

NEWS, JOBS, CONTACTS, ACTIVITIES



# WORKING TOGETHER

your online magazine

No. 12

July 2nd 2020

## INSIDE

**Welcome**  
Issue update

**Nature for Health**  
New 'Thriving With Nature' publication

**Growing for Health**  
Our new allotment

**Meditating for Health**  
Sit back and relax

**Touring for Health**  
Hop on board for a trip to Tibet.

**Sharing for Health**  
How did you get through lockdown?

**Success for Health**  
A different sort of bucket list

**Laughter for Health**  
Two cracking comedies to enjoy

**Mindfulness for Health**  
A taster for you and your kids

YOUR ENERGY  
INTRODUCES YOU  
BEFORE YOU  
SAY A WORD.



# Welcome

## Editorial

So we're coming out of lockdown eh?  
One metre distance, pubs, shops, visitors,  
outdoor trips...

Here at Working for Health we're very  
aware that our meeting spaces are indoors.  
Which means we have to be very conscious  
of social distancing for the sake of  
everyone's health.

But watch your emails and watch this  
space as we start to think about how to  
bring about some sort of safe re-opening!

It will be wonderful to re-establish contact  
with you, face to face rather than screen-  
to-screen. Patience...

Gradually we're all on the way back.

In this edition you can treat yourself to a  
couple of chill moments with a guided  
meditation in Tibet followed by a tour of  
the country. Never tried guided meditation?  
It's easy. You just switch off, sit back and  
listen...

There's also a reminder about our new  
allotment - where you can be outside and  
safe and which we'll be developing into  
something even better! With your help, of  
course.

The wildlife charity WWF have teamed up  
with the Mental Health Foundation to  
produce some great resources, tips and  
advice for us all. Find out all about this  
inside as well.

As always, our magazine is about hope,  
positivity and optimism. We believe in a  
better future and in better lives.

You know that all you have to do is get in  
touch and we can make that journey  
together.

*Editor*

## Contact us

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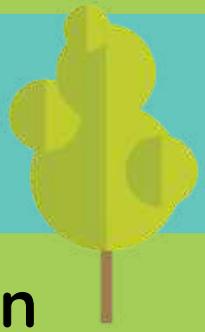
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# Nature for Health



## WWF and the Mental Health Foundation publish mental health support guide

[www.mentalhealth.org.uk/campaigns/thriving-with-nature](http://www.mentalhealth.org.uk/campaigns/thriving-with-nature)

The free guidebook, 'Thriving With Nature', aims to raise awareness and open conversations about mental health issues, while recognising the increasingly important role that nature plays in supporting positive mental wellbeing.

The guidebook explores the relationship between nature, wellbeing and mental health. It features ways nature can help us, how we in turn can help nature, plus activities to maximise the benefits we get from the nature on our doorstep, such as stargazing and tips to grow your own food.



WWF is the world's leading independent conservation organisation. Our mission is to create a world where people and wildlife can thrive together.

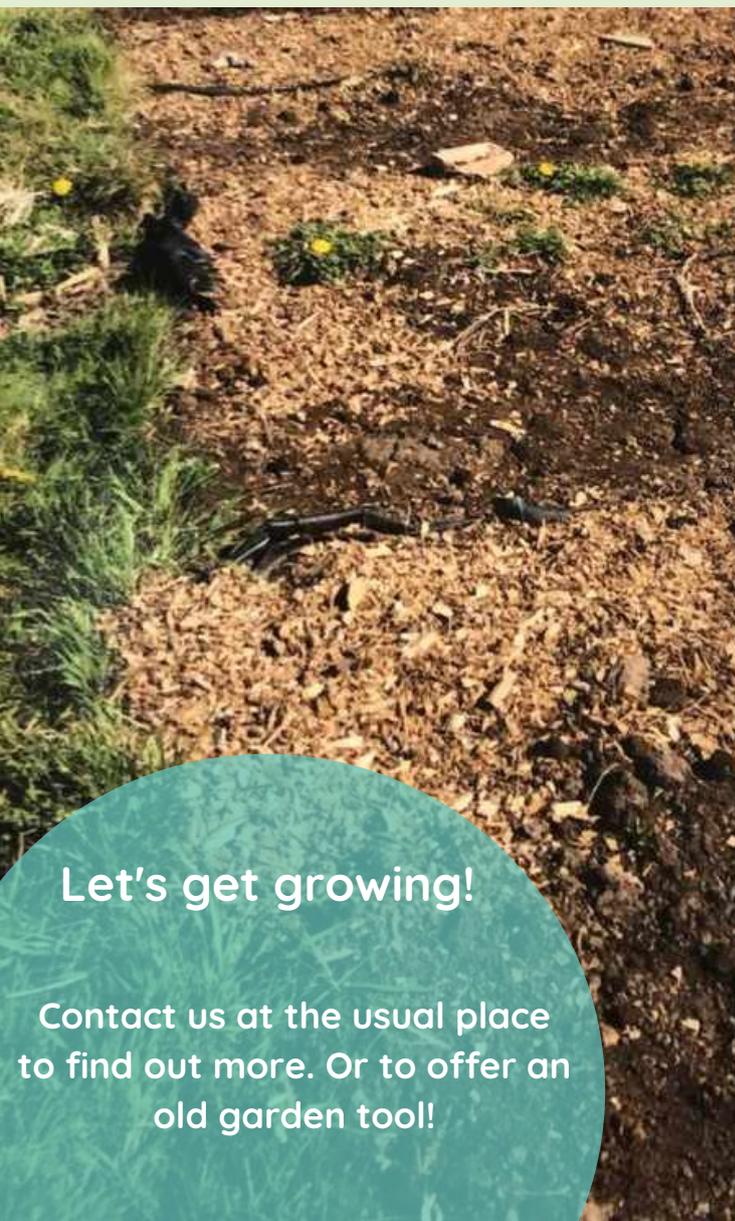


Click the link above and download the free WWF/Mental Health Foundation guide to how nature helps your health. Then check out our **ALLOTMENT!**

# Growing for Health



## A thumbs up from your Working for Health allotment!



Let's get growing!

Contact us at the usual place to find out more. Or to offer an old garden tool!



In case you missed the previous edition - this is our new pride and joy. Well, it will be once it's up and running properly!

Which is where you come in.

Soon we will need you to get involved; grab a spade and help us make it a place of relaxation, work and pleasure.

So much to do and such a (socially distanced) wonderful place to do it.

Let nature calm your mind and show the way to positive growth.

And grow some spuds at the same time.

# Meditating for Health



## Guided meditation

As part of our Tibetan-themed sequence of goodies this week, start with a wonderful guided meditation with Buddhist monk Andy Puddicombe.

Let his voice and the soothing sounds of the Himalayan forest (who knew there was one?!) take you a journey to a beautiful place.

And if you like it, settle into a journey of your own by using the meditation guide further on to help you.

Oh - and you don't have to be cross-legged to meditate! Just sit comfortably, let your feet touch and your hand clasp loosely in your lap.



[www.youtube.com/watch?v=BR6yH4S1UMU&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=1](https://www.youtube.com/watch?v=BR6yH4S1UMU&list=RDCMUC3JhfsgFPLSLNEROQCdj-GQ&index=1)

## Personal Meditation

So maybe you just want that mellow mood to continue? Maybe it's a wet and breezy day outside and you want to create an ambience for contentment inside?

Close your eyes, sit quietly and try this tip from Transcendental Meditation: let your thoughts wander where they will then gradually push them aside and drift away on emptiness and music.



[www.youtube.com/watch?v=-Av9yWZJUrk](https://www.youtube.com/watch?v=-Av9yWZJUrk)

# Touring for Health



The refurbished Magic Bus is back to take you on a tour.  
Tibet: a place of breathtaking beauty and spirituality.

Where will you start?  
With a tour?



[www.youtube.com/watch?v=3WetpIXVUo](http://www.youtube.com/watch?v=3WetpIXVUo)

The skies and the stars



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

A look at the forest zone.



[www.youtube.com/watch?v=v0EwwNpозE](http://www.youtube.com/watch?v=v0EwwNpозE)

An overview of the history and Himalayas



[www.youtube.com/watch?v=F3HZdiUUyqo](http://www.youtube.com/watch?v=F3HZdiUUyqo)

## Tibet: the roof of the world.

Due to the high altitude, Tibet is a land of snows as well as a mysterious place to explore. Snow mountains and grasslands, scattered herds of yak and nomads on the plateau, spectacular monasteries, tranquil lakes and a perfect blue sky; all can be seen in this magical land.

This is a place of natural wonder, a treasury of cultural relics and a destination for adventurers.

These days it is owned by China, but freedom to worship is still there, even if their spiritual leader The Dalai Lama is not.

Did you know that in his death he is reincarnated immediately? The current one has suggested that his may be the final incarnation - that the Chinese may not permit the search for his new body to be as free as it may need to be.



# Sharing for Health

The Work Place  
DROP-IN

## Glimmers of Hope

What has got you through the last three months of lockdown?

We chatted about this in our drop-in session on Zoom last Wednesday. It was really inspiring to talk about the huge variety of things that have given us hope and joy during what has been a strange time for all of us. We wanted to share with you all in the hope it will inspire you.



Watching a  
bumble bee  
in my garden



Drawing rainbows to put in the window  
and walking around looking at the  
other pictures down my street



Football starting again and  
being able to watch it on tv



Seeing a young fox  
in the garden



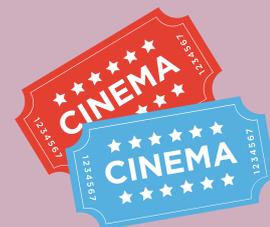
Being able to support  
each other and knowing  
we are not alone



Looking at the flowers  
and noticing how  
much they have grown

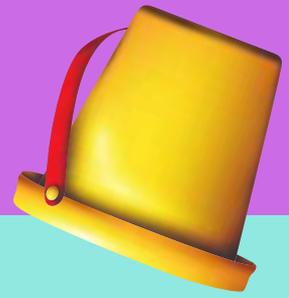


Seeing families spending  
time together out walking



Excitement about the cinema  
and pubs opening again

# Success for Health



## Try our Back-to-Front BUCKET LIST

"A bucket list is a set of things you want to do before you turn up your toes.

I'd like to climb Kilimanjaro for example. I mean, why not? Others can do it.



But the chances are it won't happen any time soon. Not unless I learn to climb. Plus I'll need to win the lottery to pay for it. Plus there's no travel there yet. Plus - let's be honest - it's just a pipe dream.

So, why not look at goals a different way.

Flip it round: never mind what you are going to do (not today anyway), look at back at what you have already done.

After all, it doesn't have to be once in a lifetime to be an important achievement.

Here are a few accomplishments that we are proud of:

Taking a trip alone

Completing a fitness challenge

Passing a driving test

Learning the guitar

Painting a picture

Spotting a rare bird

Seeing St Paul's Cathedral

Singing on stage

Getting a job

Making time to sunbathe

Helping someone



**'ACCOMPLISHMENTS  
FROM WAY BACK!'**

**- think back to your  
childhood and work  
your way forwards.  
2 minutes! Ready?**

**'MY ACCOMPLISHMENTS'  
- take 2 minutes to list as many  
as you can.**



# Laughter for Health



Theatres are closed until the new year at least.

For some, it's a posh place for rich people anyway.

For others, it's a joy.

Here at Working for Health we think that theatre is for everyone. We want to reclaim it and have fun with it.

Make it speak for us; for you.

After all, it's a great way of getting your story out there.

So our tame Theatre Tour Guide has put together two of the best comedies around.

See what you think!

Lead on, Alphonse.



[www.youtube.com/watch?v=sPbhHpCn\\_3k](http://www.youtube.com/watch?v=sPbhHpCn_3k)

Content is no longer available

[www.youtube.com/watch?v=79BfXoLyzLc](http://www.youtube.com/watch?v=79BfXoLyzLc)

## The Play That Goes Wrong: Peter Pan

Alphonse says:

"this is hilarious. It hurts my sides to watch it. Enjoy the world's most useless drama group putting on a play."

## The Reduced Shakespeare Company: The Complete Works of Shakespeare

Alphonse says:

"Four Americans in a non-stop barrage of jokes and fast gags. You don't need to know anything about Shakespeare (thank goodness!). A great and long-running hit all over the world."

# Mindfulness for Health



## What is Mindfulness?

Mindfulness is a practice where you use the five senses to engage physically and non-judgmentally with the world around you.

When you do a task with mindful awareness, you do it with 100% of your energy and attention.

Any activity can be done with a sense of mindfulness, even eating dinner with your family.

For example, you can pay attention to the texture and flavours of the food. You can think about how the food nurtures the body and keeps it healthy.

Practising mindfulness is incredibly empowering.

It can help manage stress and anxiety when it does occur. It helps with self-regulation, promotes positive emotions and self-compassion.



Try this to get an idea of how it all works:  
**The Tea Drinking Experience**

**If you love drinking tea , why not try drinking it a little bit slower?**

**Better yet, try drawing your attention to the sensations, smells, or sounds you observe from the moment you start brewing to the moment you finish your cup.**

**Notice how it feels to make the tea, the colour of the tea leaves, the sound of the kettle, the shape of the mug, the scent that arises, what the tea tastes like, and how it feels in the body as you make and drink the tea,.**

**That's all there is to it. Be aware of the world around you. Appreciate it. Love it. That way lies contentment. Even for kids.**

Stay alert, stay safe  
and stay in touch



WORKING  
FOR HEALTH