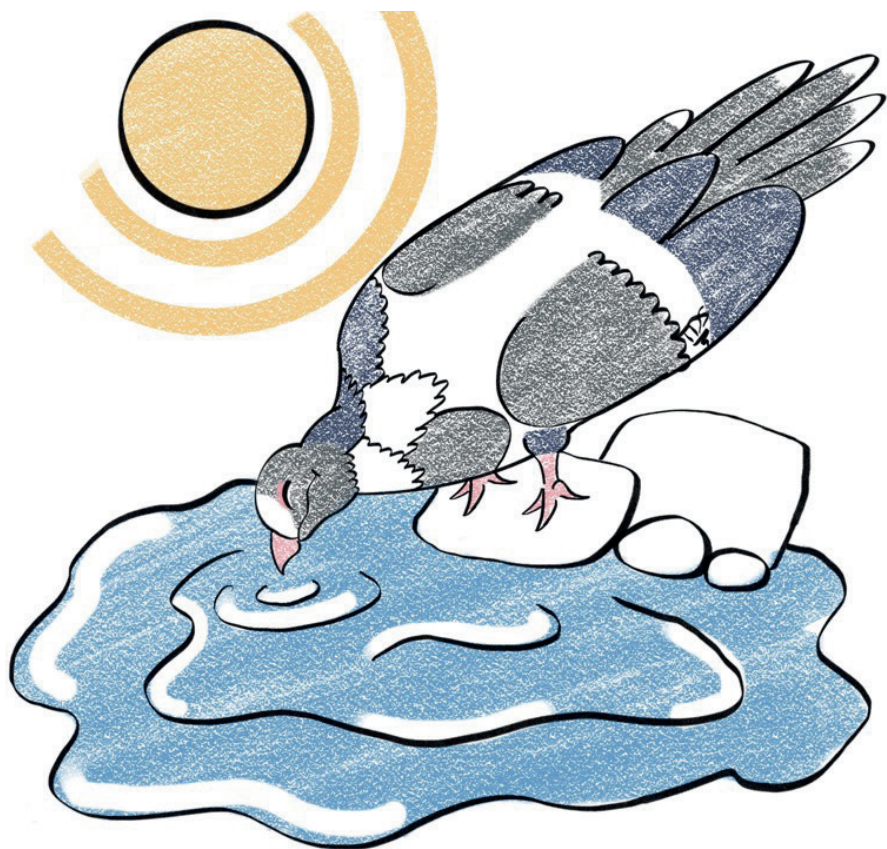


THE PIGEON PARK GAZETTE



Issue 6

ISSUE 6

SUMMER BREEZE

Welcome to Issue 6 of The Pigeon Park Gazette.

I hope this magazine is testimony to some of our community's creative efforts. If you would like to contribute any writing (fiction, poetry, letters), photography or artwork please ask to speak to Matt or Tanya at the surgery. Nothing will be outright refused but we can't have any racism, sexism or any other sort of human intolerance. Feel free to send me any questions. We would love to hear any opinions about the topics raised in this issue.

Thanks for all your contributions. Your emails, poems, stories, games and conversations keep us going and inspire others. Thanks again to Tatiana for our wonderful cover.

I have been thinking a lot about what is space and how important is it for our wellbeing? I'm talking about the space to think, socialise, work and play. I'm talking about the space we need to be ourselves.

Living in London, any space comes at a premium. Businesses encroach every available space, inside and outside. Even the public toilets aren't quite so public anymore. Even the once trusty bench has been modified and repurposed to prevent you from stretching out and becoming a bit too comfortable. God forbid; you ever try sleeping on one of them! The consensus seems to be that people hanging around, taking up precious space, not spending any money, isn't good for business.

I think we would all agree that children and having access to space to play with other children is good for a child's development. However, some people forget that having space is also important when you're adult.

We heard from one anonymous reader living in a hostel. They are unhappy about the lack of spaces in the hostel to meet other residents in. This is extract from our conversation.

“The only communal spaces are reserved for staff training and one-off activities (such as Christmas dinner). It’s forbidden to socialise in the corridors because this is classed as a fire risk. If we sit on the steps outside, we are moved on because we are blocking a fire escape. Nor are we allowed to have guests or visitors. Since coming here I my mental health has got worse. Sometimes I feel like I am in prison except we pay rent and service charges.”

Is this right? We would love to hear your opinions on this issue.

Peace and Love

Matt

Matthias.connor2@nhs.net

Contributors

Tracy C

Claire

Chilly Purcell

Jacqui

DH

Tatianna

Isabel F & Brian M

Amy

RB

Laura

Andy Russel

Andrew Mtizwa-Mubayiwa

Sarah B

Brian W

Andy Goater

Jack Mellor

Contributing editor at Large: The Lewistry

My Favourite Pub with the Gardens

Here I am again in my favourite garden
Outside my favourite pub I'm kind of in the
middle because at each side, there's a lovely
set of greenery and the other side is my
very best brickwork of a workplace and its
got a lovely orange and lovely windows it's the
Look of sapphire colour especially it's the
very best and also there's hardly no wind
as you feel from lower and higher but also as
I look straight ahead again there's another
building with massive windows and stairs with
a roof terrace and all this when I go I'm
definitely going to miss all this I surely know
it's a lovely place to be and that surely comes
from me don't worry this poem will stay in
this book all you have to do is read it or

Just take a look. The garden is always clean
and tidy the ground is all the same I really
fell in love with this lovely looking pub
but everywhere I go from now is not going
to be long I just have to be from now very
very strong because I am not gonna be
here now for not that long. When I said
I'm going to miss where I am now I
Don't even know what it will be like even
writing down I don't even know when all
this started and why but this pub garden
makes me feel alive but not for very long.
It's like flying in a beehive

Tracy C

Today's Day

Today I woke up again definitely not
In the morning because every time I
Get up I'm still always yawning but
As soon as I get out of bed things just
Keep on flickering in my head because
What's really doing my head in is since
Last Friday and still up to now I'm not
even weeing when I'm only just bleeding
This happened since last Friday I'm not
Even weeing much at all in one day
All this body is doing is just always bleeding
Since I had a proper meal that was or
Could have been eaten if it was cooked

Tracy C

NEVER JUDGE A BOOK BY IT'S COVER

There he is again, the same homeless guy sat there in the street.
Do I walk straight by, look away or nod a polite greet?
Why should I give him my money, he'll only spend it on booze?
Or do I give him the loose change in my pocket, to be polite, I've nothing to lose.

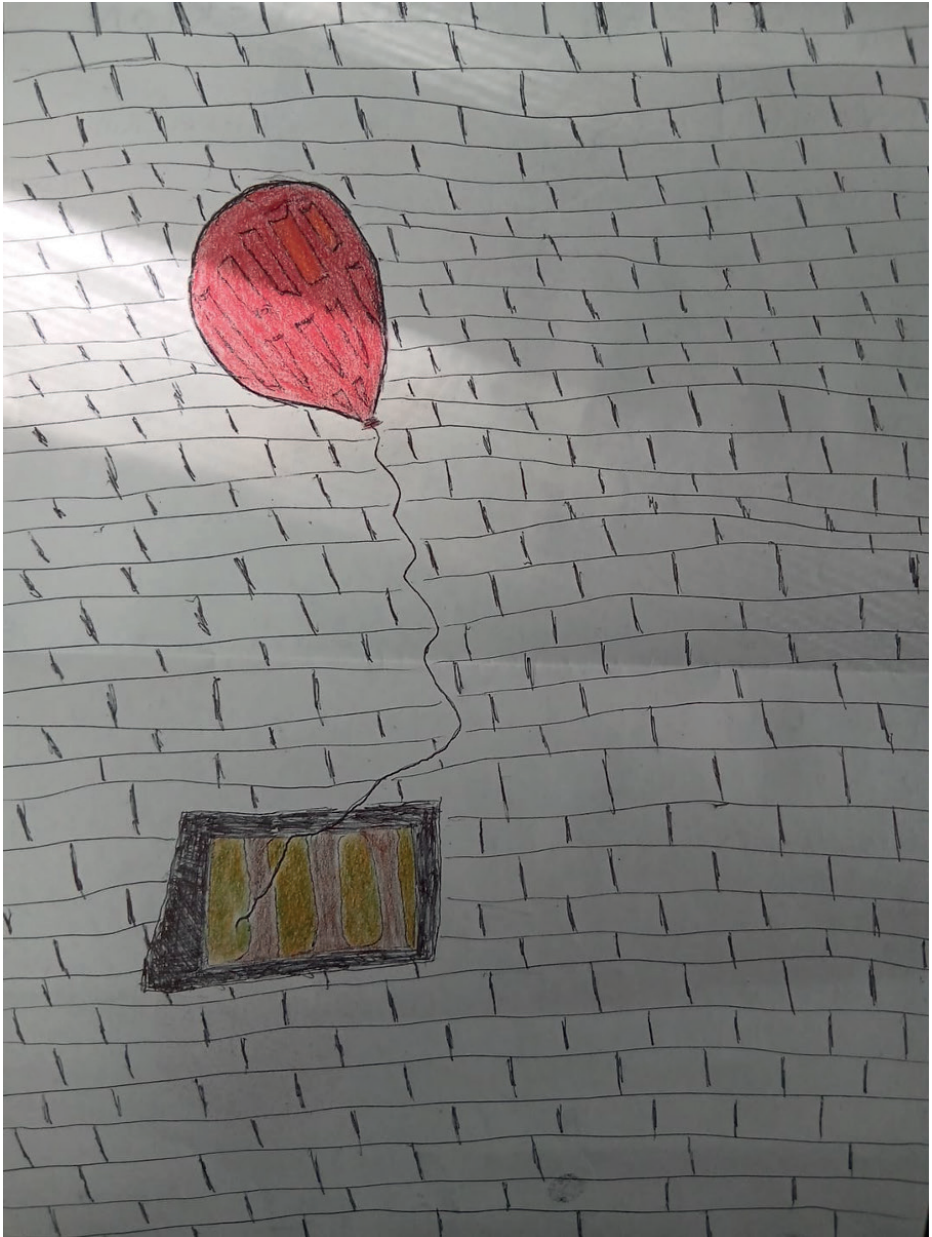
Where do I put it, if I do give him money, he looks too dirty to touch?
Then he might swear at me or say something rude because I didn't give him much?
So I pluck up the courage to walk on by as I hear "please, can you spare any change"?
I reply with, "Sorry I don't have any cash on me", but his reaction was really quite strange.

He wasn't rude, he didn't swear, he said "thanks anyway, have a nice day".
Then he smiled and me, with a genuine smile, as I went on my way.
Around the corner, I stopped and stood, just thinking for a while.
I walked passed this man, gave him nothing at all, yet still he was pleasant and managed a smile.

I went and got some cash and walked back to the man, still sat in exactly the same place.
"Hello again" I said to him, as he recognised my face.
"I have some money for you now but I hope you don't mind if I say, that you taught me a very valuable lesson when walking passed you today".

You see in life, it doesn't cost a single penny to be kind and courteous to each other,
but I also learnt as I chatted to this man that **YOU SHOULD NEVER JUDGE A BOOK BY IT'S COVER.**

Jacqui



DH 2025

Hello My Name is Crack

Hello my name is Crack

This is my friend Heroin

We have been best friend for many Years

We are so good together

We become your Mum, your Dad,

Your Sister, your brother, your son, your daughter

Your everything

We are so good together we are

Here There and Everywhere

Ha Ha Ha

You know how good we are?

We take your car, your home, your watch, your jewellery, your shoes

Ha Ha Ha

If you only knew how good, we are

We are Here There and Everywhere

You know how good we are?

We even take your life

Ha Ha Ha

We remain Here There and Everywhere.

Isabel F & Brian M



Amy

To the Hearts of the Homeless.

When you're homeless, asking for help is as crazy as asking the Devil if
He will help you whilst He's already got the fire burning behind him.

Homelessness has become an excuse for normalising the abnormal.

I've never met bigger hearts than the ones Homeless people possess

Homeless people give it to you straight, free from rhetoric.

Homelessness teaches you how a Human Being should never be treated.

Homeless people just want fairness and they are labelled as psychotic if
they keep asking for it.

Homeless people suffer because society cannot bear too much reality

Through Homelessness, I learned the properties of Stones.

Never think you're useless because your Homeless, if you weren't Home-
less where would the systems get their power from. ?

Homeless people don't have a code of silence, they have a code of hon-
our.

RB



Laura

Interview...Mind interviewing Rose.

Mind. Hi Rose

Rose. Hi

Mind. I'd like you to describe Homeless people in 5 words if you can.

Rose. Ok. I didn't expect such an easy question.

Mind. Really, is it that easy.

Rose. Absolutely.

1) Unique.

2) Strong.

3) vulnerable.

4) Patient

5) Fearless.

Mind. You say strong then vulnerable. Can you clarify....

Rose. Yes, we are strong through our patience and our endurance. And vulnerable by being constantly at the mercy of external things.

Mind. Yeah, yeah, that makes sense thank you.

Mind. And how do you think we can solve the problem of Homelessness.

Rose. By removing the label (problem) Homelessness in itself is a situation, not a problem.

It's the way in which it's viewed, and handled that's the problem.

Mind. Right, right, ok...just one more question Rose.

Rose. Ok.

Mind. If you could say anything to the Government regarding Homelessness what would it be?

Rose. Great Question. I would ask them to become Conscious, because Consciousness brings clarity.

Muddy waters are rarely deep.

RB



DH

Searching

I have been searching

Searching

Struggling on my own in the darkness

-the shadows that lay on my path are no more

The shadows are gone, yes

I see this light that's brighter than brightness

The light on the path, much lighter than light

Early in the morning, look at the rising sun

shining on the surface of the rolling waters

what a wonder and beauty of creation

In the middle of the night the opulence of the rising

moon

-casting away shadows in the sky

Including stars that form a hazy lit path

Yes, I have seen the light

I will rise up, pick myself up

-start all over again

and follow the light as it goes up the mountain

Climb until I reach the summit

And there, love the unlovable ones

and achieve the unachievable

Yes.

Andrew Mtizwa-Mubayiwa

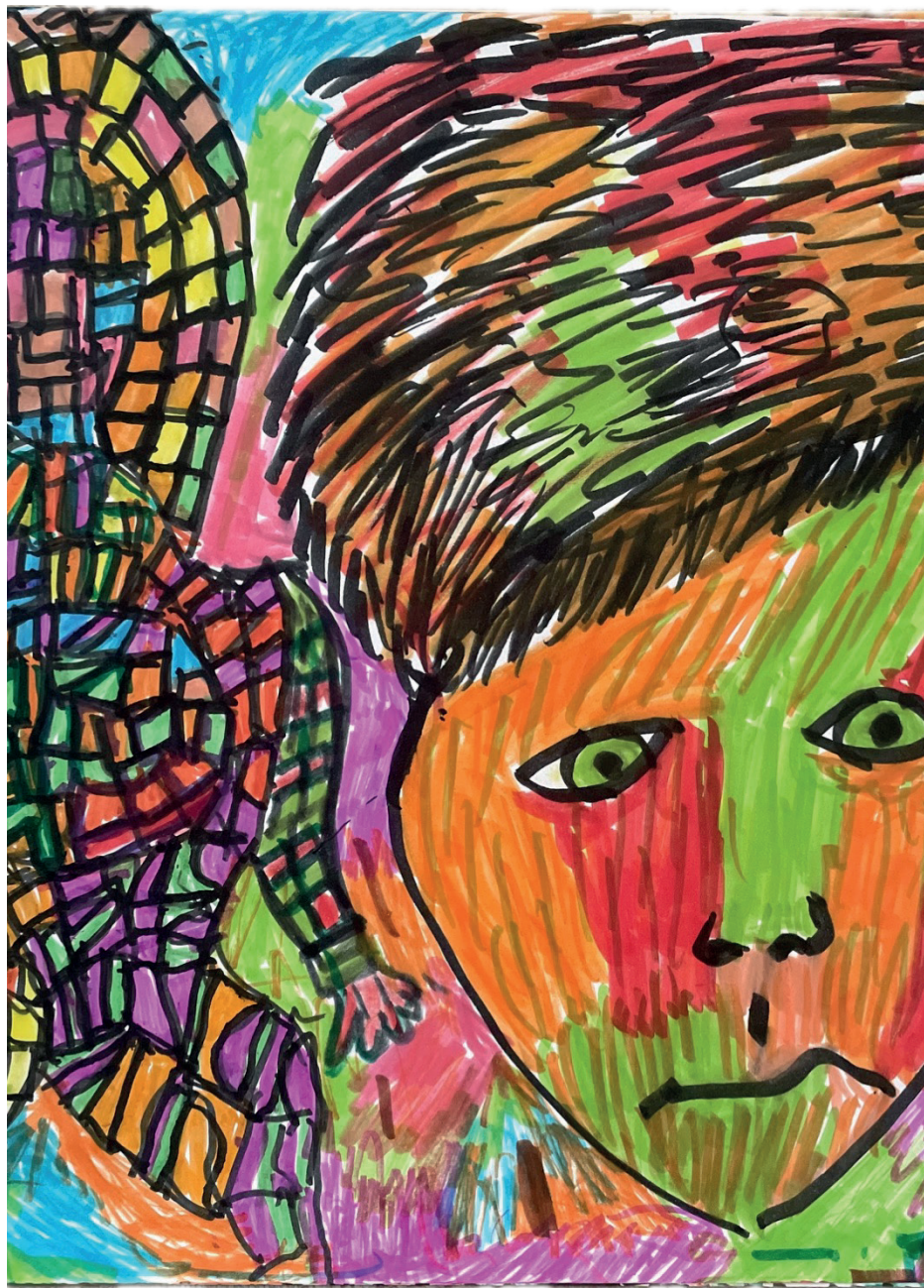


Sarah B

Mental Health

Experiencing severe cognitive impairment
and in the eyes of
-public insane
Continuous trauma
-from destitution
and isolation
-harrowing
Loss of self-respect and no care
-for personal hygiene
Failing in disdain
-due to substance abuse
Troubled mind
-in wondering how to bypass daily chores
From begging,
Eating, and funding different substances
Continuous inflammation of the brain
and sustaining impute
Imagination
From horror to comedy
Experiencing intermittent degeneration of ability to walk
and talk coherently
the mind seemingly like a ladies disorganized handbag
-in which one cannot find anything
and lost alone in the alleys
-of inner London

Andrew Mtizwa-Mubayiwa



Brian W

Famine

Give us a bowl of food to eat

For the rain to fall down to our feet

For the crops to grow

Help us irrigate Programmes to learn and educate

For the fighting to stop

And the bombs to cease

For the war to end

Then we'll live in peace

Andy Goater

The Game of Life

Must you be so quick to anger?
Why not stop and count to ten
Consider cause and consequence
Then make your move again
Will your thoughts be shaped by love?
Your words and deeds bring peace?
We have enough disharmony
When will it ever cease?

So, make time for your opponents too
For they are players just like you
Touched by pain and happiness
It's only through love that we will progress
Just look inside yourselves for the answers
To your questions and much more
You'll find a treasure trove of riches
Simply sit ... and unlock the door

Starting with yourselves
Then reaching out to others
Sharing peace, joy and love
Well, we are all brothers
Joined by Spirit all around us
And in time you'll see
Darkness turn into light
Making way for victory

Andy Goater

NB: By sit, Spirit means take the time to quieten the mind and meditate.

Just a laugh

by Andy Russell

Learning difficulty: I have autism and need things to be explained clearly and slowly so I can take it all in. To me, some people's questions come across as:

If Billy has 5 pencils, how many oranges does Jack have if tomorrow is Saturday and 50p taller than Susan?

The power of 10: Jon Bon Jovi: one of the few men whose 3 names total 10 letters.

Another 1 is Danny la Rue. It's hours of fun being Autistic AND hyper vigilant!

Overheard at my local Church: "Running this Bereavement Café is going to be the death of me!"

I went to the Doctor recently because I think I've got OCD: Obsessive Comedic Disorder.

NB: I really do have autism and as such would not make fun of it or similar LD for a cheap laugh as I don't think that's on! I do have limits - not many but they're there!

Health: I've heard that fruit pastilles actually count as 1 of your 5 a day. If that's true, then I've really got to slow down on these wine gums.

Apparently, there's a woman going round jumble sales exposing her breasts in exchange for bric-a-brac. Police are calling it a shameless case of tit for tat.

What do you call a conservative child sex offender?

A Torypedo!

Which holy leader was a big fan of The Beatles?

The Pope ... John Paul George Ringo II

Can I play with madness? ...

No - not until you've finished playing with genius. You can't play with two psychological conditions at the same time!

Only if you promise to pack it away nicely in the box afterwards.

I think that all depends on Mr Suggs, darling - he might feel he has enough people in his band already!

FEEL YOUR EMOTIONS

You might feel like you need to be strong. Or that showing certain types of emotions is a sign of weakness. You may also find the way you feel is not what others expect. It's ok to cry, or laugh, and angry. It will be distressing if you have friends around that may see you totally break down in tears as it is uncontrollable when your suffering from trauma. But it's all part of the healing process. It is perfectly normal for stuck mixed emotions to slowly come out and be released.

Try to speak to someone and express how you're really feeling.

Claire



Jack Mellor

\

People say you do, you do

Don't do to others what

You don't like to be done

To you.

Sometimes you can try

Just with a little smile

Isabel & Brian

Hi Ya I'm Gillian Purcell

Known to Ya All as CHILLY.

I have started to write a book this summer and next Summer

I hope you ALL will have the great pleasure in reading it.

Happy Summers Days

Chilly Purcell



Sowing *the* Seeds

POETRY FUNDRAISER
FOR URBAN OASIS

Hosted by
Lewistry

SUPPORTED BY SPECIAL GUESTS

Sunday 24th August 2025
2-5pm

16 Newport St, Black Prince Rd,
London SE11 6HY

Advanced Tickets £5

On the Door £7

glass of prosecco, beer or soft drink

Contact

andyvauxhall@gmail.com

tanya.obrien@nhs.net

