



Newsletter

January 2022

pienmash.org.uk

GETTING THROUGH 2022 TOGETHER

Happy new year from your mutual aid group! We're back bringing food, community and solidarity and with lots of new folks helping out.

Solidarity and community are needed more than ever as we enter the third year of the pandemic and the 12th year of austerity. As bosses fight to keep down our wages, the Conservative government keeps stripping away at the services millions of people rely on while letting 150,000 of us die of Covid-19.

Meanwhile our energy bills are spiking, National Insurance costs are going up in April and inflation on living costs will soon be the highest since the second world war. How could a country so certain of its greatness leave regular people out in the cold? Despite the mantra that "hard work pays off", the hardest workers in our society, like the cleaners and healthcare staff, struggle to stay afloat. As we stumble from one crisis to another, it's us who takes the hit, never the people who underpay us and overcharge us. Whether it's in housing, health or any other service, power has been stripped away from the public, and concentrated in the hands of the richest.

Through solidarity with one another, we will weather this storm, and thrive where our leaders only want us to struggle. Pie N' Mash is just a small part of this movement to ensure that everyone is fed, housed and cared for. Our shared humanity is reason enough to help each other out.

Some other support:

www.turn2us.org.uk - an easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for

Community Advice Works - Independent advice for people in Lewisham including about Universal Credit, housing, personal independence payments, immigration, debt advice, benefits appeals. 020 7732 9716, 49a Hatfield Close, New Cross, SE14 5DW communityadviceworks.org.uk

Lewisham Refugee and Migrant Network - advice and support for people from refugee, asylum and migrant backgrounds including people experiencing destitution, homelessness or no recourse to public funds 020 8694 0323, 341 Evelyn Street, London SE8 5QX www.lrmn.org.uk



GET INVOLVED

Everyone at Pie N Mash is a member of the community and shares their time freely. The more people involved the lighter the load.

We are especially looking for people to **pack food parcels** and do other tasks at The Field

- Tuesday 12.30pm to 3pm
- Wednesday noon to 6pm
- Thursday noon to 4pm
- Friday 10 to 12pm

and to **deliver food parcels**

Wednesdays from 4.30 and Thursdays from midday.

and to run our food and outreach stalls in Peckham on Tuesday afternoons and Deptford Thursday afternoons.

If you can only do evenings and weekends, maybe you can pick up donations or do admin!

To learn more or get involved, fill in the application form on our website, or contact us.

DONATE

We always welcome financial support - we'll take cash or you can donate via our website at this link:



HISTORICAL WOMEN OF LEWISHAM: MARGARET AND RACHEL MCMILLAN



Rachel McMillan's political education was radicalised on a visit to Edinburgh in her late 20s. She heard a Christian Socialist sermon and was given copies of socialist newspaper *Justice* and Peter Kropotkin's *Advice to the Young*. Soon after she wrote to a friend, "I think that, very soon, when these teachings and ideas are better known, people generally will declare themselves Socialists.". Rachel and her sister Margaret moved to London where they met Kropotkin as well as William Morris and others. They contributed to a socialist magazine and got involved in organising the 1889 London Dock Strike. Rachel and Margaret were also involved in women's suffrage campaigning and at a protest against the Cat and Mouse Act they were assaulted by a group of police officers.

From the early 1900s the sisters focused on the health, welfare and education of poor and working class children. They campaigned for schools to have bathrooms, improved ventilation and free meals and their work helped bring about the 1906 Provision of School Meals Act. They disagreed with the Victorian belief that children should be quiet and passive and that working class children should be trained for monotonous physical labour. Margaret's books set out an approach to childhood that focused on wide-ranging learning as well as joy and play. She wrote: "let them live at last and have the sight of people planting and digging, to let them run and work and experiment, sleep, have regular meals, the sights and sounds of winter and spring, autumn and summer"

In 1910 they opened a clinic for children in Deptford that included dental treatment. Today the sisters are most known for their establishment of open air nurseries and further education training. The Rachel McMillan Nursery exists today in Deptford Green and the park that runs between The Albany and the Waldron Health Centre is named after Margaret.



THE FIELD
BOOK CLUB

27TH JAN
6 PM



A chat about the
introduction of the
book 'Horizontalism'
by Marina Sitrin.

with hot food!

The text can be
found in our
Whatsapp group chat:



ABOUT US

Pie N Mash is a friendly and optimistic community of over 300 people in south east London. As a mutual aid group, we work together to make sure we all have what we need to thrive.

ABOUT MUTUAL AID

But our project isn't just about food. It's also about growing the connections between people in our community. It's about getting to know each other and making friends in our local area. It's about understanding what makes our neighbours happy and what worries them. It's about coming together to solve problems and celebrate achievements. It's about helping people when they ask and being able to ask when we need help too.



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