

PHOENIX NEWS

Staying At Home

Without undermining the fact that many of us are unable to work and have more spare time than we actually want, finding ways to fill this time productively seems really important right now. Maybe this can also be an opportunity to slow down and do the things we don't usually have time for. I for one am stuck without work and have to find new ways of being constructive - both for my mental health and to support myself financially.

It is also a test of our relationships - many of us are in shared housing and know that living with others 24/7 is difficult at the best of times. This is the most important time to exercise kindness and patience and maybe even take on a joint project to make our new shared experience more bearable.

I've made a list of some of the things I've found to occupy my time recently, all with some inspired musical suggestions from Andrew & Adam. Obviously this reflects my own personal tastes and it would be incredible if we could create a broader pool of ideas from all of our members. Please be in touch to emmajrock@hotmail.com with any recommendations you have for isolation and I will publish them in a secondary newsletter.



How will Coronavirus affect the co-op?

When putting this newsletter together, it seemed irrelevant to write about anything other than the ways we have all been affected by the Coronavirus outbreak - so apologies for this

singular focus. Many of our members are in low income / part-time / self employed jobs and have had their earnings dramatically cut or even lost work all together as a result of Covid-19. Obviously this has a massive impact on members' ability to pay rent. These are extraordinary circumstances and the government have taken measures never seen previously to try and support employees and the self employed. However, many of these measures do not come in until early June and those affected will find it difficult to avoid rental arrears in the meantime. Thank you to Colin for providing the following reassurance: *if you find yourself in the situation that your income has fallen or in some cases stopped, we will not be taking forceful action on any member who finds themselves in difficulty due to this outbreak.*

However, Phoenix has limited funds in reserve and this cannot continue indefinitely - once again the future and sustainability of the coop is in question. Because of this, it is really important you claim any financial support you are entitled to; gov.uk is a helpful source of information and you could also refer to the email forwarded by Leire re help for the self employed.

I hope everyone is finding ways of coping throughout this strange time and it's not too long before we can all get back to living our normal lives.

Andrew's isolation

playlist: <https://open.spotify.com/playlist/0fyo8ltYyljygM4catqnnW?>

Sweet potato bread recipe from Lisboteca

wrap a medium sweet potato in foil and roast at 180 till soft (1 hour ish). Let cool and mash with a fork. Dissolve 1tsp dried yeast + 1 tsp caster sugar in 50ml warm water, leave for 5 mins. In a large bowl (or electric mixer) mix the sweet potato, 30g melted butter, 475g strong bread flour, pinch of salt and 15g sugar with the yeast mixture and knead until smooth. Leave in a lightly oiled bowl with a clean cloth on top for about an hour until it has risen. Line a tray with greaseproof paper and dust with flour, roll the dough into 6 equal balls, flatten with you palm and put on the tray. Cover again and leave for 45 mins. Set your oven to high (210C / gas 6.5) and heat a large griddle or frying pan. Once hot, dry fry the rolls in batches, pressing down to about 4cm, about 3 mins on each side till golden brown. Finish in the oven for 10 mins. Let cool on a wire rack.



Ideas for Isolation

- Stay connected. Send letters and emails and use apps like House Party and Zoom to have group conversations if you want to. There is plenty of technology in place to do this easily and for free
- Find your community - CounterTalk is an online platform for those in the hospitality industry and has given me loads of help & support relevant to my work
- Eat healthily, don't drink too much and look after your physical health. Going for daily walks in the fresh air or taking online fitness classes are helpful to release energy and endorphins. Yoga With Adriene is good on youtube and you can find loads of free cardio workouts online too. Ester is also offering Feldenkreis classes on Zoom - you can email her for details here: ester.escolano@yahoo.com
- It sounds obvious but getting dressed properly as if I'm leaving the house helps me be productive when stuck at home
- Cooking & sharing recipes. I think cooking from scratch is therapeutic because it fills time, gives structure to my day, and you end up with something good to eat or to share with those you live with
- Watch good films, Mubi is currently £1 for a 3 month subscription and has a really good selection that is updated daily
- Gardening. Even window boxes or house plants if you don't have outdoor space, I am a terrible gardener but have planted poppy seeds (easy) and rocket seeds (which are already starting to sprout)
- Donate to food banks if you can, or look up initiatives like @thesocialcoffeeshop on Instagram who shop with small donations on your behalf
- Listening to the news all day is draining, put on some good music instead or listen to an interesting podcast, some of my favourites: La Poudre, Great Women Artists, Criminal, Novara Media, Athletico Mince, The Paris Review

Stay safe & stay sane!



Adam's Lockdown Compilation

Joy Division - Disorder
 Simple Minds - Don't you forget about me
 Dionne Warwick - Walk on by
 Bob Dylan - The times they are a changin'
 The Jam - Strange Town
 Bettye Lavette - What condition my condition is in
 Petula Clark - Downtown
 Dusty Springfield - I just don't know what to do with myself
 Ramones - I wanna be sedated
 Nicky Thomas - Love of the common people
 Beatnuts - No escapin' this
 13th Floor Elevators - Slip inside this house
 Electric Eels - Agitated
 Cypress Hill - I ain't going out like that
 The Flesh Eaters - Disintegration Nation
 Little Richard - Keep a knockin'
 Sammy Davis Jr - Too close for comfort
 Can - Vitamin C
 The Cure - The Walk
 The Ramones - I wanna be well
 Frank Sinatra - Me and my shadow
 Rockwell - Somebody's watching me
 Dobie Gray - The In Crowd
 Kraftwerk - Home Computer

Aretha Franklin - I say a little prayer
 Vic Damone - On the street where you live
 Booker T & The MG's - You can't do that
 Ramones - Anxiety
 The Clash - Lost in the supermarket
 Johnny Kidd & The Pirates - Please don't touch
 Stealers Wheel - Stuck in the middle with you
 Joe Jackson - Steppin' out
 Mothers of Invention - Trouble every day
 Siouxsie & The Banshees - Cities in dust
 G. Easy - Me, myself & I
 2Pac - Resist the temptation
 Aretha Franklin - Who's Zoomin' who?
 Mothers of Invention - Help, I'm a rock
 The Dils - I hate the rich
 Buddy Rich - The beat goes on
 The Hideaways - Hide Out
 The Stanglers - Get a grip on yourself
 Pixies - Where is my mind
 Julie London - Fly me to the moon
 Tony Tribe - Red Red Wine
 Fun Boy Three - The Lunatics have taken over the asylum
 Chuck Jackson - I wake up crying
 Kris Kristofferson - Blame it on the Stones
 Elvis Costello - God give me strength

Adam's Lockdown Twenty

1 - Dionne Warwick - Walk on by
 2 - Bob Dylan - The times they are a changin'
 3 - Sammy Davis - Too close for comfort
 4 - The Cure - The Walk
 5 - Dobie Gray - The In Crowd
 6 - Kraftwerk - Home Computer
 7 - Booker T & The MG's - You can't do that
 8 - Nicky Thomas - Love of the common people
 9 - The Clash - Lost in the supermarket
 10 - Johnny Kidd & The Pirates - Please don't touch
 11 - Aretha Franklin - Who's zoomin' who?
 12 - Chuck Jackson - I wake up crying
 13 - Fun Boy Three - The lunatics have taken over the asylum
 14 - Julie London - Fly Me to the moon
 15 - Beatnuts - No escapin' this
 16 - Pixies - Where is my mind
 17 - Tony Tribe - Red Red Wine
 18 - The Stanglers - Get a grip on yourself
 19 - Cypress Hill - I ain't going out like that
 20 - Siouxsie & The Banshees - Cities in dust