



Weekly Newsletter

Edition 18, 21 May 2020

Downtime at WEP – our free online Wellbeing and Employability services

I hope this week's newsletter of online/virtual health, wellbeing and employability finds you in good spirits. We'd like to do more and involve more people in what we are doing whether as a volunteer, contributor or recipient of services. So please get in touch and feel free to pass this newsletter on to anyone who might benefit. 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.

For the latest guidance on the Coronavirus check out the government website: <https://www.gov.uk/coronavirus>

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 the Community Choir, 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. Find out more about what's on in this newsletter.

People's Corner

Three famous people who've lived in Camden:

Charles Dickens – Charles Dickens was born in Portsmouth in 1812, and at the age of 10 he and his family moved to Camden Town. The home of Tiny Tim in A Christmas Carol was thought to have been inspired by a house near his home in Bayham Street.

Amy Winehouse – The Queen of Camden, always on stage at Camden's music venues and visiting the bars, had her house in Camden Square. The Hawley Arms was one of her favourite hang-out places, and was often seen strolling through the Camden Markets.

Sylvia Plath – the American poet, short story writer and novelist located to Camden, to 3 Chalcot Square. Plath is credited with advancing the genre of confessional poetry and is known for her collections The Colossus and Other Poems and Ariel.

WEP Projects, News and Activities

WE CAN (West Euston Connecting and Networking)

The WE CAN project is aimed at tackling loneliness and social isolation by connecting people and groups. It's more important than ever that we connect with each other. Contact sharon@westeuston.org for more information.

Enjoy Some Uplifting Music

Ooh Child - The Five Stairsteps <https://www.youtube.com/watch?v=DHRGrlqmb0>

Because I'm Me - The Avalanches https://www.youtube.com/watch?v=eu0KsZ_MVBc

We Can Work It Out - Stevie Wonder <https://www.youtube.com/watch?v=JgHIm5AqtXc>

Won't Get Fooled Again - The Who https://www.youtube.com/watch?v=UDfAdHBtK_Q

I Can Help - Billy Swan <https://youtu.be/sD5HnHo7JbY>

Let Your Love Flow - Bellamy Brothers <https://youtu.be/FQQj2rQBFvA>

If you have problems downloading these songs, please go to the YouTube platform.



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Recipe of the Week

Singapore Noodles and Chinese Chilli Chicken

This dish has been provided by Shanai Mclune, and is healthy and easy to prepare at home. The preparation time is 30 minutes, cooking time 45 minutes, difficulty is easy and it serves two people.



Ingredients

Two Chicken Breasts, Soy Sauce, Chicken Seasoning, Garlic Powder, Onion Powder, Olive Oil, Red Chilli (heat of your choice), Onion, Garlic, Salt, Black Pepper, Fresh Singapore Noodles, Mushrooms, Hoisin Sauce

Method

Preheat the oven to 160C

- Season the chicken in hoisin sauce, chicken seasoning, black pepper, dash of salt, garlic and onion powder. Also add a finely chopped garlic clove and the chilli peppers then cover the chicken.
- Leave to marinate for however long you can so it can really soak up the seasoning...delicious!
- Place the chicken wrapped in foil in the oven for approx. 35 minutes then open the foil and let cook for another ten minutes to just brown the top.
- Chop half an onion and a bunch of mushrooms and add to a hot frying pan.
- Add the fresh Singapore noodles to the pan once the onions are cooked to heat through for 3 - 5 minutes.
- Plate up and enjoy this easy meal!

FOLLOW: @fabfoodssss

On Instagram for more amazing food photography/recipes.

Adult Help Fight Isolation Blues with the Regent's Park Singers

Every Monday, online, 7.00pm – 8.45pm. Residents have said they really appreciate being able to see and sing with other happy faces and it brightens up their Monday. We specialise in upbeat pop classics.

[Here is a link with everything you need to help you join in and get singing with us.](#) Don't worry if you've not used Zoom before. We're here to help you set up. If you've not sung with us before, now is a great time to start. All will be warmly welcomed.

Reiki Healing

The next Reiki healing session is on the 25 May 2020, however, Marie and Cheryl do healing sessions most Monday evenings, so if you can't wait until then email them at earthangelskarunaki@yahoo.com. Meeting ID: 858 5137 7806 Password: 069159



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Making the Most of Now - An Online Coaching Support Group led by Issy Harvey

Every Tuesday and Friday, 12.00pm - Drop in once or come along regularly. Share how you are coping. Get support, affirmation and inspiration.

- When all this is over, what would your future self like to look back and see you doing?
- What advice would your future self give to you now?
- Is there anything you wish you were finding the time to play / learn / create / develop / do?

This situation brings to light how fragile we all are and how easily time can slip through our fingers. In April, these sessions were shaped by those who tuned in. Together we have reviewed ways to reduce and manage anxiety; self-care and shared ways of looking after ourselves well at this time; the experience of 'pressure' - where it comes from and ways to respond. Issy shared the G.R.O.W. model for setting achievable targets and identifying small steps that can move you towards what you want. Regular participants used the group for accountability and encouragement to maintain their motivation and self-focus.

In May, this group will continue to be flexible in response to participants' experiences and wishes. Issy will also share ways to enjoy acts of imagination and creativity to uplift this time at home.

To join in at any time, simply join the Zoom meeting by clicking the link:

<https://us02web.zoom.us/j/85851377806?pwd=dFpZVEY4S1I5TC9xSWxPY3pQQVFkdz09>

Join Our Online Tai Chi Classes

Due to popular demand we have increased our Tai Chi sessions from one to two a week. **Now Every Wednesday and 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 Wednesday, (next dates 20 and 27 May 2020)

Join Zoom Meeting

Time: 1.45pm every Thursday, (next dates 21 and 28 May 2020)

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=M3c0VnBXRk5L0NybfhFRmtkaG8vQT09>

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



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Help to Get More Active

This week Mary Gillard, Camden Council's Active Living Officer, is asking the question are you getting more active? If not what can you do about it.

It's 50/50 some people are more active during lockdown others are less so. It seems like a good idea, but other things just get in the way. There are a few things that can help:

Motivation - writing things down can help

If you have a physical activity goal in mind, think about why this is important to you, what difference would it make?

How would you feel if you achieved this change?

How confident are you that you can achieve this goal?

What is it that gets in the way of your goal? How can you change this?

What would increase your confidence?

What has helped in the past when you have made a change?

Action planning - it can help if you

Pick a time of day that works for you.

Decide what kind of activity works for you.

Make a note of how you feel before, and after.

The [Undefeatables campaign](#) has an action plan PDF that you can download.

Physical activity can give you a real sense of achievement – a 10 minute activity break can really lift the day.

Resources: This link has information about getting active – everything from beginners to people who want more of a challenge <https://www.camden.gov.uk/staying-active>

Employability Help



The increase in unemployment as a result of COVID-19 has left people worried about the possibility of returning to work or finding alternative work in the near future, especially with some businesses facing the threat of permanent closure. Furloughed staff may also be threatened with redundancy, leading to further unemployment. If you have such concerns, please contact our qualified careers advisor. He will discuss what job opportunities are currently available, how your skills and experience could lend themselves to different types of work and how you can gain additional skills through online training.

Dynamic Interview Technique Course - Starting Tuesday 26 May 2020

This course is perfect for people who hate video interviews! Learn about onscreen presentation, positive body language, perfecting your answers, calming those nerves and building your overall confidence. **The course runs over 4 weeks (1 session per week, every Tuesday from 1.00pm-3.00pm).** You must have access to a PC, laptop, tablet and internet access. Interested? Call David on 07908845154 or at david.hermanstein@camden.gov.uk



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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.

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

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

West Euston Partnership 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

Career Pathways

Career Pathways provides careers advice and information for young people aged between 16 and 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

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



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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](#).

Support for Businesses

- [Apply for the coronavirus Future Fund](#): The Future Fund will open to applications on Wednesday 20 May 2020. The fund will provide UK Government loans to UK-based companies ranging from £125,000 to £5 million.
- Coronavirus (COVID-19) support is available to businesses. You can apply for financial support and find all the latest guidance [here](#).
- [Coronavirus Statutory Sick Pay Rebate Scheme](#): From **Tuesday 26 May 2020**, small and medium-sized employers, with fewer than 250 employees, will be able to apply to recover the costs of paying coronavirus-related Statutory Sick Pay (SSP) payments they have made to their employees. Employers will be able to make claims to the Coronavirus Statutory Sick Pay Rebate Scheme through a new online service.
- The [Business Support Helpline](#) number in England has changed to FREEPHONE 0800 998 1098. The helpline provides free, impartial business support and signposting services to businesses in England – which currently includes business advice on Covid-19.
- London Growth Hub: [Book a free appointment](#) with a business or construction adviser to support your business through COVID-19.

Study Support and Maths Homework Corner

Our online help for young people aged 11 - 16 years in subjects such as Maths and English is still available. Please get in touch if you know of a young person who may be interested. What about trying the following maths problems? The answers are in next week's newsletter.

ALGEBRA

Work out the following, expressing your answers as single fractions in their lowest terms.

1) $\frac{a}{3} + \frac{a}{5}$

2) $\frac{c}{3} + \frac{2d}{7}$

3) $\frac{3p-2}{4} - \frac{p+3}{2}$

4) $\frac{3x}{5y} - \frac{x}{2y}$

Answers to last week's questions

1) $2 + 3(x + 4) = 2 + 3x + 3 \times 4 = 3x + 14$

2) $(x + 3)(x + 2) = x(x+2) + 3(x + 2)$

$= x^2 + 2x + 3x + 3 \times 2$

$= x^2 + 5x + 6$

3) $(x - 4)(2x - 3) =$

$= x(2x-3) - 4(2x - 3)$

$= 2x^2 - 3x - 4(2x - 3)$

$= 2x^2 - 3x - 8x + 12$

$2x^2 - 11x + 12$

4) $(m-2n)^2 = (m-2n)(m-2n)$

$= m(m-2n) - 2n(m-2n)$

$= m^2 + 2nm - 2n(m-2n)$

$= m^2 + 2nm - 2nm + 4n^2$

$= m^2 + 4n^2$



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Other Projects and Services

Weekly Virtual Healthy Lifestyle Sessions - Camden Council's Health and Wellbeing team offering weekly Families for Life virtual healthy lifestyle sessions to support families to eat healthily and keep active during the lockdown. Topics will run over four weeks before repeating. Families can join as many sessions as they would like and do not need to commit to all four. Families can book by emailing the Health and Wellbeing Team at healthandwellbeingteam@camden.gov.uk / 020 7974 6736. Early years families can also find all the session dates on booking bug and book their space there - <https://uk.bookingbug.com/home/45750-Camden-Sure-Start>.

Talk for Health - a proven way to lift your mental wellbeing aims to demystify therapeutic talk, making it more accessible, human and every day for more information about who we are and what they do, you can subscribe to their newsletter by sending an email to info@talkforhealth.co.uk.

Work It Out Coaching Service by the Young Women's Trust - Work It Out is a free telephone and online coaching service which helps 18 - 30 year old women with work, life and building strong mental health. You can find out more and sign up online here: <https://www.youngwomenstrust.org/work-it-out-sign-up>.

Free Training Courses by Training Link - Training Link has free online courses that people can do at home. Improve your skills during the lockdown! The courses include: Level 2 Food Safety and Hygiene, Customer Care, courses for care work and others. They can be done on a PC or laptop with internet access. For more information, email Peter Lush on director@traininglink.org.uk.

Fitzrovia Youth In Action – have a number of projects on offer including: Regent's Park Community Champions – Volunteer Pool (18+), Regent's Park Community Champions, virtual football, creating media and film, and virtual girls' club. To sign up or find out more, contact Ellie Rudd – Ellie.rudd@fya.org.uk 07923 849 277.

Green Light Pharmacy COVID-19 Response - The pharmacy continues to work hard serving their local community with expanded services to the vulnerable and isolated delivering medicines directly to patients' homes, working closely with the local drug clinic, providing healthcare advice and addressing concerns that patients have during these uncertain times.

Single Homelessness Project - SHP Camden Recovery Service is still taking referrals for Camden and Islington residents who are in recovery from substance use issues. Exploring individuals' education, training, volunteering or employment goals and developing a personal plan to help them to achieve their goals. For more information contact 020 7520 8682, camdenrecovery@shp.org.uk or islingtonaftercare@shp.org.uk.

Camden Federation of Private Tenants - Camden Federation of Private Tenants (CFPT) works with both private renters and housing association residents here in the borough. One of their functions is to be a "voice" for both of these groups highlighting issues and to bringing them to the attention of the government, Camden Council, London's Mayor and other politicians and policymakers. CFPT contact details are: admin@cfpt.org.uk / Camden Federation of Private Tenants, 13 Malden Road, London, NW5 3HS / 020 7383 0151. Website: www.cfpt.org.uk.

The Recovery College - The Recovery College, co-producers of mental health and wellbeing training courses, are providing online learning opportunities. For more information please see their website for the full calendar and course guide - www.candi.nhs.uk/recoverycollege.

Castlehaven - The Castlehaven team have been formulating and delivering services to help the most vulnerable in our community. Find out more click on their link - <https://bit.ly/2XAOK2I>



WEST EUSTON PARTNERSHIP



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

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Donate to WEP!

If you would like to donate to WEP, please go to our website - www.westeustonpartnership.org and click on the donate button or email info@westeuston.org. If you shop with Amazon you can make a (small) percentage donation to WEP. Just login using <https://smile.amazon.co.uk/> as the start page. You should get a prompt to select your chosen Charity – search for West Euston Partnership and it should come up. Every little helps!

Our Funders



Get in touch

We welcome feedback from our service users so we can continue developing and improving our services.

info@westeuston.org

www.westeustonpartnership.org

Twitter: @WEPNW1 Facebook: <http://on.fb.me/12pDPIk>

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