

NEWS, JOBS, CONTACTS, ACTIVITIES



WORKING TOGETHER

your weekly online magazine

No. 4

April 23rd 2020

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"Tension is who you think you should be; relaxation is who you are."

Chinese proverb



European Union
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and Investment Funds

UnLtd ★ Award Winner



News



Staff welcome

It's been really positive to hear some of the stories coming in about how people are cracking on despite the current situation. We're almost getting used to working from dining room tables and communicating exclusively through video chats but I think we're all looking forward to a time where we can get back into the office and see everyone face to face again.

Fortunately, I'm still living with my uni housemates so when we're not working on dissertations, we can fight over our one garden chair or binge watch everything Netflix has to offer.

I'm still appreciating that I can get out in the sun for an hour or so per day, even if it's not quite the same as spending the evening in a beer garden with some friends. Finding new ways to get around challenges both at work and socially has been quite eye-opening and it's strange how quickly things can start to become normal routine.

I hope everyone's managing to keep in touch with each other in some way and that the ideas and activities outlined in these newsletters are providing some form of entertainment and helpful advice.

As always, let us know if there's anything we can do to help out in these crazy times.

James



Editorial

And so the lockdown continues!

By now quite a few of us have found routines, but not always as healthy as we'd like probably.

Not to worry, Working Together is here to help!

Dip into the past editions and you'll find food, trips, cultural adventures, books, art, music, fitness, yoga, tai chi, walking, running, writing and all manner of ideas to make a healthy mind and a healthy body.

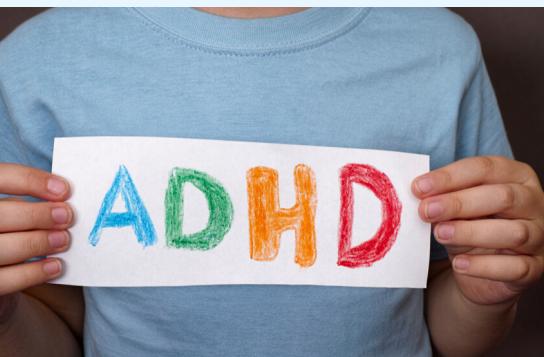
This is our time to explore something new so that when it all ends we can carry on adventuring.

Did you take the tour of Peru? What a place! And thank you so much for the positive glow around our Book of the Month The Lion, The Witch & The Wardrobe.

So, read this, keep sending in your thoughts, join the reading group, sign up for acting, get out and get fit and remember that once the Work Place can reopen a lot of these things will still be there for you.

Only better and with others.

Learning for Health



FREE COURSES



ADHD

What causes it? What does it mean to have it? What's the latest on it?

Find out more about
Attention Deficit Hyperactive Disorder

FREE 6-week on line course through King's College, London.

www.futurelearn.com/courses/understanding-adhd



AUTISM

Learn more with this FREE 4-week course

www.futurelearn.com/courses/autism

Understanding Autism - Online Course

Are you autistic, or do you know autistic people?
Explore diagnosis, the autistic spectrum and life with autism on this online course from the University of...

FutureLearn

A WORKING FOR HEALTH COURSE:

AN INTRODUCTION TO PSYCHOLOGY

REGISTRATION
NOW OPEN

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.

Saintliness for Health



St. George Quiz

St. George is the patron saint of England.

How much do you know about him?

1. What flower is the symbol of St. George?

- a red rose
- b white rose
- c tulip

2. St. George killed a dragon. Where?

- a. England
- b. Spain
- c. Libya

3. What year did St. George die?

- a. 1960
- b. 303
- c. 1000

Answers below!

St. George Quiz Answers: 1. a 2.c 3:b

St. George & The Dragon What really happened.

The crusaders in the 11th century brought home the news of one of their ancestors, George.

A dragon had been terrorising a town in Libya. It lived in a water hole from where it would emerge and spew poison over the countryside, killing everything.

Nearby was a city. The governor and the people decided to stay safe by a sort of social isolation: from the dragon.

Each day they would feed it two sheep in exchange for keeping its distance from them.

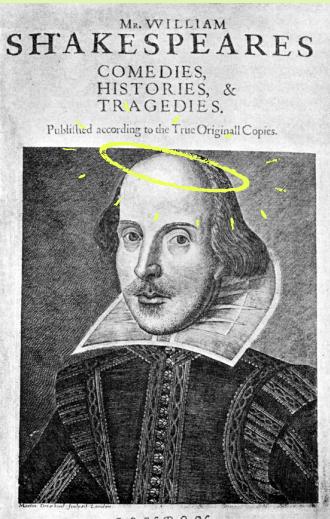
But the dragon wanted more. So they replaced one sheep with a person, chosen by lot from the people.

The dragon soon preferred human flesh so two people were sacrificed daily.

It had just discovered that children made the best snacks when our hero arrived on his horse and with his shining lance.

So long, dragon. The rest is legend.

April 23rd is also
Shakespeare's birthday



456 today!

And his death day!

Alas, poor me





Singing for Health



Free your inner diva

Singing alone is great
but sharing with others is even
better!

You can check out what's
happening in

The Friday Music Group

with Diane and Charlotte,
12.30-1.30

Everyone welcome!

Or, if you fancy something even
BIGGER...how about a choir?

Here's Gareth Malone's choir idea.

Click and take a look at a world-wide phenomenon of which you
can be a part.

decca.com/greatbritishhomechorus/

SMILE WHEN YOU SING

This great vocal coach gives you easy
tips to sing better. Just SMILE!

www.youtube.com/watch?v=O22mXqo_VK0

Just look at this!

14 Health Benefits of Singing



1. Reduces stress
2. Improves mood
3. Lowers blood pressure
4. Improves breathing
5. Reduces perceived pain
6. Boosts immune system
7. Improves sense of rhythm
8. Promotes learning in children
9. Forges comforting memories
10. Promotes communal bonding
11. Provides comfort
12. Motivates
13. Empowers people
14. Promotes well-being

Singalong with Ed!

Ah c'mon, you know you want to.

Ed Sheeran wants you to.

We want you to!

Let's SING

(Ready? Oo-ooh, woo-oo...)

www.youtube.com/watch?v=ASCRuBkjvGY

Even more ways singing helps



Eating for Health



SUMMER LOVIN'

(FOOD, THAT IS)

TWO SUNSHINE RECIPES TO KEEP YOU FEELING GOOD!



SPANISH OMELETTE

Quick Easy Delicious

try out this brilliant recipe for a quick and tasty meal for two.

Serve with salad (or chips if you want!) or with the dish below. Yum!

www.youtube.com/watch?v=ne15z0z8yUg

CYPRUS SPECIAL

THIS IS GORGEOUS!
ALL THE WAY FROM CYPRUS TO HERE...
LENTILS AND RICE
TO GO WITH YOUR OMELETTE

www.youtube.com/watch?v=fxK7QYSDzZE



Creating for Health

Lockdown poem

Jan Beaumont from the Starts at 60 Community

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s-
If you only knew the truth!

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like red rag to a bull!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

Lockdown Song

Reckon you can do better than
this viral YouTube hit for a family?
Lockdown meets Les Mis!

www.youtube.com/watch?v=wdcS0Nbo7Ng



**MAKE A SONG OR A POEM
ABOUT THE LOCKDOWN FOR
WORKING FOR HEALTH**



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

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

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