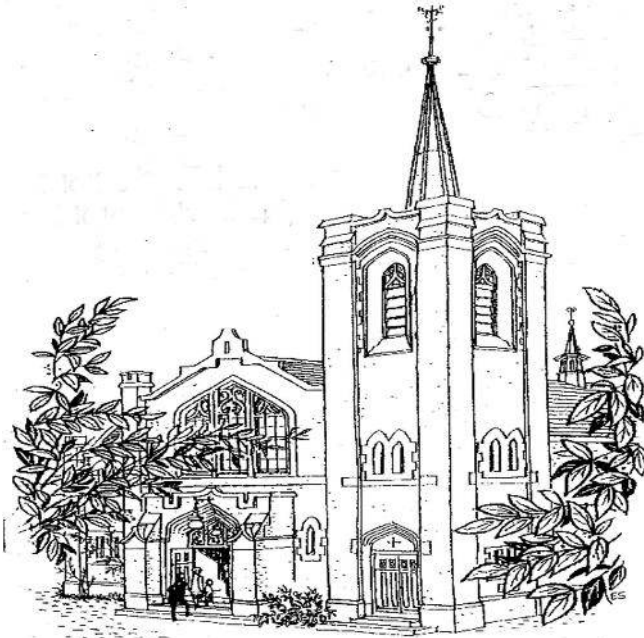


**The Drive Methodist Church**  
**Eastern Avenue**  
**NEWSLETTER**

**March 2021**



**Minister: Revd. Mmasape Zihle**

Website: [www.drive-methodist.church](http://www.drive-methodist.church)

## Church Mission Statement of The Drive Methodist Church

The Drive Methodist Church aims to be faithful to the commandments of Jesus, and the calling of the Methodist Church.

The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission, and to fulfil the promises detailed in the Methodist worship book.

Provide a weekly opportunity for all people to worship God in Christ, here at The Drive Methodist Church.

Enable people to grow and learn as Christians through mutual support and care.

Be a good neighbour to the immediate and wider community. Sharing our faith with others through pastoral care, church activities and communication.

Our Minister writes:

## Hope Springs Forth

Dear friends, how wonderful to see the days brighter for longer and the chill of winter slowly being replaced by warmer days. Spring is being ushered in by signs of new life in both flora and fauna.

As a church we continue our journey of faith through Lent - a time of prayerful preparation with Christ in the wilderness before his ministry of announcing the arrival like spring of God's kingdom, death and resurrection. Christ was led into the wilderness after his baptism and there for forty days fasted and was tempted (see Mark 1.9-15).

As we mark Lent and creation springs forth with life, the month of March is the time we also honour and celebrate all mothers on Mothering Sunday. Again, this year will be like the last where because of the ongoing pandemic we celebrate virtually and maybe by doing doorstep flower drops. All this beauty and love in creation and each other needs to be cultivated and looked after – our call to be good stewards of our gifted resources.

This brings me to thank all who volunteer their time in ensuring that the work of God in our church happens. Our church stewards and all who assist them. It is part of our Methodist constitution, practice and discipline (cpd) that we elect stewards who work with the minister to administer and ensure smooth running of the church. It is to this end that I appeal to you that if you are able to volunteer to join our team of stewards. The tasks are not hard and are shared, training is offered and there will be ongoing support. Please speak to myself or to Brian Grinham if you're interested.

I wish to extend a heartfelt thank you to Brian Grinham who has held on as our senior steward way longer than he had hoped and is looking forward to passing on this baton to the next stewards to run forth. To Joel for his service and dedication as a steward as he too looks to step down from his role. We pray for Michelle, Diane, Hilary, Sheela and Oli as they continue and for all who do wonderful works in our church, property and finance, flowers, church life, youth ministry, and all fellowships.

May we continue to pray for a time when we can meet in fellowship and worship as the promise of the vaccine gives us hope that this is not far off. Whilst we wait may we do so in prayer and contemplation of what God seeks us to do and be as we emerge after the pandemic.

God Bless

*Mmasape*

Reminder of our weekly activities (circuit)

) Sundays - live Zoom service and YouTube service

## Daily Reflection and Prayer

Join us for reflection and prayer with Revd's Mmasape Zihle and Kido Baek. Every week night: Monday to Friday except Tuesday 9<sup>th</sup> March and Wednesdays 9pm – 9.30pm.

THE ART OF LENT - a painting a day from

Ash Wednesday to Easter with Sister Wendy Beckett



ID: 397 929 9510 Passcode LENT21

18<sup>th</sup> February – 31<sup>st</sup> March 2021

## WOVEN – A LENT COURSE      Weekly Lent Study

Join us for bible study and prayer with Deacon Andy Packer.

Every Wednesday night 7.30 – 9.00pm (unless otherwise notified) on Zoom ID: 633 946 0169 Passcode: 2nuKgz  
24 Feb, 3, \*09 (Tuesday), 17, 24 & 31 March 2021

*We hold in mind and offer prayers for ...*

*Sheela, Selwyn and their family following the death of Selwyn's father.*

*Kathleen Taylor who continues her hospital treatment regularly and is very well cared for at home by Brian.*

*Colin Rodway and his family as they make adjustments to their lives without Pauline and the many friends and colleagues Colin has lost to Covid.*

*Ruth's niece Millie, who continues to undergo investigations into her recent ill health.*

*Elise (Michelle's mum) who continues to struggle with ill health at home. We pray that a treatment is found to make her life more comfortable*

*Susan (Diane's sister) who has recovered from Covid but missing her friend Anthony who died from the virus.*

*Those who are experiencing domestic abuse and find themselves unable or prevented from seeking the help they need to be safe.*

While we remember and pray for our own church family, we reach out to our extended church families within the circuit who are also coping with loneliness, poor health and loss.

Please find the time to hold them in your mind and pray that they too will be given strength and comfort to overcome the difficulties they face.

It is so difficult in these dark times to stay aware of the multitude of gifts around us, stay hopeful and not lose sight of the future and what God has in mind for us all. LB



Congratulations and best wishes to:

Brian Grinham who has a birthday on 2<sup>nd</sup> March

Michelle who will be starting a new job in Islington on 4<sup>th</sup> March, returning to her love of working with Mental Health. Well done Michelle. Wishing you much success and fulfillment.

David Wright celebrating a birthday on 5<sup>th</sup> March

Lorna Wright who will be celebrating her 30<sup>th</sup> birthday on 16<sup>th</sup> March.

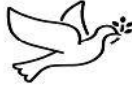
Mmasape who will be the birthday girl on 20<sup>th</sup> March.



Iris will be 9 years old on 23<sup>rd</sup> March

Love and best wishes to you all.

## Doug Hazard's Funeral Details



A service for Doug will take place at 3pm on 8<sup>th</sup> March at Seven Hills Chapel in Ipswich. The funeral service will be available for viewing for 28 days. Details are as follows:

Website: [www.obitus.com/](http://www.obitus.com/)

Username: Fecu9713

Password: 247576



## St David's Day 1<sup>st</sup> March

Dydd G yl Dewi hapus i bawb! That's Welsh for Happy St David's Day to all! St David is said to have been born around 520, St David is the patron saint of Wales.

It is said that St David was born in a wild thunderstorm on the cliffs of St David, the small city in Pembrokeshire which was later named after him. His parents have been said to be the king of Ceredigion, Sanctus and a nun called Nonnita (Non).

Around about 550, he founded a monastery close to his birthplace where he and his fellow monks lived a simple life, drinking water and eating only herbs and bread. David



became known as Dewi Dyrfwr (David the water drinker) as meat and beer were forbidden.

Although the monks farmed the surrounding land, David insisted that they did not use animals to carry their tools, they were to carry them. None of the monks were allowed any personal possessions and they spent evenings praying, reading and writing.

David was allegedly preaching to a large crowd in the village of Llanddewi Brefi. Some people had difficulty hearing him and a white dove landed on David's shoulder, and as it did, the ground on which he stood rose up to form a hill, making it possible for everyone to see and hear him where a church now stands. The dove became his emblem.

More than 60 churches in Wales had been dedicated to David by the 12th Century and many pilgrims visited his monastery in St David's.

You will find churches and chapels dedicated to David in south-west England and Brittany, as well as Wales. His influence also reached Ireland, where the Irish embrace his beliefs about caring for the natural world.

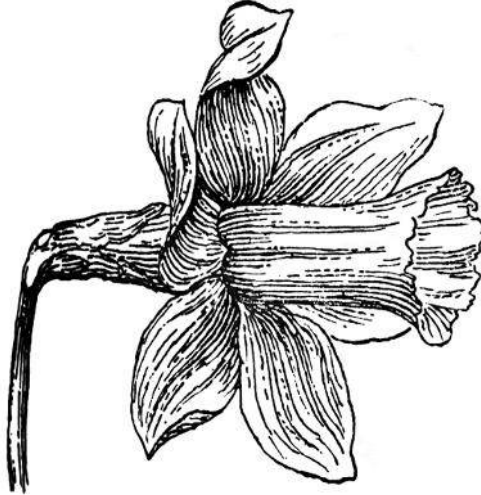
St David is believed to have died on 1 March 589.

## Why the leek and daffodil?

When the Welsh were in battle with the Saxons, it is said that their clothes were so similar it was difficult to tell them apart. St David suggested that the Welsh men should wear a leek in their helmet to identify them and that is what they did. The

Welsh won the battle and the leek was then adopted as the emblem of Wales.

Wearing a daffodil is a more modern tradition which was publicised by David Lloyd George. A suggestion is that the daffodil is used simply because it grows in the spring (around the time of St David's Day on March 1)



Let's remember – to look after one another....



HANDS



FACE



SPACE

# News from Jo

My granddaughter, Iris, has been attending school as her Mum is a keyworker.

West Ham football coaches have been taking some sessions with the children. Iris had to design a poster and she was pleased that she won a West Ham t-shirt.

My daughter, Lorna, will be celebrating her 30th birthday on March 16th. Josie used to look after her in the crèche at church!

March is a busy month for us as my son David celebrates his birthday on the 5th March and Iris celebrates her 9th birthday on the 23rd March, the same day as Andrew Taylor.



Happy birthday to them all.

## News from Tunrayo

Hi

everyone,

This lockdown #3, like my siblings, I have been trying to keep up with all schoolwork and joining online classes. It has been a bit boring learning this way, but my music online lessons have been fun!

I also have been attending online cheerleading classes which has allowed me to keep up with my extracurricular activities although it's indoors, I'm lucky as Toju hasn't had any football. He can't wait to get back to normal.

Lockdown has had one big bonus, as I have gotten closer to my siblings, it been great as we watch movies together and laugh with each other. Feyi, Funmi and I have been creating TikTok dance videos, we even tried to teach our mum and dad (tried being the key word lol).

We all really miss church and we have started a Sunday family bible study, as we are really missing fellowship, collective worship and general discussions on His word! We can't wait though for this all to be over.

Please keep safe and best wishes.

Tunrayo Fadina

How lovely to get an update from you Tunrayo

keep up the good work! LB

A colouring page - Welcome to Spring!



Lets Sing...

He's Got the Whole World in His Hands

He's got the whole world in His hands  
He's got the whole wide world in His hands  
He's got the whole world in His hands  
He's got the whole world in His hands.

He's got the little bitty baby in His hands  
He's got the little bitty baby in His hands  
He's got the little bitty baby in His hands  
He's got the whole world in His hands.

He's got the whole world in His hands  
He's got the whole wide world in His hands  
He's got the whole world in His hands  
He's got the whole world in His hands.

He's got you and me brother in His hands  
He's got you and me sister in His hands  
He's got you and me brother in His hands  
He's got the whole world in His hands.

He's got the whole world in His hands  
He's got the whole wide world in His hands  
He's got the whole world in His hands  
He's got the whole world in his hands.



*Laurie London*

SUPPORT REDBRIDGE FOOD BANK

Jubilee Church - 14 Granville Road Ilford IG1 4JY

Website [www.redbridge.foodbank.org.uk/](http://www.redbridge.foodbank.org.uk/)

020 8518 0056

Apart from food- Urgently needed are toilet rolls,  
shampoo, shower gel, size 5 & 6 nappies.

Let us Pray

God of mercy and love let us serve you in our world

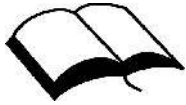
Loving Lord let us not stand aside and tolerate  
lack of basic human resources,  
dehumanising practices,  
or the use of violence to disempower your people.

Give us strength to act and challenge hatred,  
and instead bring your justice and mercy.

In your name we humbly ask that we may be a channel for  
your peace and love.

Amen.

## News of meetings from Jan and John



Thursday 25<sup>th</sup> March Prayer Sheet on the Church Website. We cannot meet together but we are united in Spirit.

### Date and Time of the Meeting

25 March 2021 7.15pm to 7.45pm

### Bible Reading

Friday 26<sup>th</sup> March at 11am by Zoom. Link to be posted nearer the time. We are discussing 1 Peter Chapter 4.

1 As they approached Jerusalem, near the towns of Bethphage and Bethany, they came to the Mount of Olives. Jesus sent two of his disciples on ahead 2 with these instructions: "Go to the village there ahead of you. As soon as you get there, you will find a colt tied up that has never been ridden. Untie it and bring it here. 3 And if someone asks you why you are doing that, say that the Master needs it and will send it back at once." 4 So they went and found a colt out in the street, tied to the door of a house. As they were untying it, 5 some of the bystanders asked them, "What are you doing, untying that colt?" 6 They answered just as Jesus had told them, and the crowd let them go. 7 They brought the colt to Jesus, threw their cloaks over the animal, and Jesus got on. 8 Many people spread their cloaks on the road, while others cut branches in the field and spread them on the road. 9 The people who were in front and those who followed behind began to shout, "Praise God! God bless him who comes in the name of the Lord! 10 God bless the coming kingdom of King David, our father! Praise be to God!"

(MARK 11:1-10)



Prayer of confession from Saint Ephraim of Syria 4th century

O Lord and Master of my life,

take from me the spirit of sloth, despair, lust of power, and idle talk,

but grant rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King,

grant me to see my own transgressions and not to judge my brother,

for blessed art Thou, unto ages of ages. Amen

Prayer of adoration

The Loving Soul's Jubilation Bernard of Clairvaux 1090–1153

Jesus, the very thought of Thee, with sweetness fills my breast,

but sweeter far Thy face to see, and in Thy presence rest

Nor voice can sing, nor heart can frame, nor can the memory find a sweeter sound than Thy blest name,

O Saviour of mankind. O hope of every contrite heart O joy of all the meek, to those who fall, how kind Thou art!

how good to those who seek!

But what to those who find? Ah this nor tongue nor pen can show:

the love of Jesus, what it is none, but His loved ones know.

A Prayer for March

A Better Resurrection Christina Rossetti (1830–1894)

I have no wit, no words, no tears.  
My heart within me like a stone  
Is numb' d too much for hopes or fears.  
Look right, look left, I dwell alone.  
I lift mine eyes but dimmed with grief.  
No everlasting hills I see.  
My life is in the falling leaf:  
O Jesus, quicken me.

My life is like a faded leaf,  
My harvest dwindled to a husk:  
Truly my life is void and brief.  
And tedious in the barren dusk.  
My life is like a frozen thing,  
No bud nor greenness can I see:  
Yet rise it shall—the sap of Spring.  
O Jesus, rise in me.

My life is like a broken bowl,  
A broken bowl that cannot hold  
One drop of water for my soul  
Or cordial in the searching cold.  
Cast in the fire the perished thing.  
Melt and remould it, till it be  
A royal cup for Him, my King:  
O Jesus, drink of me.

## For the Circuit

Loving God, we pray for all nine churches in the BDI Circuit: Barking, Ilford, Seven Kings, The Drive, Barkingside, Goodmayes, Becontree Heath, Old Dagenham, and Gantshill. Lord, give us a heart of discernment which knows your guidance, give us patience, and help us trust in your faithfulness, and give us your strength and courage which help us to follow you. We pray for our ministers, local preachers, worship leaders and all leaders in our local churches.

Let us pray for folk in our Church.

Let us pray for our Church to grow.

Let us pray for our Community.

## The Lord's Prayer

Our Father who art in heaven,

Hallowed be thy name.

Thy kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

the power, and the glory, for ever and ever Amen.



A big thank you to all who provide us with regular thoughtful prayers and services to feed our minds and our souls.

## *A Prayer for Mothers*



All loving God

We give you thanks and praise for mothers young and old.

We pray for young mothers who give life and count toes  
and tend to our every need.

May they be blessed with patience and tenderness,  
to care for their families and themselves with great joy.

We pray for our own mothers who have nurtured and cared for  
us.

May they continue to guide in strong and gentle ways.

We remember mothers who are separated from their children  
because of war, poverty or conflict.

May they feel the loving embrace of our God who wipes every  
tear away.

We pray for women who are not mothers but still love and  
shape

us with motherly care and compassion.

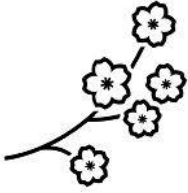
We remember mothers, grandmothers and great  
grandmothers.

who are no longer with us but who live forever in our memory  
and nourish us with their love.

Amen

Heidi Busse

## *Thank you Mum*



Clutching a handful of wild foliage, the young girl ran fast, praying the bell would not ring before she reached the school gate. She knew the reason for her delay but she also knew that excuses were unacceptable; school began at 9am and you had to be there on time. She would not tell the teacher that her mornings began with a call on Grandfather in order to make his breakfast and do a few chores. She reached the gate just in time, the plants were beginning to wilt in her hand; she hoped they would survive long enough to write her essay and show them to the class.

The above story is one of many that my mum told me about her life in the east end of London. Why did I choose to write about that particular day?

I have a book in my possession which was awarded to her for the essay she wrote that day. I often wonder what she could have achieved had she not needed to leave school at fourteen years of age in order to bring a wage to the table. She had a number of jobs through Wartime and beyond but her achievement in life was in caring for her family and countless others. From the time she helped her grandfather she was a selfless, hardworking woman, she never complained and took everything life threw at her with resilience and at the heart of it all was her immense love and compassion for everyone.

'Thank you, Mum.'

**Anne Dellow**

A special memory indeed Anne. LB

## My Amazing Mum

To still have my mum is remarkable. At 94 she lives independently and is immensely proud of this. She maintains a determination and a loyalty to us her grown up children that is unshakeable, along with an ability to overcome almost anything.

She became motherless aged 12 when her own mother died and with a father who was not interested in her, she grew up being passed around and relying on family and neighbours to look after her.

She did however work tirelessly to improve her life and when she had her family, she protected us fiercely. As I grew up, she taught me to believe that I can do anything and to this day she shows great pride in any of my achievements.

After they had been married for 57 years my dad died and aged 80 years old my mum married again and I made her wedding cake.

What a special lady my mum is.

Lorraine Bendon



## Mother's Day

Spring is such a lovely season and my Mum, Catherine, loved daffodils. So it's nice to be able to remember my lovely Mum whilst watching all the daffodils springing up.

Jo

## News from Thea



Hi church family,

I hope you're all doing well and that you're all basking in the springtime sun we've been getting recently. I hope that we're soon able to enjoy the sun altogether on a Sunday as we usually would.

I'm currently at University in Southampton and am having a wonderful time. All of my flatmates have managed to return to halls and we're all safe and healthy. We make a lot of fun for ourselves despite the lockdown such as movie nights on a Friday and a group shop at ASDA on a Monday.

On one of these Asda trips, I was able to pick up a Swiss cheese plant (some of you may know it better as a Monstera deliciosa) which I have loved watching grow on my windowsill. I have named the plant 'Swissy' and since getting him, he's sprouted two more leaves :)

My course is also going quite well, there's a lot of work to do but I'm managing quite well by planning things out. I've started new modules since after Christmas and they're very interesting. I haven't yet been on placement because of the Covid situation but that'll be exciting to experience in the future.

I hope to see you all soon and hear of all your lockdown endeavours!!! Stay safe and happy :)

Thea Garner

*So good to hear from you Thea and also about your new friend 'Swissy' **LB***



## On Children

*Kahlil Gibran*

Your children are not your children.  
They are the sons and daughters of Life's longing for itself.

They come through you but not from you,  
And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,  
For they have their own thoughts.

You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow,  
which you cannot visit, not even in your dreams.

You may strive to be like them,  
but seek not to make them like you.  
For life goes not backward nor tarries with yesterday.

You are the bows from which your children  
as living arrows are sent forth.

The archer sees the mark upon the path of the infinite,  
and He bends you with His might  
that His arrows may go swift and far.

Let your bending in the archer's hand be for gladness;  
For even as He loves the arrow that flies,  
so He loves also the bow that is stable.



## St Patricks Day 17<sup>th</sup> March.

Saint Patrick is Ireland's patron saint, known for spreading Christianity throughout the country as a missionary during the 5th century.

The man who would come to be known as Saint Patrick, apostle of Ireland, was born in Britain circa 386 A.D. Much of his life is unknown to historians and can't be verified, though some sources have listed his birth name as Maewyn Succat, with the name Patrick later taken on during his religious journeys or ordainment.

When Patrick was 16 years old, he was captured by Irish pirates. They brought him to Ireland where he was sold into slavery in Dalriada. There his job was to tend sheep. During his enslavement, he was called to Christianity and escaped his captors after six years. He returned to Ireland as a missionary, and in his teachings combined Irish pagan beliefs with Christian sacrament. He is annually honoured on his feast day 17<sup>th</sup> March.

His father, Calphurnius, was a deacon from a Roman family of high social standing. Patrick's mother, Conchessa, was a close relative of the great patron Saint Martin of Tours. Patrick's grandfather, Pontius, was also a member of the clergy. Surprisingly, Patrick himself was not raised with a strong emphasis on religion. Education was not particularly stressed during his childhood either. Later in life, this would become a source of embarrassment for the spiritual icon, who would write in his Confessio, "I blush and fear exceedingly to reveal my lack of education."

Patrick came to view his enslavement as God's test of his faith. During his six years of captivity, he became deeply devoted to Christianity through constant prayer. In a vision, he saw the children of pagan Ireland reaching out their hands to him and grew increasingly determined to convert the Irish to Christianity.

Around 408 A.D., the idea of escaping enslavement came to Patrick in a dream, in which a voice promised him he would find his way home to Britain. Eager to see the dream materialise, Patrick convinced some sailors to let him board their ship. After three days of sailing, he and the crew abandoned the vessel in France and wandered, lost, for 28 days.

A free man once again, Patrick went to Auxerre, France, where he studied and entered the priesthood. He was ordained a deacon by the Bishop of Auxerre around 418 A.D.

As time passed, he never lost sight of his vision to convert Ireland to Christianity. In 432 A.D, he was ordained as a bishop and was soon sent by Pope Celestine I to Ireland to spread the gospel to non-believers while also providing support to the small community of Christians already living there.

Saint Patrick died circa 461 A.D. in Saul, Ireland, and is said to have been buried in the nearby town of Downpatrick, County Down. Many legends also have been associated with his life including that he drove away all the snakes from Ireland and he introduced the Holy Trinity through the three-leaved shamrock.

Saint Patrick is annually honoured with the celebration of Saint Patrick's Day which falls during the Christian season of Lent. For more than 1,000 years, the Irish have observed Saint Patrick's Day as a religious holiday. Traditionally, on Saint Patrick's Day, families attend church in the morning and observe other rituals — including eating a traditional meal of cabbage and Irish bacon.

## WORDSEARCH

### **PUZZLE # 85**

### **COMMERCIAL WORDS**

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

13. IMPROVED

14. MODERN

15. MOIST

16. MORE

17. NATURAL

18. NEW

19. PURE

20. REBATE

21. RELIABLE

22. ROOMY

23. SAFE

24. SAVINGS

25. SERVICE

26. SILKY

27. SOFT

28. STRONG

1. BARGAIN

7. ECONOMICAL

2. BEST

8. FIRM

3. BETTER

9. FLUFFY

4. BRIGHT

10. GENTLE

5. COMPARE

11. GUARANTEE

6. DURABLE

12. HEALTHY

29. STYLE

30. TASTY

31. VALUE

88 LARGE PRINT WORD-FINDS



## FOOD MEMORIES from Antonia

Jollof Rice, much loved from South of the Sahara and along the coast of West Africa.

Spiced and stewed in a flavourful tomato broth, it is everything from "everyday" to celebration. The classic version is cooked with long-grain rice (Uncle Ben's plus any other rice depending on preference. If you're using thinner long grain rice like basmati rice or scented rice, use less stock.

Blend 2 tins of tomatoes with 2 onions, a scotch bonnet pepper plus a red sweet pepper. add seasonings of garlic, ginger, crushed pepper, thyme and all-purpose seasoning along with chicken stock, 1/2 - 2/3<sup>rd</sup> tomato puree and a cup of water.

In a pot use a small amount of cooking oil and allow to get hot. lower the temperature and add blended tomatoes and water.

Cook for 30minutes or so on a medium heat. you are frying the stew until the oil is on the top. it will take about 1 hour.

Wash the rice thoroughly. I would say 2/3 full cups. When you add to the stew the rice should be completely covered with the stew and not be seen at all. No need for any salt. cook on low for 30/40mins. the jollof rice is cooked once all the stew is soaked up and the rice is soft and fluffy.

This can be eaten with salad or veg. Meats can be seasoned with garlic, ginger, cracked pepper, thyme and all-purpose seasoning and cooked in the stew.

Be mindful if you use chicken it has to be a boiler chicken as roasting chicken will be too soft in the stew.

This makes a large amount, but it can be frozen. Allow to defrost and steam and it comes up fresh as when you initially cooked it.

For the Jollof rice, the spices can be measured into a teaspoon and put in a blender.

To season meats/chicken I suggest the measurement of an eating spoon and also add salt.

It is very hot, so be mindful of this. Again it depends on how hot you like your food.

Learning to make Jollof was a rite of passage for me and I've gone through so many iterations each time trying to streamline the process while delivering the most flavour. The same seasoning used for the broth can be used for the seasoning of the meats, meats are marinated overnight to give full flavour. Everybody cooks this dish differently.

Enjoy



*Thanks Antonia it sounds delicious. Many of us have tasted your Jollof Rice when we were able to have our church lunches and BBQ's. LB*

Let's keep this going.

What do you cook that is special to your family?

Pharmacies offer lifeline ANI codeword scheme to domestic abuse victims

The government has teamed up with independent pharmacies and Boots to launch a domestic abuse Ask for ANI codeword scheme. From 14 January victims of domestic abuse will be able to access much needed support from thousands of pharmacies across the UK, backed by the government.

The Ask for ANI scheme allows those at risk or suffering from abuse to discreetly signal that they need help and access support. By asking for ANI, a trained pharmacy worker will offer a private space where they can understand if the victim needs to speak to the police or would like help to access support services such as a national or local domestic abuse helplines.

### Concerned about a rough sleeper? Tell someone.

If you want to tell us about someone sleeping rough, you can contact Street Link on 0300 500 0914 who will take note of all the information that you provide and arrange for the rough sleeper to get access to local services and support.

# NHS VOLUNTEER RESPONDER

DELIVERED BY

THE ROYAL

VOLUNTARY SERVICE

- ) Do you need some help at this time?
- ) Do you need help to isolate due to a health condition?
- ) If you need a hand with collecting shopping or prescriptions.
- ) Would you like someone to call you for a chat?

Our NHS VOLUNTEER RESPONDERS are

here to help

CALL 0808 196 3646

or go to

[nhsvolunteerresponders.org.uk](https://nhsvolunteerresponders.org.uk)



## Helplines and Support

Victim Support 08 08 16 89 111 is here to help anyone affected by crime. Because we're an independent charity, you can talk to us whether or not you've reported the crime to the police. We are here just to support you.

Freephone [www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex](http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex)

Domestic Abuse Call Refuge's National Domestic Abuse free 24 hr helpline for confidential advice, on 0808 2000 247. To access further information, and the live chat service [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk). If you are in immediate danger, call 999.

Mind for mental health support

Infoline: 03001233393 Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Samaritans If you need someone to talk to urgently and in confidence — the Samaritans are able to offer 24hr emotional support. 08457 90 90 90, for the cost of a local call, or alternatively visit their website at [www.samaritans.org.uk](http://www.samaritans.org.uk).

### Childline

You can talk to us about anything. No problem is too big or too small. Call 0800 1111 or via 1-2-1 chat between 7.30am and 3.30am every day.



## ***An Irish Blessing***

May the road rise up to meet you.

May the wind always be at your back.

May the sunshine warm upon your face,  
and rains fall soft upon your fields.

And until we meet again,

May God hold you in the palm of His hand.

May good luck be with you Wherever you go, and your  
blessings outnumber the shamrocks that grow. May  
your days be many and your troubles be few.

May all God's blessings descend upon you. May peace  
be within you, May your heart be strong. May you find  
what you're seeking wherever you roam.

May you have the hindsight to know where you've been  
the foresight to know where you're going  
and the insight to know when you're going too far.