

# Together

## NEWS

Community and Employment | April 2023



## Spring 2023 Edition

Kindness | Belief | Hope



[www.pecan.org.uk/together](http://www.pecan.org.uk/together) | [@Pecan121a](https://twitter.com/Pecan121a)





# USEFUL HELPLINES



## In the event of an emergency please call:

**Samaritans: 116 123**

Call anytime, day or night

**Shelter Helpline: 0800 800 4444**

Opening times: Monday to Friday, 8am - 8pm

Weekends and bank holidays, 9am - 5pm.

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## If you need wellbeing support, please call:

**SANEline: 0300 304 7000**

4.00pm -10.00pm every day

SANEline is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

**HOPELINE UK: 0800 068 4141**

9am – midnight every day of the year (Weekends and Bank Holidays included). For confidential suicide prevention advice.

**MIND: 0300 123 3393**

9am – 6pm, Monday - Friday

Mental health support and advice.

**Rethink Mental Illness: 0808 801 0525**

Our advice and information helpline - Monday to Friday 12.45pm - 4pm, excluding bank holidays .

**Solace: 0808 802 5565**

Domestic Violence Support

10.00am – 4pm, Monday - Friday

**National LGBT+ Domestic Abuse Helpline: 0800 999 5428**

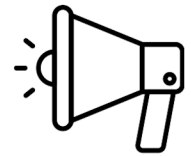
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**Pecan | 121a Peckham High Street , London SE15 5SE**

T: 020 7732 0007

Registered Charity number 801819

# WHAT'S ON...



Every Tuesday from 11.30 - 12.30pm | Together Hub



## Discussion Group: In-Person

Together will be running its Discussion Group on Tuesday mornings in the Together Hub. The group has worked very well online but is now going to meet up 'in person'. Refreshments will be available so do pop in.

Every Thursday online from 3.30pm



## Discussion Group - Virtual

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](mailto:peter.aleksin@pecan.org.uk) with the subject heading: **Discussion Group**. Then we will send you a link so you can join the discussion.

Last Friday of the month



## OYSTER DAY OUT | April 2023

Friday 28 April

Thames River Police Museum

Together has arranged a visit to The Thames River Police Museum. This Museum offers a unique insight into the history of the World's first police force. We will be treated to a personal tour by Sargent, Robert Jefferies.

Exhibits include uniforms and documents which trace the history of the Thames River Police from its beginnings in 1798 to the present day.

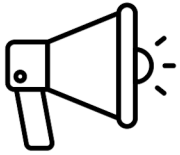
Contact Peter or Viola if you would like to attend, to book your place.

Please email:

[viola.etienne@pecan.org.uk](mailto:viola.etienne@pecan.org.uk) OR

[peter.aleksin@pecan.org.uk](mailto:peter.aleksin@pecan.org.uk)

Tel. phone 0207 732 0007



# WHAT'S ON CONTINUED ...

Last Friday of the month



## OYSTER DAY OUT | May 2023

Friday 26 May

**The Serpentine Galleries and  
The Diana Memorial Fountain**

Together trip will be visiting Hyde Park and nearby Kensington Gardens. In the galleries, we will find exhibitions produced by well-known artists and newly emerging ones.

We will also visit the memorial to Diana, Princess of Wales. It was designed to be a place of tranquility.

**Contact Peter or Viola if you would like to attend, to book your place.**

Please email:

viola.etienne@pecan.org.uk **OR**

peter.aleksin@pecan.org.uk

**Tel.** phone 0207 732 0007

Last Friday of the month



## OYSTER DAY OUT | June 2023

Friday 30 June

**Picnic In The Park**

Join us for an afternoon picnic in Park, this will be a great time to meet other members, enjoy the outdoors and socialise.

You will need to bring your own food for the picnic.

**Contact Peter or Viola if you would like to attend, to book your place.**

Please email:

viola.etienne@pecan.org.uk **OR**

peter.aleksin@pecan.org.uk

**Tel.** phone 0207 732 0007

# SMILE WITH OUR JOKES



How much did the man sell his dead batteries for?  
Nothing, they were free of charge!

**I submitted 10 puns to a joke-writing competition to see if any of them made the finals. Sadly, no pun in 10 did.**

**"I am not a fan of stairs  
They are always up to something."**

What did the mama tomato say to the baby tomato? Catch up!

Why aren't koalas actual bears? They don't meet the koalafications.

I don't want to brag, but I finished the puzzle in under a week and it said 2-4 yrs on the box.

What did the green grape say to the purple grape?  
"Breathe, man! Breathe!"

**People tend to make rules for others and exceptions for themselves.**

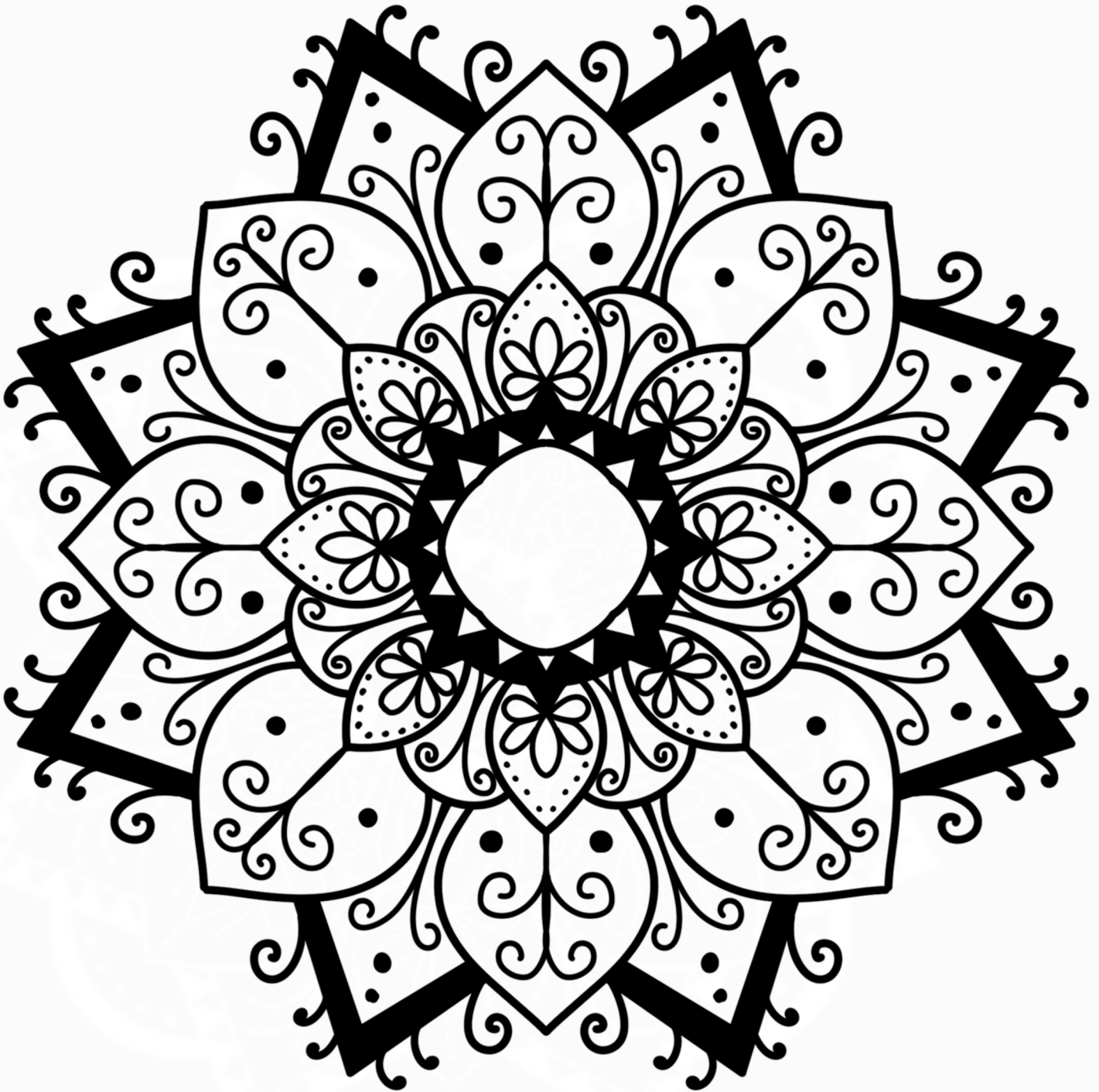
Did you hear the joke about the roof? Never mind, it would go over your head.

**Gary's mum has four kids; North, West, East. What is the name of the fourth child? Gary, obviously!**

What happens when a strawberry gets run over crossing the street?  
"Traffic jam."

What did one math book say to the other? "I've got so many problems."

# MINDFULNESS



*'The one who falls and gets up is stronger than the one who never tried. Do not fear failure but rather fear not trying.'* – Roy T. Bennett

# *In The Tea Room*

I remember when he  
Invited me  
Saying, "Let's have tea.  
See you at three. "

For an hour and a half  
We were having a laugh;  
He wore a cap,  
I wore a scarf.

We chatted and chatted  
And nattered and nattered  
About things that mattered  
As our teacups clattered.

And I didn't mention  
His time of detention,  
For that would cause tension  
And misapprehension

At around half-past four  
He flew through the door,  
And, My! how he swore!  
And I saw him no more.

But he 'd paid the bill,  
And we had both had our fill.  
I'd felt the thrill,  
And I think of him still.

**By Madelaine Theobald**



# QUIZ TIME ...

1. What kind of food is Penne? \_\_\_\_\_
2. What sport did David Beckham play? \_\_\_\_\_
3. What is the most sold flavour of Walker's crisps? \_\_\_\_\_
4. What is the smallest planet in our solar system? \_\_\_\_\_
5. Gary and Martin Kemp were in what band? \_\_\_\_\_
6. Who won 2021's Sports Personality of the Year? \_\_\_\_\_
7. EastEnders began broadcasting on BBC One in which year? \_\_\_\_\_
8. Which colour pill does Neo swallow in The Matrix? \_\_\_\_\_
9. How many spice options are there at Nando's? \_\_\_\_\_
10. What is the capital of Finland? \_\_\_\_\_
11. How many days are there in July? \_\_\_\_\_
12. What is the tallest mountain in the world? \_\_\_\_\_
13. What number is a baker's dozen? \_\_\_\_\_
14. Who plays comedy character Alan Partridge? \_\_\_\_\_
15. How many centimeters are there in a meter? \_\_\_\_\_
16. Who are Harry Potter's two best friends? \_\_\_\_\_
17. What's the name of the cowboy in Toy Story? \_\_\_\_\_
18. How many hearts does an octopus have? \_\_\_\_\_
19. Who sang 1995 song Mysterious Girl? \_\_\_\_\_
20. Which country in the world is believed to have the most miles of motorway?  
\_\_\_\_\_

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



# Sausage and Bean Casserole Recipe

## Ingredients

- 2 tbsp. oil
- 1 onion, finely chopped
- 2 medium sticks celery, finely chopped
- 1 red pepper, chopped
- 1/2 chorizo sausage (400g)
- 6 pork sausages (low fat)
- 4 garlic cloves, chopped
- 1/2 tsp all purpose seasoning
- 1 chicken stock cube
- 125ml white wine (optional)
- 2 large cans of chopped tomatoes
- 2 tins of black or adzuki beans, drained and rinsed
- 1 tsp dried or 3 sprigs of fresh parsley



## Tips and Tricks

Fancy a vegetarian alternative, then swap the pork sausages for a vegetarian option and leave out the chorizo and hey presto you will have a delicious, protein packed meal.

## Method

Heat oil, then fry sausages for about 8 minutes until evenly brown then remove and set aside. Next add chorizo, onions and peppers and fry for another 5 minutes.

Add celery, garlic, seasoning and stir, to ensure it does not stick. Next add tomatoes, beans and white wine and chicken stock cube.

Turn down the heat low and simmer for 20 minutes until the sauce has thickened, and the beans are cooked well. Return sausages to pan and cook for another 10 minutes, before adding parsley to finish.

Serve with rice or mash potatoes and side salad.

# EMPLOYMENT



**Employment Surgeries:** At Pecan we assist clients with employment training and skills. We assist clients to complete job applications, offer guidance so they can create a CV and a covering letter.

**We also run:**

- Group and one-to-one sessions to support clients with job searching and interview skills.
- Training Sessions.

Our employment service is free for all Pecan clients, but you will need to register with us to access support.

**For further information and how to register, contact Gbemi:**

**email:** [welcome@pecan.org.uk](mailto:welcome@pecan.org.uk)

**tel.** 020 7732 0007

# Together

## CREATIVE WRITING

Taster session | Friday 5 May  
10.30 am – 12.30 pm

“

**The course is good for confidence, meeting people and growing emotionally.**

Creative Writing attendee  
February 2023

”



### Join our creative writing workshop

We have a taster session on Friday 5 May, then classes will then run for six weeks on Fridays from **12 May to 16 June, from 10.30 am – 12.30 pm**

**Venue: Pecan, 121a Peckham High Street, SE15 5SE**

**Workshop outline:** We will consider a range of topics, involving exercises and discussions, related to writing. For further information and to book your place, **email:** [peter.aleksin@pecan.org.uk](mailto:peter.aleksin@pecan.org.uk) or [viola.etienne@pecan.org.uk](mailto:viola.etienne@pecan.org.uk)

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### Answers to quiz

1. Pasta
2. Football
3. Cheese and Onion
4. Mercury
5. Spandau Ballet
6. Emma Raducanu
7. 1985
8. Red
9. 6
10. Helsinki
11. 31
12. Mount Everest
13. 13
14. Steve Coogan
15. 100
16. Ron Weasley and Hermione Granger
17. Woody
18. 3
19. Peter Andre
20. China

# Together



## Techie Tea Party

Thursday 4 May 2023 | 12.30-2.30pm

**Venue: Together Cafe at Pecan**

The Hill Group will be hosting a free Tea and Tech workshop to help local residents who are struggling to get online or use their devices. So just drop in on the day and bring your device with you for a range of support to include:

- How to use your smart phone
- Accessing and sending emails
- Using online council services
- Staying safe online
- Using social media
- Online shopping
- and to enjoy tea, cake and a chat!



**Together at Pecan brings together a range of services previously delivered by Pecan into a new Community Hub that aims to create a one-stop-shop for our community.**

You will find a warm place to sit, café sessions, coffee mornings, arts and crafts, advice, support, health and wellbeing activities, employment and life-skills support, workshops, and information. You will find a variety of community and social activities, as well as signposting and information about what is happening in the borough.