

NEWS, JOBS, CONTACTS, ACTIVITIES

# WORKING TOGETHER



your weekly online magazine

No. 3

April 16th 2020

*"It is health that is real wealth and not pieces of gold and silver."  
Mahatma Gandhi*

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NEW WfH course: Introduction to psychology

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NEW WfH courses: acting & theatre classes

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Join the New York Met, every night for free

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New ways and old ways to relax

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The Lion, The Witch & The Wardrobe



UnLtd ★ Award Winner

## Thank you!

Thank you for all your support for our online magazine *Working Together*

Sounds like a hit!

You said:

**'Love it'**

**'Really friendly and interesting'**

**'Fantastic.'**

**'So positive'**

Gosh, thanks folks.

A few early problems with downloading should now be sorted so if you missed out on the first edition you can get it on your phones and any other platform from today.

Keep those ideas and contributions coming!

And don't forget your pieces for the

## OUT OF THE UNIVERSE

*FANTASY & SCI FI SPECIAL EDITION*  
coming in May



## 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**



# Welcome



## Working for Health update

Like everyone else on lockdown I'm wondering how to maximise this unique opportunity for structuring my days.

Thankfully, there's some fantastic advice and tips available in this and other issues of the Working for Health newsletter to help make lockdown, not just survivable - but actually rewarding!

Personally speaking, I was inspired by a recent newsletter and started working on my skipping. But, if I'm not feeling physically energetic, there's always music!

A team of Swedish scientists recently confirmed something many musicians have suspected for years. No, not that Ringo Starr's actually a good drummer. Nope. Rather, that music exercises the entire brain.

Using Functional Magnetic Resonance Imaging the researchers discovered that listening to and playing music actually enhances the brain's structure! Listening to music boosts the brain in a dozen ways, but playing music 'lights up' the entire brain by placing a positive demand on all our large-scale neural networks.

Whenever we're learning new knowledge or skills our neural networks get a workout and will, through the magic of 'brain plasticity', actually physically improve.

Playing music, at any level of skill, boosts the brain's cortex volume! The more skill we gain, the more it grows.

So, if the skipping rope is a bit intimidating, or if your bicycle's got a puncture, you can always get a fun brain workout with music - and maybe even begin to learn that instrument you've always wanted to master!

You're welcome to watch out for and join in with Working for Health's musical group session (hosted on-line during lockdown) each Friday!

Don't panic!

We're not auditioning for the Royal Academy of Music. We're here to 'level up' our brain power and share some good times with everyone in the Working for Health gang!

Chris



# Learning for Health



## LEARNING AT WORKING FOR HEALTH

COMING SOON TO A COMPUTER  
NEAR YOU!

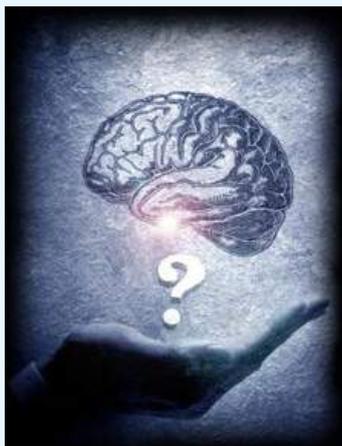
## INTRODUCTION TO PSYCHOLOGY

*Are you interested in studying  
aspects of mind brain and behaviour?*

Over 6 weeks, we will cover  
psychological perspectives; social  
influence; attachment and memory.

All you need is you, a computer or a  
phone, and to book a place and join in.

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



## onLINE COURSES

FREE on line courses are  
available locally through

### HBTC

They have courses including  
business, computing, equality and  
diversity, health and wellbeing, and  
social care amongst many others

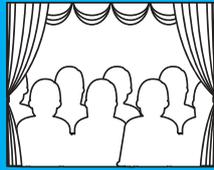
Learners can submit their answers  
online or via the answer booklets  
provided.

for more information go to  
[hbtc.co.uk/free-online-learning.php](http://hbtc.co.uk/free-online-learning.php)

or call 01482 211714 and ask for Chris or  
email [chris@hbtc.co.uk](mailto:chris@hbtc.co.uk).



# Acting for Health



'Drama is the greatest way in the world of boosting confidence, getting to know people, discovering skills, being creative, feeling good about yourself, opening doors to a new you.'

## New: Working for Health Theatre Workshops

You want it? We'll supply it.  
Choose from these amazing opportunities  
run by our tame professional practitioner:



1

### The London Academy of Music & Dramatic Arts (LAMDA) awards in Acting

All you need to win a world-recognised award: all the way up to Gold Medal.

Starting with an introduction to LAMDA so you can see if it's for you.

We'll help you prepare some speeches from plays ready to perform.

You can do it solo or with a friend. And yes, you can even try Shakespeare if you want (but you don't have to).

C'mon, yYou can do it

See the LAMDA website for info..

[www.lamda.ac.uk/our-exams/all-examinations/performance-examinations](http://www.lamda.ac.uk/our-exams/all-examinations/performance-examinations)

2

### Play Reading

Fancy reading a play or two out loud?

Maybe getting to know a role?

Maybe even learning a few bits?

How about that old favourite Blood Brothers to start with?

Let us know!



3

### Play Making

Want to help make a play?

Your experiences, your stories can all contribute to a new, specially written play.

A play about our world.

And when we re-open properly we'll read it.

Perform it.

Love it!

It all starts with talking.

# Fitness for Health



## QUIZ

**HERE'S A CHALLENGE FOR ALL YOU FOOTBALL FANS OUT THERE!**

### Football Quiz Time

Flashback to 2019

1. Who was Rotherham Utd's record signing??
2. Which ex-Hull City captain died in April 2019?
3. On Dec 31st who was Yorkshire's longest serving manager?
4. How many managers did Bradford have in 2019?
5. Name them.
6. Which Premier club has the youngest chairman?
7. Who was voted PFA Championship goalie of the season?
8. For how many matches were Barnsley unbeaten until August?
9. How many league wins did Huddersfield have under Jan Siewert?
10. How many points did Leeds Utd win?

Answers at the back!

## Diane's fitness diary

In a moment of madness, I accepted the editor's fitness challenge set in the first edition of *Working Together*. And to make sure that I did it, I promised to write about it.

It has to be said, I am not the shining example of physical fitness. I am, in truth, an unfit, middle aged woman. Even in my school days, I was that kid who always came last at running. Me and sport are not best of friends. I don't even watch it!

So... how have I got on?

Firstly, in an attempt to avoid going out and sharing my embarrassment with others, I thought I would take a look at all those DVD's that I have bought in the past from charity shops with a genuine belief that I would actually watch them and engage and become a fitness goddess.

The first one I found was Qigong with the Garripolis. After a bit of conscious breathing, the first movement 'Swimming dragon' is simple and I found it hypnotic and meditative. I like it. Go day 1!

Day 2 I added in the 'Dragon Pearl'. Another lovely stretch but now I am starting to ache. But I'm keeping going!

Day 5 I added in *Baqua Xun Dao Gong*. Not only harder to remember, but also made me wonder if a body could bend like that.

Qigong is like yoga and Tai Chi right? Only if yoga and Tai Chi are extreme sports! But it has me wanting more so I will keep up the practice and maybe I will become that fitness goddess after all!

If you want to take a look at the Qigong practice I have been doing it's here on You Tube:

[www.youtube.com/watch?v=ML\\_UE6ptUZ8](http://www.youtube.com/watch?v=ML_UE6ptUZ8)

# Culture for Health



## INTO THE UNKNOWN

We can go anywhere in our hunt for cultural nourishment.

Even to the world of the RICH, the elitist, the Eton-and-lacrosse. A world where you need special knowledge and expensive dinner suits before you can try out the cultural heights.

What a load of humbug.

Today we're embracing the wild world of

## OPERA

And if, like the rest of us, you can't afford the crazy Covent Garden Opera House prices, just remember there's still Opera North if you want a live fix.

For now, we'll just have to make do with the world's most famous opera company:

## The New York Met



## Nightly FREE streaming from the New York Metropolitan Opera

**Met** Nightly Met Opera Streams  
metopera.org

### COMING UP:

Thursday, April 16 Rossini's *Le Comte Ory*

**Friday, April 17 Viewers' Choice: Puccini's *Madama Butterfly***

Saturday, April 18 Cilea's *Adriana Lecouvreur*

Sunday, April 19 Strauss's *Der Rosenkavalier*

[www.metopera.org/user-information/nightly-met-opera-streams/](http://www.metopera.org/user-information/nightly-met-opera-streams/)

*Madama Butterfly* is one of the world's most popular operas



A doomed love affair between a young Japanese girl and an American sailor.

Read the summary here:

[www.supersummary.com/madame-butterfly/summary/](http://www.supersummary.com/madame-butterfly/summary/)

Listen to the utterly gorgeous hit from *Madama Butterfly* 'the humming chorus' here:

[www.youtube.com/watch?v=\\_S1fazpqJfY](http://www.youtube.com/watch?v=_S1fazpqJfY)



# De-stressing for Health



## Yoga with Ash

Yoga brings tranquillity with flexibility;  
meditation with exercise.

The yoga classes at Working by Health have  
been incredibly popular.

Expert Ash from The Yoga Room taught yoga  
for all levels in our Training Room at the  
Work Place, where a group of devotees  
explored stretches, postures and stillness.

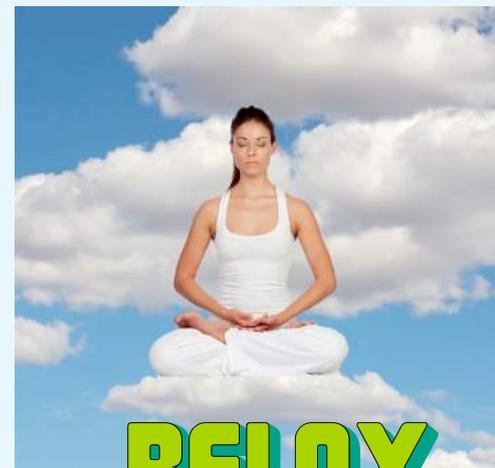
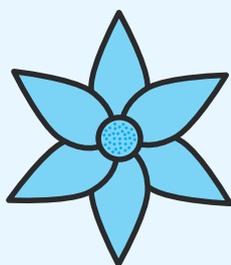
‘Yoga is for all,’ say the Yoga Society, ‘and  
the benefits are lifelong.’

Good news for everyone then: if you joined in  
and miss Ash’s classes, or if you wish you had  
been there and would love to get involved,  
you’ll be pleased to know there’s a way to  
carry on.

Ash has his own YouTube channel

[www.youtube.com/user/howlinmanchannel](http://www.youtube.com/user/howlinmanchannel)

It's time to de-stress



# RELAX



Try a taste of  
the beauty  
of Tai Chi

Tai Chi is a graceful and  
ancient method of exercise  
suitable for seniors as well as  
younger people.

It is simple, relaxing and  
beautiful.

The link below takes you to a  
super introduction which  
requires no prior knowledge.

Get your PJs on and give it a  
whirl!

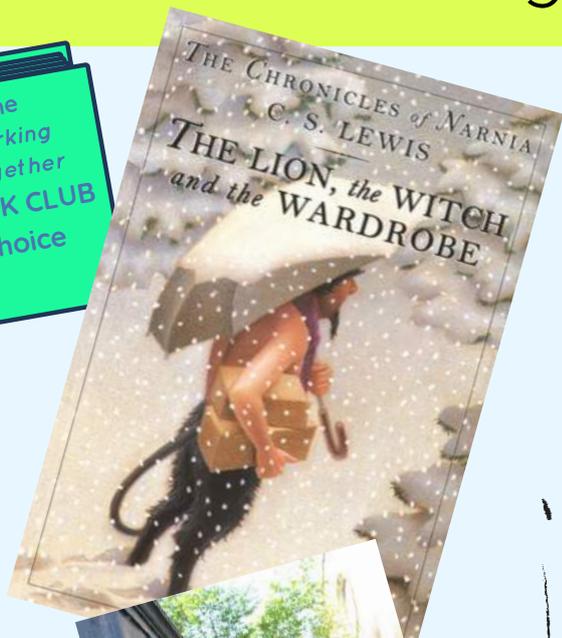


[www.youtube.com/watch?v=cEOS2zoyQw4](http://www.youtube.com/watch?v=cEOS2zoyQw4)

# Reading for Health



The Working Together BOOK CLUB choice



CS Lewis was Irish and this statue of him opening the door to the wardrobe can be seen in Belfast

## C.S. LEWIS

3 things you (probably) didn't know

1 Lewis was great friends with JRR Tolkien. Yes, *that* Tolkien. They both taught at Oxford.



2 Lewis was a Christian and the influence of his faith can be seen in the Narnia books.

3 He died, aged only 65, the same day Kennedy was assassinated: Nov 22nd 1965.

For a great introduction to CS Lewis, this great documentary will tell you all you need to know:  
[www.youtube.com/watch?v=cYzCd5dp1SI](http://www.youtube.com/watch?v=cYzCd5dp1SI)

The Chronicles of Narnia is a series of seven books written between 1949 and 1954. Over 100 million copies in 41 languages have been sold.



Over 16s can join **Hull and East Riding Libraries** free online. They have a great selection of online resources including **magazines** and audio books, all free.

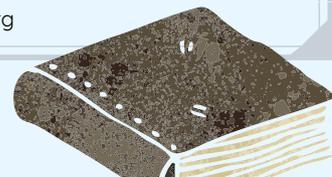
[library.eastriding.gov.uk/web/arena](http://library.eastriding.gov.uk/web/arena)

[www.hcandl.co.uk/libraries/e-reading-and-e-audio/ebooks-eaudio-and-emagazines](http://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.

[openlibrary.org](http://openlibrary.org)



# 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](mailto: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

Answers to the Football Quiz

1 Freddie Laddpo

2 Peter Skipper

3 Chris Wilder (Sheffield Utd)

4 Three

5 David Hopkin, Martin Drury, Gary Bowyer.

6 Sheffield United

7 Darren Randolph (Middlesboro)

8 Twenty-nine

9 One

10 Eighty-Three

