programmes of all sorts; police dramas, situation comedy's, chat shows and more.

If you would like to join in, send an email to **peter.aleksin@pecan.org.uk** with the subject heading, Viewer's Group. You'll need Internet access. Discussions will be held online via Zoom and we'll send you links for the TV clips available on YouTube. Meetings are typically 40 minutes long.

Art Appreciation Group Re-launch

Our online Art Appreciation Group proved very popular with those who attended. The series completed its run at the end of March. We discussed paintings by famous and not-so-famous artists. The sessions were led by HOurBank member, Minnie Scott.

There has been interest in re-launching the group but we need a team of volunteers
Are you able to suggest some paintings that can be viewed online?
Would you be happy to lead a discussion or two?

If you are interested, let us know. Send an email to **peter.aleksin@pecan.org.uk** with the subject heading, "**Art Appreciation Group: Re-launch**" so we can discuss the possibility. Meetings are likely to be held on Thursday afternoons.

Discussion Group

Every Thursday 3.30pm via Zoom

Meetings are typically 40 minutes long and start 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.



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.

Wordsearch

How to do wordsearch

Scan back and forth along each row of the letter grid, looking for the first letter in a word. Also scan up and down each column of the grid. Words can also run diagonally.

Favourite pets

F	E	R	R	E	T	L	I	A	R	T	C	M	A
D	N	I	R	U	I	I	K	P	A	K	C	S	E
L	O	I	H	Z	A	U	E	N	T	E	T	K	G
N	R	N	A	E	G	U	B	I	R	D	A	T	E
E	S	R	D	K	O	I	T	E	S	L	I	K	L
K	D	H	B	T	D	T	H	T	L	T	G	N	I
C	A	S	N	A	K	E	H	I	R	A	U	K	B
I	R	I	H	G	K	E	H	I	E	K	A	H	R
H	E	S	R	H	T	C	R	F	E	T	N	A	E
C	T	H	A	H	N	A	A	I	A	N	A	I	G
D	S	T	S	I	E	L	T	R	U	T	M	T	I
U	M	N	H	I	M	R	T	A	C	N	F	Z	R
I	A	C	I	R	F	I	H	M	O	U	S	E	R
H	H	E	T	F	G	I	P	A	E	N	I	U	G

BIRD
GUINEA PIG
IGUANA
DOG
RAT
HAMSTER
CHINCHILLA
TURTLE
LIZARD
GERBIL
SNAKE
CAT
FISH
CHICKEN
FERRET
MOUSE



Smile with our Jokes!



Two mice chewing on a film roll. One of them goes "I think the book was better."

I saw a movie about how ships are put together.
It was riveting!

What is the best day to go to the beach? Sunday of course.

Why was the tomatoes red?
"Because it saw the salad dressing."

What is worse than raining cats and dogs?
"Hailing taxis"

Why did the math text book visit the guidance counsellor? It needed help figuring out its problems.

Why did the taxi driver get fired? The passengers didn't like it when she he went the extra mile.

Two antennas met on a roof top, fell in love and got married . The ceremony wasn't much, but the reception was excellent.

I went into the store to buy some books about turtles. "Hardback?" ask the shop-keeper. "Yes." I replied "and they have little heads too!"

Why does Humpty Dumpty love Autumn? Because he always has a great fall.

"Want to hear a roof joke?" "The first one is is on the house."

See how well you can colour this in!



PEACE

*comes
from
within*

Time to enjoy the quiz

1. Who is the villain in Shakespeare's Othello? _____
2. Who did Henry II appoint Archbishop of Canterbury in 1162? _____
3. The word 'Macho' is derived from which language? _____
4. Who had a hit with Single Ladies (Put a Ring on It) 2008? _____
5. What subject is studied at RADA? _____
6. Who played Mr Bumble in the 1968 film version of Oliver? _____
7. In rhyming slang what is a Joanna? _____
8. What is the name of the Flintstones hometown? _____
9. From which country does lasagne originate? _____
10. The Rosetta Stone was used to decipher which language? _____
11. What is the name of Dennis the Menace's dog? _____
12. The Great Fire of London happened in which year? _____
13. Near which Kent port is the opening of the Channel Tunnel? _____
14. How many stomachs has a cow? _____
15. Who did Muhammad Ali beat in the "Rumble in the Jungle?" _____
16. Which African country lies between Algeria and Libya? _____
17. Where do turtles lay their eggs? _____
18. What is a young fox called? _____
19. What is the main ingredient in a chow mein? _____
20. Who in the nursery rhyme was born on Monday and buried on Sunday? _____

Answers to the quiz are on the second to last page



Vegetable fajitas



Ingredients

- 3 mixed peppers, deseeded and thinly sliced
- 1 red onion, halved and thinly sliced
- 2 garlic cloves, crushed
- 1-2 tbsp olive oil
- 400g tin red kidney black-eyed beans, drained and rinsed
- 1 tsp ground cumin
- 1½ tsp sweet smoked paprika
- 1 tsp dried oregano
- 2 tbsp finely chopped fresh coriander, plus extra to garnish
- 8 soft corn or wheat flour tortillas
- 8 tbsp soured cream or crème fraîche
- 4 tbsp grated cheddar

For the salsa

- ½ red onion, finely chopped
- ¼ cucumber, deseeded and finely chopped
- 2 tomatoes, finely chopped
- 1 lime, juice only
- 1 red chilli, finely chopped

Method

1. Put the peppers, red onion and garlic in a bowl. Add the oil and mix well.
2. Heat a large frying pan until hot. Add the vegetable mixture and cook for 3-4 minutes before stirring. Add the beans and cook for 2-3 minutes.
3. Stir in the cumin, paprika and oregano and cook for 1 minute. Remove from the heat, scatter over the coriander and season well.
4. Meanwhile, to make the salsa, mix all the ingredients in a bowl, season and set aside.
5. To assemble the fajitas, warm the tortillas according to packet instructions and place on serving plates or a board. Spoon some of the vegetable and bean filling onto each tortilla, top with the soured cream and cheese and roll up. Serve with the salsa and garnish with extra coriander.

Short Meditation To Aid Relaxation



Take a moment to prepare.
Are you sitting comfortably?
Feet planted, and back straight so you can breathe fully.

Imagine a string pulling you gently upright and breathe in relaxation and exhale tension.

Breathe in

Breathe out

Breathing in relaxation

Breathing out tension

Now look at the picture.

What do you see?

What do you imagine it feels like to be there?

Breathe in

Breathe out

Breathing in relaxation

Breathing out tension

Notice shapes and colours.

Imagine what the weather is like.

Windy? Sunny? Warm?

Breathe in

Breathe out

Breathing in relaxation

Breathing out tension

Can you see yourself there?

What can you see if you turn around?

What about walking away or towards the view?

Breathe in

Breathe out

Breathing in relaxation

Breathing out tension

You can do this short meditation anywhere with any picture or view you choose.

Answers to quiz

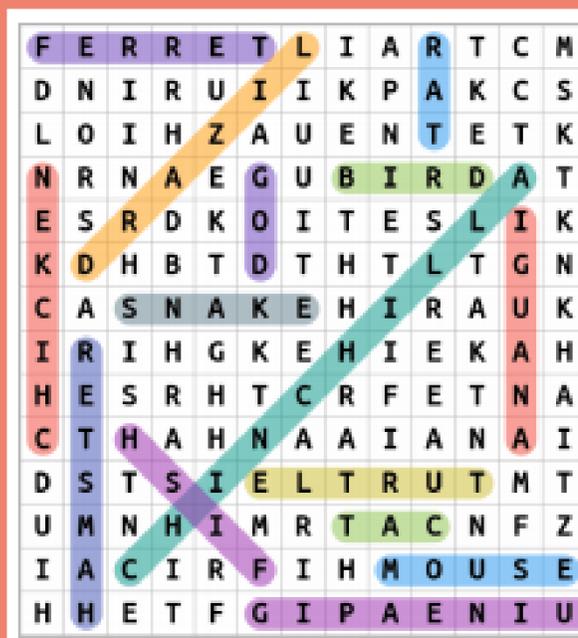
1. Lago
2. Thomas à Becket
3. Spanish
4. Beyonce
5. Drama
6. Sir Harry Secombe
7. A piano
8. Bedrock
9. Italy
10. Hieroglyphics
11. Gnasher
12. 1666
13. Folkestone
14. Four
15. George Foreman
16. Tunisia
17. On the beach
18. Cub
19. Noodles
20. Solomon Grundy

Your contributions are welcome

Send us your poems, riddles, jokes, quiz questions, recipes and stories and we'll try and include them in a future well-being pack. Do you have an idea for an article? Let us know

Drop an email to Peter or Viola and we will consider including it, in HOurBank's Well-being Pack!

Answers to wordsearch



SPRING

Frost-locked all the winter,
Seeds, and roots, and stones of fruits,
What shall make their sap ascend
That they may put forth shoots?
Tips of tender green,
Leaf, or blade, or sheath;
Telling of the hidden life
That breaks forth underneath,
Life nursed in its grave by Death.

Blows the thaw-wind pleasantly,
Drips the soaking rain,
By fits looks down the waking sun:
Young grass springs on the plain;
Young leaves clothe early hedgerow trees;
Seeds, and roots, and stones of fruits,
Swollen with sap put forth their shoots;
Curled-headed ferns sprout in the lane;
Birds sing and pair again.

There is no time like Spring,
When life's alive in everything,
Before new nestlings sing,
Before cleft swallows speed their journey back
Along the trackless track -
God guides their wing,
He spreads their table that they nothing lack, -
Before the daisy grows a common flower
Before the sun has power
To scorch the world up in his noontide hour.

There is no time like Spring,
Like Spring that passes by;
There is no life like Spring-life born to die,
Piercing the sod,
Clothing the uncouth clod,
Hatched in the nest,
Fledged on the windy bough,
Strong on the wing:
There is no time like Spring that passes by,
Now newly born, and now
Hastening to die.

By Christina Rossetti



