

# EARLY WARNING SIGNS

# BULLETIN

ISSUE #1 JULY 2020

PEER



A free, Hoxton based monthly-issue full of creative ideas about the environment, sharing, learning and finding new life in the objects that surround us.

## DIY ART ACTIVITY – MAKE A MASK

There are lots of DIY masks out there, this one recycles an old t-shirt!

### You will need:

An old t-shirt (ideally small)  
Scissors

1. Cut a straight line across the width of the t-shirt (front & back) approximately 20cm from the bottom of the t-shirt.



2. From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.

3. Cut down towards the bottom of the fabric until you reach approximately 2cm above the bottom edge. From here, make another 15cm cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.

4. To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.



## PLANT OF THE MONTH



5 cm

### CISTUS X PULVERULENTUS 'SUNSET' ALSO KNOWN AS MAGENTA ROCK ROSE

**About:** Evergreen shrub with grey green leaves and shocking pink flowers that unfurl like scrunched tissue paper. Easily grown in well-drained soil in full sun. Requires little watering.

**Fun fact:** The name Cistus is derived from the original Greek name *Kistos*, meaning basket.

**Find** this flowering shrub in Khadija's Garden, send a photo to: [info@peeruk.org](mailto:info@peeruk.org) & we will add it to Khadija's Garden Blog.

**Selected by:** Jane Heather, PEER Garden Designer

## WHAT'S ON?

**PEER: Misused online workshop / Wed 5 Aug / 17:00-19:00**

Co-founded by industrial designer Liang-Jung Chen **The Misused** studies hardware culture around the world. It is

dedicated to inspiring people to re-imagine daily hardware in alternative ways! In this workshop, participants will be invited to bring hardware from their surroundings and repurpose it with creativity, and maybe a twist of humour! **Booking essential.**

**PEER Online Art Summer School / Tue 11 – Thu 13 Aug / For 16-25 YEAR-OLDS**

**ALL ACTIVITIES ARE FREE & online via Zoom. Check 'Find out more' to book**

We are open with a new exhibition of painting by **Alex Urie** until **29 Aug**, all welcome!

**HOXTON TRUST:** Provide free legal advice and assistance to those without the means to otherwise obtain it. Phone 020 7613 4174 & leave a message with your name + number and they will call you back. Visit Hoxton Trust Community Garden!



REDUCE  
REUSE  
RECYCLE  
YOUR ART

CLIMATE

This bulletin is part of PEER and Hoxton Trust's 2020 guardianship of a 'climate change' artwork – Ellie Harrison's Early Warning Signs project.

To see the sign, visit Hoxton Trust Community Garden, Hoxton Street.

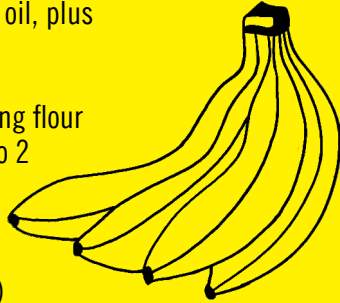


# VEGAN BANANA BREAD RECIPE

The perfect way to use bananas that are about to go off!  
Tried and tested by PEER Ambassador Aantu Waday

## Ingredients

3 large extra ripe bananas  
75 ml vegetable oil or sunflower oil, plus extra for the tin  
100g brown sugar  
225 plain flour (or use self-raising flour and reduce the baking powder to 2 heaped tsp)  
3 heaped tsp baking powder  
3 tsp cinnamon or mixed spice  
50g dried fruit or nuts (optional)  
1 tsp vanilla



## Method

1. Heat oven to 200C/180C fan/gas 6. Mash 3 large extra ripe peeled bananas with a fork, then mix well with 75g vegetable or sunflower oil and 100g brown sugar.
2. Add 225g plain flour, 3 heaped tsp baking powder and 3tsp cinnamon or mixed spice, and combine well. Add 50g dried fruit or nuts and 1tsp vanilla if using.
3. Bake in an oiled, lined 2lb loaf tin for 20 minutes. Check and cover with foil if the cake is browning.
4. Bake for another 20 minutes, or until a skewer comes out clean.
5. Allow to cool a little before slicing. It's delicious freshly baked, but develops a lovely gooey quality the day after.

## FIND OUT MORE

**Make a mask:** go to GOV.UK website and search 'How to wear and make a cloth face covering'.

**What's On – How to book:** [www.peeruk.org/upcoming-events](http://www.peeruk.org/upcoming-events). N.B. Zoom link sent via email prior to the event.

**Recipe:** for similar recipes visit: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

**Nature poem call-out:** to submit your poem, email: [local@peeruk.org](mailto:local@peeruk.org) or post it to PEER by Mon 3 Aug. Don't forget to sign your name and the title of your creation!

**Eco Fact:** [www.footprint.wwf.org.uk](http://www.footprint.wwf.org.uk)

**Listen:** [www.juliesbicycle.com/podcast-the-colour-green](http://www.juliesbicycle.com/podcast-the-colour-green)

**PEER: Alex Urie's exhibition open** Wed – Sat, 12:00-18:00, PEER 97&99 Hoxton St. until 29 Aug. Visit [www.peeruk.org](http://www.peeruk.org) for more PEER related events

## NATURE POEM CALL-OUT

Take a good look around you: the trees have new leaves after the Winter and are blossoming with colourful flowers.

Some of them carry fruits, others are greener than ever. Flocks of birds fly undisturbed in the sky, from a building to another, to their homes. Listen to the wind, the sky, the rain, there is a musical feel to these streets today.

With this in mind, write a poem about how nature is seen in the city and describe how the colours and natural sounds make you feel. Share it with us for a chance to be in a future Bulletin!

## ECO FACT ENVIRONMENTAL FOOTPRINT

According to the Cambridge Dictionary, the environmental footprint is: the effect that a person, company, activity, etc. has on the environment. For example, the amount of natural resources that they use and the amount of harmful gases they produce.

Measure your Environmental Footprint with the WWF website, think about your impact on the planet & how you can reduce it!



## SIGN POST

### Idia's Community Kitchen

A non-profit, grassroots community kitchen, cooking for those who need it. Serving hot food, clothes and toiletries donations on Pitfield St. outside Shoreditch Trust every Sun – Wed from 18.30

'Without representing communities at the sharpest end of climate impacts, the stories we tell are incomplete'.

## LISTEN

The Colour Green is an interesting podcast series that tackles environmental inequalities and amplifies the voices of those who are rarely heard within UK climate change movements.

Hear Baroness Lola Young OBE in conversation with artists and activists of colour – connecting climate justice, race, power and inequality.

## WANT TO CONTRIBUTE TO A FUTURE ISSUE?

Visit: [www.peeruk.org/early-warning-signs-bulletin](http://www.peeruk.org/early-warning-signs-bulletin)  
OR email: [local@peeruk.org](mailto:local@peeruk.org)