

CONVERSATION & AFTERNOON TEA WITH SAMINA AZAM

JULY 2020 - ISSUE 2



AFTERNOON TEA

Those of you who know me, will know one of my favourite past times is enjoying afternoon tea.

The artistry, tradition, venue and food but most of all the company. This is my virtual version of having a catch up with a friend over tea & cake.

Enjoy my conversation with **Winnie King FEPA**,
Personal Assistant to the
Director General of the House of
Commons.
Co-Founder and Chair of the
Parliamentary Administrative
Support Network.
A very enthusiastic LEGO fan
who has been to the awesome
Lego House in Billund twice.



WELCOME TO OUR SECOND EDITION FEATURING - WINNIE KING

Hi Winnie, how are you doing and what are you up to at the moment?

It's certainly been a very strange 3 months. Being very honest, I've found working from home quite hard emotionally as I'm so used to being in Westminster and around the awesome people that I work with. Being a separated parent and only seeing my children every couple of weeks has meant that I've had to learn to live with the quiet space around me when I'm alone. I have to thank my great colleagues and all the people that I've met virtually so far to help me get through this. I can't wait to meet with people physically and giving everyone a great big hug when we're allowed to.

It's been 3 weeks since I moved into my new



O C U L U S
C R E A T I V E
L E A R N I N G

INSPIRED BY PASSION

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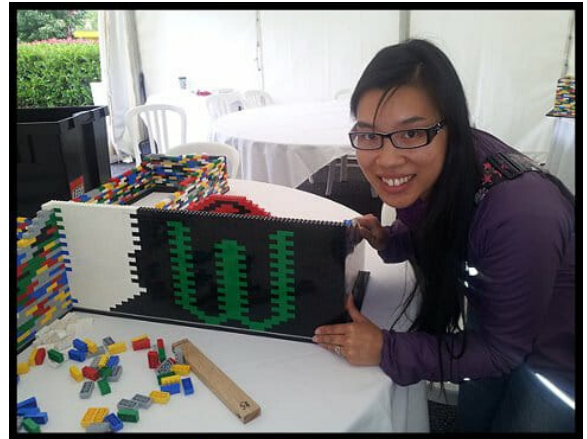
flat so that was keeping me very busy especially with trying to juggle work with packing up a 3 bedroom house! I'm all settled now and I'm loving my new home. I've been slowly re-building my lego sets but may need to buy a new bookcase as I'm running out of space. I'm looking forward to my week off work next month because my aim is to re-build Big Ben in less than the 19 hours that it took me the first time round.

Who are you watching/listening to?

I've been watching as much comedy as I can because laughing is a good emotion during these times. So recently I watched the first series of Celebrity Gogglebox which was really funny, although I did cry when they were watching the sad scene in Titanic when Rose let go of Jack's hand when they were in the freezing water. I've also been watching 8 out of 10 Cats does Countdown from the first series so it has my favourite combination of comedians and solving the word and numbers games. I love watching stand up comedy and I think I've watched all the shows there are on Netflix!

What's your favourite tool/app?

My favourite app has to be Whatsapp as it means I can keep in touch with all the people that I've made friends with on my travels around the world over the last 4 years. I went to Barcelona in January of this year and made friends with 2 amazing people, one lives in Argentina and other locally in London but we have been doing video chats to keep in touch and talk about our next destination that we would like to go to together.



WHAT'S YOUR BEST LOVED CAKE, TEA, COFFEE OR VENUE?

The first place that sprung to mind when I read this question was Canvas and Cream in Forest Hill. I went to visit the Horniman Museum with a good friend to see a Lego exhibition and we stopped by this awesome coffee shop after. They had such a great range of delights and the décor was perfect if you love afternoon tea. I had a flat white with a slice of courgette and almond drizzle cake which was delicious. I highly recommend it to everyone.

<https://canvasandcream.com/>

#TeaWithSamina

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O C U L U S
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L E A R N I N G

I N S P I R E D B Y P A S S I O N



Are you reading anything?

I'm re-reading a Discovery of Witches which has my favourite combination of witches/vampires mixed in with the Tudor period as the main characters go back in time. They have made the first season of the tv series which I highly recommend watching if you're stuck for something new to watch. I can't wait for the second season to be released. I love reading fantasy and period history books. Some of my friends do wonder why I have over 500 books when I could have them all on a kindle but I just love the physical touch and smell of a book, turning each page in anticipation. I can't wait to visit a bookstore again!

A vision/goal your going to make happen this year?

My main goal for this year is losing the weight that I have put on over the last 12 months. I've been really bad with my eating and working out and have definitely used the lockdown as an excuse. I have a fantastic set of 185 steps down the end of my road that I can walk up and down but I seem to be making excuses every day which I'm sure others can relate to.

WORDS OF WISDOM

WINNIE IF YOU WERE WRITING A LETTER TO YOUR YOUNGER SELF WHAT WOULD YOU SAY?

Ooooo this is a hard one! I hate to say this but I would say, listen to your parents because they do know what they're talking about! But at the end of the day, you need to make your own decisions but really think about what they say to you or even better talk through things with your parents. Communication is so important in a family and they love you unconditionally. I always remember my dad telling me that I would understand when I become a parent myself so lo and behold being a parent to a 13 and 14 year old, I am now saying exactly the same thing whilst saying to myself, yup dad was right.

Winnie thank you so much for opening your heart and home. So much resonates from advice to younger self and your LOVE of books - real books. Your passion shines through in abundance.

