

NEWS, JOBS, CONTACTS, ACTIVITIES

# WORKING TOGETHER

your weekly online magazine



No. 7

May 14th 2020

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"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."  
Buddha

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Under £2 a meal - and delicious!

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Dr. Jekyll makes a call



**European Union**  
European Structural  
and Investment Funds



UnLtd ★ Award Winner

# Welcome

## Staff welcome

Hello

Well it has certainly been a strange year so far.

We have learned to work in new ways, embracing technology to connect and provide support while staying safe. It has been a challenging time for many of us. Though, I have to say, to it has been an absolute privilege to share this journey with so many of our members here at Working for Health.

The weekly drop-in sessions have been wonderfully uplifting: it is great to see friends and strangers engaging, sharing stories and ideas, motivating one another. It has been truly magical.

While there have been many challenges there have also been many things I've found myself being grateful for.

I've spent more time with my eldest son in the past two months that in the previous year. My youngest and I have developed a stronger bond through less rushing around and more time getting to know each other's worlds. I know more about WWE and technical Lego than I ever imagined I would.



I have walked every day finding beautiful paths through my local area I had never previously noticed, taking time to see nature blooming through the spring. The general slowing down of life and really seeing nature up close has been a wonderful tonic for the more difficult times.

Teaching online for the first time was scary at first but has now given me courage to take active roles in other online groups.

Though this was only possible because of the engagement of our members who have helped us embrace this change.

As we start to take 'baby steps' out of this lockdown, my hope is not to return what we used to call 'normal' but to move forward stronger and more appreciative with all the experience we've gained.

Take care and stay safe!

All the best,

A handwritten signature in a cursive script, appearing to read 'Gwen'.



# Working for Health

## *Working for Health* employment opportunity



### Finance Assistant

Our wonderful James is set to leave us, are you the perfect replacement?

**Hours:** 18 hours per week

**Rate:** £8.75 - £9.50 an hour (depending on experience)

**Duration:** Fixed term until 30th Sept 2022

**Location:** The Station, Station Road, Cottingham, HU16 4LL

**Closing date:** Sunday 24th May 2020

**Job Summary:** To undertake all duties to ensure effective financial administration and to provide accurate reporting on the project activity and outcomes.

Experience in accounts/ bookkeeping and knowledge of spreadsheets essential.

For more information, see our website and apply through Indeed



**European Union**  
European  
Social Fund



**COMMUNITY**  
FUND



# Moving for Health



## Moving slowly

A second visit to the slow, beautiful movement of Tai Chi.

This will stretch your muscles, keep you limber.

Above all, it will give you  
**POISE, BALANCE, FLEXIBILITY**

Take a look at **FITNESS FOR HEALTH** and you'll see why this matters so much.

And don't forget: there's still **YOGA** right here at Working for Health, with Ash.

All you gotta do is ask!

**'What is Tai Chi anyway?'**  
**Let's ask a master.**



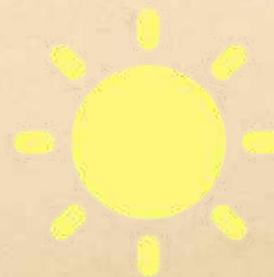
**Join in and relax**



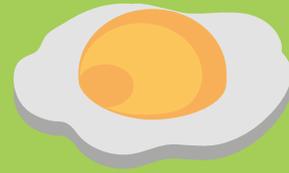
<https://www.youtube.com/watch?v=cEOS2zoyQw4>



[Ayoutube.com/watch?v=4c-ywGdAiAog](https://www.youtube.com/watch?v=4c-ywGdAiAog)



# Eating for Health



**£1.87 a meal!**



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

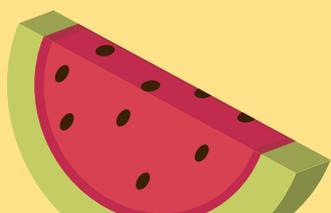
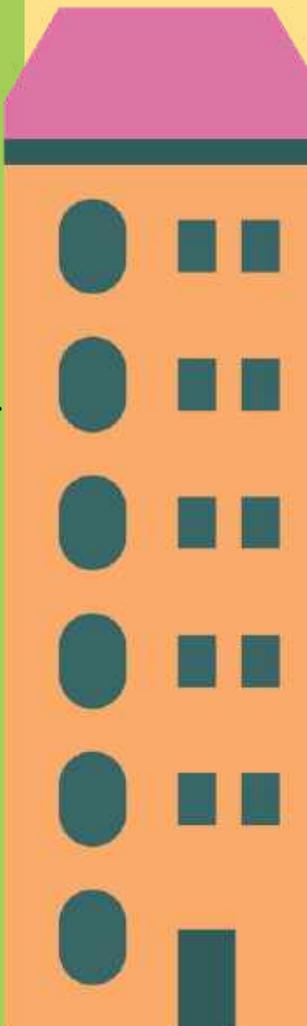
## GREAT GRUB ON A BUDGET

In his flat, Joe Delaney flexes his muscles and shows you how to make really good food, really easily.

Oh and it won't cost over £20 for the whole 5 days!

Spend 15 minutes watching this and improve your eating.

Then head on over to *Fitness for Health and Wellbeing for Health* and see how it all helps.



# Fitness for Health



## FOUR SIMPLE STEPS TOWARDS BETTER HEALTH

Your magazine, *Working Together*, is here for one reason: to give you ways to be well. And its ideas are **PROVEN** to work. Today, we'll show you

**HOW TO KEEP BODY & BRAIN ALERT**

JUST FOUR STEPS...  
and you've seen them all before in the pages  
of *Working Together*.  
SO...

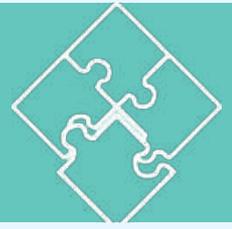
**ARE YOU READY?**

THEN LET'S GO!

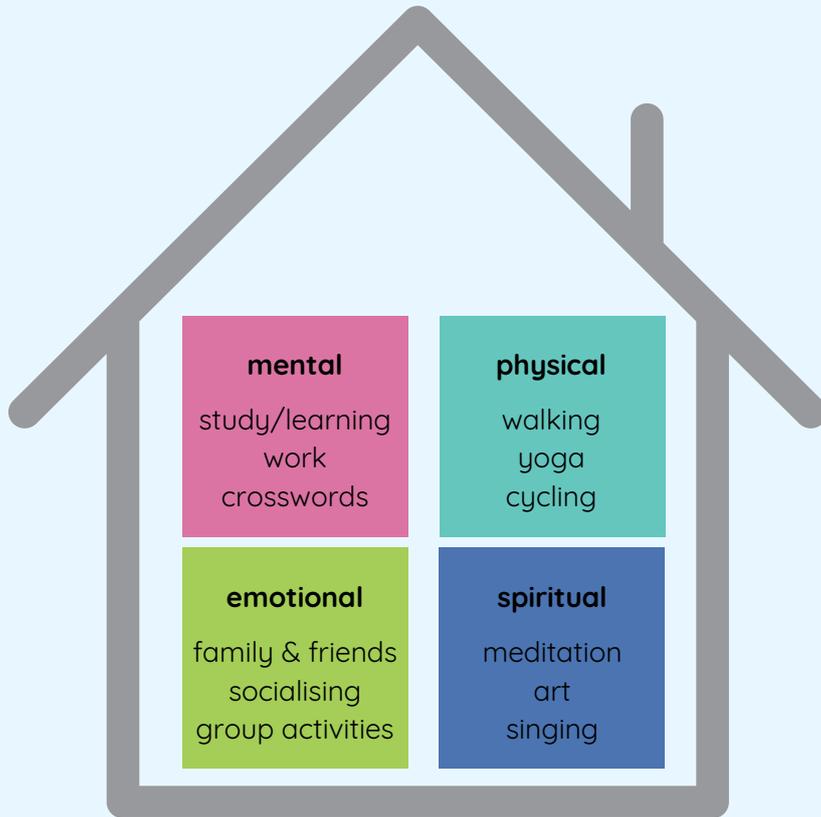


[youtube.com/watch?v=64wAUSTRcC0](https://youtube.com/watch?v=64wAUSTRcC0)

# Wellbeing for Health



## The House of Health



Here is an example of someone's balanced life...  
all rooms full!

### Fancy joining us at the drop-ins?

All members should receive a weekly email containing a link to access the next session. Just follow the link at 1pm that Wednesday to take you straight to the drop-in. If you have any questions about the sessions please email [charlotte@workingforhealth.co.uk](mailto:charlotte@workingforhealth.co.uk)

At the weekly Zoom drop-ins, here at Working for Health, we have been looking at how we can all get a more balanced and fulfilling life.

One of the tools we have used is the *House of Health*.

The idea is that you examine the four 'rooms' that make up your house. The rooms are:

**mental**  
**spiritual**  
**emotional**  
**& physical**

You write in the parts of your life that fill those rooms. Then you can see which of your rooms are full and which are empty (or at least not full enough for you).

This can help you to see what you can do next to make you happier and more fulfilled.

### GO ON GIVE IT A GO -

make your own House of Health and talk with your worker and together, see how you can fill your rooms.



# Touring for Health



Your MAGIC BUS will take you back in time...



## ANCIENT EGYPT

### EGYPT REIMAGINED



[youtube.com/watch?v=omajagaozk0](https://youtube.com/watch?v=omajagaozk0)

### A TOUR OF THE SIGHTS



[youtube.com/watch?v=Dtw2vfKihXA](https://youtube.com/watch?v=Dtw2vfKihXA)

### INSIDE THE PYRAMID



[youtube.com/watch?v=TMzouTzim0o](https://youtube.com/watch?v=TMzouTzim0o)

This week, your tour takes you back to one of the greatest civilisations the world has known.

Take a seat and have a look at what it might have been like and what is left today.

Welcome to Ancient Egypt!

### Know your Egyptian god



# Reading for Health



## Working for Health BOOK CLUB

So you haven't read our  
**Book of the Month**,  
Robert Louis Stevenson's short novel  
**DR. JEKYLL AND MR HYDE**  
yet?

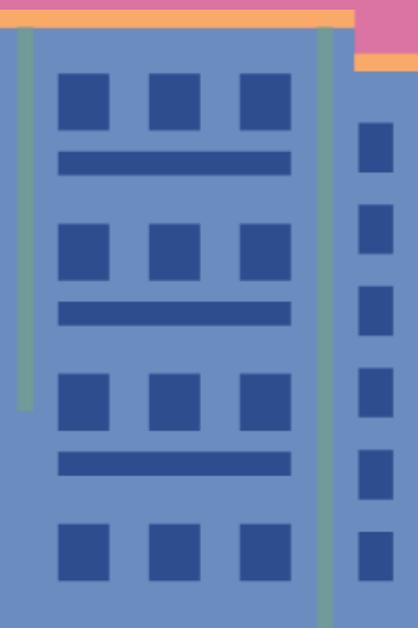
Ssh. Don't tell: here's the film from **1920**.  
Just imagine your own dialogue...



[youtube.com/watch?v=fFrOB1ZdRGk](https://youtube.com/watch?v=fFrOB1ZdRGk)

Remember: East Riding  
Library has free books.  
So does Library.Org.

See our earlier editions  
of Working Together's  
Reading for Health  
for more information



# Contacts & Contributions



## 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

Get in touch.  
We love to hear  
from you!

