

NEWS, JOBS, CONTACTS, ACTIVITIES



WORKING TOGETHER

your weekly online magazine

No. 8

May 21st 2020

"The level of our success is limited only by our imagination and no act of kindness, however small, is ever wasted".
Aesop

MENTAL HEALTH AWARENESS WEEK

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UnLtd ★ Award Winner

Welcome

Staff welcome

When the Working for Health management board met in early March, we discussed the potential actions we may have to take in the light of COVID-19.

We felt it would have little effect on the delivery of our services. Boris was still out there shaking hands and telling us it was all under control !! The odd tweak here and there we imagined, how wrong could we have been

I have met with Diane and Ricky over the weeks of lockdown (Zoom of course) and have been really impressed by their creativity, imagination and very hard work.

They and the WfH team have managed to keep the people using the service positively engaged during this depressing and anxious time.

I've been around local mental health services for many years as a mental health nurse and know good practice when I see it .

Believe me, they have been Brilliant !!

Well done to them all !!

This week , 18th - 24th May is Mental Health Awareness week.

It focusses on kindness to and support of others and the reciprocal benefits this can give.

Well worth a read.

David



Kindness Matters guide

How can kindness help yourself and others? Our guide to being kind.

mentalhealth.org.uk

You can be part of a great team too



Finance Assistant



Our wonderful James is set to leave us, are you the perfect replacement?

Hours: 18 hours per week

Rate: £8.75 - £9.50 an hour (depending on experience)

Duration: Fixed term until 30th Sept 2022

Location: The Station, Station Road, Cottingham, HU16 4LL

Closing date: Sunday 24th May 2020

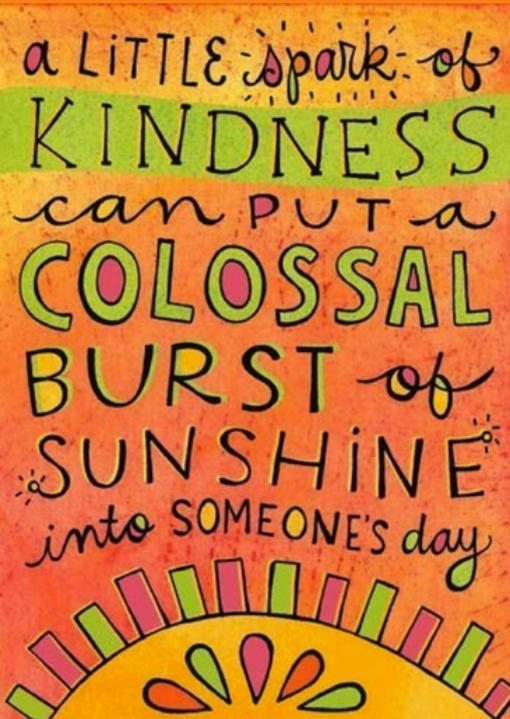
Job Summary: To undertake all duties to ensure effective financial administration and to provide accurate reporting on the project activity and outcomes.

Experience in accounts/ bookkeeping and knowledge of spreadsheets essential.

For more information, see our website and apply through Indeed



Kindness for Health



BE KIND TO YOURSELF BE KIND TO OTHERS

The theme for Mental Health Awareness Week this year is - any guesses? - kindness.

SHARE WITH US!

Let us know one thing you have done which has shown kindness to someone else.

Try it out and feel your mood lift!
Kindness and feeling good are linked.

email: hello@workingforhealth.co.uk

'KINDNESS'



www.youtube.com/watch?v=59nY2zfbCdA

The great Nigerian drummer Tony Allen died last month, so here's a special track for all you Afrobeat fans - and those who are going 'who?' 'what?'

Listen, he says: 'an act of kindness is not an act of weakness'.

Ready to dance?

HOW KINDNESS HELPS



www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

Eating for Health



World's best PITTA BREAD



<https://www.youtube.com/watch?v=NT0I3iLBoOs>

After last week's amazing recipes for under £2 each, we just HAD to share this with you.

Remember those heady days of kebab shops being open?

Who needs 'em! Here are the easiest and most delicious pitta breads you will ever eat. Get the kids on board and make it a family cook-in!

Add lamb, onion, or just veg and you're away.



MORE GREAT
GRUB ON A
BUDGET

Kind to your kids

And as kindness is our theme...let's be kind to the kids some more.

Make 'em some crisps.

This is the potato variety but you can use other root crops.

Easy. Quick. Cheap and - come on, you know you want some - delicious!



www.youtube.com/watch?v=FvKuG1SggGkt





ART ONGOING

We're still receiving the most beautiful art for our gallery.
Try these



Touring for Health



Your MAGIC BUS is going in for a service. So sit back and take a look at how far kindness can get you in the world

THE KINDNESS OF STRANGERS

Around the world

This man from London travelled the world with no money (although it looks like he had a film crew and a vintage motorbike handy).

Streaming on Netflix.



www.youtube.com/watch?v=-gv6R88Z6Vk

A life-changing act of kindness

When life hit rock bottom, a simple act of kindness by a stranger changed everything.



www.youtube.com/watch?v=rYw_7HZeWK4

Hitchhiking in Iran

This young man is trying to get round the world without money. Here he is in Iran - a country where the very idea of hitchhiking is unknown



www.youtube.com/watch?v=S-cvgXOB56E



Connecting for Health



Reach out: make someone's day (and yours too!)

Kindness during the coronavirus outbreak



Arrange a cup of tea and virtual catch up with someone you know



74%

of Scottish adults say it is important we learn from the COVID-19 pandemic to be more kind as a society

Kindness during the coronavirus outbreak



Reach out to call a friend, family member or neighbour who is experiencing loneliness or isolation



Kindness during the coronavirus outbreak



Send a motivational text to a friend who is struggling



Kindness during the coronavirus outbreak



Arrange to watch a film at the same time as a friend and video call



Kindness during the coronavirus outbreak



Send someone you know a picture of a cute animal



Kindness during the coronavirus outbreak



It's good to be kind



Writing for Health



A beautiful piece of creative writing presented to the drop-in group.

Glimmers of Hope

I myself have a few. I slept very well on Sunday morning on the sofa. I slept like a little baby and was all peaceful and happy, the sun was shining. That was so beautiful.

I had a nice dream the other night, dreamt of an old friend, a big house, and my grandmother. That was nice too.

My boyfriend is lovely. He shops, cooks, and does a lot for me, brings me teas all the times and never gets cross. I adore him! He has the patience of a saint. He started to eat fully vegetarian for me recently, which is great.

I am happy to have found an old flame on Facebook, even if I did not hear back on my message.

People generally seem to be more willing to communicate. I had more telephone calls, even if it was usually me who was calling, and on Facebook I also had more interaction. I'm also busier on Whatsapp.

I enjoy lying on my bed without guilt and listening to classical radio. This always relaxes me. I also enjoy listening to the birds tweeting in front of the house in the morning.

My next book is currently in the printers and will come out soon. This is fabulous too.

My mum is happy that people call who had not been in touch for a very long time. And she adores the blackbird that is nesting in her garden.

My Dad is happy that my mum is sewing breathing masks. And he is happy that my brother is starting to help in the house. He is happy about the good weather too and that spring is coming. He dreams of the Scheffler dance in Munich when the crisis is over. The Scheffler are a traditional dance group from Munich who normally dance all 7 years only, but they said they will dance early if this crisis is over.

My friend enjoys the long telephone calls to her partner. He is in isolation. They go on virtual walks together and have erotic calls. She enjoys them and told him she will stick to him even if he has to isolate for a very long time, which amazed him. They seem to be deeply in love.

My very ill friend got his next book accepted. He celebrated with pizza and some wine. He's over the moon.

My friend enjoys working from home with the dogs and her grandson and the feet under the table, against the background of her family's voices, singing, piano playing, and the smell of baking.

My boyfriend enjoys the more birds on the patio. He doesn't know where they are coming from, but there seem to be more than in the last years. He's happy that the councils are asked to finally get homeless people off the streets.

My friend is happy that the fish population in the Venice canals is recovering. She's a vegan animal rights activist.

Mum's neighbor, an elderly woman, is happy about the social warmth. She believes all is happening for our good. She believes we know learn to know our worth, and that we learn to know our neighbors. She is happy that she can sew breathing masks, and that she can buy bread for another very old lady in the neighbourhood.

She is glad that she can use WhatsApp for contacts, and that another neighbour doesn't need to pay the rent because he is currently not earning anything. She is happy about the grandkids who buy food and that the radio plays many good stories. She is happy that a new consciousness develops in her and others. She believes this is a positive world change.

My boyfriend's mum believes we will learn from this crisis to be a kinder society that is more caring.

My friend is happy that there is not more social unrest and that all remains calm and orderly.

My cousin discovers her survival skills and strength and takes a lot of courage from thinking of the grandparents who survived two world wars.

My aunt is happy that a young neighbour offered to go shopping for her. She enjoys her favourite food, had a special meal on Sunday. In the neighbourhood people help each other with food. Friends are sewing masks and distributing them to anyone for free who needs them. She likes that people become aware now what is important in life.

My friend enjoys working in his garden and building a greenhouse.

James on Facebook says this: "Though it's been raining a lot lately where I am I went out running yesterday and saw the sun come out from behind some dark clouds. It made me feel pretty good. It was a little like seeing someone smile."

Contacts & Contributions



CONTACT US

email: hello@workingforhealth.co.uk

facebook: Working For Health Hull & East Riding

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

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

Submissions welcome from members, volunteers, staff,
friends, family

Get in touch.
We love to hear
from you!

