

NEWS, JOBS, CONTACTS, ACTIVITIES

WORKING TOGETHER



your weekly online magazine

No. 2

April 9th 2020

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*One who has health has hope; and one who has hope has everything.
Arabian Proverb*



European Union
European Structural
and Investment Funds



UnLtd ★ Award Winner

Your online magazine

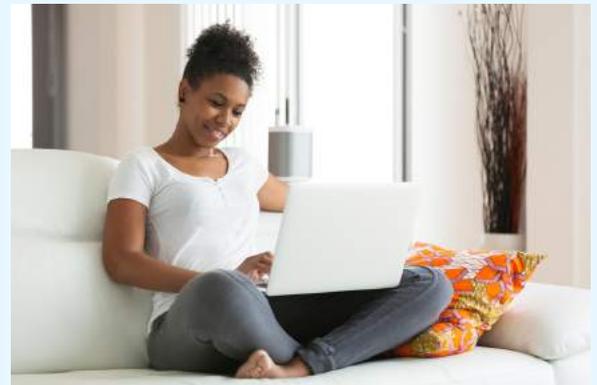


Thank you for the terrific feedback on issue 1. Keep it coming!

OK, so coronavirus is here for a while yet.
And we're still all in social isolation.

We believe that *staying safe* also means
staying active.
And importantly, *staying in touch*.

We hope that this magazine will
keep us all connected, active and
up to date.



Every Thursday we'll be releasing our weekly
magazine, *Working Together*, and we want
you to become contributors.

Ever fancied *journalism*?
Photography?
Art?

Get in touch.

Got any great *tips? recipes?*
Let's have them!

Any stories of *help, health, community or
kindness*?
We're totally positive here.
Send 'em in!

***Together we'll emerge better
than ever.***

WHAT YOU CAN DO

*ISOLATION NEED NOT MEAN
LONELINESS*

- FOLLOW US ON FACEBOOK
- GET IN TOUCH
- LET US KNOW WHAT YOU WANT TO KNOW ABOUT
- HELP US MAKE OUR COMMUNITY BETTER

PLEASE SEND YOUR CONTRIBUTIONS
AND SUGGESTIONS TO:

HELLO@WORKINGFORHEALTH.CO.UK

FOR COVID-19 UPDATES

Don't trust Facebook rumour!

Go to the NHS or the World Health Organisation's websites for the most accurate and up-to-date information





Working for Health update

It's quite handy that the acronym for Working for Health (WFH) also stands for 'Working from Home'. It has been a real test over these past few weeks getting used to working from the dining table and eating lunch at a respectable time (10.50am isn't too early is it)?!

I have enjoyed connecting with our members this week over the phone, on Skype calls, workshops and in our new weekly drop-in sessions on Zoom.

Maintaining the connections we have formed is really important to me and it has been fun to find new ways of doing this. We have been talking about shifting our focus and appreciating the good things that are all around us. And there are many good things, we just have to look in a different way to find them.

We are finding ways to adapt to the changes enforced upon us and continuing to provide a high quality service. There's a real sense of pride when I look at the work that has been put in behind the scenes to make this happen and I am appreciating the talents and all round awesome-ness of our team.

We will get through this together and we are here for you every step of the way.

Charlotte

We'll get by with a little help from our friends

East Riding Council have now launched a community response hub with the HEY Smile Foundation to help people who may be in self-isolation and need medicines or essential food collecting, pets that need walking or are maybe feeling lonely and would like to be able to chat with someone.

The hub is aimed at helping those who don't have a network of people to fall back on.

The hub will have a dedicated telephone number 01482 393919 and will be operational between 9am-9pm Monday to Friday and 9am-6pm on Saturdays and Sundays.

Email requests are also available and all emails should be sent to covid@eastriding.gov.uk.

Hull City Council are providing community support too. To apply online go to www.hull.gov.uk/health-and-wellbeing/public-health/coronavirus-covid-19-community-support and complete the help request form.

Alternatively if you are unable to complete the online form you can contact them on 01482 300 307.



Learning for Health



LEARNING AT WORKING FOR HEALTH

NEW TO A COMPUTER NEAR YOU!

THE CARE CERTIFICATE

*Have you ever fancied working in
health or social care?
If so, this course is for you.*

Over 15 weeks, we cover the 15 standards of care so that you have the foundations for building a new career. All you need is you, a computer or a phone, to book a place and then join us.

Run by Zoom every Tuesday morning.

**Ask your worker how you can register
for a place.**



onLINE cOURSES

Last week we looked at Open Learn, part of the Open University.

www.open.edu/openlearn/free-courses/full-catalogue

This week the spotlight is
on **Alison**

This website has loads of online courses covering I.T., science, marketing, law, health and so much more...

Explore the website and see what you could learn.

<https://alison.com/>



Fitness for Health



WALKING vs RUNNING Which is best for you? WT investigates.

run, run, run

Nobody disputes that exercise brings health benefits. And walking and running are the two most popular forms in the country. But is one better than the other? Let's take a look.

Harvard University claim that humans are the best long distance hunters in the animal kingdom. We have evolved sweat glands and hairless skin to keep us cool, and muscle types to keep us going.

Running is what we were built for, they say; it even helps you live longer.

It's a worry then, that under half the UK population do any form of exercise at all. Walking around a supermarket doesn't really count. Nor does going upstairs to fetch your slippers.

And in these times of isolation, exercise is more important than ever.

I like running. I'm not very good at it. I wobble my head too much. My wife says I look like a pheasant but I don't mind the jibes. I don't even mind the small children who outpace me. I'm doing it for me and when I get back, sweaty and aching - strange as it seems - I feel good.

The trouble is, running is a high impact activity and my joints aren't what they were.

If that sounds like you, then let's hope you've got a good pair of cushioned trainers sitting under the bed because without them the pavement is no place for running. It'll hurt and the potential for damage to ligaments outweighs the health benefits.

Head for an open space instead (if they'll let you in) where soft grass will be some compensation for jogging in your dress shoes. Or you could join the walkers.



Let's get active



a walk on the wild side

Is walking more your thing?

Every Sunday, groups of walkers used to go through the village. Most of them were over 50 and carried complicated sticks. They looked competent, even friendly.



Clearly they were having a great time. Plus they walked at a pace which suggested retirement homes were not for them. Men and women alike glowed with health, and no wonder: their idea of a stroll before lunch was my idea of a long-distance hike.

'Just twenty today,' said Bill, 67, with a cheery smile. He meant miles. 'Not too far.'

'Looks like rain,' I warned.

He laughed. 'We've got waterproofs, hot drinks, Nordic walking poles, a bite to eat, and I've programmed an OS map with alternative routes into my phone just in case it pours.' It was a level of organisation worthy of the SAS.

'Still, it sounds a fair way,' I said, meaning 'it sounds like hell and completely impossible.'

Bill and his friends stepped nimbly over a stile and headed up the hill. One of them even vaulted over.

Did I detect a bit of a sneer as they zoomed away?

making a choice

When it comes to injuries, walking is way safer than running (unless there's an angry cow in the way). 40% less according to one survey. It all depends how much you have done before.

Both running and walking are good for you. They improve cardiovascular fitness and reduce blood pressure and body mass.

But if you're pressed for time, running has the edge. Simply because you can fit more exercise into the time.

Whatever you choose, just start sensibly and build it into your routine. In the end, it will be worth it.



Plus, you'll have fun.

Even if you do look like a pheasant.



Alternatively, try: www.nhs.uk/live-well/exercise/free-fitness-ideas



Culture for Health



ON THE TRAIL OF AN ANCIENT CIVILISATION

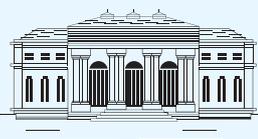
After the extraordinary journey to the canopy of the Amazon last week, we've decided to reduce the strain on the engine of this old bus. So we're staying in South America and crossing into the magical country of **PERU**.

You'll be visiting two cultural hot spots.

First, we're dropping off the more sedate travellers of *Touring for Health* in Lima, the capital of **Peru**. Check out their page for more information.

For you culture-hungry people, get those walking shoes on and cameras ready because the bus will be taking you further inland to the town of Cusco. From there, you'll take the train, then the bus.

You're heading for *the city in the clouds*! The historical home of the ancient Incas. Welcome to **MACCHU PICCHU**.



Want to explore Peru further?
Nip along to Lima where *Touring for Health* visitors are enjoying the sights and the nightlife.
See you next time!

EXPLORING THE INCAS

Begin with a history of this incredible place:
www.youtube.com/watch?v=cnMa-Sm9H4k

Ready for the train? Step aboard for the ride of a lifetime, starting from Cusco:
www.youtube.com/watch?v=4opfRVnw4Xo

Now join your guide Cody as he takes you the rest of the way:
www.youtube.com/watch?v=1zsuuxALFSI

Want to know more about the Incas?
www.youtube.com/watch?v=JMAKRKkdOlw

MYSTERY IN THE DESERT

Hitch a ride closer to the coast of Peru now, to a bleak desert 4000 miles above sea level.

This is your second destination:
the UNESCO heritage site of the plains of **NAZCA**.



GIANT FIGURES ONLY VISIBLE FROM THE SKY. STRAIGHT LINES MILES LONG. IS NAZCA A UFO SITE?

Explore the mysteries of these extraordinary designs:

www.youtube.com/watch?v=UuWFJYU9M4U

www.youtube.com/watch?v=00RXPcZcg8g

And drone technology means even more are being discovered!

www.youtube.com/watch?v=w8k_CsCGIsQ

Touring for Health



PERU

Welcome back to your **Magical Mystery Tour Bus**.
Your usual seat awaits you.

After last week's tour to the rainforest we're staying on the same continent, so keep that mosquito repellent handy for a while longer as we journey from the Brazilian Amazon into ...



If you've taken the excursion option, join *Culture for Health* for a trip to the wonderful Inca city of Macchu Picchu and the mysterious plains of Nazca.

Right now you're heading for the coast. You'll be spending the night in the City of Kings, the capital of Peru: **Lima**.

When you get there, screenshot your favourite image and send it to us.

Tell us what you thought of your trip!

Contact:
hello@workingforhealth.co.uk



Let's explore the sights

Make your way to Parque del Amor, **the Park of Love**. Kiss under El Beso, Peruvian artist Victor Delfin's famous sculpture, and the site of kissing contests on Valentine's Day.

Continue on to Larcomar, an **upmarket shopping district** with several wonderful restaurants (order ceviche and pisco sours). Keep heading south, and you'll reach Barranco, **the bohemian quarter**.

Fond of cats? Call by Kennedy Park, home to hundreds of **protected stray cats**. The park is surrounded by vendors selling fried syrup-covered picarones and cinnamon churros out of mobile carts. Delicious!

Your tour guides will show you around:

<https://www.youtube.com/watch?v=14-ArHSAYr0>

But if you want to see it at night, when the city really comes alive, here's a look from overhead and a dip into the nightlife.

Have a great time!

<https://www.youtube.com/watch?v=8pgC4BKgyfM>



Writing for Health



Everyone's a writer

Yep, that means you too.

Your whole life is a story. Every day is a story. All you have to do is write it down!

Know how to change a fuse? Tell us - and **you're a writer!**

Know how to bake banana muffins? (We LOVE banana muffins by the way.) Explain it - and guess what? **You're a writer!**



Over the coming issues we'll dip into tips for writers such as:

- **writing a play about your life**
- **creating characters**
- **making poems that don't rhyme**
- **what makes a good short story**

Plus, we'll be sharing your tips and experiences *and* giving you the chance to write for this magazine.

All new to you? Here's a great place to start:
www.writerscookbook.com/writing-tips-for-beginners/

Hey, why wait?

GET PUBLISHED NOW in **WORKING TOGETHER**.

Our May/June Special Edition will take us

OUT OF THE UNIVERSE

Bring on the rockets, the space opera, the warrior princesses, the weird and the wonderful, the heroes and the artists.



WE
WANT

- **Your science fiction and fantasy short stories**
- **Artwork and digitally enhanced photos**
- **Book reviews**
- **Film, DVD, Netflix, Prime reviews**
- **Graphic novel reviews**
- **Your greatest moment from any film, book or graphic novel**
- **Profiles of your favourite writers and artists**

*The rules for submission are at the back of the magazine.
The deadline is Friday May 15th.*

Reading for Health



Free Books!

Now is the perfect time to catch up with all that reading you promised you'd do before Candy Crush took over your life. And the good news is: it has never been easier or cheaper to do it.

Here are a couple of places to start:

Over 16s can join **Hull and East Riding Libraries** free online. They have a great selection of online resources including **magazines** with titles ranging from **BBC Good Food** to **New Scientist**, all free.

They also offer audio books and more.

library.eastriding.gov.uk/web/arena

www.hcandl.co.uk/libraries/e-reading-and-e-audio/ebooks-eaudio-and-emagazines

You can also get free books online by joining **Open Library**.

You just need an email, a user name and a password. A lot of them are audio too. Simple!

openlibrary.org



BOOK CLUB STARTS TODAY



Every three or four weeks we'll bring a new book to the table and ask you to read the online copy - or least to give it a go!

In between, there will be stuff to do alongside the books as well as information about them, so that you really get to know the world of the novel and the writer.

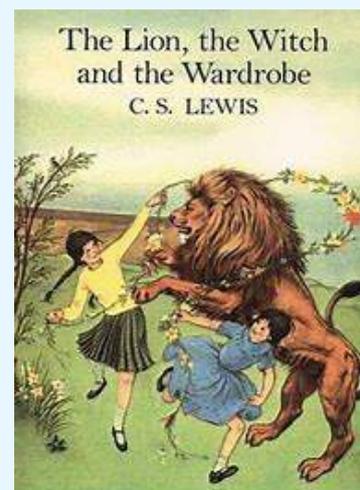
Why wait any longer?

Let's kick off our Book Club with one of those great novels everyone thinks they must have read some time.

It's **THE LION, THE WITCH & THE WARDROBE** by **CS Lewis**

All you have to do is read it and share your thoughts.

Let's go!



"Outside of a dog a book is man's best friend. Inside a dog it's too dark to read." -Groucho Marx

The Chronicles of Narnia
FULL-COLOR COLLECTOR'S EDITION

Contacts & Contributions



These are just some of the ways in which we plan on keeping in touch with you.

All the usual staff will be online to give you the support you need.

Now we want you to help us out.

It's easy. Remember?

All you have to do is join in and hey, you'll make us happy!

Send us your stuff!

If you have something you'd like to share please try and use this format:

1.

Tell us why it's great, how it helped you

2.

Tell us where you think it should go in the newsletter, if you can see an obvious heading (e.g. Eating for Health; Reading for Health)

3.

Include a picture or two (this could be of you. Remember pictures of other people require their written permission to be included)

4.

Include a link if you have anything new to share

CONTACT US

email: hello@workingforhealth.co.uk

facebook: Working For Health Hull & East Riding

Twitter: [working4health1](https://twitter.com/working4health1)

Instagram: [workingforhealthhulleastriding](https://www.instagram.com/workingforhealthhulleastriding)

Submitting for Writing for Health's OUT OF THE UNIVERSE Science Fiction & Fantasy Special Edition

Submissions welcome from members, volunteers, staff, friends, family ...well anyone really.

1 Head up all email contact submissions with **Out of the Universe**

2 All written items:

- Word Document
- Font 12, 1 ½ spacing
- paragraphed

3 Length:

- Stories. Max. 500 words
- Reviews. Max. 250 words + 1 image
- Profiles. Max. 500 words + 1-2 images
- Items for other pages (such as Eating for Health). Max. 150 words

4 You may submit more than one

5 Deadline Friday May 15th

6 Submission doesn't guarantee publication, but we'll do our best!

7 Please allow editorial interference in tidying up any dodgy spelling, punctuation, even shortening

