

WORKING TOGETHER

your online magazine



No. 16

August 27th 2020

A Co-Production Special,
with our NEW Photography Competition

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Welcome

We're back!

Working for Health is slowly opening its doors again. The Work Place drop in is still closed but you can meet up for one to one meetings by appointment. When we confirm your appointment, you will be given a link for a track and trace app and we will let you know of the safety measures that are in place. We are getting there!

Straw and stuffing

The 30th and 31st August is Cottingham's Scarecrow festival. There will be over 150 scarecrows (and counting) around the streets of Cottingham.

I am slowly sinking under bits of yet to be finished scarecrows, but I'm looking forward to the weekend when we will see if they will stand.

If you are around, we'd love to see you. Pop in and say hi. We will be there between 10 and 4 on both days.

Joined up thinking

This edition of *Working Together* restarts the conversation about co-production and how you can shape the future of Working for Health. Please let me know if and how you want to contribute.

At the Wednesday drop in this week we made a start. We were looking at the Work Place prospectus and as well as advice about what courses, workshops and activities we should be delivering, it was great to see people willing to co-facilitate.

True co-production in action!

The prospectus for the autumn and winter term will be out soon and it is looking fab. Watch this space.

Thank YOU!!!

Our gratitude and thanks go to Tesco's Bags of Help and Groundworks UK for their support in helping us get the essential first tools and equipment we need to get started on the allotment and provide an outdoor place to meet all you lovely people.

Huge thanks must go too to The National Lottery Community fund for supporting us with the 'Now Me' campaign. This will bring our services to a wider audience, and support us to help more people to improve their wellbeing and quality of life.

We will tell you a bit more about these developments in the coming weeks, but it feels great that we can get on and do stuff despite the coronavirus.

Stay safe and see you soon!

Diane

Contact us

email: hello@workingforhealth.co.uk

facebook: Working For Health Hull & East Riding

Twitter: working4health1

Instagram: workingforhealthhulleastriding

Working Together for Working for Health 1

A co-production special

Working for Health is a Community Interest Company. That means that everything we do should be shaped by our community we serve.

That means you!

Working for Health is driven by the needs and wishes of the people who use the services.

Obviously there are paid staff, and volunteers, but how do they know what they should be doing?

Simple... **you tell us and then you get involved in making it happen.**

This is co-production.

It is not about consultation it is about collaboration

As staff, it is our job to make sure you get your voice heard, that you feel part of the decision making, and even get involved in delivering parts of the service if that is what you want to do.

We are here to make sure that you can contribute. We will provide all the support, guidance and training you need to make a difference to the way WfH develops.

We are in this together

To **co-produce** is to make something together.
Co-production is not just a word, it's not just a concept, it is a meeting of minds coming together to find shared solutions.

find out more about co-production here and why it is different from involvement



https://www.youtube.com/watch?v=iJmFYSB_qo&t=9s

Co-production is about developing more **equal partnerships** between people who use services, carers and professionals.



Working Together for Working for Health 2

So how can I get involved?

There are loads of ways you can get involved and help to develop Working for Health into being the best service that it can be.

This can be simply by giving **feedback** on your experiences or telling us how we can improve by popping in a suggestion in to the **comments box**.

When someone is new to WfH, they are often inspired by the stories of others. **Sharing your story** offers hope.

And there are other ways of getting involved.

You can join the **'Team focus' steering group**. Prior to lockdown, this was meeting quarterly (but there was talk of it becoming more regular and becoming more informal too). This group takes an overview of the organisation, looks at our successes, looks at where it needs to improve and looks for opportunities for growth.

Not only do they come up with ideas, but they are involved in sorting the solutions too. **Their work directly influences the Board and future direction of the organisation.**

To keep it relevant, to be in this group you must be currently using WfH services, or have done so in the last year.

Sharing your skills: whether this is running a group, or volunteering, we are always keen to hear your ideas. As long as they fit with the vision and values, we will try and support you to do it.

Team Focus - FAQ's

I'd love to get involved, but I don't think I have anything to offer.

You have your experiences, that's what we need: people who understand what it is like to live with a mental health condition and try to get back to work. We are not looking for specialist knowledge.

How much time will I have to give?

At the moment it is one afternoon every 3 months (but no more than monthly) to attend the steering group meeting but there may be specific project meetings in between. How many of these you get involved with will be up to you.

I don't have enough money to get to the meetings

We will pay your travel expenses, we just need a receipt and claim form completing.

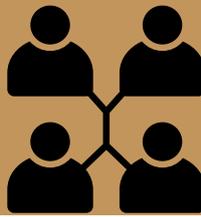
I've never been part of a group like this before!

Not a problem, we will talk you through it, give you the support you need and provide training. We might even provide cake!

Interested or want to find out more?

Contact Diane

diane@workingforhealth.co.uk



Connecting with others makes us all feel better.

Lockdown has meant more loneliness and isolation than ever before - for millions of us.

The link below takes you to a short reminder of how **being with other people can help** - provided they are the right sort of people of course!

People who are good for you.

New people, friends and family who don't judge.

And everyone at Working for Health - naturally.



www.youtube.com/watch?v=B4ZxMECJobo

It's tricky though - social distance still counts!

Make a start.

Smile, and say hi to someone nice.

3 terrific tips on getting on with others, from one of our readers.

"This was the BEST advice I ever had:

WHEN YOU MEET SOMEONE

Be positive

Smile

Ask questions.

That's all there is to it!"



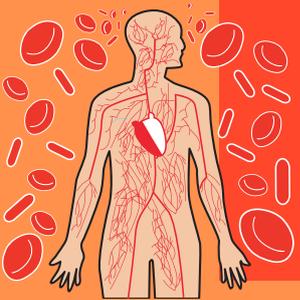
Be Active for Health



How being active helps wellbeing



www.youtube.com/watch?v=Wto7zISB2d0



WHAT HAPPENS INSIDE YOUR BODY WHEN YOU EXERCISE

WHAT HAPPENS TO YOUR HEART WHEN YOU EXERCISE



www.youtube.com/watch?v=wWGullAa000

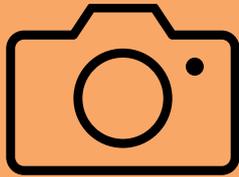
www.youtube.com/watch?v=O8ttt3M8qZM

The British Heart Foundation tell us why 150 minutes of moderate activity a week is SO good for us.

How our heart works. Just fascinating (and no gory bits).



Take Notice for Health



Take a minute and join in our

PHOTOGRAPHY COMPETITION

PHOTOGRAPHY FOR HEALTH

Send us a photo!
It can be of anything which makes you feel good.

THE WINNER BECOMES OUR COVER PHOTO.

More good stuff for your CV!

Taking a photo means taking notice.
And that's a way to wellbeing.



www.youtube.com/watch?v=Vgr6wtXAQuY

PHOTO COMP RULES.

You can use your phone or a camera.
Contact any member of staff to find out
where to upload it.

Deadline Mon Sept 7th.

No images of people please

(we'd need to get permissions etc etc...)

Take a minute...
to look at the world
around you



CRAFTS FOR HEALTH HOW TO MAKE MONEY FROM EASY CRAFT MAKING

From pillow cases to customised tea.

"my next idea is..."

Really good suggestions from Australian crafter Tash.



www.youtube.com/watch?v=SBXh2wkrTZw

Awesome! This tells you what you could sell, gives you tips on marketing, and points you in the direction of more short videos on how to make every idea here.



Give Back for Health



Did you know that giving back helps you live a longer and happier life?

make a difference
INVOLVED
support
kindness
INSPIRE
DONATE
CARE
GIFT
no
give back
VOLUNTEER
COMMUNITY
make time
SHAR
GENEROSITY
care
connect
purpose
unconditional



Working for Health needs YOU.

Today, the 'giving back' we ask is that you help us to help you.

Get involved!

Whether it's through the photo competition, sharing your crafts, volunteering, working on the allotment, joining the music group, or just giving feedback.

Tell us what you need.

Help us to help others better.

Create for Health



Photography, crafts, we're pushing creativity already!

But just in case you missed the last edition here's a reminder of where you can go this Bank Holiday weekend.

**COTTINGHAM
SCARECROW
FESTIVAL
BANK HOLIDAY
WEEKEND 30-31
AUG**

Join in

Say hello, make us smile, it will be a long day

Vote for us!

Lisa or Diane will give you all the details.

We need you!

diane@workingforhealth.co.uk



**Be well,
stay safe
and keep in touch**

Working for Health CIC
The Station, Station Road, Cottingham, HU16 4LL
(01482) 242808
hello@workingforhealth.co.uk