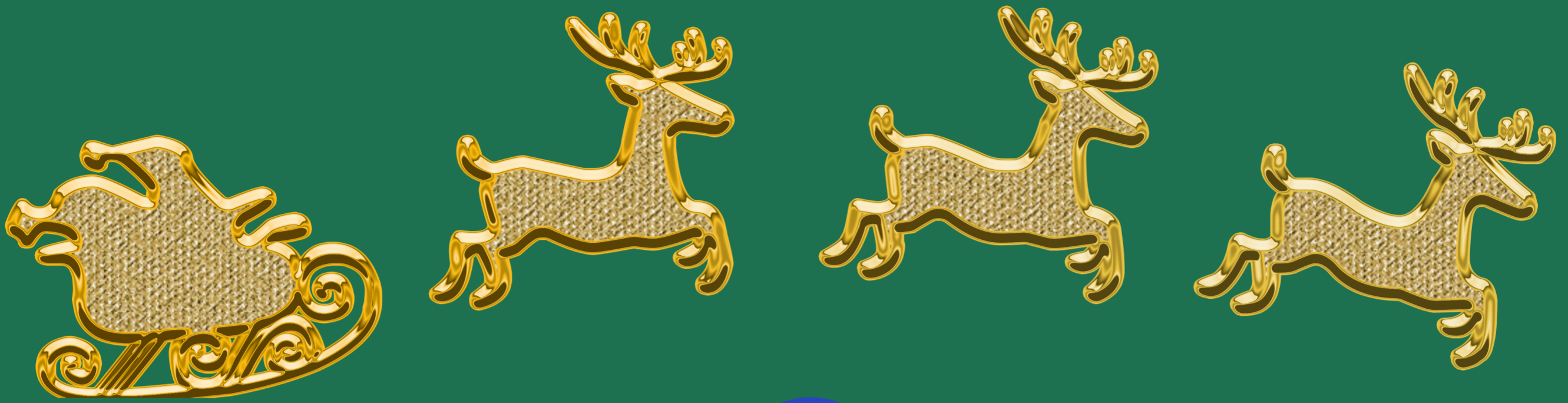


# HOuRBank



## **HOURLBANK'S WELL-BEING PACK DECEMBER 2021**

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

Registered Charity number 801819

**Wishing all our members, peace and goodwill for Christmas and hope for a joyous 2022**



**"May the true spirit of Christmas be in your heart and light your path"**

# 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](mailto:southwark@shelter.org.uk)**

website: **[www.shelter.org.uk](http://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](mailto:southwark@solacewomensaid.org) or [advice@solacewomensaid.org](mailto:advice@solacewomensaid.org)**

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

Southwark Service: **0207 593 1290**



# What's on:

## HOurBank Cafe at All-Saints Church

**Every Tuesday, 9.30 -11.00am**

All Saints Church provides a wonderful opportunity for HOurBank members to gather together for a cup of tea or coffee along with a piece of cake or a biscuit.

The friendly atmosphere allows individuals to meet, chat and meet new people although some do take the opportunity to just sit quietly.

The café is open from 9:30 am to 11:00 am each Tuesday morning

(The café closes, 14th December and reopens 11th January 2022)

The address is **All Saints Church, 7 Blenheim Grove, Peckham, SE15 4QS.**

**It's all free. So why not pop in!**



## 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 group.



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.**



# Smile with our Jokes!



**Why did the chicken cross the playground?**  
**To get to the other slide.**

George Clooney , Leonardo DiCaprio and Matthew McConaughey get together to make a movie. Clooney says, "I'll direct."  
DiCaprio says, "I'll act."  
And Matthew McConaughey says "I'll write, I'll write, I'll write."

**Did you hear about the man who tried to cross the Atlantic on a plank of wood?**  
**He couldn't find one long enough.**

**How did the Viking's send secret messages?**  
**By Norse Code**

Teacher: Why are you late today?  
Student: Because of a sign down the road.  
Teacher: What has a sign has to do with your being late?  
Student: The sign said, "School Ahead. Go Slow"

Teacher: What was the Roman's most remarkable achievement?  
Student: Learning Latin.

Why do snowmen make good police officers?  
They keep a cool head under pressure.

**I was having a bad time yesterday and my friend felt the need to comfort me. He told me , "Cheer up, it could be worse. You could be stuck at the bottom of a deep hole filled with water."**  
**I know he meant well.**

Why was the maths book unhappy?  
Because it had loads of problems.

**What is the one thing you will get every year on your birthday?**  
**A year older!**

Patient: Doctor, I feel as though I'm invisible.  
Doctor: Who said that?

# Sudoku

## How to do Sudoku

In classic Sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9.

A partially completed grid, is provided then you will need to work out the answers. Pay attention to the numbers in the large squares, each number can only appear once.

*Tip: Use a pencil to correct mistakes*

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

See how well you can colour this in!



# CHRISTMAS COOKIES



## INGREDIENTS

**100g/3½oz unsalted butter, softened at room temperature**

**100g/3½oz caster sugar**

**1 free-range egg, lightly beaten**

**275g/10oz plain flour**

**1 tsp vanilla extract**

**To decorate**

**400g/14oz icing sugar**

**3-4 tbsp water**

**2-3 drops food colourings**

**Edible glitter**

## METHOD

Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper. Cream the butter and sugar together in a bowl until pale, light and fluffy.

Beat in the egg and vanilla extract, a little at a time, until well combined. Stir in the flour until the mixture comes together as a dough. Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.

Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.

Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.

For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring. Spread the icing onto the biscuits using a knife and sprinkle over the glitter.

Set aside until the icing hardens.



# Time to enjoy the quiz

1. Which animal carried Mary before she gave birth to Jesus? \_\_\_\_\_
2. Which Soap is set in Ramsay Street? \_\_\_\_\_
3. Which world leader celebrates his birthday on Christmas Day? \_\_\_\_\_
4. What is the English translation of Magna Carta? \_\_\_\_\_
5. When do the 12 Days of Christmas start? \_\_\_\_\_
6. What term is given to white and red cells in the blood? \_\_\_\_\_
7. In which year was the first Christmas card sent? \_\_\_\_\_
8. In which Galaxy is the Earth situated? \_\_\_\_\_
9. Which ocean can Christmas Island be found in? \_\_\_\_\_
10. Which language is most used in South American Countries? \_\_\_\_\_
11. What gifts did The Three Wise Men give Jesus on his birthday? \_\_\_\_\_
12. What is Dick Dastardly's dog called? \_\_\_\_\_
13. In what type of building was the baby Jesus born in? \_\_\_\_\_
14. Inner and Middle Temple, Gray's Inn and Lincoln's Inn form which group? \_\_\_\_\_
15. What is your star sign if you are born on Christmas Day? \_\_\_\_\_
16. What subject is studied at RADA? \_\_\_\_\_
17. What time is the Queen's speech traditionally broadcast? \_\_\_\_\_
18. On a Monopoly board what colour is The Old Kent Road? \_\_\_\_\_
19. In 'It's A Wonderful Life', what happened every time a bell rang? \_\_\_\_\_
20. Which country annually sends a Christmas tree to be erected in London's  
Trafalgar Square? \_\_\_\_\_

*Answers to the quiz are on the second to last page!*

# HOurBank's Christmas Events

Dates for your Diary!

## HOURLBANK'S ONLINE CHRISTMAS PARTY

**3:30 pm, Thursday, 16th December**

Last year, for the first time ever, we held the HOurBank Christmas Party online. We had a wonderful time and will do it again – but we need you to join us.

It will be an opportunity to renew acquaintances.

You will need to bring your own snacks, mince pies, sausage rolls and refreshments.

Feel free to wear a Christmas jumper and a party hat if you have one.

There will also be some Carol singing led by one of our talented musicians and Christmas games.

If you would like to attend, please send an email to Peter at [peter.aleksin@pecan.org.uk](mailto:peter.aleksin@pecan.org.uk) and he will send you an invitation with the Zoom link.



You will need a smartphone, tablet, laptop or computer to join the event which will be on Zoom.

We are so sorry that we not able to meet up face to face.

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## HOURLBANK'S SPECIAL CHRISTMAS WALK

**11.30am, Friday, 17th December**

**Join us for for our FIRST EVER SPECIAL CHRISTMAS WALK**

We will travel to London Bridge Train Station by train. From there, we will walk to Trafalgar Square.

Along the way, we will view many interesting landmarks; starting at London Bridge.

- Hays Galleria,
- Continue past Southwark Cathedral
- Shakespeare's Globe
- Over Waterloo Bridge
- Through the grounds of Somerset House
- Up the strand
- Into Trafalgar Square

**Contact Peter at [peter.aleksin@pecan.org.uk](mailto:peter.aleksin@pecan.org.uk) for further details**



## Answers to quiz

1. Donkey
2. Neighbours
3. Justin Trudeau
4. Great Charter
5. Christmas Day
6. Blood count
7. 1843
8. The Milky Way
9. Indian Ocean
10. Spanish
11. Gold, Frankincense and Myrrh
12. Muttley
13. Stable
14. Inns of Court
15. Capricorn
16. Drama
17. 3pm
18. Brown
19. An angel got his wings
20. Norway

**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 sudoku

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

# ONCE IN ROYAL DAVID'S CITY

ONCE IN ROYAL DAVIDS CITY,  
STOOD A LOWLY CATTLE SHED,  
WHERE A MOTHER LAID HER BABY  
IN A MANGER FOR HIS BED:  
MARY WAS THAT MOTHER MILD,  
JESUS CHRIST, HER LITTLE CHILD

HE CAME DOWN TO EARTH FROM HEAVEN,  
WHO IS GOD AND LORD OF ALL,  
AND HIS SHELTER WAS A STABLE  
AND HIS CRADLE WAS A STALL:  
WITH THE POOR, AND MEAN, AND LOWLY,  
LIVED ON EARTH OUR SAVIOUR HOLY.

FOR HE IS OUR CHILDHOOD'S PATTERN,  
DAY BY DAY, LIKE HE GREW,  
HE WAS LITTLE, WEAK, AND HELPLESS,  
TEARS AND SMILES LIKE US HE KNEW;  
AND HE CARES WHEN WE ARE SAD,  
AND HE SHARES WHEN WE ARE GLAD.

AND OUR EYES AT LAST SHALL SEE HIM,  
THROUGH HIS OWN REDEEMING LOVE;  
FOR THAT CHILD SO DEAR AND GENTLE,  
IS OUR LORD IN HEAVEN ABOVE:  
AND HE LEADS HIS CHILDREN ON,  
TO THE PLACE WHERE HE IS GONE.