There are 2 examples in project,

so at first you get only text and at second you also add image

In grade scripts add to the dependencies in build.grade module: app:

implementation 'com.android.support:recyclerview-v7:28.0.0'

Then as in file example (code). In main xml write:

<?xml version="1.0" encoding="utf-8"?>  
<android.support.constraint.ConstraintLayout initialization… ">  
<android.support.v7.widget.RecyclerView - important type of block  
 android:layout\_width="match\_parent"  
 android:layout\_height="match\_parent"  
 tools:listitem="@android:layout/list\_content"  
 android:id="@+id/recycleview"  
 android:scrollbars="vertical"> - add scrollbar   
  
</android.support.v7.widget.RecyclerView>  
</android.support.constraint.ConstraintLayout>

Then create new fragment of type that you need for example TextView without any other heading tags, block is main:

<?xml version="1.0" encoding="utf-8"?>  
<TextView initialization… > </TextView>

<ImageView … />

Then create class which will be ruling this data and extend it from RecyclerView.Adapter<your inside interface>

Other as in file, create list of your variables and inside class, which extends RecyclerView.ViewHolder. In this class create variable of type of your main block in xml and initialize it in constructor (change common parameter on the TextView for example)

Then fill functions as in example and in main as well as in example

Adapter.notifyDataSetChanged(); - update data