



HOURBANK'S WELL-BEING PACK JANUARY 2021

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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: Viewer's Group Online

Tuesdays 3:30 pm via Zoom

Do you enjoy viewing TV shows and chatting with others?
If so, you will enjoy our newly launched Viewer's Group.

Over the next few months we'll take a look back at TV programmes of all sorts; police dramas, situation comedy's, chat shows and more.

Some will bring back great memories and some of them we will have been glad to forget. All the same, it will be fun looking back at them together.

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.



Discussion Group

Every Thursday at 3.30pm via Zoom



This group will run until 11th February

The discussion group has been popular, with new members joining and contributing to the 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.



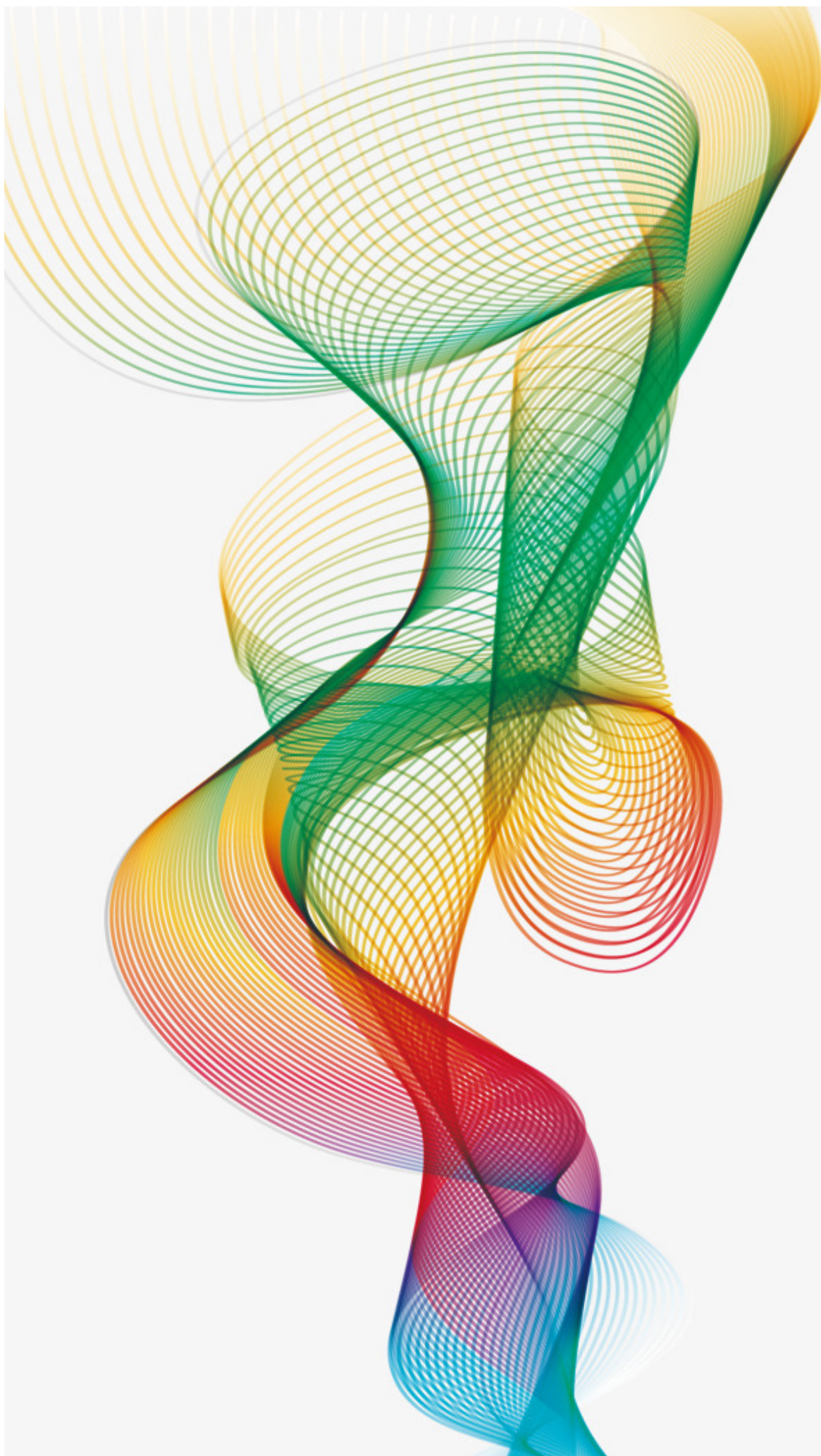
If you would like some help with Zoom then contact us.
You will need to have a smart phone, tablet, laptop or computer to join these sessions.

What's on:

Art Appreciation Group (Online)

Thursday 4:10 pm

From 18th February to 25th March



Whether you already love and appreciate art or are just willing to learn more about it, you are welcome at these events.

We are delighted that Minnie Scott will be leading the discussion.

Minnie is the Interpretation Curator at the Tate Modern and she is also an HOurBank member.

Meetings will be held from 4:10 pm until 4:50 pm on Thursdays from **18th February to 25th March.**

They will be conducted by Zoom.

If you would like an invitation, or more information, address an email to **peter.aleksin@pecan.org.uk** with the subject heading, Discussions around Art.



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.

Anyone for Suduko!

How to play

- Each row of numbers (across) must contain the numbers 1 through to 9
- Each column (up and down) must contain the numbers 1 through to 9
- Each square box must contain the numbers 1 through to 9

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

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



Smile with our Jokes!



**What did one hat
say to the other?
“You wait here I
will go on ahead”**

A man walks into a library and asks the librarian for books about paranoia. She whispers, “They’re right behind you!”

**Two gold fishes in
a Tank. One looks
at the other and
says “You know
how to drive this
thing?”**

**Why do people say
“break a leg” when you
go on stage? Because
every play has a cast.**

Did you hear about the cheese factory that exploded in France There was nothing left but de Brie

**On the first day of
school, the teacher
asked a student.
“What are your
parents names?”
The student replied.
“My father’s name
is Laughing, and my
mother’s name is
Smiling.” The
teacher said “Are
you kidding?” The
student said “no
Kidding is my
brother. I am
Joking.”**

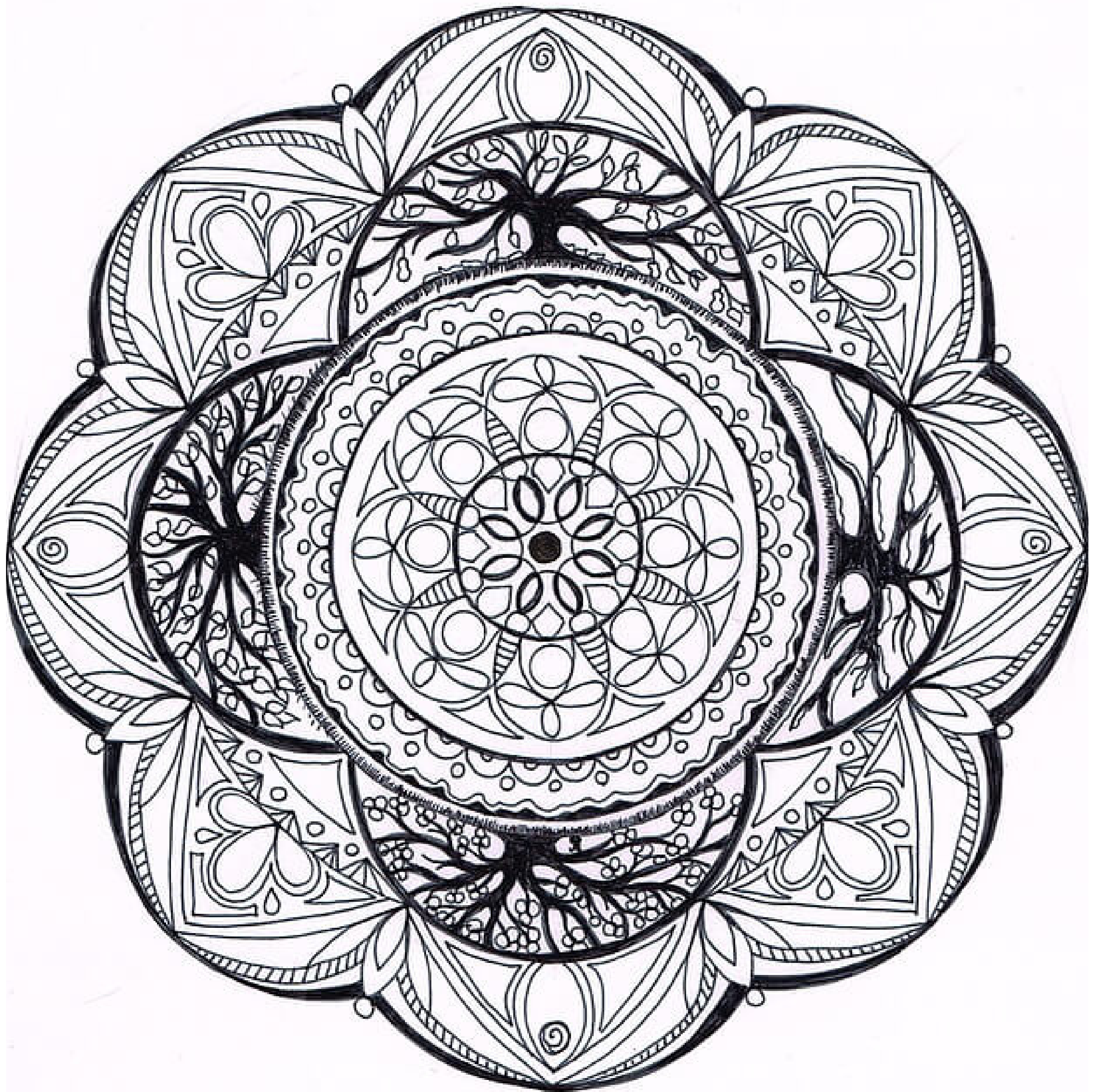
A cement mixer and a prison bus crashed on the Highway.
Police advised citizens to look out for ‘a group of hardened criminals’

Time to enjoy the quiz

1. What is the longest river in Britain? _____
2. How many cups of tea are drunk in the UK on average every day? _____
3. Which London borough was David Bowie born? _____
4. What is the main ingredient in the Spanish delicacy Patatas Bravas? _____
5. In what 1976 thriller does Robert De Niro famously say "You talkin' to me?" _____
6. What city has the busiest airport in the world? _____
7. Brazil beat which country 2-0 in the 2002 World Cup Final? _____
8. Which Vitamin is the only one you will not find in an egg? _____
9. After China, India, and USA, which country has the next highest population? _____
10. What did the Romans call Scotland? _____
11. Who played Jack in Titanic? _____
12. What is Scotland's fourth largest city by population? _____
13. What is Darth Vader's real name? _____
14. What is Japanese sake made from? _____
15. Which British actress won the Best Actress award at the Oscars in 2019? _____
16. Which biscuit brand did Bill Oddie appear in the advert for? _____
17. The can-opener was not invented until 45 years after the tin can - True or False _____
18. What is the capital of Tennessee? _____
19. In what country will you find the Inca Trail? _____
20. The six main stars of Friends appeared in all 236 episodes. Who is the next most regular character to appear in the show? _____

Answers to the quiz are on the second to last page

See how well you can colour this in !



Recipe for Healthy Porridge Bowl



Ingredients

100g frozen raspberries
1 orange , ½ sliced and ½ juiced
150g porridge oats
100ml milk
½ banana sliced
2 tbsp smooth almond butter (Optional)
1 tbsp goji berries (Optional)
1 tbsp chia seeds (Optional)

Method

STEP 1

Tip half the raspberries and all of the orange juice in a pan.
Simmer until the raspberries soften, about 5 mins.

STEP 2

Meanwhile stir the oats, milk and 450ml water in a pan over a low heat until creamy. Top with the raspberry compote, remaining raspberries, orange slices, banana, almond butter, goji berries and chia seeds

Welcome To Our Picture Meditation



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. Enjoy!

Answers to quiz

1. The River Severn
2. 165 Million
3. Lambeth
4. Potatos
5. Taxi Driver
6. Atlanta
7. Germany
8. Vitamin C
9. Indonesia
10. Caledonia
11. Leonardo DiCaprio
12. Dundee
13. Anakin Skywalker
14. Rice
15. Olivia Colman
16. Bandit
17. True
18. Nashville
19. Peru
20. Gunther (151 episodes)

I Promise Myself

To be strong that nothing disturbs my peace of mind

To talk health, happiness, and prosperity to every person I meet

**To make all my friends feel that there is something
worthwhile in them**

**To look at the sunny side of everything and make my
optimism come true**

**To drink only of the best, to work only for the best
and to expect only the best**

**To be just as enthusiastic about the success of
others as I am about my own**

**To forget the mistakes of the past and press on to the
greater achievements of the future**

**To wear a cheerful expression at all times and give a smile
to every living creature I meet**

**To give as much time to improving my self that I have
no time to criticise others**

**To be too large for worry, too noble for anger, and too strong for fear,
and too happy too permit the presence of the trouble.**

**To think well of myself and to proclaim this fact to the world,
not in loud words but in great deeds.**

**To live in the faith that the whole world is on my side
so long as I am true to the best that is within me.**

By Christian D Larson