



The Chapels Royal of St Peter ad Vincula and St John the Evangelist  
HM Tower of London

Dear Friends,

I hope you have all had a reasonable week. In my various discussions with people since last week, one theme has recurred over and over again, and that is how thankful people are for the NHS, particularly our doctors and nurses, and all those who work in the caring profession. During this coming week we could all make an effort to hold in our prayers all those who work for the NHS – the stresses and challenges that many of them face need our prayers, along with those ill in hospital. I've asked my wife Barbara to write something of what she has been doing as a nurse returning to work on the frontline:

**Barbara Hall - Vaccination Programme**



As many of you are aware, I retired from my practice nurse job in July, however the retirement was short lived. I was actually in the departure lounge in Toulouse airport in September returning from France and facing two weeks quarantine when I took a phone call asking me to return to work. A laptop was delivered and I found myself working from home for the first fortnight, then back in the surgery for a few hours each week.

Now we have the first approved vaccines and there is a mammoth task facing the NHS to administer them safely and as rapidly as possible. Locally this has been organised by the GP Care Group, a federation of 36 General Practices in Tower Hamlets.

Currently there are two centres locally with another planned. Vaccination sessions run from 8am until 8 pm when vaccine is available. People are called for vaccination in turn according to their risk of catching the disease and developing serious complications. It is staffed by local nurses and GPs, pharmacists, health care assistants and administrative staff.

Waiting times are short and no-one has to queue outside in the cold!

I have been vaccinated myself and am happy to report no side effects.

I would encourage you to accept the offer of vaccination when your turn comes. Vaccines save lives. Please continue to restrict your social contacts to those which are absolutely essential, stay home and protect the NHS.

**Well done Barbara and all those who work in the NHS**

**I wonder how many of you heard Ravenmaster Chris Skaife talking on Radio 4s BBC Today Programme about the loss of Tower Raven Merlina?**

We have some really unhappy news to share. Our much-loved raven Merlina has not been seen at the Tower for several weeks, and her continued absence indicates to us that she may have sadly passed away.

Though it isn't unusual for our ravens to roam outside the walls, free-spirited Merlina has previously always returned to the Tower and to the Ravenmaster and his team, with whom she shared a wonderfully close bond.

We now have 7 ravens here at the Tower — one more than the required 6, so we don't have any immediate plans to fill Merlina's vacancy. However, in time we hope that a new chick from our breeding programme will be up to the formidable challenge of continuing her legacy.

Since joining us in 2007, Merlina was our undisputed ruler of the roost, Queen of the Tower Ravens. She will be greatly missed by her fellow ravens, the Ravenmaster, and all of us in the Tower community.



**Sasha Moorsom** was one of the BBC's first women producers. Encouraged by Dylan Thomas, she brought the poems of Ted Hughes, Philip Larkin and her friend Thom Gunn to a radio audience whilst they were still relatively unknown. The author of two novels, she also edited the magazine *Where?* And had a regular column in *The Listener*. Her poems were published for the first time in 1994.

### **Don't Be Literary, Darling**

Don't be literary, darling, don't be literary  
If you're James in the morning you're Hemingway in bed  
Don't talk of yourself in the style of your own obituary –  
For who cares what they say of you after you are dead.

Don't be always a thought ahead and a move behind  
Like a general reconnoitring dangerous ground,  
This is a game it's much better to enter blind  
And the one who wins is the one who is caught and bound.

If you can't be straight then just say nothing instead.  
I'll know what you mean much better than if it was said.

Sasha Moorsom 1931 - 1993

### **Thought for the Day**

From Reverend Cortland Fransella  
<https://youtu.be/l3qaIg-Je3E>

## Music for the week, from the Master of Music

With the world in a state of flux, here is something reflective which I hope might bring a sense of respite for a few moments. Perhaps listen to it as a meditation, eyes closed, in a quiet space.

<https://www.youtube.com/watch?v=o8q7Z2jpk7o>

## Jigsaw Puzzle



This week's jigsaw puzzle is a picture of your Chaplain.

<https://www.jigsawplanet.com/?rc=play&pid=3cfa1b59fedd>

## First Love Foundation – Tower Hamlets Food Bank

This is a short update on the Tower Hamlets food bank, over Christmas seven thousand deliveries were made to those in special need.

This is an extremely testing time. Our charity needs support to ensure we can continue deliver our services, at the current rate, to those that are in the greatest need during this crisis.

Since the start of COVID-19, things have been extremely busy here at First Love. We have seen more than a **900% increase** in individuals requiring our support (compared to this time last year) – a demand that continues to grow by the week.

The need in the borough has changed in the last few months – with people losing their jobs as a result of the pandemic, and those living in a cycle of crisis being pushed further below the breadline – more people than ever before are in need of First Love.

As a result of the current crisis, we are now more than ever before a vital resource to the public – putting us right on the frontline.

The biggest change to our operations was moving away from our face to face twice-weekly held crisis sessions (where we provide access to holistic support, welfare rights advice and emergency food support) to operating this support over the phone, increasing this element of service to 5 days a week instead of 2, with food being delivered straight from our warehouse right to the recipient's door.

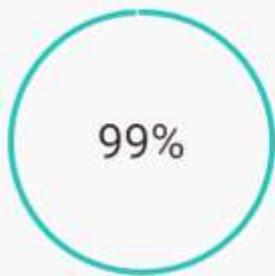
This new way of delivering our services comes with increased costs. Your donations are allowing us to continue scaling through this pandemic.

First Love is a charity run on public donations and corporate funding alone. Without you this would not be possible.

Thank you and stay safe, First Love Team.

<https://firstlovefoundation.enthuse.com/cf/covid-19>

## Tower Hamlets in numbers



### most deprived ranking\*

Out of the 326 local authorities in England Tower Hamlets is 99% more deprived than all others.

\* IMD 2010



### children living in poverty\*

Tower Hamlets has the highest rate of child poverty in London

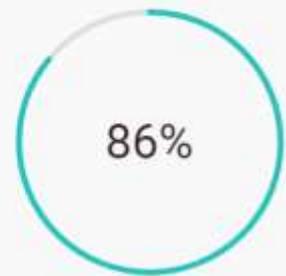
\*End Child Poverty 2016



### low income households\*

Out of all Tower Hamlets' households, 14% have a combined income of £15,000 per year.

\*CACI 2017 data



### disparity of income\*

A fifth of Tower Hamlets' residents are paid less than the Living Wage (£13,650) which is 86% less than an average Canary Wharf worker's salary.

\*London Poverty Profile

### Historic Royal Palaces – Tower of London

While the palaces are sadly closed to visitors, HRP are incredibly grateful that urgent conservation projects across the sites will be going ahead over the next several months thanks to funding from Historic England's Emergency Heritage at Risk Fund.

From repairing lead panelling on the roof of the White Tower at the Tower of London to rethatching at Queen Charlotte's Cottage at Kew Palace, these funded projects will ensure that when HRP are finally able to welcome you back to the palaces, you'll find them every bit as splendid as they were when you left them.



If you would like to make a donation, or catchup on your giving, the easiest way is online at:

<https://www.thechapelsroyalhmtoweroflondon.org.uk/donate/giving-by-direct-debit/>

By donating online this means that you can Gift Aid your donation.

Or alternatively you can make a bank transfer:  
Sort Code 40-52-40 Account number 0027597

## Wordsearch

Here is a Wordsearch of 16 words associated with aviation. Print it off and see if you can find them all. Words may run in any direction, including diagonals. You may find other real words in the grid but you do not get any credit for those! Solution next week.

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

AILERON  
 AIRBUS  
 ALTITUDE  
 BOEING  
 CARAVELLE  
 COCKPIT  
 COMET  
 CONCORDE  
 FLAPS  
 GALLEY  
 HEATHROW  
 HURRICANE  
 JUMBO  
 LANDING  
 PRESTWICK  
 SPITFIRE  
 UNDERCARRIAGE  
 VISCOUNT

## Solution to last week's Wordsearch

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

## **A Prayer**

Please continue to remember those on our sick list – some of whom are very poorly

Isabelle, Rustom, Jo, Rory, John, Lucy, Judy, Neil, Fiona, Pat, Tony, Anthony and Bob.

RIP for all those who have died from the coronavirus

Those affected by the coronavirus.

**God of love,**

**We ask for your blessing on**

**those who are ill,**

**those who are vulnerable**

**those who are worried about  
themselves and those they love,**

**and for those who mourn.**

**We ask this through Jesus Christ our Lord. Amen.**

With best wishes and prayers, Roger.



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