



WEST EUSTON PARTNERSHIP



Improving local people's opportunities in health, employment and community life since 1992

Weekly Newsletter

Edition 38, 8 October 2020

What's on at WEP – our free face-to-face and online Wellbeing and Employability services

It's World Mental Health Day on the 10 October 2020! Our daily lives have been changed by the COVID-19 pandemic and the past months have brought many challenges. This is why the goal of this year's World Mental Health Day campaign is increased investment in mental health. Hopefully, this week's wellbeing and employability newsletter will provide some respite from the challenges we all face. For back editions of this newsletter or to be added to the mailing list, please visit the link to our website: <https://www.westeustonpartnership.org/about-us-2/newsletters/> or email sharon@westeuston.org.

Social distancing and changes to everyday life: advice about avoiding close contact with other people (social distancing), looking after your wellbeing and using the NHS and other services during COVID-19, check out this link - <https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/>

To book an appointment for Careers Advice, CV surgery or a place on the Dyslexia etc workshop or Making the Most of Now (online coaching) contact David on 07908845154 or david.hermanstein@camden.gov.uk. For information on Tai Chi and Yoga email chuks@westeuston.org and if you want to know more about Study Support, WE CAN, or anything else email sharon@westeuston.org.

People's Corner

Mary Jane Seacole



Greatest Black Briton 2004

Mary Jane Seacole was born on the 23 November 1805 and died on the 14 May 1881. Mary was born during the period when many black people in the Caribbean were forced to work as slaves. Although Mary's mother was black, her father James Grant was a white Scottish army officer and Mary was born a 'free person'. She was a British Jamaican nurse, healer and business woman who set up the "British Hotel" behind the lines during the Crimean War, a military conflict fought from October 1853 to February 1856.

She described the British Hotel as "a mess-table and comfortable quarters for sick and convalescent officers", and provided succour for wounded servicemen on the battlefield, and nursed many of them back to health. Coming from a tradition of Jamaican and West African "doctresses", Mary displayed "compassion, skills and bravery while nursing soldiers during the Crimean War", through the use of herbal remedies. She was posthumously awarded the Jamaican Order of Merit in 1991.

In 2004, she was voted the greatest black Briton. Mary did not have formal British nursing qualifications or training, but relied on her skill and experience as a healer and a doctress from Jamaica.

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Schools of nursing in England were only set up after the Crimean war, the first being the (Florence) Nightingale Training School, in 1860 at St Thomas' Hospital in London. Mary was arguably the first nurse practitioner. Hoping to assist with nursing the wounded on the outbreak of the Crimean War, Mary applied to the War Office to be included among the nursing contingent but was refused, so she travelled independently and set up her hotel and tended to the battlefield wounded. She became popular among service personnel, who raised money for her when she faced destitution after the war.

In 1857 a four day Fundraising Gala took place on the banks of the river Thames, to honour Mary Seacole. Crowds of about 80,000 attended, including veterans and their families as well as Royalty. After her death she was largely forgotten for almost a century, but was subsequently recognised for her success as a woman. Her autobiography, *Wonderful Adventures of Mrs. Seacole in Many Lands* (1857), is one of the earliest autobiographies of a mixed-race woman, although some aspects of its accuracy have been questioned by present-day supporters of Florence Nightingale. A keen student from early childhood, Mary practised medicine on her doll, dogs and cats, and on herself. She writes in her autobiography:

"It was very natural that I should inherit her tastes; and so, I had from early youth a yearning for medical knowledge and practice which never deserted me.... And I was very young when I began to make use of the little knowledge I had acquired from watching my mother, upon great sufferer – my doll... and whatever disease was most prevalent in Kingston, be sure my poor doll soon contracted it."

The erection of a statue of her at St Thomas' Hospital, London, on 30 June 2016, describing her as a "pioneer", has generated controversy and opposition from supporters of Nightingale, such as Lynn McDonald, Canadian MP, and some historians researching the period.

Try These Interesting Brain Teaser Puzzles (You only need a printer for the Sudoku...)

- 1) In "The Hobbit" by J. R. R. Tolkien, there are several hard riddles that Gollum and Bilbo ask each other:
 - a) Alive without breath.
 - b) As cold as death.
 - c) Never thirsty, ever drinking.
 - d) All in mail never clinking.
- 2) What do you see?



Joke of the Week

- 1) What did one hat say to the other? You stay here. I'll go on ahead.
- 2) Why wouldn't the shrimp share his treasure? Because he was a little shellfish.
- 3) Two cows are standing in a field. One cow says "did you hear about that outbreak of mad cow disease? It makes cows go completely insane! The other cow replies "good thing I'm a helicopter".

Do you have a joke or puzzle you'd like to share? If so, we'd love to print it.

Answers to these riddles in next week's edition – have fun trying to solve these, please share!
Answers to last week's puzzles - 1) Meat. 2) Watermelon. 3) A palm. 4) Rabbit is looking to the right and duck to the left.



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Enjoy Some Uplifting Music

Food For Thought – UB40

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

Pink Youth – Yuna Featuring Little Simz

<https://www.youtube.com/watch?v=JbE3aegQNY>

Everyday I Write the Book – Elvis Costello And The Attractions

<https://www.youtube.com/watch?v=V1d4r9awjKE>

Be Thankful for What You've Got – William DeVaughn

<https://www.youtube.com/watch?v=Pvtlt-p7vB4>

Wise Up – Aimee Mann

<https://www.youtube.com/watch?v=Ec8SJqGd6o0>

It's Only A Paper Moon – Ella Fitzgerald

https://youtu.be/2_uwE0WkM7Y

Sudoku

Sudoku is a number puzzle game played using 81 squares laid out on a 9x9 grid. The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. To make it difficult the lines going across the boxes and vertically must also have the numbers 1-9 and there should be no repeats.

	9			3	6			
			1		2			
3	2			6		9	8	
					1	2	5	
		4			8			
5	2	9						
2	4		7		5		3	
		3		2				
		8	3			1		

Projects, News and Activities

Tame Your Anxiety - A Free Workshop Hosted By Our Excellent Coach Issy Harvey

Have you been experiencing anxiety during lockdown? Would you like to learn a few simple techniques for how to keep this very common - and very uncomfortable - feeling under control?

During the coronavirus (COVID-19) pandemic, the number of people reporting high levels of anxiety has greatly increased. WEP is running a free workshop that will share some simple tips and practical approaches that will help you manage your anxiety levels.

The workshop takes place on **Wednesday 14 October (10.00am – 1.00pm)**. For more information and to book a place, please click on the link below:

<https://www.eventbrite.co.uk/e/how-to-tame-anxiety-hold-onto-joy-tickets-123493463273>

WEP At the Office

We're open at our 29-31 Hampstead Road, NW1 3JA office for face to face services **every Tuesday and Friday from 10.00am**. Don't be disappointed and book an appointment. We have open access computers as well as free / low cost printing on site. We will ensure that we create a safe environment, we have a risk assessment, PPE and social distancing in place. Please note we will be doing temperature checks and you must wear a mask if you wish to enter our building.



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Projects Celebrating Black History Month

- National Literacy Trust: A new Black Book Club for local children aged 10 - 14. Some examples of great reading recommendations for 0 - 16+ [here](#).
- [Webinar Series](#): Using Black British History to Transform Companies and Transform Communities is a series of webinars designed to education proactive professionals and the local community about key historical moments and milestones relating to the African-Caribbean population in Britain. This series has been designed to leave attendees feeling confident about their abilities to transform their approach to diversity, inclusion and racial equality both at work and in their personal lives. Free sessions **Wednesdays 14 - 28 October 2020 at 12.30pm**
- British Land's Black History Month Virtual Work Experience: Through a five-day schedule of interactive group sessions, we will support students aged 15 - 18 to imagine events and media campaigns which celebrate Black History. Session highlights include workshops with leading local producers and a masterclass in Black British Activism. Sessions are virtual and run from **26 - 30 October 2020, 10.00am – 3.00pm**. Applications [here](#).
- [Virtual Event: Voices of Black Opera](#) [Voices of Black Opera](#) : Documentary and live performance by Juwon Ogungbe **Thursday 29 October 2020 at 6.00pm**.
- [Travelling on a Melody Virtual Event 24th October](#): Travelling on a Melody is a unique online musical experience of ancient African stringed instruments **Monday 24 October 2020 at 1.00pm**.
- Somers Town History Club are doing a free poster workshop inspired by local activists, details [here](#).
- For adults: A facilitated careers conversation for Camden residents with leading Construction company Lendlease **21 October 2020, 5.00pm – 6.00pm** - <https://www.eventbrite.co.uk/e/insite-session-with-lendlease-tickets-123342477671>
- For 15 - 18 year olds: Join Lendlease for a Virtual Construction Work Experience project. During this placement students will hear from speakers giving an insight into a chosen topic/project/big question within the industry. The sessions will include Lendlease professionals on a Panel, with opportunities to ask questions directly. This opportunity is for students aged 15 - 18 from the borough of Camden. Sessions are virtual and run from **4:00pm-5:30pm for three days 20 - 22 October 2020** - <https://www.s4snextgen.org/Opportunities/View/id/850>
- British Land are also launching a new Diversity Network addressing racial inequality. All races and identities welcome to attend, please email us to express an interest in joining – rose.alexander@regentsplace.com.

Would You Like Your Views to Inform Local Policy? Join an Online Zoom Discussion Workshop

This workshop will be held on the **21 October 2020 at 11.00am** and is for the WEP community, exploring your views on data to inform Camden's policies and procedures. We are interested in hearing how you weigh up risks and benefits in discussion with other residents. For example, how should data about your health and social care needs be shared to deliver the best joined up service possible whilst also protecting privacy? Or how do you feel about your data being confidentially shared between the NHS, the council and government contractors to help plan and improve health and care services? Or how do you feel about how personal data is shared for Test, Track and Trace to balance minimising the spread of Covid-19 whilst minimising intrusion into residents' lives?

As a gesture of thanks for your time participants taking part in this workshop will receive a £10 Love2Shop voucher. For further information and to register to attend please go to <https://www.eventbrite.co.uk/e/camden-data-discussion-workshop-for-the-west-euston-partnership-tickets-123149781311>. If you want to take part, but don't want to register on Eventbrite please email tom@involve.org.uk to get the Zoom joining details for the workshop.



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Protecting Yourself and Your Organisation From Terrorism By Camden Council

There are several steps you can take to protect yourself and your organisation from the threat of terrorism. First, it's worth asking yourself and any others who use your premises to familiarise yourselves with police advice on [Staying safe from terrorism](#). Second you can ensure that you and your colleagues access the training on Safeguarding Against Radicalisation, Action Counters Terrorism and Hate Crime Awareness through Camden Council.

Action Counters Terrorism workshops - As part of our effort to strengthen our protection against a terrorist attack and reduce the risk to life we are offering everyone the chance to attend Action Counters Terrorism (ACT) workshops co-facilitated by Counter-Terrorism Police Officers. The workshops will raise awareness of Counter Terrorism issues, improve security culture, assist you with understanding the role you play and increase confidence when responding to an incident.

Action Counters Terrorism - What does this event cover? - Facilitated by Counter-Terrorism Police Officers this CT awareness workshop is designed to raise awareness of CT issues, improve security culture, assist delegates with understanding the role they play and increase confidence when responding to an incident. Staff will gain awareness of the threat from terrorism and actions they can take to protect themselves and the organisation from or during an attack. Topics covered include:

- Introduction to Terrorism
- Identifying Security Vulnerabilities
- How to Identify and Respond to Suspicious Behaviour
- How to Identify and Deal with a Suspicious Item
- What to do in the Event of a Bomb Threat
- How to Respond to a Firearms or Weapons attack
- Summary and Supporting Materials

21 October 2020	10:00 AM - 12:00 PM	Counter terrorism awareness workshop – ACT (Online Virtual Session)
18 November 2020	10:00 AM - 12:00 PM	Counter terrorism awareness workshop – ACT (Online Virtual Session)
9 December 2020	10:00 AM - 12:00 PM	Counter terrorism awareness workshop – ACT (Online Virtual Session)

To book a place on one of the above sessions, please email Albert.Simango@camden.gov.uk with your preferred date. Albert will be unable to progress your booking unless a preferred date has been given.

Support and Guidance for Businesses and Self-Employed People

- [Coronavirus \(COVID-19\): guidance on the phased return of sport and recreation](#) - Guidance for the public, providers of outdoor sport facilities, elite athletes, personal trainers and coaches on the phased return of sport and recreation.
- [Help and support if your business is affected by coronavirus \(COVID-19\)](#) - Watch videos and register for the free webinars to learn more about the support available to help you deal with the economic impacts of coronavirus.
- [Exemption from National Insurance contributions for COVID-19 Test and Trace Support Payments](#) - This tax information and impact note is about the measure to remove the need for employers or local authorities to report and deduct National Insurance contributions for COVID-19 Test and Trace Support Payments.
- [Check if you can claim for your employees' wages through the Coronavirus Job Retention Scheme](#) - Find out if you're eligible and how much you can claim to cover wages for employees on temporary leave ('furlough') due to coronavirus (COVID-19). 30 November 2020 is the last day employers can submit or change claims for periods ending on or before 30 October 2020.

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Employability Help



With tighter lockdown restrictions being imposed, the chances of returning to either work or further education may seem even less likely.

But there is no reason to stop career planning and preparing. WEP's Career Advice Service is even more determined to ensure residents remain on track to achieve their training goals and keep them informed of any job opportunities through its excellent network of partners. The service will also continue to provide help with writing CVs and covering letters as well as guidance on completing application forms. It will continue to run its excellent virtual workshops so that people can keep developing their core skills and become "job ready".

Please contact our qualified careers advisor David Hermanstein for further information and to book an appointment.

Achieve Ability - Help with Dyslexia, Dyspraxia, ADHD, Dyscalculia and Autism

WEP works in collaboration with Achieve Ability to support people who have dyslexia, dyspraxia, dyscalculia, ADHD or autism spectrum disorder. Another term used for people with these conditions is *neurodivergent*. WEP and Achieve Ability is offering a telephone information, advice and guidance service for neurodivergent people to help them tackle barriers in the areas of employment, education and training. Feel free to contact us to arrange a telephone session with our advisor via David on 07908845154 or david.hermanstein@camden.gov.uk.

Employment Support for Disabled Residents via Scope

Scope will be providing phone and digital support during the COVID-19 crisis until further notice.

Career Pathways - Career Pathways provides careers advice and information for young people aged between 16 - 25. You'll have up to three sessions with a specialist advisor to develop your career goals and create an action plan to help you achieve them. Visit www.scope.org.uk/career-pathways

Starting Line - Starting Line is a group learning programme for people at the start of their journey into work, training or volunteering. Sessions take place two times a week for seven weeks. They'll help you grow in confidence and develop your job searching skills. Visit www.scope.org.uk/starting-line

Kickstart - Kickstart provides one-to-one support for people looking for paid work. Your advisor will help you search for jobs, prepare for interviews and support you once you've found a job. Visit www.scope.org.uk/kickstart

Support for the Blind and Partially Sighted During COVID-19

Please contact the Royal National Institute for the Blind (RNIB) Helpline on 0303 123 9999 for the information and advice to help you with your specific needs during the COVID-19 crisis.

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Support for Deaf and Hard of Hearing Residents During COVID-19

Royal Association for Deaf People's (RAD's) desk-based advice support (**Tuesdays, Wednesdays and Thursdays, 10.00am – 4.00pm**) has already transitioned to a remote service. RAD support is available via an accessible remote service including webcam, facetime, text and where safe, welfare visits for elderly and vulnerable clients in line with current (and up to date) guidance. RAD also provide information on employment, education and training. The days and times of their service (10.00am – 4.00pm) remain the same. Please feel free to visit RAD's website www.royaldeaf.org.uk or contact Nicole Campbell at nicole.campbell@royaldeaf.org.uk.

Free Employability Course At Working Men's College



Looking to improve your chances of finding work?

Free employability courses at WM College

Filling in Applications and Personal Statements

Monday 12th October 10am - 1pm

Improve your Interview Skills

Wednesday 14th October 10am -1pm

Find a Job and Build your Career Network

Monday 19th October 10am -1pm

Write a Great CV!

Wednesday 21st October 10am-1pm



Enrol in person at WM College, Crowndale Road
or online at

<https://www.wmcollege.ac.uk/courses/employability/1069>

Paid Work Opportunities for People Who Have Been Laid Off/Reduced Income

Local adult social care providers are still recruiting, and as they support the NHS to move vulnerable adults out of hospital to stay well at home, their need is growing. Contact [Proud to Care](#).

Age UK Camden Information and Advice Services At WEP

The Age UK Camden Information and Advice Service are currently offering telephone advice appointments to any Camden resident aged 55+. We are able to assist and support with welfare benefits, housing, care and support, money and debt, and any other issue that you are struggling to deal with alone.

If you are interested in an appointment, please email: duty@ageukcamden.org.uk or call the Info Line on 020 7837 3777. We will soon be able to offer face-to-face Advice Appointments at WEP. Details will be announced shortly.



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Camden Libraries

Quick Choice Libraries Kilburn, Kentish Town and Camden Town libraries are open as Quick Choice and computer access libraries. These libraries are open: Monday 11am-3.30pm Tuesday 11am-3.30pm Wednesday 11am-3.30pm Thursday 11am-3.30pm Friday 11am-3.30pm Saturday 11am-3.30pm Sunday Closed Request and Read - until Saturday. If you, or someone you know, can't get out and about, you may be eligible for the free home library service. Every 4 weeks, we will bring reading, music and films to your home. To request an assessment email homelibraryservice@camden.gov.uk

Join Camden Libraries online by following the link. You will be issued with a temporary library membership ID. With your temporary library ID and PIN number you can borrow thousands of e-books, e-audio-books, e-magazines and e-newspapers from our Digital Library. <https://camden.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/JOIN> For more information - libraries@camden.gov.uk / www.camden.gov.uk/libraries

Training Link Drop-in Sessions

Training Link has weekly drop-in sessions on **Tuesdays 2.00pm to 4.00pm** at 54-56 Phoenix Road NW1 1ES. Numbers are limited, so please book – email: admin@traininglink.org.uk or phone 020 7383 5405.

Community Learning in Camden

WEP is a Camden Adult Learning Centre and along with other centres in the borough we offer courses for adults age 19 plus. Here's what's on offer at WEP:

Thursdays, 1 October 2020 until 10 December 2020, 10.00am – 12.00pm, Improve your office skills for work - open learning. Why not learn the skills you need for work: Internet, Email, Word, Excel or Powerpoint. You can learn what you need to use. Come as many times as you want.

Thursdays, 1 October 2020 until 10 December 2020, 1.00pm – 3.00pm, Communicate online using Skype and Zoom and feel less alone – why not find out how to communicate for free online. You must be able to use the keyboard and mouse.

For more information about these courses email info@westeuston.org. To find out about other courses elsewhere contact adultlearning@camden.gov.uk or phone 020 7974 2148.

Sign Up to Code Club!

Do you have a favourite computer game? Would you like to learn how to make your own computer games? Now you can learn how to make cool games, animations, and websites too using Code Club resources!

We'll be learning some basic Scratch, Python, HTML etc. There will be tons of projects for young people to get involved and a great way for them to learn new skills and inspire the next generation of coders and digital makers. The club will run for 6 weeks once a week between 5.00pm and 7.00pm.

Register your interest today and learn how to make games, animations, and websites.



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Westminster Kingsway College ESOL Classes



Westminster Kingsway College have resumed their ESOL classes, these will consist of 2 days in class and 2 days with the teacher online using Microsoft Teams. For beginners it's 3 days in class. If you have clients who need to study basic English / ESOL, (especially at lower levels / beginners / elementary), please let them know as we still have more places at West Euston Partnership, our new local community centre, in Regent's Place near the Westking Regent's Park Centre.

Email - Fabienne.Gimenez@westking.ac.uk directly for more information / make an appointment to enrol or go to the Westking website - www.westking.ac.uk. Please bring a mask and a pen with you and your previous Westking Student card / Student Number if you have it. Plus make sure you have your passport and your last 3 months' payslip if you are working or if you receive Universal Credit then your last Universal Credit statement from the gov.uk website.

To complete enrolment, students will need to make sure they have answers to these questions (same as last year):

1. National Insurance Number.
2. Have you lived in the UK for the last 3 years?
3. If no, when did you arrive to the UK?
4. Which country did you live in before UK?
5. Emergency Contact Name.
6. Emergency Contact Email.
7. Emergency Contact Number.
8. Relationship with emergency: (Friend, Family, Work, Brother, Sister, etc).
9. Are you working?
10. Are you receiving benefits?

Please note that all ESOL courses to Level 2 are free of charge for those who are UK residents (also check the Westking website for Level 2 short courses, Digital Skills / IT and many other free courses).

Free Sessions At Home - October 2020 By British Land

This October we are hosting 3x **FREE** online workshops in partnership with [Square Mile Farms](#) for *The Sessions at Home*. Below is a summary of each class but you can read more and [sign up here](#).

Sunday 4 October 5.00pm – 6.00pm via Zoom - How to Eat and Sleep for Optimal Energy

A nutritional therapist will explain how to improve energy levels by trying different foods and improving sleep patterns. You'll also learn how to make your own DIY sleep spray. [Sign up](#)

Wednesday 14 October 6.00pm – 7.00pm - How to Make a Healthy Home – Practical Tips Beyond Diet

Explore simple and effective ways to reduce chemicals in your home and the benefits of growing different house plants. You'll also learn how to make your own candles with just 2 ingredients. [Sign up](#)

Wednesday 28 October 6.00pm – 7.00pm - Learn How to Grow Microgreens

Learn how to grow your own microgreens (young seedlings of vegetables, herbs, beans and grains) at home with minimal equipment and no garden. [Sign up](#)

In addition to this opportunity we are working with Lendlease on a virtual work experience series: **20 - 22 October 2020**, three 90 minute sessions, details and link for Camden young people aged 15 - 18 to [apply here](#).

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Regent's Park Singers Are On Song!



Come along to Regent's Park Singers (RPS) rehearsal on **every Monday, 6.30pm – 8.00pm** at the Hpod. Please wear a mask and be prepared to have your temperature taken. As numbers are limited, due to the space, please book a place first by phoning **Diana on 07572 884 861**. Why not join in and become part of the singing adventure, you will be made very welcome.

Tackling Loneliness and Social Isolation – Spanish Lorca Songs By Louisa Beard



The WE CAN project is aimed at tackling loneliness and social isolation by connecting people and groups. This weekly newsletter is one of the key ways we have of connecting with people and organisations.



Spanish Lorca Songs Online Zoom Sessions, Discover, Sing, Connect, and feel uplifted, **Thursday 15 October 2020 (3 week sessions)**.

For more information and to register email sharongordon@westeuston.org or info@louisabeardopera.co.uk

Come and join our fun online Zoom sessions exploring the songs of the south of Spain collected and arranged by the poet Federico Garcia Lorca - Las Morillas de Jaén (The Moorish Girls from Jaén), Nana de Sevilla (Lullaby of Seville) and Los Cuatro Muleros (The Four Muleteers).

Structure of each session:

- Introduction: I will sing a song.
- Learn the song that we will sing, text, meaning, and pronunciation of the Spanish words.
- Voice and body warm-up: Practical, fun and easy vocal exercises to connect to your body and voice.
- Singing a Spanish song: I will sing the verses and encourage you to sing them.

Talk For Health

The next free Taster session is on the **21 October 2020, 3.00pm – 5.00pm**. Click the link to sign up - https://www.eventbrite.co.uk/e/onlinealk-for-health-taster-learn-to-talk-for-a-fit-mind-tickets-116078862001?aff=odeimcmailchimp&mc_cid=a4f909e2d6&mc_eid=b948b8916e.

Ability Bikes and Silver Cycling Update

Our Ability Bikes and Silver Cycling projects will be resuming on **Tuesday 13 October 2020**. We've ticked all their boxes and the Royal Parks are happy for us to resume at Regent's Park. Check out next week's newsletter for more information about these exciting projects.

Guided Meditation and Reiki Healing

Marie and Cheryl will begin their guided Meditation and Reiki healing session on Zoom on **Friday 16 October 2020**. The session will last approximately 45 minutes and begin at 8.30pm. Email Marie and Cheryl - earthangelskarunaki@yahoo.com to book your place and you'll be sent the Zoom link.



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Online Tai Chi Classes

Every Thursday, online, from 1.45pm. How to participate in WEP's Tai Chi classes online using Zoom:

1. Complete this set up before the meeting is due to start.
2. Get comfy and have some water to hand. Make sure you are happy with your visible surroundings (you can choose to turn off your camera if you prefer, but it allows me to help you if I can see you). Make sure that there are no trip hazards around and that you can safely move your arms around you without hitting any obstacles.
3. You do not need to download Zoom but you can if you wish.
4. You can use your phone but a larger device like a laptop, desktop or tablet, is better.

How to join the lessons

Open the link below. You do not need to download Zoom to operate it.

Topic: WEP online Tai Chi classes

Time: **1.45pm every Thursday**, Join Zoom Meeting

Meeting ID: 980 989 8140

Password: 2henQV

- Make sure your device's sound input and output is on.
- Turn off alert sounds in your system settings so you won't be interrupted.

<https://us04web.zoom.us/j/9809898140?pwd=M3c0VnBXRk5L0NybfFRmtkaG8vQT09>

Stuck? For help, go here: <https://support.zoom.us/hc/en-us>

Recovery College - Tree of Life Online Course

Thursday 15 and 22 October 2020, 11.00am -11:45am, the 'Tree of life' uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey. Each part of the tree indicates a part of our story; the roots signify where we have come from, the trunk represents our values and strengths, the branches are our hopes and dreams, the leaves, significant people in our lives and the fruit and flowers, gifts we have given to and received from others. We hope that having the time to reflect on and discuss these different parts of our life story will help you identify people and experiences you value, as well as noticing strengths and talents you may have previously overlooked. This course can be a space to think about the directions in which you would like your life to move. How to enrol: Register online www.candi.nhs.uk/recoverycollege. Find out more 020 3317 6904.

Dealing with debt is a new course run with our partners Quaker Social Action. When debt becomes a problem it can create difficult feelings and have a negative impact on our mental health. We may feel too stressed to deal effectively with our debt and this can make the situation worse. In this course we will look at the situations that led to us being in debt and our feelings about dealing with the debt. We will look at what to do and what not to do if you are in debt, and explain the difference between priority and non-priority debts. We will discuss ways of dealing with debt and the pros and cons of disclosing a mental health condition to creditors. We will help students develop a personal plan to deal with debt, and also give information on organisations that can help. Enrolment is via the link on our webpage - <https://www.candi.nhs.uk/our-services/education-and-employment/recovery-college/recovery-college-enrolment>. We take enrolments all term. As always, you can find our course guide and calendar on our webpage www.candi.nhs.uk/recoverycollege

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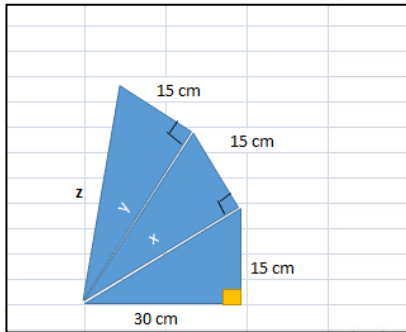
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Study Support and Maths Homework Corner

Our online help for young people aged 11 - 16 years in subjects such as Maths and English will be starting up soon. How about trying the following maths problems? The answers are in next week's newsletter.

PYTHAGORAS' THEOREM AND TRIGONOMETRY

- 1) A quadrilateral ABCD is formed by joining the points A(-5,-3), B(4,9), C(19,9) and D(10,-3). Prove that the four sides are of equal length and hence that ABCD is a rhombus.
- 2) Calculate the distances x, y, and z in the picture below. Give your answers in centimetres to one decimal point (1d.p.).



Answers to last week's questions

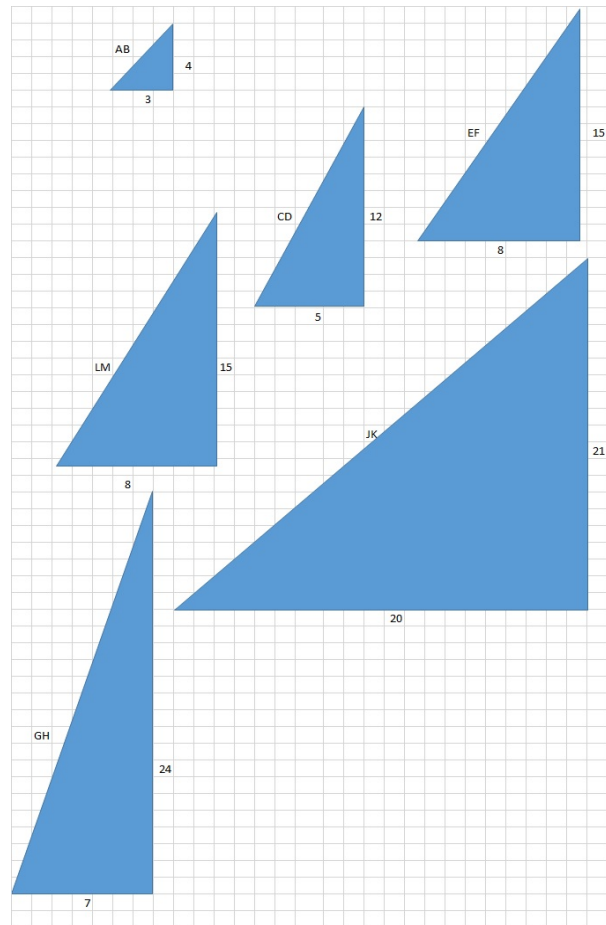
PYTHAGORAS' THEOREM AND TRIGONOMETRY

Use Pythagoras' theorem to calculate the length of each line (plot the points on a graph).

- a) A(5,6) and B(8,10)
- b) C(4,1) and D(9,13)
- c) E(2,0) and F(10,15)
- d) G(3,-10) and H(10,14)
- e) J(-5,-10) and K(15,11)
- f) L(-8,-7) and M(0,8)

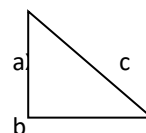
Answers:

The lines AB, CD, EF, GH, etc. all form the hypotenuses of the right angled triangles shown in the diagram below.



By plotting the points, we can find the sides of each triangle. By Pythagoras' theorem we know that for the right angled triangle below that

$$c^2 = a^2 + b^2$$



It therefore follows that

- a) $AB^2 = 3^2 + 4^2 = 25$ so $AB = \sqrt{25} = 5$
- b) $CD^2 = 5^2 + 12^2 = 169$, so $CD = \sqrt{169} = 13$
- c) $EF^2 = 8^2 + 15^2 = 289$, so $EF = \sqrt{289} = 17$
- d) $GH^2 = 7^2 + 24^2 = 625$ so $GH = \sqrt{625} = 25$
- e) $JK^2 = 20^2 + 21^2 = 841$, so $JK = \sqrt{841} = 29$
- f) $LM^2 = 8^2 + 15^2 = 289$, so $LM = \sqrt{289} = 17$



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Funders



Get in touch

We want more people to become involved in producing this newsletter and the work that we do whether as a volunteer, contributor or recipient of services. So do get in touch and feel free to pass this newsletter on to anyone who might benefit. We welcome feedback from our service users so we can continue developing and improving our services.

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