

NEWS, JOBS, CONTACTS, ACTIVITIES

WORKING TOGETHER



your online magazine

No. 13

July 16th 2020

INSIDE

Welcome

Issue update

Train Travel for Health

The railway's steamy past

A Platform for Health

Cottingham's platforms past & present

Staying Safe for Health

Mask making

Touring for Health

The glories of Norway

Bird Watching for Health

Eyes open for raptors!

Creating for Health

Charlotte shouts out for arts & crafts

Confidence for Health

The power of positive thought

Going Digital for Health

Free online digital training



Welcome

Welcome

I hope you're all doing okay and managing these strange and still uncertain times as best you can.

Although there is still no confirmation, we are hopeful that we will be able to start seeing people in person again soon, observing social distancing of course.

And with the new allotment currently being transformed (extra pictures to entice you!), we have more opportunities and facilities available to us to support our mental health and well-being.

I personally am excited to get stuck in and help out again as soon as possible, with both the allotment as well as old and new projects at the workplace.

We can't wait to meet up with you all again, but in the meantime, look after yourselves and continue your involvement with the online platforms that are taking place in order to stay connected and maintain part of a 'normal' routine in these very un-normal circumstances.

Kind regards,

Luke

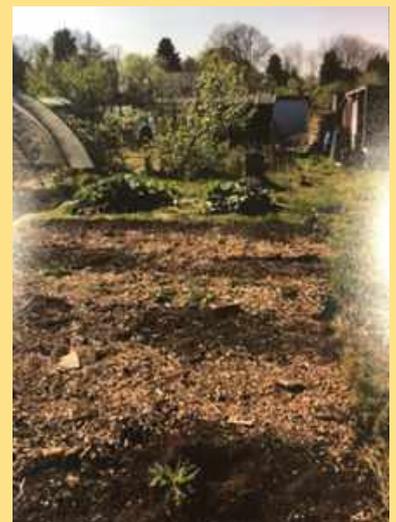
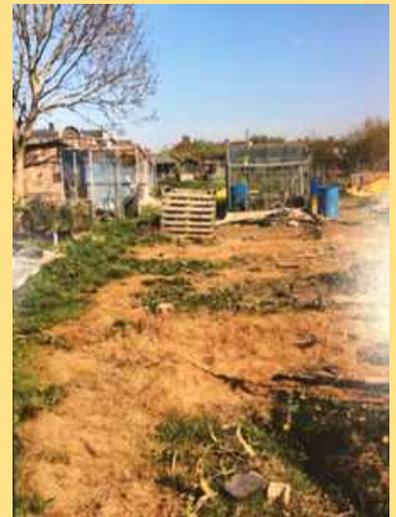
Contact us

email: hello@workingforhealth.co.uk

facebook: Working For Health Hull & East Riding

Twitter: working4health1

Instagram: workingforhealthhulleastriding



Train Travel for Health



All Aboard!

Now that we can travel again, let's take a look at some of the best steam train options out there.

Never tried it?

Treat yourself to a bit of old fashioned splendour. After all, **Working for Health** LOVES rail travel! (Wait till you see how the platform is looking!)



Some of the best steam journeys
www.youtube.com/watch?v=cvcezy1WLil



Have you done this one yet?
www.youtube.com/watch?v=rJRrxoV1AYE



Re-opening soon!

www.youtube.com/watch?v=45GI8ifbXBs



1956: Hull to Hornsea! Vintage footage.
www.youtube.com/watch?v=HFr-08aYH8g

A Platform for Health



Those were the days...

Remember when you used to come to Working for Health at The Platform?

We're still here -

and planning to RE-OPEN!

So hang in there and watch this space!

Meanwhile, here's a trip to the past to enjoy.



Take a look at the line in action

Cottingham station was opened, along with the rest of the line from the original Hull and Selby Railway station on 6 October 1846.

The station building was designed by George Andrews, consisting of two platforms, a stationmaster's house, and waiting rooms. In addition to the passenger facilities there was a goods shed, and coal depot to the west of the line.

A member of the Royal Society of Arts, Andrews was a close friend of the Railway King George Hudson and designed many stations in the region, including Pocklington and York.

Goods transit into Cottingham included coal and building materials, while goods outwards from Cottingham included agricultural produce as well as livestock. Goods traffic ended in 1970.

Inside the old station rooms where we're looking forward to meeting you once again.



Staying Safe for Health



Travelling, shopping? You'll need a mask

We're revisiting this popular mask-making technique from the May 28th edition of *Working Together*.

You will need:

2 rectangles close weave 100% cotton.

The lining and the top fabric. These are to encase the 'filter.' A great use for 'fat quarter' quilt pieces but also a handkerchief, a shirt, a napkin

1 rectangle non woven cloth.

This acts as an extra level of filter. Mid weight interfacing works but so will a floor or surface wipe that is rinsed and dried.

About 15cm /6 inches of wire.

This is sewn into the mask and can be pinched around the nose to make a closer fit. A pipe cleaner works, so does thin garden wire or straightened paper clip wound with a strip of cotton fabric.

Straps. 22cm x 5mm elastic/ or 40cm x 1/2 inch ribbon.

You can use elastic from a bath cap or use shoelaces as ribbon.

Cut 2 rectangles in cotton fabric 20cm x 18 cm or 8" x 7"

1 rectangle in non woven fabric 20cm x 18cm or 8" x 7"

OK? Go to the brilliant site below for easy to follow (and non-sewing machine alternative!) guidance:

*And to prove it works,
here's Diane with one
she made earlier from
this pattern*



www.thegoodlifecentre.co.uk/my-mask-protects-you-your-mask-protects-me/



Touring for Health



Pack your bags, take your seat and hold tight.
We're heading for the magical land of

NORWAY



Fly over before you arrive at Oslo

<https://www.youtube.com/watch?v=ftlvreFtA2A>

Thanks to one of our readers for suggesting this glorious destination. Breathtaking beauty, warm people, frozen panorama. What's not to love?



Leave your Magic Bus and take the FLAM VALLEY railway journey. One of the most stunning rides you'll ever experience.



'The essence of Norway's appeal is remarkably simple: this is one of the most beautiful countries on earth.' (Lonely Planet)

www.youtube.com/watch?v=A3Yj3q0QRLM

Bird Watching for Health



A Bearded Vulture in the Peak District?



www.youtube.com/watch?v=SLGKhNaRSCg



A rare visitor:
the Bearded Vulture, July 2020

You never know what you're going to see.

Here's a challenge for you.

See if you can find any of these raptors (or 'birds of prey' as we used to call 'em) **next time you go out.**



The Red Kite.

Now found across the **East Riding**. Try the Market Weighton area. Huge, majestic gliding bird.



The beautiful Honey Buzzard

Look for the small head and gorgeous patterning. They feed mostly on wasps - so your poodle is safe.



Lesser Kestrel.

Small, watch for it hovering by the road



The Peregrin Falcon

Big, grey and with the fastest attack speed of any raptor:
200 mph!

Creating for Health



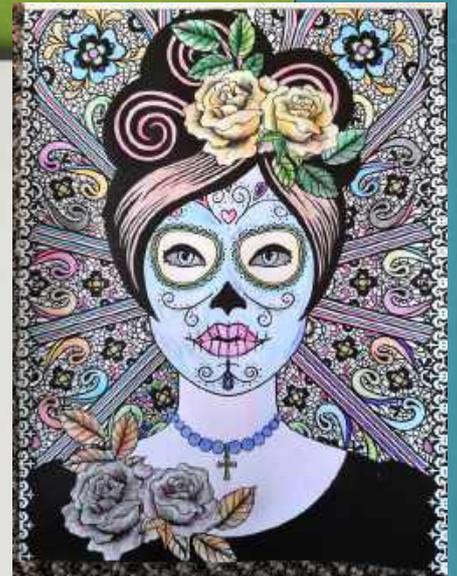
Shout out for Arts & Crafts!

Don't be shy - share your talents with us!

Charlotte says:

"Loved looking at the various creations you have all been busy with."

If anyone would like to send us a photo or image of anything they would like to have included in our newsletter that would be great. Artwork, crafts, blogs, reviews, stories and more - we love to hear and see what everyone has been up to."



And on Fridays at 12.30 the Working for Health Music Group is still going strong. Just ask for details!



Confidence for Health



FEEL GOOD ABOUT YOURSELF.

BELIEVE IT OR NOT, JUST BY TELLING YOURSELF
HOW GOOD YOU ARE, CHANGE HAPPENS.

IT'S THE POWER OF POSITIVE THOUGHT.

A 'mantra' is something you repeat over and over silently.
You can do while sitting quietly.
You can do it while ironing.
You can do it any time and all the time.

HERE'S A MANTRA TO GET YOU STARTED.

I am worthy of love, support, and respect.
I can overcome challenges
I can achieve my goals.
I am enough.

You can find out more about
the power of thought and
how change and confidence
go side by side, by checking
out this Happiful.com
website:

[happiful.com/how-to-rebuild-
confidence-post-lockdown](https://happiful.com/how-to-rebuild-confidence-post-lockdown)



Going Digital for Health



LET'S GET DIGITAL

THE SKILLS TOOLKIT

from the National Careers service

Free digital and numeracy courses to build your skills.

Digital and numeracy skills are amongst those that are most sought after by employers, and can help you progress in work and boost your job prospects.

Digital skills can be anything from **using social media** and **staying safe online** to **coding, programming** or **digital marketing**.

Choose from a selection of high quality courses. Find a level & time to study that's right for you.

Why improve your digital skills?

82% of all job vacancies require digital skills

Roles requiring digital skills pay 29% more than those that don't.

Recently, the number of digital jobs has grown almost three times as quickly as other occupations.

Grab this opportunity to build up your existing skill set and discover new talents.

The Skills Toolkit is made up of free online courses, tools and resources. There are courses that will give you **an introduction to getting confident online** to more advanced digital skills for use in the workplace.

These are all short courses that can be completed **at home, in your own time, at your own pace**. Just follow the link:

nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit



Last month our tame IT guru Alex was on hand to run a digital workshop!

If you want to know what you missed - contact Charlotte.



If you want to take it all a step further, then follow the link for the brilliant Skills Toolkit or even Google's own resource and go explore a world of free learning.

Digital skills are for everyone (even if you're not a teenager) so take the plunge and get your cv looking Smarter than ever.

Be more than just a consumer. Control your digital world.



There's also the Google route to online digital learning. Choose from all sorts of marketing and business-related courses. 20+ modules and certification at the end.



Be well,
stay safe
and keep in touch



Travel safely

Working for Health CIC