

NEWS, JOBS, CONTACTS, ACTIVITIES

# WORKING TOGETHER

your weekly online magazine

SPECIAL GALLERY EDITION

No. 6



'Creativity takes courage.'  
Henri Matisse

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UnLtd ★ Award Winner

# Welcome

## Staff welcome

Week 7 on lockdown and I am sure we are all feeling the pressure. Days turn into weeks and weeks into months – sometimes have to check what the actual day is!

Interesting to see those who have embraced isolation and the things they have done to get through this life-changing situation. From exercise to DIY to spending quality time with friends and family (observing the 2m distance of course).

As a team, we are still working, it seems a little harder than normal. Perhaps this is due to not having all the office facilities at our fingertips or a greater need to provide a support service – perhaps combination of both!

I am humbled to see how we as a nation have pulled together. Also inspiring to see what people we work with are doing to keep healthy and occupied. We read/hear a lot of news or words of wisdom, here is something that during a moment of meltdown, I realised something...

I often hear "we are all in the same boat", but that's not exactly accurate. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance. Not just looking, actually seeing.

We are all on different ships during this storm experiencing **a very different journey**.

Whatever journey you are on, we can weather this storm together. We are here to see you, listen to you and to talk – lets keep talking.

As an indicator of our individual journeys, it would be interesting to see what these look like.

**In the future, if you were asked 5 words to describe your experience of the Covid-19 outbreak, what would they be?**

Mine would be **toilet roll, loss, NHS, community and zoom!**

Email yours to [hello@workingforhealth.co.uk](mailto:hello@workingforhealth.co.uk)

Take care and stay safe!

*Kirsty*

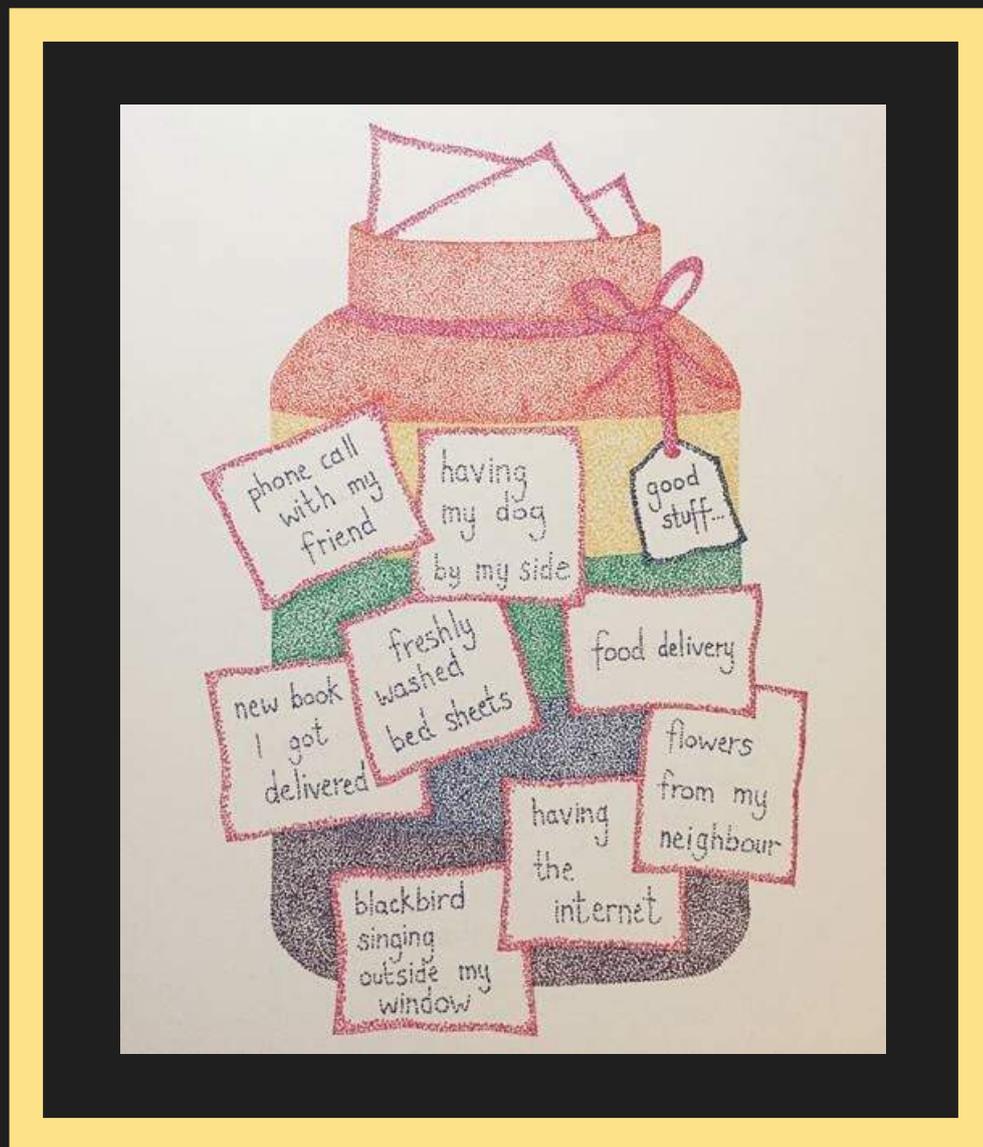


# Creating for Health



## GALLERY 1

Welcome to the *Working Together* virtual gallery. Take a slow walk through the rooms and enjoy the beautiful work of our members



THINGS THAT MAKE ME HAPPY

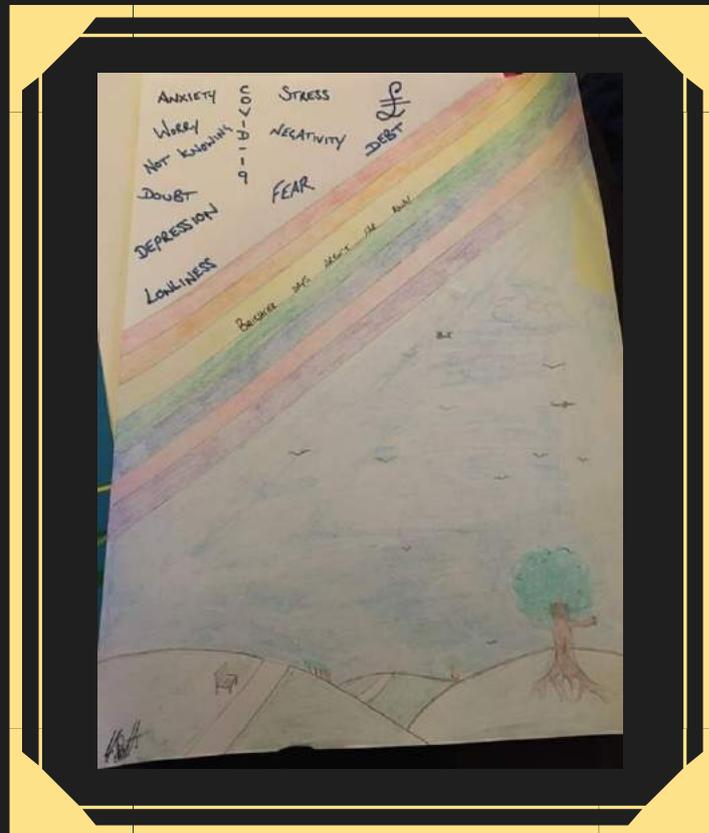
# Creating for Health



## GALLERY 2



BEAUTY IS IN THE EYE



RAINBOW OF HOPE



FAIRY MAY MORNING



## GALLERY 3



HAVE YOUR CAKE AND EAT IT



MOUSE BALLET



## GALLERY 4



EYORE



THRUSH



## GALLERY 5



TROLL IN LOCKDOWN



OUR FAMILY ROCKS

Thanks for visiting our galleries. And thank you, talented artists! More artwork to come, along with conversations with the creators.

Looking ahead, we want to showcase your work in a public gallery.

Best get cracking then. Brushes ready...go!

# Touring for Health



It's a shorter than usual journey today: along the empty motorways to London.

We're going to take a peek at one of the world's most successful artists: BANKSY.

Anonymous, masked, secretive, anti-government (pretty much any government it seems!) pro-child, pro-peace, Banksy's work has appeared at cities all over the world, including Hull. It's led to old walls and ruined houses being preserved for posterity.

My claim to fame?  
I owned a Banksy rat on a road sign!  
Well...my eBay bid was ahead for 1 minute anyway.

That counts.



[youtube.com/watch?v=94C68vYMSOU](https://youtube.com/watch?v=94C68vYMSOU)



[www.youtube.com/watch?v=E-d1Hozj6-s](https://www.youtube.com/watch?v=E-d1Hozj6-s)



# Reading for Health



## FREE BOOKS!

The East Riding Library has amazing deals on keeping healthy through reading

At this time, the East Riding Library Service are particularly keen to promote their Reading Well Collections.

These are the collections of books that support people to understand and manage their health and wellbeing using helpful reading.

They complement the professional advice and guidance given to residents by health practitioners.

The books are all recommended by health experts, as well as people living with the conditions covered and their relatives and carers. There are five book lists available:

Reading Well for mental health,  
Reading Well for young people,  
Reading Well for children,  
Reading Well for dementia and  
Reading Well for long term conditions.

<https://coronavirus.beecan.org/general-updates/update/East-Riding-Library-Service-has-unlocked-eBooks,-eAudioBooks-and-eMagazines-on-health-and-wellbeing-and-more-besides/155>



## Working Together Book Club

After our popular trip into Narnia we're tip-toeing into an even more famous classic: have a read of Robert Louis Stevenson's short and creepy tale

### Dr. Jekyll & Mr Hyde.

Filmed countless times it has never gone out of print. Find out why. But keep the lights on and the door locked.



# 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

