

NOW
Me

time to get your life back on track

WORKING TOGETHER

your online magazine



CONGRATS

No. 18

October 1st 2020

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5th Anniversary Special!

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HAPPY ANNIVERSARY TO US!

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UnLtd ★ Award Winner



Welcome



HAPPY ANNIVERSARY TO WfH!

5 years ago in a little room in Hull
University *Working for Health* took its
first tiny steps.

Now we keep on growing!

This is a mighty big
thank you

to all of our wonderful staff, volunteers,
peers, friends, clients and funders who
have worked with such love and kindness
over the past five years.

And another huge

thank you

to all our newest recruits. You know who
you are!

To all of you who have worked through
this coronavirus crisis time to help others
or to improve yourselves, we say (guess
what?)

thank you!

You are all what makes WfH so special.



Diane & Richy



So what do we want to do next?

We want YOU to join us.

Volunteer for us.

Take a new course.

Be part of the co-production and
say what it is you would like us to do.

Help us make WfH the place you
want it to be.

Contact us

email: hello@workingforhealth.co.uk

facebook: Working For Health Hull & East Riding

Twitter: working4health1

Instagram: workingforhealthhulleastriding



Flu jab for Health



You want to get back on track?

Then you gotta stay healthy!

While the world is muddling about with a Covid vaccine, here's what the NHS recommend to stay healthy this winter.



Do they work?

The NHS kicks some myths into touch:



www.youtube.com/watch?v=sZv0SvZwNR0

WHO SHOULD GET A FLU VACCINE?

'People should have the free flu vaccine if they are:

- pregnant
- age 65 years or over
- carers
- have a long term condition
- are a household contact of someone on the NHS Shielded Patient List

People on the NHS Shielded Patient List for COVID-19 are all eligible for a free flu vaccine and it is really important this year that they receive it.

Some groups of children are also being offered the flu vaccination.'



Connect for Health



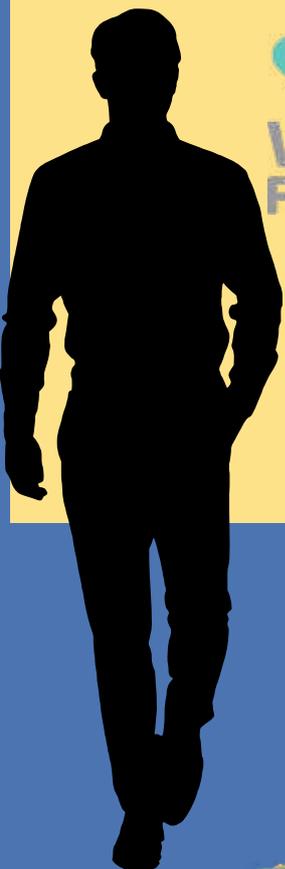
Over the past five years Working for Health has helped hundreds of people closer to the world of work.

And the first and biggest step for many has been to CONNECT.

Connect with us, with others, with new and better ideas, with things to do.

So dig out your Nikes, slap on a smile - and go for it

The journey starts here!



Every journey is made up of tiny steps.

You know the old joke:

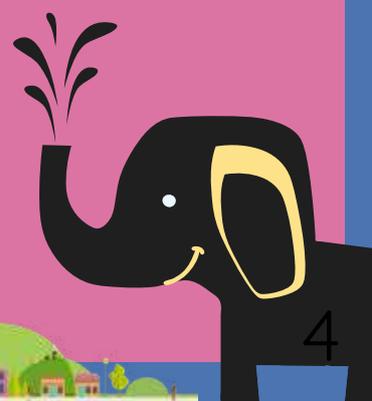
Q. 'how do you eat an elephant?'

A. 'one bite at a time.'

Try this video (no elephants involved):



www.youtube.com/watch?v=SFjgXNLzsB4



Be Active for Health



AUTUMN

Season of mists and mellow fruitfulness (that's the poet Keats talking. He loved Autumn).

Time to kick the leaves.

Time to take a walk and look at the colours.

Time to get a bit cold and a bit damp and come home to a hot chocolate.

I mean it's easy for you dog walkers.

You **HAVE** to go out.

But for the rest of us who only have a goldfish, going out means effort.

Which isn't always top of the list .
But... the world is beautiful and sitting staring at a screen will turn our minds and bodies to mush.

Time to get life back on track.

starting with a breath of Autumn air. Here's a taster:



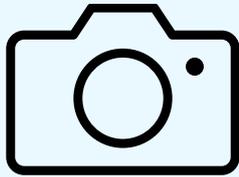
www.youtube.com/watch?v=x7UfBFzzmbQ

Ready?

Let's go!



Take Notice for Health



PHOTOGRAPHY COMPETITION



We asked you to take a minute to look at the world around you.

The entries are still coming in! FANTASTIC!

Here are the last two; both utterly amazing!

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



Keep Learning for Health



Get ready for the bad weather with these great books for the fireside that were made into great films



H.G. Wells: THE WAR OF THE WORLDS

It's the end of civilisation as we know it. An invasion from Mars wreaks havoc in the English countryside. Not even Tom Cruise can stop it. This is a rarity: the book is as good as the film is as good as the musical (but the BBC series was awful).



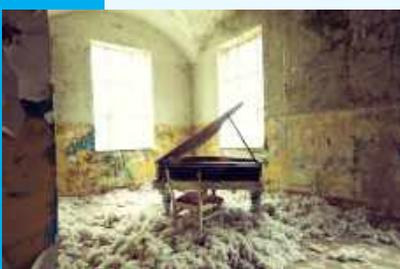
Emily Bronte: WUTHERING HEIGHTS

Heathcliff, it's me your Cathy I've come home now... Probably the most passionate love story ever written. There have been a few films, including a dreadful one in which Sinéad O'Connor puts on a wig, but the 2011 one is really set in Yorkshire, which helps no end. Nothing beats the book for sheer savagery though.



Aron Ralston: BETWEEN A ROCK AND A HARD PLACE

Unbelievably harrowing autobiographical story about a climber trapped for five days. Turned into a great film by superhero director Danny Boyle. Doesn't matter which you try first - it'll send you running for the other!



Wladyslaw Szpilman: THE PIANIST.

The Extraordinary True Story of One Man's Survival in Warsaw, 1939-1945. An incredible World War 2 autobiography about the power of music in the face of horror. Utterly brilliant with a film that is unbearable to watch. In a good way.

You can download the first two for free through Open Library

Any suggestions for others?

Give Back for Health

Be a *Working for Health* Volunteer

Feel you could help someone?

We're looking for **befrienders** who can check on the wellbeing of individuals - people who can be that social contact an isolated person needs.

And we want people who are willing to give time to **workshops and activities**.

Volunteer and change someone's life.

We'll even provide coffee
(lockdown permitting!)

Interested or want to find out more?

Contact Diane
diane@workingforhealth.co.uk



WE NEED YOU!



Creating for Health



Creative Writing

The new prospectus includes a shiny new course: creative writing. Working Together decided to ask the tutor what it's all about.

WT: How did this come about?

A: There was interest in the proposal so, here we are. We've just finished the second week of the five.

WT: What sort of things do you include?

A: It's always tricky pitching an art form as the place where people join it is so variable. You could have experienced professionals alongside beginners for example. We decided to start by looking at three key areas which are essential to good writing, then to open it up for a more co-produced content.

WT: can you give an outline of the course?

A: Sure. Week 1 was about beginnings. When you open a novel by someone you don't know they have a couple of paragraphs to persuade you to read on. So we looked at a few openings and decided which we liked and why. Out of that we looked for tips which would help us all.

Week 2 moved on to how writers describe place. Sometimes it's through simple lists; others go for rich verbs describing how things move. There was a brilliant extract about children walking through snow.

Next, we're on to character.

WT: And after that?

A: Requests for more about the process of publishing mean that things like how to write a cover letter; what to put on a blurb; who to send your work to will be part of the course. We'll probably end with the other request, which was for illustration advice and pair that with advice on editing memoirs, journals, memories, that sort of thing.

WT: And do you offer criticism?

A: No! We try to keep it friendly and non-judgemental. No-one is going to say your work is rubbish, because that's just opinion. The point is to learn a few tips from the best writers out there and, if we want to, apply them to our own writing. Tasks are set, but completing them is entirely up to the individual. They can send them, share them on zoom, or skip them altogether. It should be fun. I hope it is because I certainly enjoy myself.

WT: If anyone else wants to join in, or has a request for a particular workshop series on writing, such as writing non-fiction, or books for children, contact Diane at the usual email. We'd love to hear your ideas.



Poetry for Health



National Poetry Day is the annual mass celebration on the first Thursday of October that encourages all to enjoy, discover and share poetry. This year, **National Poetry Day** takes place on 1st October 2020, and the theme is Vision.

It also happens to be OUR ANNIVERSARY!

So here are a couple of superb poems from our readers.

Seeing Sideways

When I was small
My Auntie Vera told me to think sensibly
not to paint with my fingers
not to run in puddles
not to play with the caterpillars

So I did.

Now, when I paint with a neat brush
or step in wellie-booted safety past the puddles
or remove the caterpillars from my flower bed

I wonder what would Auntie Vera would say.
Well done me, I guess.
Well done for staying sensible.
Well done son.

But sometimes, when nobody's around
I finger paint
I splash
I tell jokes to the bugs
-who don't reply-
I don't think sensibly

I think sideways.

And that has made all the difference.

Happy Me Day

"I'm like Lewis Hamilton
I'm like Richard Branson
I'm like the first guy in space
I'm like Leonardo da Vinci
I'm like -
I'm like -
OK
I'm not really like them.

But I can SEE they must be happy
(the ones who are still around)
because they are TOP
And I am not
So if I was top too
I'd be happy too!"

What rot.
Top is what you make it.

Top is waking up and it's sunny.
Top is changing routine.
Top is saying hi to someone I don't know
and they say hi right back.
Top is a call from Working for Health
Top is digging
Writing
Singing
Cornflakes for breakfast
Old jeans fresh washed
A Sunday smile

And you know what?
What I want to shout out to Lewis Hamilton
and Richard Branson
and the first guy in space
and Leonardo da Vinci
(even though they're not all around)?

I want to shout HAPPY ME DAY!
Look at ME!
HAPPY ME DAY!

And they can do it too.
If they want.

time to get your life back on track

NOW

Me!

We can help you look at
what you want from work,
what you want from yourself, and
what you want from life.

Then we help you to get there.



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