

NEWS, JOBS, CONTACTS, ACTIVITIES



WORKING TOGETHER

your weekly online magazine

No. 5

April 30th 2020

'EMBRACE THE CHALLENGE
We will all learn something new every day.'
Ricky Newton

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UnLtd ★ Award Winner

Welcome

Staff welcome

As we muddle through this tough period for our business and our people alike, I wanted to remind you that all at Working for Health are here for every single one of you. Please feel free to contact us however trivial you may feel the question or challenge is – we are here and would love to help.

Despite the challenge of not seeing family members, friends, colleagues and our WfH members, the change of routines, attitudes and behaviours has been the focus and is now feeling comfortable.

Breakfast is something that I really look forward to as it seems to uplift my mood more than ever before. The routine of porridge, raspberries, blueberries, mango with a drizzle of honey is now the way I start the day. And obviously fuelled and powered by coffee!

Having two children to home school and entertain whilst working hard for the business to survive and thrive has been quite a challenge – hence the slow releasing energy needed from my breakfast.

We, as a family agreed to try and keep the focus of the conversation away from COVID-19 as constantly talking about it and fixating on it is not healthy.

So in early April we set out these few simple household mantras that seems to be now embedded within our daily lives. Our boys now have written these up and put them on display.

I can't encourage you enough to use them - it really works!

The Newton Family Household Mantras

YOU ARE NOT ALONE

None of us have been here before and it's okay to be a little afraid

KINDNESS WILL GET US THROUGH

A smile to everyone makes a huge difference

EMBRACE THE CHALLENGE

We will all learn something new every day.

LOOK AFTER EACH OTHER

And look after yourself

WE ARE STRONGER THAN WE THINK

We can TOTALLY do this.

Please remember:

life is short, time runs fast.

No replays, no rewinds.

So please try to enjoy every moment you have and make the best of it.

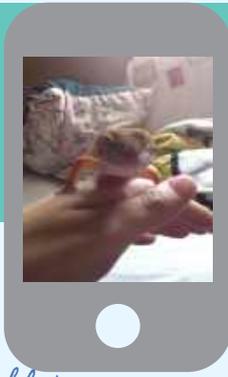
Keep well, keep safe and try to stay positive.

Ricky





Sharing for Health



'The Work Place' Drop-in Sessions

'...has become one of the highlights of my week because it is happy and useful and enjoyable'

One of the ways we have been keeping connected with our members during this period of lockdown is through our drop-in sessions. We have been holding these Zoom sessions on a Wednesday for the last five weeks.

It has been so good to come together as a group and share how we are feeling, talk about the things we have been doing to bring some enjoyment into our days, and inspire each other to try new things when we feel able.

We are delighted to be able to offer support through these sessions and we can really feel the sense of togetherness. Everyone is welcome to contribute as little or as much as they feel comfortable with.

At the start of each session we ask everyone how they are feeling...



...and by the end of the session we have all felt the benefits of sharing time together.

We have all been doing a range of things in and around our homes to keep ourselves active and also bring some enjoyment into our days to help our mental wellbeing.

From digging ponds, tending gardens and flower-spotting on neighbourhood walks, to keeping fit on treadmills and pavements, to discovering our creative and musical sides.

Some of us also have pets and we had great fun meeting all kinds of animals at one of our sessions, including this sweet little guy pictured above!

We have all taken so much from these group sessions and we have given everyone who has attended the chance to tell us what they have enjoyed. It is so good to hear how beneficial they have been;

I love that we can all catch up on a regular basis and share our thoughts throughout this time, along with our ideas and tips to help each other wherever we can to make life easier.

...I have been made to feel very welcome. As I attend each session my confidence is continuing to grow which is slowly lowering my anxiety.

I find some comfort in knowing I'm not alone in how I'm feeling, getting words of reassurance, knowing it's alright to feel down some days and up the next day.

We will continue to host these sessions every Wednesday at 1pm. If you haven't yet joined in but would like to, you will be very welcome.

Hope to see you soon!

Sue and Charlotte

Opportunities for Health



Working Together top hits

Just a few of the things you can still try out by visiting Editions 1-4

Edition 1 took you to the **Amazon rainforest** for a walk in the canopy.

In no. 2 you could go to **Peru** and explore the exotic ruins of Macchu Picchu and the UFO-friendly Plains of Nazca, or hit the nightlife in the capital Lima.

In no. 3 You could get a taste of American opera, or go back to no. 1 and explore **museums of the world**.

Did you take the **football quiz** in 3? Or find out about St. George in no.4?

Our editor came clean about **walking vs running** back in 2; while in 3 Diane swore to update us on her fitness journey.

You could try **recipes, from Spain and Cyprus** in 4.

Try a whole new skill in 2,3 and 4: there's a WfH course on **Psychology** waiting for you; another on **Acting**; plus loads more online - all FREE.

Or you could join the brilliant **Music Group** from 1, or pick up your pen and **write** in 3; **sing** in 4! try **Tai Chi** or **Yoga** in 3!

All those things you've wanted to try; those places few of us will ever visit. They're here for you.

Clear your mind, lift your spirits, believe that opportunity is there. May is here!

Let's go!





May 1st: the Day of the Green Man

Here he is: the most ancient symbol of growth and fertility in the West.

You can find him in churches, where medieval sculptors have hidden him high up.

Try these from our own Beverley Minster.

And when churches re-open, take a walk with a plan in mind: spot the Green Men. They're there all right!

This great programme will let you find out more



<https://www.canva.com/design/DAD6YPTcB6g/yVzjt53vdjhjJ4yVACrdCg/edit>



SHOUTING OUT FOR ARTISTS

Look at this beautiful picture one
of our members has created

This picture is AWESOME.

Later, we'll tell you more about the
materials and other stuff (I hope!).

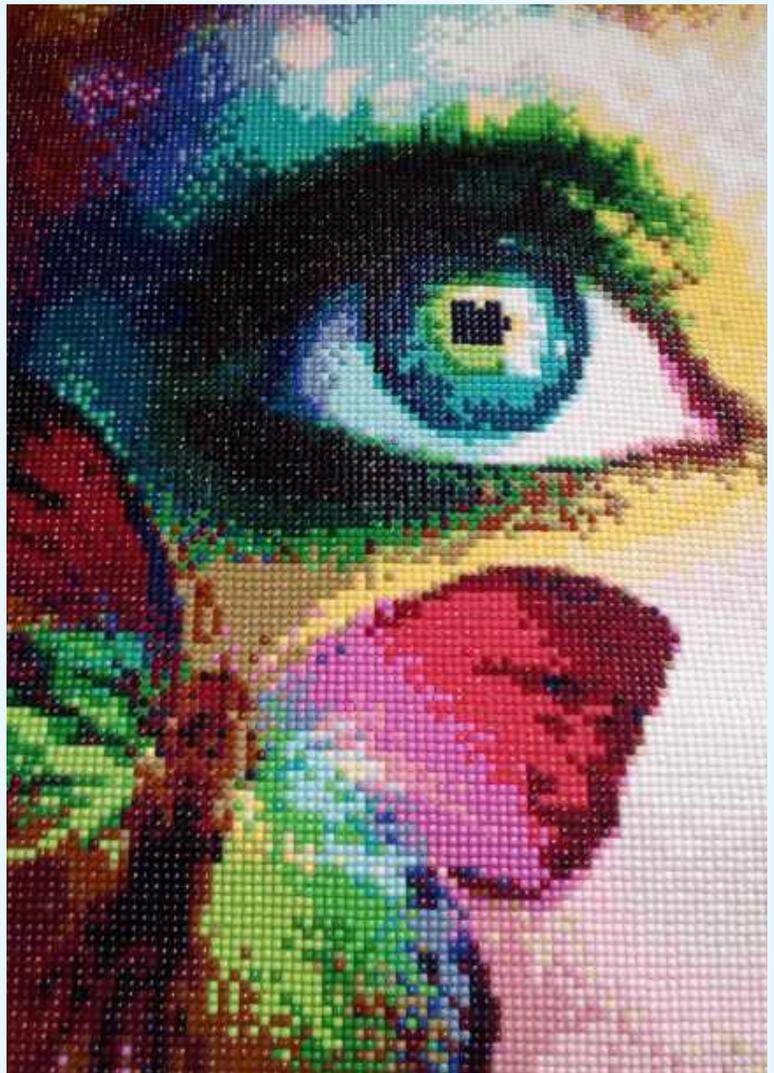
Here at WORKING TOGETHER we
want to celebrate YOU.

There is amazing talent out there.

You have the chance

- to write for this magazine
- to write for the Sci-Fi special
edition
- and now, to have

**YOUR ART
SHOWCASED HERE.**



HELP US MAKE YOU KNOWN

Let's start with a virtual gallery right here!

Then when the world is safe again - let's explore a public, real
exhibition.

Working together, we can do this. We can do ANYTHING!

Dancing for Health



What's the fuss about May Day?

As with many early holidays, May Day was rooted in agriculture.

Cattle were driven to pasture, special bonfires were lit, and doors were decorated with yellow May flowers.

“Bringing in the May” meant the gathering of wildflowers and green branches, the weaving of floral garlands, the crowning of a May king and queen, and the setting up of a decorated May tree, or Maypole, around which people danced.

For pagans it was Beltane, the start of the second half of the year and a festival of fire.

Today, it commonly has two meaning in England. One is the Workers' Rights Day which is international.

The other is the celebration of Spring by English traditional dance: Morris.

Check out the Lone Morris events happening on Facebook.



THIS IS THE UNLIKELY WORLD OF STEAMPUNK BORDER MORRIS! STICKS, DRUMS, VALVES, COGS. OH, AND A COOL BIKE.



REAL MORRIS

Morris dance? Seriously?

Yep. Just take a look at these! Below are the brilliant Mersey Morris Men



THIS IS THE FRIENDLY WORLD OF COTSWOLD MORRIS. HANKIES, LIKE YOU'D EXPECT. REALLY REALLY ANCIENT!



THIS IS THE alternative WORLD OF BORDER MORRIS. BIG STICKS AND SCREAMING. NOT LIKE YOU'D EXPECT AT ALL.

Here's HULL's OWN wonderful RACKABACK MORRIS (look 'em up!).

Touring for Health



Your MAGIC BUS awaits you.

Today we are visiting one of the seven natural wonders of the world:

THE GREAT BARRIER REEF

The Great Barrier reef runs along the northeast coast of Queensland, Australia.

Found near islands and the mainland, the Inner Reef can be observed by snorkeling near the shore or via a quick sailing trip.

Far from the mainland, the crystalline waters of the Outer Reef reveal the stunning colors of coral and other forms of ocean life. Here, visitors are able to witness larger fish, giant clams, and coral ecosystems.

HOW TO GET THERE

From the closest large city, Brisbane, it takes almost five hours to reach the start of the Great Barrier Reef by car. It is a two-hour non-stop flight from Sydney, and a three-hour non-stop flight from Melbourne.

Get your snorkels ready for the dive of your life!



<https://youtu.be/DygyYL4dylU>



Plane - bus - boat -

and dive!

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

