



HOurBank's Well-being Pack April 2022

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**

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**



What's on: 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.

Great News Monthly Oyster Days Are Back!

Last Friday
of the month

Date: Friday, 29th April 2022 -Visit to the Royal Air Force Museum

We are delighted to announce the return of our monthly Oyster outings. The plan is for HOurBank members to meet up on the last Friday of the month to visit a famous landmark or place or interest.

For April we will be travelling to the **Royal Air Force Museum** in Hendon. Where you can explore the fascinating story of the first 100 years of the RAF.

If you fancy enjoying a day out, then contact us, for more information, send an email to **peter.aleksin@pecan.org.uk** or phone **0207 732 0007**



Last Friday
of the month

Oyster Day Out for May

Date: Friday, 27th May 2022 -Visit to Sky Gardens in London



For May, our Oyster Day out will be a visit to the Sky Gardens in Central London. The gardens sit at the top of the Fenchurch Building, which is 38 floors high, and delightfully known as The Walkie-Talkie Building.

It's the Capital's highest public garden and from there you can enjoy some of the best views in London. Tickets although free, must be booked in advance for groups.

If you fancy experiencing the views at Sky Gardens, then contact us for more information, send an email to **peter.aleksin@pecan.org.uk** or phone **0207 732 0007**.



Smile with our Jokes!



**Waiter, how often do you
change the tablecloths in
this restaurant?**

**I don't know. I've only
worked here six months.**

**You know, somebody
actually complimented me
on my driving today. They
left a little note on the
windscreen, it said
'Parking Fine'. I thought
that was rather nice**

**What did one plate say to the
other?
Lunch is on me.**

**What do you call a train
full of toffees?
A chew-chew train**

**I told the Inland
Revenue I don't owe
them a penny. I live by
the seaside. Sad to say
they were not
convinced.**

**What do you do
when two snails
have a fight?
Leave them to slug
it out?**

**Why was the canteen clock
so slow?
It always went back for
seconds**

**How do you know
carrots are good for
your eyes?
Because you never see
a rabbit wearing
glasses.**

**When I was at the grocery
store, I asked an employee
where the cereal was, and he
said "I'll see." And walks off. 5
minutes later, I asked
another one about the
cereal, and he too said "I'll
see" and walks off.
I eventually found it myself .
It was in aisle C.**

**Have you heard the
joke about the pizza?
Never mind. It's very
cheesy.**

**"My therapist told
me the way to
achieve true inner
peace is to finish
what you start. So
far I've finished
two bags of M&M
and a chocolate
cake. I feel better
already!"**

Hints & Tips For Reducing Spending & Saving Money!

Yes, many people will be feeling the pinch at present, especially if you are on a fixed income. Generally there are only two ways to manage your finances well; either increase your income or reduce your spending. However for most people, on a small income will be to reduce spending.

1. Loans and Credit Card Debts

Get rid of loan debt by paying off these as quickly as possible and avoid using credit cards.

These repayment will only reduce the money you have to spend, on items like food, heating, and household costs. Do seek debt advice, if you are struggling and need support.

2. Shopping

Only shop for what you really need, recycle and reuse where you can. Leave BOGF (Bye One Get One Free) in the shops, it either ends up being wasteful or you have to eat too much. Only shop on-line if you can do safely and avoid huge costs for deliveries and returns from unwanted items.

3. Health Check Bank Statements

Periodically, check your bank statements for standing orders; direct debit payments or subscriptions and cancel if not required or change to a more competitive rate.

4. Preparing and Cooking Meals

- If you want to reduce food shopping, don't buy ready-made meals. You can make more meals for the cost of one of those ready-meals. If the meals are very cheap then they are usually really unhealthy with high fats, sugar and salt contents.
- Save time by cooking in batches items; like rice, couscous, even pasta can be cooked and frozen quickly.
- Use frozen vegetables, they are just as healthy and usually saves wastage.
- Use a slow cooker to prepare meals. It can use less energy, and reduces your time in the kitchen. Now that is happiness!
- When using the oven to prepare a roast, make another dish e.g. fish pie, stew, casseroles, or baked dessert, this will save energy and time.

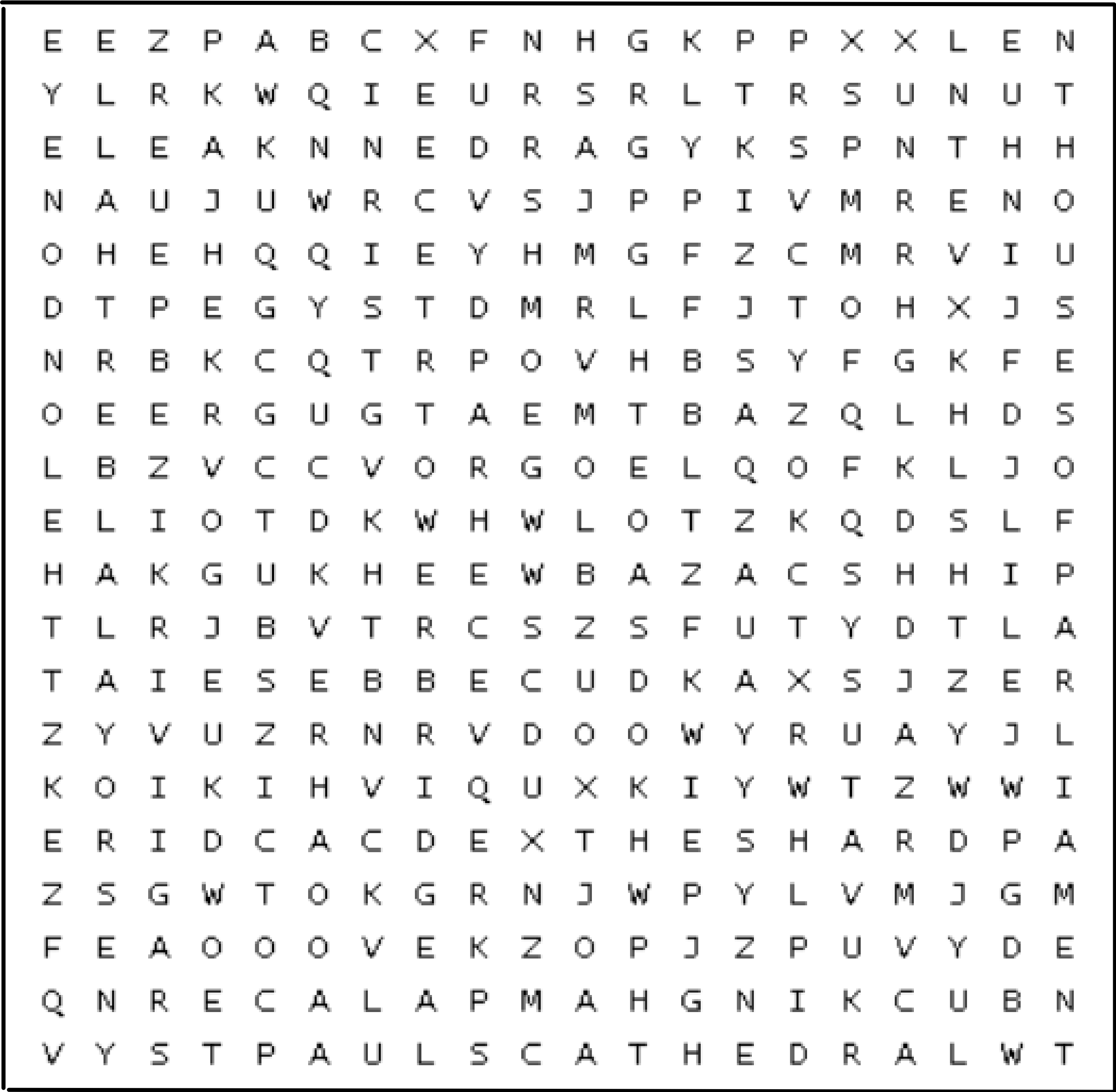
5. Reducing Energy Usage - Great ways to save spending

- Switch Lights off – saves £14 a year
- Boil only what is needed in kettle -saves £6 a year
- Use low energy light bulbs
- Doing one less washing cycle a week can save money
- Wash cloths at 30 instead of 40 can save £9 a year
- Use a bowl for washing up, as this can save £25 a year
- Turn off appliances on standby, especially charging devices at night, saves £30 a year
- Set timers on your heating and hot water and turn your thermostat down if necessary, to save on heating

Thank you to all those that contributed to the above information, on reducing spending. Please remember this is not professional advice, if you are struggling, do get specialist advice through places like the Citizens Advice Bureau.

Word Search

Famous London Landmarks



- | | | |
|-----------------------|-------------------|----------------|
| Houses of Parliament | Royal Albert Hall | Sky Gardens |
| St Pauls Cathedral | Tate Modern | The London Eye |
| The Royal Observatory | The Shard | Tower Bridge |
| Tower Bridge | Trafalgar Square | Cutty Sark |
| Big Ben | Buckingham Palace | |

Lets see how many of these famous landmarks you can find!
Don't forget words can go in any direction and they can also cross over each other

[Answers to word search are on the second to last page.](#)

EMPOWERED

We need to be empowered to face these perilous days
Go the path that is right... amend our ways

Really think before we do anything
Not follow the crowd and do everything

Empowered from the right source we must be
Open our eyes... think about all we see

Empowered to follow our dreams and win
Not stay in the old place we were always in

May all our good dreams be a reality
As we rise and shine through all eternity!

BY Monica Mahabier copyrighted January 2022

PATIENCE

Please
Appreciate
That your
Ideas
Emerge
Necessarily through
Calm stillness
Especially focused, quiet contemplation
Is needed to generate your desire.
Time Is also essential.

By Gennoria Miles, Penned: April 2021

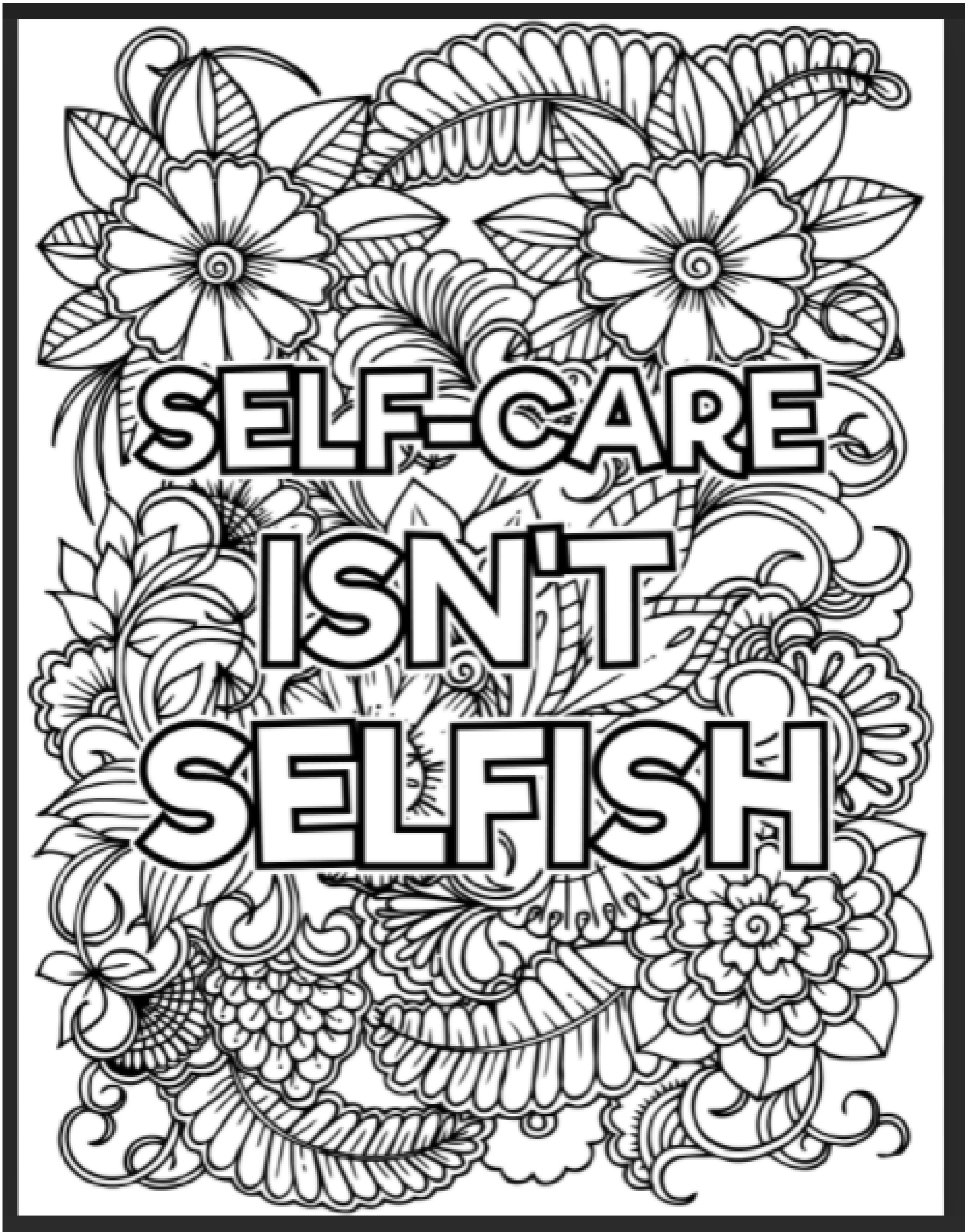
Congratulations to Monica and Gennoria for their lovely poems, keep penning!

Time to enjoy the quiz

1. Meyer, Eureka and Sorrento are types of which yellow citrus fruit_____
2. Which 'D' is the area outside a ship which can be walked on? _____
3. Which TV food writer and chef is well known for her Lemon Drizzle tray bake? _____
4. The album 'Rubber Soul' was by which group?_____
5. What band was Harry Styles in before his solo career? _____
6. What kind of food is Penne? _____
7. Which Disney Princess called Gus and Jaq friends? _____
8. What sport did David Beckham play? _____
9. How many permanent teeth does a dog have?_____
- 10.What is the most sold flavour of Walker's crisps?_____
11. What's longer, a nautical mile or a mile? _____
- 12.What does the Latin Tempus fugit mean in English? _____
13. At which venue is the British Grand Prix held? _____
14. What is the name of Mackenzie Crook's character in sitcom The Office? _____
15. Which soft drink is commonly associated with Scotland? _____
16. What do the French call the English Channel?_____
17. What is the tallest mountain in the world?_____
18. How many centimetres in a metre?_____
19. What is the busiest airport in Britain called? _____
20. Saying the name of what dried fruit was used to encourage people to smile before a photo in the 1800s, before the phrase "cheese? _____

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

See how well you can colour this in!



SPECIAL RICE AND PEAS WITH BARBEQUE CHICHEN & COLESLAW



Ingredients

Special Rice and Peas

- 3 sprays of olive oil
- 1/2 an onion diced small
- 1 tin of kidney beans (or alternative beans)
- 2 cloves of garlic, peeled and chopped
- 200 grams of rice
- 100 grams of mixed vegetables
- 5 sprigs of thyme + 1/2 teaspoon season all
- 20 grams Coconut cream
- 600ml water

Barbeque Chicken Thighs

- 8 skinned Chicken thighs
- 1/2 tsp Barbeque sauce
- Black pepper + salt to taste

Green salad and/or coleslaw

Method

Heat the oil in a pot and add the chopped onion, to cook for 3 minutes until brown. Add water and all other ingredients except rice, and bring to the boil. Wash rice and add to pan with tight fitted lid and leave on low heat for about 20-25 minutes until the water is absorbed and the rice is cooked.

Heat oven to 220C/ fan 200/ gas 7

Skin chicken and season with barbeque sauce, for at least 2 hours in fridge. Lay in baking pan and bake for 30- 40 minutes until golden brown turning a couple of times.

Serve with green salad and/or coleslaw



Why not cook another meal while the oven is on or you could double the recipe for the special rice and peas and freeze it. Less time in the kitchen more time for you!

Answers to quiz

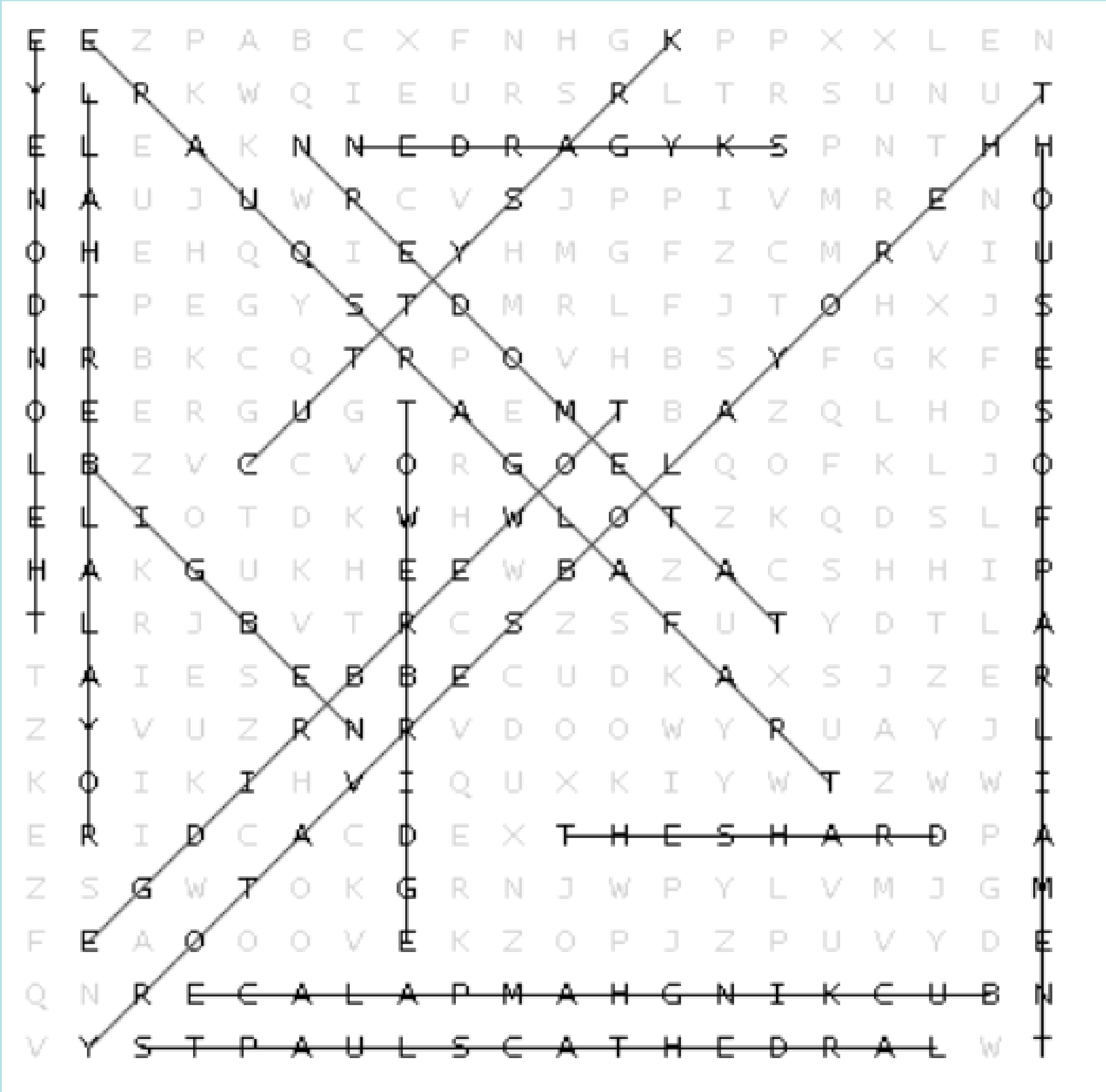
- 1. Lemon
- 2. Deck
- 3. Mary Berry
- 4. The Beatles
- 5. One Direction
- 6. Pasta
- 7. Cinderella
- 8. Football
- 9. 42
- 10. Cheese and onion
- 11. Nautical mile (it’s 1.15 miles)
- 12. Time flies
- 13. Silverstone
- 14. Gareth Keenan
- 15. Irn-Brew
- 16. la Manche
- 17. Mount Everest
- 18. 100
- 19. Heathrow
- 20. Prunes

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!

Solution to Word Search



Oh Happy Day.

Oh happy day Oh happy day
Oh happy day Oh happy day
When Jesus washed When Jesus washed
Oh when he washed When Jesus washed
When Jesus washed When Jesus washed
He washed my sins away Oh happy day
Oh happy day Oh happy day
Oh happy day Oh happy day
Oh happy day Oh happy day
Oh when he washed When Jesus washed
When Jesus washed When Jesus washed
Oh, when he washed When Jesus washed
He washed my sins away Oh happy day
Oh happy day Oh happy day
He taught me how to watch, fight and pray
Fight and pray
And he'll rejoice every day
Every day
Every day

Oh happy day Oh happy day
Oh happy day Oh happy day
When Jesus washed When Jesus washed
Oh when he washed When Jesus washed
When Jesus washed When Jesus washed
He washed my sins away Oh happy day
Oh happy day Oh happy day

The Edwin Hawkins Singers