



The Peashooter

Cowfolk news and info

January 2021



How are you doing? And don't just say "I'm ok, thanks"... how are you really doing?

This lockdown is tough. Spring seems miles away, our bumbling government couldn't organise a piss up in a brewery, numbers aren't really improving much, it feels like years ago that we were last dancing on the tables at HQ. Or shared a hug. Or smooched loved ones we're not living with.

Whatever it is that's hard right now, you're definitely not the only one facing it: Worrying that you're not doing so great teaching the kids, that you can't keep up with work as you feel isolated working from the kitchen table, worrying that you haven't got a job and money is running low, feeling down and sad because of the never-ending bad news... there's loads of folk struggling with all sorts of stuff. Thing is, it's now more important than ever to talk about things. Don't let thoughts and feelings eat you up from the inside.



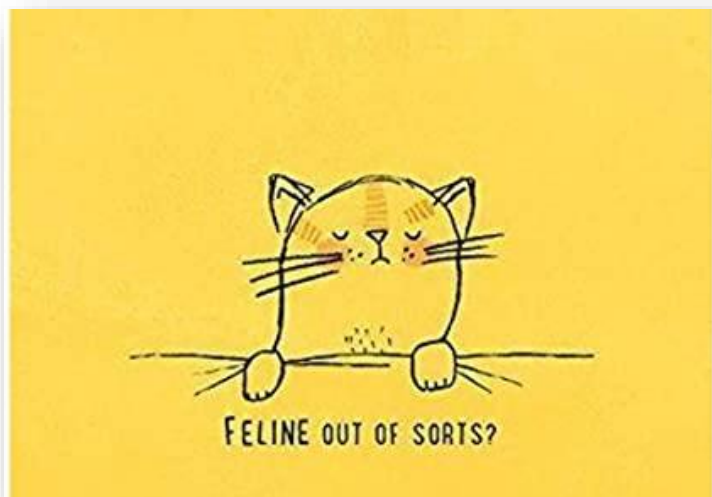
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Remember you're not alone and there are a bunch of beautiful Cowfolk peeps who've got your back.

For those who are doing ok, why not ring a mate you've not spoken to / heard from in a while. You'll be surprised what a 5 min chat can do! If you're able why not go for a walk, just seeing someone different to the muggs you see at home day in day out can be a highlight of the day!

If you can't do that play a game with your team mates. Thanks to the suggestion by Angelo's football team, us netters lot played the game where you replaced team member's name with a word in a song title: Purple Wayne, Vering Ring of Mair, Unfinished SymPhoebe- you get the picture. It was great, such fun and lots of bants - which you could do with your teams, too. Any other ideas please do share!

But if you are really finding it tough - there is support out there for you.

It may seem silly or weird, or "oh no, those things are not for me! I'm not that bad..." - type of thing, but here are some numbers anyhow. There's no magic line you have to cross before you can / should call them, just give them a shout to chat. It's sometimes easier than chatting to mates.

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Bristol MIND

call 0808 808 0330 for emotional support, open 7pm to 11pm
email info@bristolmind.org.uk or call 0117 980 0370 for
information about services, open Monday to Friday, 9.30am to
3.30pm

The Samaritans

call 116 123, open 24 hours a day

We Are Bristol (from Bristol Council)

0800 694 0184 (Monday to Friday, 8.30am to 5pm and
Saturday to Sunday 10am- 2pm)

[Avon and Wiltshire Mental Health Partnership NHS Trust](#)

call 0300 303 1320, open 24 hours a day

Second Step (Wellbeing College)

<https://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/>

Future Bright (help if at risk of redundancy, on reduced hours,
self employed etc.)

Email futurebright@bristol.gov.uk or call 0117 9222250 (office
hours)

<https://www.westofengland-ca.gov.uk/future-bright-support-during-coronavirus-outbreak/>

**Lots of cow-love! We will get
through this and be back at HQ
sometime soon!**

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Look busy... the Zapatistas are coming!

A number of Cowfolk have been involved with the Zapatista solidarity group Kiptik over the last 20 years, since the famous football tour of Chiapas, Mexico in 1999. We've raised well over £100,000 in that time towards water and health projects in the autonomous communities, and also enabled lots of people from within the club to visit and volunteer as teams (football again in 2001 and netball / basketball in 2006) and as individuals. The link, strengthened by our friends and sometimes Cowboys sponsors Essential Wholefoods, has been an incredibly positive one. More information about Kiptik and the Zapatista struggle can be found at www.kiptik.org



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We're very excited to share the news that a delegation of Zapatistas is planning a tour of Europe in the coming months, Covid permitting. We are planning to host them in Bristol for a few days as part of the UK leg of the tour, in which time we will be introducing them to the Cowgirls & Cowboys and other like-minded organisations. It will be an amazing opportunity for us to reconnect with their struggle for autonomy and justice, while sharing our own experiences and efforts. It's early days yet but we wanted to sow the seed now, and to generate as much interest as possible within the club. As part of our commitment to the tour we will be fundraising towards the delegation's travel costs (national and international), daily expenses, etc. It would be fantastic if the club could get involved in this effort, while appreciating that there is a lot of demand for scant resources at the moment. The canvas is currently blank so we welcome any ideas from individuals or sections of the club that wish to be part of this exciting venture and can offer specific skills or general support.



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Please get the conversation going amongst your groups and email kiptik@kiptik.org to register your interest in getting involved. Or have a chat with Jasper, Kev, Steve Nation, Ru, Will, Mark Sands or Roger who are all actively involved in Kiptik.



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New Communications Strategy - your feedback is required.

At the last general meeting we had a discussion about our Facebook page and our current communication tools. The committee would like to invite people to give any further feedback about this before putting together a new communications proposal.

So if you think we shouldn't be on Facebook or using WhatsApp or have any bright ideas about better tools then please get in touch .



Facebook:

1. There has been some worries about our current Facebook group being public and this opening us up to trolling. However, all 'public' means is that anyone on facebook can see who's a member and the posts if they search for us. You have to join the group to post and comment on it, and your join request has to be approved by any existing member. It does mean that anyone on facebook can check us out/see what we're about - which may be either a good or bad thing, depending on their motives. It is a simple change to make the group private if we want, so only members can see what's going on (and would be safer for us to share photos of our shenanigans). However, potential new members wouldn't be able to see how 'woke' and hilarious we are.

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2. It's been suggested that the group being 'public' is useful for sharing campaigns/fundraisers (e.g. the veg box) to the wider community. However, no one outside the group actually sees our posts unless they specifically search for the group. A 'page' rather than group, which people follow so that the page posts show on on their news feed, is more appropriate for sharing info outside of the membership (women's footy have a page rather than a group). There's nothing to stop us having both a page and a group, so we can both communicate between ourselves on the group (e.g. who wants to play in a tourney) and advertise to the wider community on the page. Alternatively, members can share campaign/fundraising posts from the group to their personal profiles or other groups (while our group is set to 'public', that is). Or we scrap the group altogether and just have a page.



3. We've had issues in the past with things getting a bit nasty/personal on the group. Should we have it so all posts/comments have to be moderated by an admin? This would be a lot of work for someone! Another suggestion was that only an admin would be able to post on the group, but this means that we can't have any open discussion and is more appropriate to a page than a group. Alternatively, we can set up group rules and have a moderator/s who can delete comments and even kick people off the group if they say something really naughty. Any member can also report any inappropriate content to the moderator/s.

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4. There's currently around 40 people waiting to be added to the group, but no one is approving them.

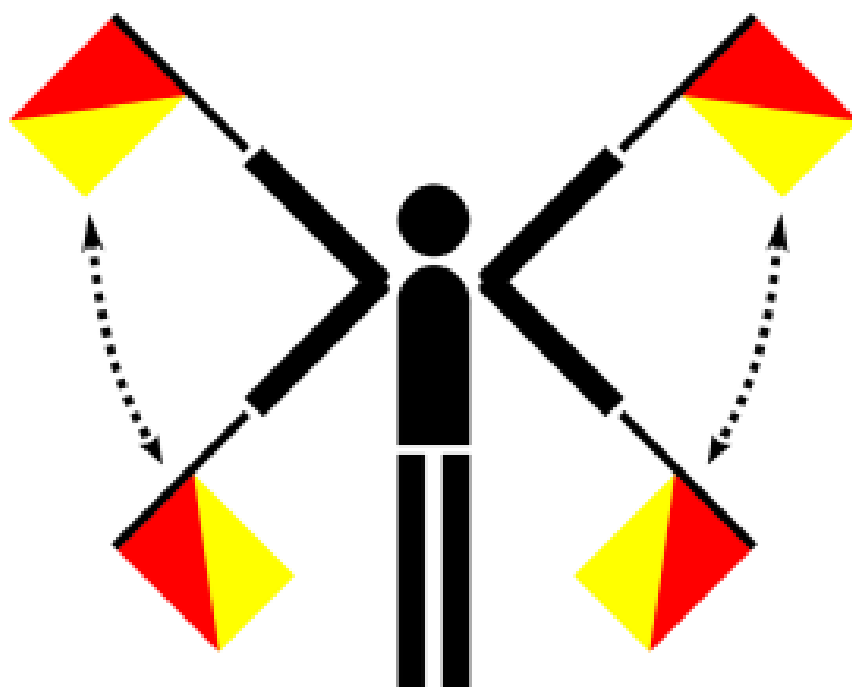
Who should be responsible for this? Options:

a) Set up automatic approval so anyone can join, but that might open us up to trolling.

b) Set up automatic approval so anyone can join if they're already fb friends with someone in the group.

c) Any member can approve someone, so we could just tell people requesting to join to ask a mate in the club to approve them.

d) Designate a moderator/s and set up a series of questions (e.g. "how are you associated with the club?") so that the moderator can decide whether the person should be allowed to join or not.



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WhatsApp -

Our other main tool of communication is WhatsApp and lots of people would like to move away from this due to its links and data sharing.

Suggestions have been move to Signal or Telegram (used by Clapton's Antifa network) but if we scrap WhatsApp shouldn't we also come off Facebook?

Please share any feedback by Feb 15th. Please also share with your WhatsApp groups to ensure the message gets out.

If anyone wants to join the group working on the new proposal please get in touch.

Soooooz
(Chair)

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Hi from London, Cowfolk!!

I hope you are all doing well and keeping safe at this time. I thought I would write you all a little message from Finsbury Park. I just wanted to let you know that I love you, you are doing amazing work with the food delivery and I cannot wait to be playing football at a tournament with you in the future!! In the meantime, I am playing with a refugee team called Renaissance FC who train on Clapham Common, and who our friends over at Clapton CFC women's team have been coaching recently. I have attached a pic of them training. Because essential support work can continue, we are able to carry on through this lockdown. My first session is on Saturday. Stay exercising, stay cool and I love you all!

Also I don't know if you guys got these but here are some photos from our trip to Palestine, whenever that was (3 years ago now??? Surely not).

LOVE YOU

Jake Lake 🍷 🐮 🍷 🍷 xxx



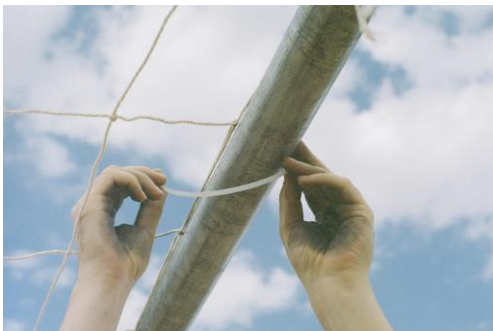
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Hardship fund

At the start of the first lockdown we asked for donations to go into a hardship fund that club members could access if they needed. It hasn't been discussed whether there would be a limit to the amount that could be given, restrictions on what it's for or whether it could go outside of the club, but the committee will cross that bridge when they come to it! For now, just to say that there is money available if anyone is struggling.

Email secretary@eastoncowfolk.org.uk or chat to a committee member. And thanks to everyone who donated!



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Allies for Racial Justice



The surge in the Black Lives Matter movement last year brought it home to many people that it's not enough to be simply 'not racist'. Racial prejudice, injustice and abuse is still rampant in our society and is often subtle, insidious, institutionalised and internalised. There has been a call for all of us who think we are anti-racist to be more proactive rather than reactive and to step up our game as allies.

A group of Cowgirls have therefore been chatting about how we can be better allies. We have a WhatsApp group and have also started chatting on zoom on Mondays at 8pm. We're aiming to take practical action, share and discuss books/films/blogs etc to educate ourselves and also to look inwards and discuss potentially uncomfortable issues like white fragility and internalised racism.

We'd like to open this up to the wider club, especially to people who might not have engaged in this type of process before (as many of us haven't). It's very informal and supportive, no judgment just open discussion. And there'll be no pressure to volunteer to do anything.

Contact webgimp@eastoncowfolk.org.uk if you want to be added to the group.

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<https://www.fundsurfer.com/crowdfund/community-care-package>



Please show support in any way you can – donations, volunteering or sharing with someone in need. Big up the veg box crew!

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