

Polish and Eastern European Christian
Family Centre

NOWINKI

THANK YOU

What we offer;

- Free English course
- Alpha course
- Nurseries and Pre-school playgroups
- Senior Get-togethers
- Helps homeless people

If you like more information, please go to us website www.peec.org.uk or call

tel. **0208 365 9090**
Mob: **07956574274**

PEEC Family Centre
w Haringey Irish Centre, 3rd floor,
Pretoria Road, London
N17 8DX

Open for any help and on **Mondays, Wednesdays, Thursdays, Fridays** between **9.30 and 4.30pm.**

Please call
Tel: **0208 365 9090**
Mob: **07956574274**
Email:
info@peec.org.uk

Welcome to our Newsletter. As always we want to tell you a little bit more about the PEEC Family Centre which is a huge support for many of us.

We are grateful for the life we have in England. We are grateful that we have places we can all meet together and engage in different activities.

Living in London gives us a lot of opportunities; we can learn English (and leave our children at the nursery), we can obtain free, Polish advice regarding administration matters. Moreover, we can talk to the Polish psychologist who will advise us on family, school and personal matters. Finally, we can meet every Friday in the PEEC Irish Centre and take part in a seminar on how to deepen our faith. We are very grateful for the fact that we can work as volunteers and at the same time develop our career by gaining invaluable experience. We are thankful that we can feed

those who have nothing to eat, and in particular we can support Polish people and lift their spirits up.

If we build and grow together, we will receive true happiness, strength, and wellbeing. Whenever we respect and help each other we will find true love and good atmosphere. A strong nation will make us stronger.

Therefore we should share our talents and abilities. We can all help each other, give advice, support, talk to each other, encourage others to come to our groups, help each other in difficult situations, maybe give up our free time in order to work as volunteers in the office or at the playgroups, senior groups or groups for homeless people. We need each of you! To build one true unity we need different parts. This will help to solve a lot of our problems. Remember when we give a lot to others, we will receive a lot ourselves.



Let's be good and support each other - we can develop and learn from each other so much. If you wonder whether you can help when you are a full time parent, the answer is yes, you can!!! We have a nursery in the Irish Centre where you can help as a carer or you can leave your child over there and help us in the office and give advice to those who just started learning English. You can also help us at the playgroups, where you can come with your child.



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We strongly encourage you to join us, you're always very welcome!

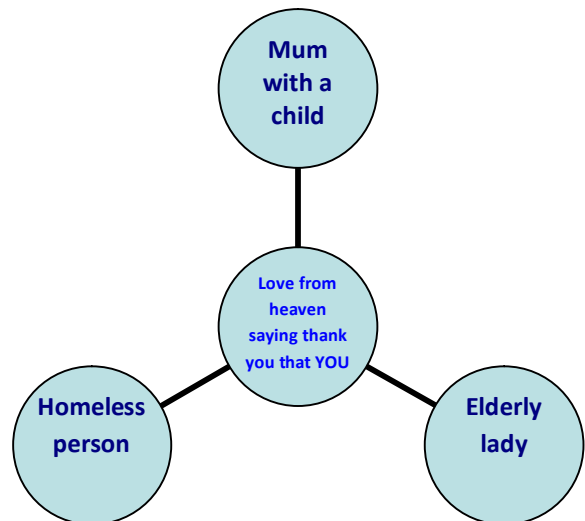
We need editors for our newsletters, individuals who would design our leaflets and personally help the others. In order to support the other people and yourself you need to be truly and sincerely grateful for the fact that you live, that you can grow and develop yourself, that you can live in peace, help others, serve them, respect them and love them.

You need to believe in better tomorrow, you need to have strength to overcome different obstacles. Remember about saying **THANK YOU**.

Appreciating things makes your life much easier. Be grateful in every situation, even when it's very hard always thank God. If you do this, you will manage to solve even the most complicated problems.

You will find diversity in every unity. Be thankful for those who are different than you. It's like with a human body where a hand needs to cooperate with a leg and a kidney.

We have diverse talents and we need to work together in the interest of our community. It's always good to be surrounded by



friends you can trust and depend on. Make sure they can count on you.

Thank you that you are!
You're very precious!