

*May today there be peace within
May you trust your God that you are
exactly where you are meant to be.
May you not forget the infinite
possibilities that are born of faith.
May you use those gifts that you
have received, and pass on the love that
has been given to you.
May you be content knowing you are a
child of God.*

*Let this presence settle into your
bones, and allow your soul the freedom to
sing, dance.*

It is there for each and every one of you.

Amen

St. Teresa of Avila



Stockwell Good Neighbours

3

Dear All,

Welcome everyone to the third edition of our Stockwell Good Neighbours weekly magazine designed to give information and provide activity at this isolative time. Keep bringing sunshine wherever you can.

We hope you enjoy the contributions and you keep connecting with others wherever possible, through phone calls, good old-fashioned letter writing or spending time waving at neighbours, some people are enjoying daily get togethers over garden walls and fences or on their doorstep shouting across the divide.

It is a pleasure to ring so many of you on a Monday and catch up with your news and link a few of you to help if necessary. If you are on What's App or if there's a way of embracing this technology (ask your children) then please let me know as I would love to include you in the Stockwell Good Neighbours group chat where 25 members are communicating and sharing regularly.

I am pleased that most of you remain free from the virus although several of you may have had symptoms and certainly know people who have it. A very sad and difficult time for many.

Ken Ralf's funeral was on Thursday and as a group we remembered him in our prayers and thoughts.

Contd....

Contd.....

I am delighted that 10 activity workshops on memory sticks were delivered to my local care homes in Catford on Wednesday by our great supporter, Mayoress Barbara Grey. Many of you know her at Stockwell Good Neighbours as she led our 3 reminiscence sessions last year, and brought the brown grip and Caribbean foods for us to talk about. Each memory stick contains approx. 4 hours of activities such as Yoga, Zumba, Meditation, African drumming and singing, a concert by our lovely Oval songstress Katie Milton and a Sing-a-long led by me. If you have a computer or tablet and can receive e mails I would be delighted to send these, so please email me or ask your family to email me, my details are on page 4.

A reminder: if you're over 70 you should not be leaving your home at all apart from pre-arranged medical reasons. If you require shopping, medication or prescriptions picked up this can be arranged by wonderful neighbourhood volunteer schemes. If you need me to refer you I will be happy to do so, or you can ring 03333603700 and a lovely local operator will ask for your details. Just Inform them you are isolating and over 70 and require some help with shopping etc. Michael Williams, who used to work at the Oval as the facilities manager, has also offered to help with errands if anyone is struggling, so please let me know.

There are so many people wanting to help so please do not think they have more needy people to look after- you are special and by doing this you are keeping safe, which is what everyone wants. The danger is that we may become a bit slacker and think the virus is passing; it's not, and people we know are still becoming unwell. The good news is that if you require any other medical intervention and become unwell with anything else, A&E has never been so quiet and the NHS are pleading that if you are really sick you may need to go to hospital.

Have a good week and keep thanking God for all our blessings.

Lots of love,

Lesley

Quiz -The Best of British

1. In which English county is Romney Marsh?
2. Which is Northern Ireland's smallest county?
3. Which British town did the Romans call Aquae Sullis?
4. Where is the American Indian Princess Pocahontas buried?
5. Which Edinburgh based band were famous for wearing tartan outfits?
6. Which Welsh mountain is the only mountain in the world to have a national park named after it?
7. Which was Britain's first national park?
8. Which British film was about the 1924 Olympics?
9. What was J K Rowling's job before she wrote Harry Potter?
10. Name the only town in England which has a name ending with an exclamation mark?
11. What is it illegal to do, with a stamp that pictures the face of the Monarch?
12. What was the traditional prize to be won at funfairs?
13. What type of meat surrounds a Scotch egg?
14. Which classic British sitcom shares its name with a traditional breakfast food?
15. What is the most popular name of Girls born in the month of December?
16. Who branched into modelling in 1963, and was considered the world's first supermodel and an icon of swinging London?
17. Which 4 words follow in Bruce Forsyth's famous catchphrase "It's nice to see you"
18. What name is 6th June 1944 better known as?
19. Which extremely polite bear from darkest Peru, was named after a London railway station?
20. Who stands on the top of his column gazing over Trafalgar Square?

1. Kent 2. Armagh 3. Bath 4. Gravesend 5. The Bay City Rollers
6. Mount Snowdon 7. The Peak District 8. Chariots of Fire 9. She was
an English Teacher 10. Westwood Hol 11. You can't stick it on
upside down 12. Goldfish in a bag 13. Sausage meat 14. Porridge
15. Holly 16. Twiggy 17. To See You Nice 18. D. Day 19. Paddington
Bear 20. Lord Nelson

A contribution from a reader, with some good advice...

Ok Mr.Johnson, we're not going out today.
Though not seeing friends and family is causing some dismay.
We've tidied up the garden, and the kitchen is divine.
I haven't any pasta, but on the plus side there's the wine.
We know it's for the best of course, Let's do it with a smile.
'Cos everyone is suffering and going the extra mile.
When this is all behind us, whenever that might be
We'll have a national party, and sing and dance with glee.
Til then let's show our mettle, don't moan and get too cross-
With some British upper lip, we'll show the virus who's the boss!

Riddles:

What is seen in the middle of March and April that can't be seen at the beginning or end of either month?

*I am an elderly relative,
with a face that cannot see,
and hands that cannot hold anything.
what am I?*

The letter "R" : A Grandfather/Grandmother clock

Q: What is Easter Bunny's favourite kind of music?

A: Hip-hop

Kitchen Items

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

MICROWAVE
CUTLERY
SPONGE
BRUSH
FRIDGE
MOP
BREADMAKER
TOASTER
BLENDER
COFFEE MAKER
PLATES
DISHWASHER
RADIO
OVEN
STOVE
SINK

Help for Lambeth Residents

Lambeth Council helpline: 020 7926 2999. The helpline is open between 8am and 8pm everyday

<https://www.lambeth.gov.uk/coronavirus-covid-19>

Connect Lambeth #Together is a group of charities working together to support people during the COVID-19 crisis.
Telephone 0333 360 3700 (lines open 10am-4pm Mon - Fri, voicemail outside these times)

A poem contributed by a reader. We are very grateful for all contributions, and would love to hear from you... go on, its anonymous! Contact details below.

*The road to life is a winding road
That twists and turns its way
Through joy and through sorrows
It winds its merry way
Many are the signposts
Scattered here and there
Some lead to great happiness
Some to great despair
As along the road we travel
We shall fall down now and then
We must find the strength to straighten up
And carry on again
We must travel along the road of life
That countless souls have trod
Until we reach the signpost
That points the way to God.*

Lesley: email lesleyaallen@btopenworld.com
telephone 07729785843

To make Stockwell Good Neighbours original contributions: Amy: email 1000AQ@googlemail.com
telephone 07847 799791



Vera has been sending daily ideas for positivity to people from a mental health drop-in group, and would be pleased if you tried some too

I've attached a few exercises for you to try since physical activity is very beneficial for our mental health. Hope you have a great day, Vera :)



Mastermind Round 2

Welcome to our next contestant in Mastermind, who scored 16 points on your specialist subject, "The inner workings of a Reaper and Binder ". Now General Knowledge:

Q: What did the bull sing to the cow?

A: When I fall in love, it will be for heifer

Q: What's bald and smells of ginger?

A: Fred Astaire

Q: What happens if you sue Ryan Air?

A: You lose your case

Q: What is a Jennifer Rush diet?

A: It starts with a Wispa in the morning

Q: What happened to the man who threw domestos at the Vicar ?

A: He was charged with a Bleach of the priest

Q: What did the divorced plumber say to his wife?

A: Its over Flo

Q: Who were the two ice cream companies in the Bible?

A: The Walls of Jericho and the Lyons of Judah

Q: What was Gilbert O Sullivan doing at the Bank ?

A: A loan again, naturally

Q: How do you make a Bob Marley doughnut?

A: With jam-in, with jam -in, with jam-in

Thanks, you have scored maximum marks!

Thanks to everyone who contributes items – even (especially?) the jokes above! Why don't you let us have your contribution? All welcome



**Books are meat and medicine
and flame and flight and flower
steel, stitch, cloud and clout,
and drumbeats on the air**



Gwendolyn Brooks

Quick Quiz – Colours

Which snooker ball is worth two points?

What colour is it unlucky to wear on board a boat?

What colour were Nena's 99 balloons?

What colour rose symbolises friendship?

What colour cap is worn by West Indies team cricketers?

What colour is known as sable in heraldry?

Yellow, green, red, yellow, maroon, black

You are never too old to set another
goal or to dream a new dream

C.S.Lewis





*Arise, shine, for your light has come,
and the glory of the Lord has risen upon you*

Isaiah 60:1

Pied Beauty

*Glory be to God for dappled things –
For skies couple-colour as a brindled cow;
For rose-moles all in stipple upon trout that swim;
Fresh-firecoal chestnut-falls; finches' wings;
Landscape plotted and pieced – fold, fallow, and plough;
And all trades, their gear and tackle and trim.*

*All things counter, original, spare, strange;
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise him.*

Gerard Manley Hopkins



Some of you will recognise this as a simple example of a Labyrinth, which is a way of praying or going on pilgrimage in a small space. You can use this example, or design your own, & could outline one on the floor (use wool?) if room, or simply use your finger to follow the path on a page.

A labyrinth is not a maze; you cannot get lost. You journey slowly & prayerfully in to the centre; rest; and out again.

Two ideas for praying with a labyrinth (or use your own):

1. Think of the burdens in your life – your own shortcomings, or your worries and sorrows. As you travel to the centre, visualise laying them down. At the centre, give thanks to God, staying as long as you need. On the way out, visualise picking up God's blessings to strengthen you in your daily life

*2. Use a short prayer – your own or one from scripture, for example 'Here I am' *Is 6:8*, 'Not my will but yours' *Luke 22:42*, 'Come Lord Jesus' *Rev 22:20* as you journey slowly in and out of the labyrinth, resting in the peace of God in the centre for as long as you wish*