

Rhythms of Life



Volume 1 | Issue 1
September 2020

Welcome

Welcome to our new monthly newsletter! We hope that this newsletter can keep you updated on all the things that are going on in the charity and celebrate our achievements for the month. It will be filled with all our latest events and news, as well as letting you know how you can get involved and help us achieve our future goals.

This month has also seen the launch of our new website- go and check it out!

www.rhythmsoflife.org.uk



BBC Radio London

This month we welcomed Ross Ryan from BBC Radio London as part of the BBC's Make a Difference campaign. It is now out on BBC Sounds, or you can listen to it on the BBC radio London's make a difference campaign page. We are so proud of all our volunteers and the amazing work they do, without them, none of what we do would be possible.



Goodbye Giulia

This month we say goodbye to our admin intern Giulia.

Giulia joined us at Rhythms of Life in March as an Erasmus student from Germany, studying Educational Science and Social Work. She heads up the office every day, ensuring the smooth running of the charity as a whole, and supporting the rest of the office team.

We will be very sad to see Giulia go, but wish her safe travels home and the best of luck with the rest of her studies. We would also like to congratulate her on her recent engagement!



This month...



6063
meals served



3,655kg
Food saved
from landfill

Current COVID-19 situations have meant that a lot of places have had to shut up shop, and as a result we have seen a decline in food donations, while the queues continue to grow. We are reaching out to any food outlets that currently have surplus food they are able to donate. If you can donate, please email us (info@rhythmsoflife.org.uk), and help ensure that we can continue to feed London's rough sleepers 7 days a week.

Coming up...

World Homeless Day

On 10th October, we will be celebrating World Homeless Day. We hope to raise awareness of the issues surrounding homelessness and many of the problems our homeless friends currently face on a day-to-day basis. You can help us by spreading awareness on social media and tagging us. We will also be at our usual spot on the Saturday, handing out hot drinks between 10.00-14.00, so please come along if you can spare even just an hour to help out

We always want to hear about your thoughts and ideas moving forwards, so be sure to follow us on all our social media platforms for more updates and information and let us know what you think!

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