

**NOW  
ME!**

# WORKING TOGETHER

Your online magazine



No. 24

June 2021

## INSIDE

Welcome

Ch-ch-ch-ch-changes

Any suggestions?

Money towards energy bills

Seriously worth looking at!

Calling all knitters

Make a square and help someone

The TakeOver Festival

Report and links

Blasts from the Past

A nostalgic ride back through Working Together

Workshops, groups and get-togethers

So, what do you wanna do?

Bye - and remember...

All change!

It's goodbye from your  
online lockdown magazine -  
and time for a change.



With restrictions ending in a few weeks it's time to say farewell to this version of your online magazine.

We've been with you throughout the lockdowns, celebrating the work you have produced, offering activities and information, teaching you techniques for everything from job hunting to meditation, even taking you on virtual trips across the world.

Once we open our doors again it will be great to meet everyone in person and bring the WorkPlace into life again.

So for this final edition we're looking back across the months, as well as to the triumphant TakeOver Festival in April.

But check out the current offer for help with energy bills too! Plus there's a way in which all you knitters can help others quickly and easily.

Enjoy this retrospective and thank you for reading and contributing. It has been a pleasure and a privilege.

*Best wishes,  
Alan*

## 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)

**[www.workingforhealth.co.uk](http://www.workingforhealth.co.uk)**





## It's goodbye to this format of your Working Together magazine

This magazine started as a weekly event in March 2020.

As lockdown began so we offered alternative ways for you to stay engaged with the world as well as keeping you up to date with WfH news and events.

Now we're all nearly out of restrictions.

So, let us know how you want  
Working Together  
to develop.

We were wondering if Working Together should go **seasonal** instead.

Maybe with a change in content: focussing on getting you up to speed with news as well as plans for the coming 3 months.

Tell us what you think!



If you want  
anything different  
though, just shout  
out to your worker.

After all, the  
magazine is here  
for you!

# HELP WITH BILLS

## Need help with your energy bills?

**This awesome offer is current now - don't wait!**

A poster for Energy Vouchers. At the top, it says 'APPLY TODAY' in a small font. Below that, 'ENERGY VOUCHERS' is written in large, bold, yellow letters. Underneath, it says 'CALL AFTER 24TH MAY ON' followed by the phone number '01482 852292 (option 2)' in yellow. The main text explains that energy vouchers are available to support local residents with paying for their gas and electric. It also states that to qualify, you must live in Hull or East Riding and pay for your energy through pre-payment meters (paypoint/payzone). At the bottom, there is a photograph of two hands holding a glowing yellow lightbulb. Below the photo, it says 'This funding is not based on benefits or employment status' in blue text.

APPLY TODAY

## ENERGY VOUCHERS

CALL AFTER 24TH MAY ON  
**01482 852292 (option 2)**

Energy vouchers are available to support local residents with paying for their gas and electric.

To qualify you must live in Hull or East Riding and pay for your energy through pre-payment meters (paypoint/payzone)

This funding is not based on benefits or employment status

Offered here is support for anybody who lives in Hull and the East Riding with their energy bills, if they pay for their energy on pre-payment (top up at the shop through paypoint/payzone).

Recipients must have been impacted upon by the pandemic in some way (e.g. isolated, shielded, home schooled, furlough, had reduced hours etc).

**These vouchers can be up to the value of £49.00 depending on household occupancy and they will receive a voucher every 4 weeks over a 12 week period.**

# HELP BY KNITTING



C'mon you knitters!

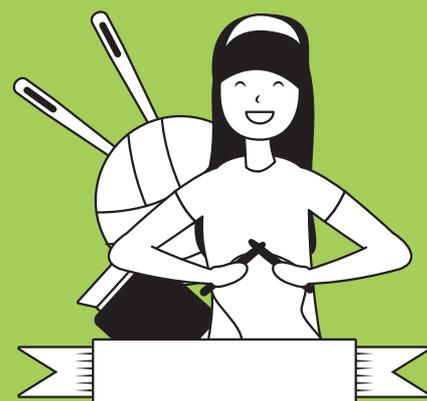
**Hull Refugee Week 14th - 20th June**

Revolutionary Makers -

**calling all knitters, your squares are needed**

They are collecting 12cm knitted squares, which can be donated at your local Hull library.

The knitted squares will be put together to make dressing gowns in aid of Hull Help for Refugees



**Plus your own Very Crafty group is up and around! Check your emails etc and join in the fun!**

# TakeOver Triumph

Thank you to all those who contributed to our first ever WfH festival.

Featuring work by you, manned and run by you it was a triumphant shout for hope, light and recovery and a terrific experience. for everyone.

Opened by the High Sheriff of the East Riding, there were giant images, crafts, stalls and plenty of things to do, watch and listen to - from stand-up poetry to sitting-down art!



Follow the links on the next page

# TakeOver Triumph

Our film of the festival and a gallery of submissions. Please take a look!



[www.youtube.com/watch?v=U705hf0I9as](http://www.youtube.com/watch?v=U705hf0I9as)



[www.youtube.com/watch?v=fAVZ2LEU20s&t=9s](http://www.youtube.com/watch?v=fAVZ2LEU20s&t=9s)

Issue 23: April, 2021

## Let's do the TIME WARP

Here we go - a skim back through the history of Working Together. Backwards from The TakeOver Fest to...

# HULL DAILY MAIL BUSINESS OF THE YEAR AWARDS

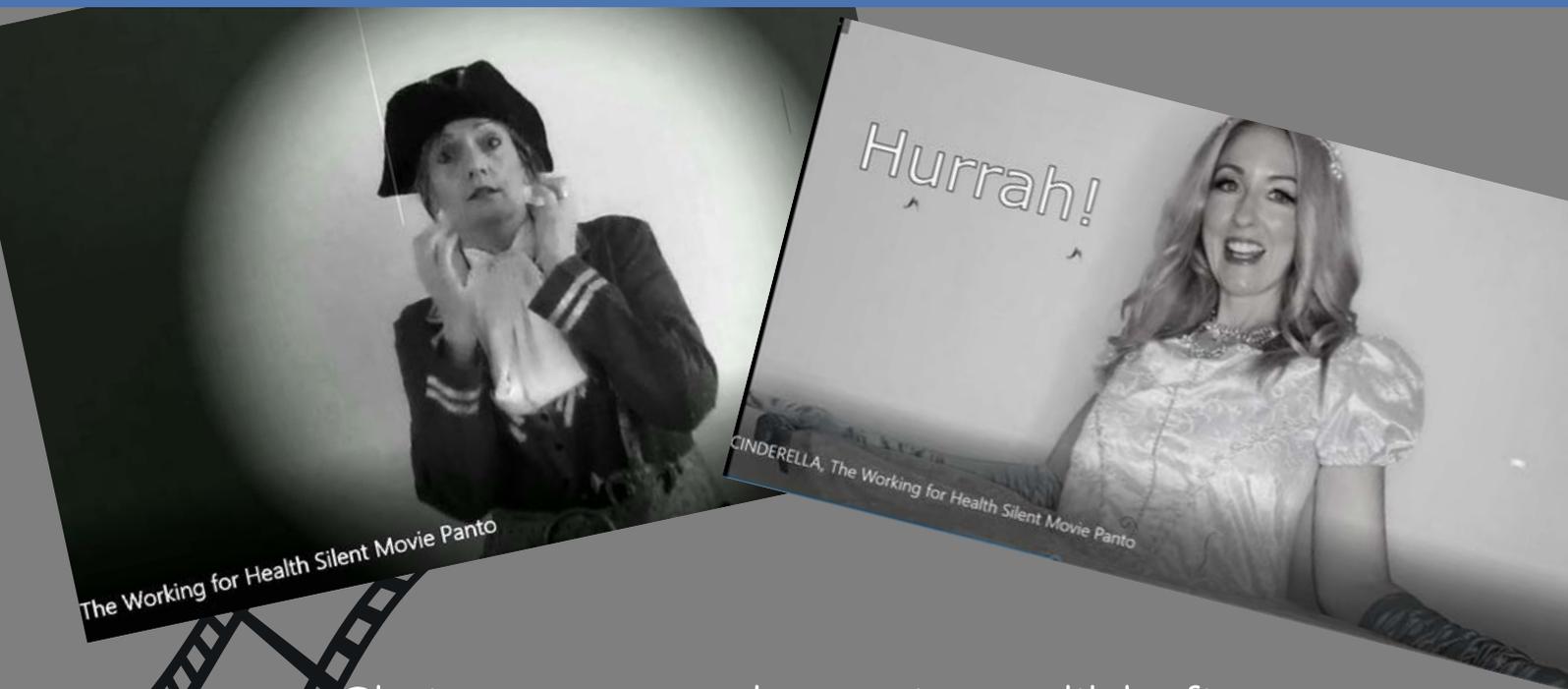
Big news in April this year.  
What a tribute to everyone!

Click to see how the news was received in lockdown!



[www.youtube.com/watch?v=saoT4BP6Jm0](https://www.youtube.com/watch?v=saoT4BP6Jm0)

Issue 21: January 21st, 2021



Christmas saw the an incredible first -

## THE WfH SILENT MOVIE CHRISTMAS PANTO

Nope, they don't happen anywhere else.

Yep, it's another bit of WfH weirdness.

But IT'S SO MUCH FUN!!!!



[www.youtube.com/watch?v=FLnHP6l8P0g](https://www.youtube.com/watch?v=FLnHP6l8P0g)

# Issue 19: November 5th, 2021

## It was World Mental Health Day in October



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

So WfH marked it with  
your smiles and  
messages

Also, the winner of our  
Photo Competition  
was announced and  
became the front  
cover of *Working  
Together*.  
Great pic, eh?





# Issue 17: September 10th, 2020

We celebrated Cottingham Scarecrow Festival with a family-sized group of our own.

The little girl reaching for her kite became the cover to our calendar. And you know what - there are probably one or two still left!



Issue 15: Aug 13th, 2020

So why **did** we do a TakeOver Fest?

Well, because the world has

**GOT WELLBEING WRONG.**

We introduced our shake 'em up idea back in August - and now it's a core belief of WfH. Take a look!

Officially, there are 5 Ways to Wellbeing.

**CONNECT**

**BE ACTIVE**

**TAKE NOTICE**

**KEEP LEARNING**

**GIVE BACK**



we present...

**The WfH Way to Wellbeing PLUS ONE:**

**CREATING**

Whatever it is you make, however good it is, we believe that  
**creating something**  
**is good for your wellbeing**

Whether it's painting a picture, learning a speech, singing a song,  
grooming your dog, making that castle out of Lego, colouring in,  
doodling , designing a house, or just thinking about a problem in  
**a creative way.**

**Whatever it is WE VALUE IT.**

**And we promise it will make you feel good.**

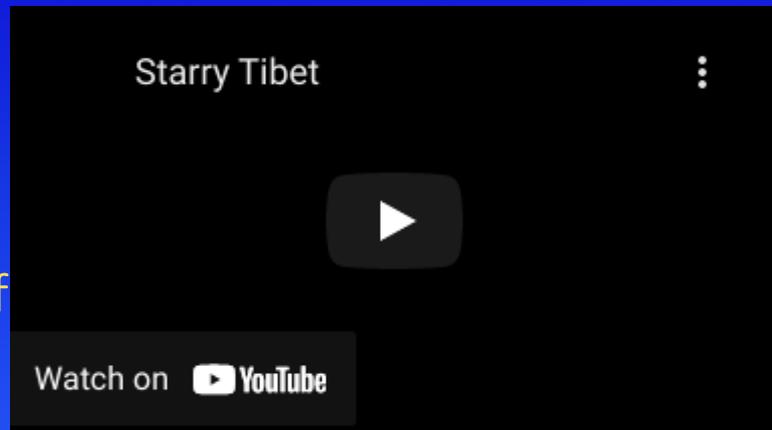
Right...let's get that superhero cape on then. Listen up world...



# Issue 12: July 12th, 2020

The refurbished Magic Bus took you on a wonderful tour this week.

All the way to **Tibet**: a place of breathtaking beauty and spirituality.



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

Above is the guide to the skies of Tibet - a stunning piece. But if you want something very special, try the one below. It's a 1943 US Army report on the country - long before tourism. It helpfully tells its viewers that the music used isn't Tibetan. Phew, thank goodness they made that clear.



[www.youtube.com/watch?v=WCHgPCqPf5Q](http://www.youtube.com/watch?v=WCHgPCqPf5Q)

# Issue 8: May 21st, 2020



May 2020 was all about kindness - and the sure-fire hit of the edition was this link to an Afrobeat groove featuring drummer Tony Allen and called - er... 'Kindness'. Relax and enjoy.

Ready to dance?

All together:

'Don't take my kindness for weakness' (cue guitar break)



Tony Allen - Kindness - AFH192

Watch later

Share

Watch on  YouTube

[www.youtube.com/watch?v=59nY2zfbCdA](https://www.youtube.com/watch?v=59nY2zfbCdA)

# Issue 7: May 14th, 2020



<https://www.youtube.com/watch?v=kjQaAK5Vof4>

The Book of the Month for the Book Club was Dr Jekyll & Mr Hyde - and for those who preferred a film, here was John Barrymore hamming it up in the 1920 version. Great fun, especially if you add your own dialogue!



Also in this issue the tour bus took its passengers back in time to Ancient Egypt. Ever wondered what the inside of a pyramid was really like? Luckily, the BBC can answer that one for you.

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

# Issue 1: April 2nd, 2020



The first edition! Aw... much love given and received. It included the start of our popular **Magical Mystery Tours** in which we invited you to hop on a bus and explore a whole new world.



[www.youtube.com/watch?v=l\\_2B0rnFjyk](http://www.youtube.com/watch?v=l_2B0rnFjyk)

This extraordinary walk took you along the canopy of the trees in the Amazon rainforest. The longest walk of its type in the world.

Nothing happens but it's beautiful to look at!

Also in the first edition was this link to free courses. They're still out there! And to paraphrase Bill Gates: **'all learning is worthwhile, whatever it is.'**

One of the most popular online learning resources in the UK is Open Learn, part of the Open University.

Ever fancied finding out about the French Revolution, understanding the big bang, getting better at IT, or learning how to manage relationships?

Its all here and it's all free!

Explore the website and see what takes your eye.

[www.open.edu/openlearn/free-courses/full-catalogue](http://www.open.edu/openlearn/free-courses/full-catalogue)

# Workshops, Groups, Clubs & Courses

Here are just a few that have been running during the past 14 months

**Art for All**  
**Creative Writing**  
**Winter Walks**  
**Film Club**  
**Gaming Club**  
**Craft Group**  
**Fitness**  
**Allotment Group**  
**Psychology**  
**Counselling**  
**Photography**  
**Poetry**  
**Make a Podcast**  
**Make a Film**  
**Care Certificate**



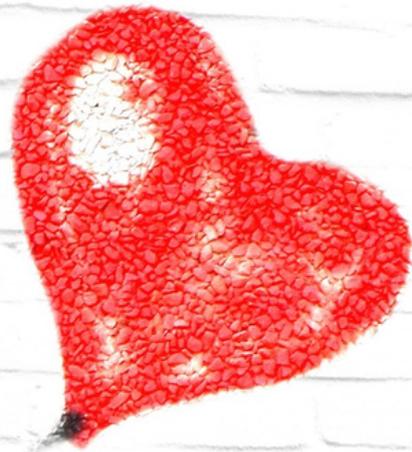
So many opportunities  
And you know what? You can **STILL** join  
in with a lot of them.

Just contact  
[Diane@workingforhealth.co.uk](mailto:Diane@workingforhealth.co.uk)  
All you have to do is turn up.



# Bye!

Whether you are a volunteer (sign up!) staff, participant, supporter, friend, sponsor, guest, neighbour or just someone with a passing interest we hope you have enjoyed and found value in your magazine in this format.



Thank you for reading, sharing and following the links.

Until the next time...

*Bye!*



# Time to get your life back on track

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

**Then we help you get there.**



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