

# WORKING TOGETHER

your weekly online magazine

No. 9

May 28th 2020

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'I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.'  
Groucho Marx

# Welcome

## Staff welcome

We are on a monumental Week 10 of the lockdown, but little-by-little are starting to see glimmers of hope of being able to get back to some relative kind of normality.

Although my role with Working for Health does not deal directly with members, throughout this whole period it has been heartening in staff meetings to hear how zoom, drop ins and workshops have been received positively and with enthusiasm. It is a huge testament to both staff and members how well we have made the best of this situation.

I have been spending more time in my garden during this period than I ever thought possible. The thing that has struck me most over the last 10 weeks is how I have been able to truly appreciate the changing of the seasons from late winter to spring to early summer and how the garden has in turn adapted.

The bare ground emerged with a swathe of colourful tulips and daffodils, then to be replaced with blooms of roses and poppies.

I have also taken up growing vegetables from seed and have found watching French beans, courgettes and tomatoes develop into small plants incredibly rewarding.

It is true that there is a strong correlation between gardening and mental health. It helps us to think clearer, reduces stress and makes us feel more energised. This week **Touring for Health** takes you to some magnificent gardens, including Monet's.

Even if you do not have a garden or only a small space it is easy to improvise. No plant pots to put seeds in? Raid the recycling bins for yoghurt pots – these can work easily as an alternative. Or try a plastic-free newspaper alternative. Full instructions on page **8**.

Like gardening, no matter what the pandemic has thrown our way, it has allowed us to tap into our own resources, be imaginative and grow knowledge and experience.

Stay alert and safe!!

*Caroline*



# Workshops for Health



## Our new Summer Term prospectus

out now at [workingforhealth.co.uk](http://workingforhealth.co.uk)



And this time we are taking the full prospectus online - at least for the time being.

Due to the uncertainty surrounding the easing of lockdown restrictions, our Summer prospectus will run online until mid July. We hope by then we will have a clear idea of the way forward and when we might be able to hold our sessions in person again. As soon as we are able, we will return to face to face delivery.

Whether online or face to face, we will deliver our workshops over three terms in the calendar year, as originally planned. This will be enhanced by a more ad-hoc programme of holiday workshops during August.

These workshops are exclusively for our members, volunteers and staff and aim to provide an opportunity to learn and develop skills and confidence - when the time is right for you. From the more structured sessions of The Care Certificate to a more informal session of Weekly Wellbeing, we hope that there is something for everyone to get involved in.

We are currently using Zoom to deliver our online sessions and the feedback so far has been really positive. We can assist anyone who hasn't used Zoom before to get set up ready for a session.

If you would like to sign up for anything in the prospectus or you have any questions, please email [hello@workingforhealth.co.uk](mailto:hello@workingforhealth.co.uk)

# Being Positive for Health

## REASONS TO BE CHEERFUL

THINK POSITIVE AND  
CHANGE YOUR LIFE!

WE'RE HERE TO HELP.

CHANGE  
YOUR  
HABITS

CHANGE  
YOUR  
LIFE

INSPIRE  
Someone  
TODAY

😊 MAKE  
ME  
SMILE

YES  
YOU  
CAN

## REASONS TO BE CHEERFUL

And here's the man himself:  
Ian Dury on top form.  
Give your body a boost - let's  
dance!

Ian Dury and The Blockhea...

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

# Fitness for Health



Don't want to run? Don't fancy sit-ups?  
Here is the perfect solution:



## SKIPPING



(YES YOU WILL LOOK EXACTLY LIKE HER. IN JUST 3 DAYS. HONEST)

## 7 REASONS WHY SKIPPING IS GOOD FOR YOU

1. It's a full body workout.
2. It improves your heart rate.
3. It tones the muscles in your lower AND upper body.
4. It is the BEST tool for WEIGHT LOSS!
5. It is safer than jogging or running because you land on your toes.
6. It improves your skin by flushing out the toxins.
7. It improves your bone density, which helps fight off osteoporosis.
8. It improves your agility and ninja potential.

### How to do it.

We all think we know - but here's a timely reminder from a trainer (who appears to have nipped into an empty flat)



[www.youtube.com/watch?v=TIEjZggRC\\_w](https://www.youtube.com/watch?v=TIEjZggRC_w)



## Elephants And Donkeys Grow Big Ears

An unlikely title for an article about our weekly music group 'Make Some Noise!' you may think?

But this is actually a really cool way to remember the notes that make up the six strings of a guitar using the first letter of every word - thanks to Chris for pointing this out during last week's session!

We have been holding these sessions online through Zoom since the lockdown. Making a noise at the same time on Zoom isn't possible so these sessions haven't enabled us to actually play songs or sing together. This hasn't stopped us having some fun though. Being able to get together to plan the songs we want to work on, talk about artists and songs that mean something to us, and generally share our love of music has been a really wonderful experience.

In the last week we have migrated to Discord, another site that enables group meetings. We are just getting used to this to see if it will do what we need it to. First impressions are good - we can do things like chat and share YouTube videos of songs we like to our own dedicated server.

Once the current rules are relaxed and we are able to meet in person (whenever that may be) our aim as a group (for those of us that feel confident enough) is to rehearse a few songs and give a performance or two, however big or small. No one will ever be under any pressure to perform though and some people may like to build up to that.

We are currently a small group and we welcome anyone who fancies joining us. All you need is an interest in music, an internet connection and a willingness to make a noise, whether that be with your voice or any instrument you may have.

If you would like to know more, email [charlotte@workingforhealth.co.uk](mailto:charlotte@workingforhealth.co.uk)



# Touring for Health



A taste of garden perfection - by our special bus..  
Relax, and enjoy.

## Beautiful Gardens

### A Visit to Monet's Garden in France

This stunning garden was artist Claude Monet's inspiration for over 20 years..



[www.youtube.com/watch?v=rjWx2WNXFF4](http://www.youtube.com/watch?v=rjWx2WNXFF4)

### A stroll through the gardens of Chatsworth House

Derbyshire:  
The Duke of Devonshire's majestic gardens



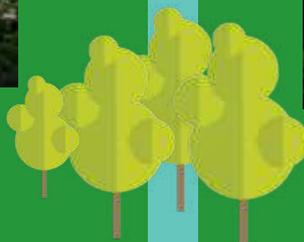
[www.youtube.com/watch?v=jjMOWJyjKK0](http://www.youtube.com/watch?v=jjMOWJyjKK0)

### A sprint through Kew Gardens, London

England's most important and beautiful gardens  
- open again!



[www.youtube.com/watch?v=7ngHhWAFzBc](http://www.youtube.com/watch?v=7ngHhWAFzBc)



# Creating for Health



## How to make seed pots from old newspaper

The finished pots are quite sturdy while the seeds are growing, but they'll break down quickly once they've been planted in the soil, meaning you don't have to transfer them.

### What you need

Black and white newspaper  
A small, glass jar

### How to make it

Lay a full sheet of black and white newspaper flat. Don't use shiny, coloured paper as it may contain heavy metals that could drain into your soil.

Fold the paper in half lengthwise twice to form a long, narrow strip of folded newspaper.

Lay a small, glass jar on its side and place it on one end of the strip of paper. Roll the newspaper around the jar. The jar is used only as a form to roll the paper around. About half of the strip of paper should overlap the open end of the glass.

Push the ends of the paper into the open end of the jar. This step doesn't have to be neat and tidy; just stuff the overlapping newspaper into the jar.

Pull the jar out of the newspaper pocket so you have the newspaper pot in your hand.

Push the bottom of the jar into the newspaper cup, squashing the folded bottom to flatten. This step will seal the bottom of your pot.

Once the pot has been filled with soil, the bottom will be secure.

Pull the jar out and you have a finished paper pot, ready to grow seeds in.

Simply fill these little pots with soil mix as you would any seed pot. Place them close together on trays, so that the newspaper pots are touching each other.

These pots transfer water very well, so instead of watering each seed pot individually, you can pour water into the tray and the seedlings will take it up through the bottom of the newspaper pots, whichever pot-making method you choose to use.



Or you could decorate those dirty old yoghurt pots!



# Mask Making for Health



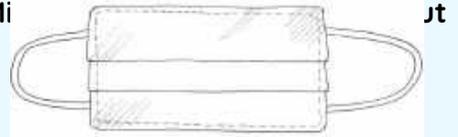
## How to make a protective mask

You will need:

### MATERIALS

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. Mi  
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:



## 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)

## LAST CHANCE

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!

