

WEST EUSTON PARTNERSHIP

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

Weekly Newsletter

Edition 11, 2 April 2020

Downtime at WEP – our free online Wellbeing and Employability services

Welcome to WEP's weekly newsletter where you can find out about the online/virtual activities that we have on offer. We have a bumper edition this week. I hope that you'll find it interesting and informative. We want this newsletter to be a community forum, please get in touch if you have anything you wish to share or know somebody who may benefit from our services, please encourage them to get in touch and sign up.

Keep safe and follow the government guidelines regarding the coronavirus. We are resilient and we will overcome our challenges if we work together and support each other. Please see the following link for translations of NHS guidance by Doctors of the World that may be of interest. It includes quite a few languages, including Bengali, Chinese, Portuguese and Somali. <https://www.doctorsoftheworld.org.uk/coronavirus-information/>

To book an appointment for Careers Advice, CV surgery, Business Advice or a place on the Dyslexia etc workshop or Tame Your Anxiety contact David on 07908845154 or david.hermanstein@camden.gov.uk. To book a place on community choir or yoga email chuks@westeuston.org and if you want to know more about study support or anything else email sharon@westeuston.org.

Find out more about what's on in this newsletter.

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 sharon@westeuston.org.

People's Corner

Natasha Young, NHS Sister



We have a special people's corner this week, which shines the spotlight on one of our NHS angels. In this challenging time NHS workers are coming into their own and ensuring that the sick are cared for with compassion and expertise.

This piece also gives an insight into the journey that one individual took to get into nursing. Remember if you're interested in a career in the nursing profession or something else get in touch with David Hermanstein, WEP's Information, Advice and Guidance Officer to find out how.

My name is Natasha and I currently work for Guys and St Thomas NHS trust. I've been with the trust since 1998. I first started as a qualified dental nurse after qualifying at the Royal London, but my skill set has always been management. I went on to do my sedation training at Kings College as well as mentorship and other various management courses.

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I became a Deputy Dental Sister in 2013 and in 2017 I became a Sister in the department of Sedation and Special Care. Sedation and Special Care is an outpatient department where we provide treatment under sedation to patients who are special care or medically compromised. My role is challenging and I manage a team of 18 nurses as well as 2 deputy sisters. No day is ever the same. With the current Covid-19 pandemic, the trust is under a lot of pressure due to the increased patient care. We have cancelled all our general anaesthetic lists within my department as well as those patients waiting for treatment under sedation.

It has been overwhelming for all my nurses as we have all been deployed into wards, intensive care and A&E. Although the sedation dental nurses have experience in dealing with medical emergencies and have the basic skills with regards to monitoring patients with complex medical history, it has had a huge impact on the team. I work 4 days a week and I have taken on 12 hour shifts in A&E on a Sunday to help support the team during this time. It has been amazing how everybody within the trust has pulled together and are working in areas outside their comfort zone. Everyone has gone the extra mile supporting where we can. During these uncertain times and not knowing how long we will be in this current situation, we are all ready to deliver the patient care that my trust Guys and St Thomas have continued to provide.

Employability Help

Here's what's on offer at WEP:



David Hermanstein, WEP's qualified Information, Advice and Guidance Officer, is offering one-to-one support over the phone, via Skype or email with:

- Career planning and options
- Links to local job opportunities
- Job searching and completing application forms
- Writing a CV
- Interview skills
- Information on further training

Why not contact him and make an appointment?

Business Advice

In partnership with Centa Business Services we are increasing our support to businesses by running sessions fortnightly (instead of the usual monthly) to ensure that the self-employed are fully supported during these challenging times. The next session will be on **Thursday 9 April 2020**.

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CV Surgery

In addition, Paul Humberstone, WEP volunteer, can help you write and/or improve your CV.

Getting Job Ready

In this downtime why not improve your interview skills. Our friends at Creative Awakenings have provided some interview questions that you can use as a warm up exercise standing in front of a mirror, so you can see how you come across. You never know when that perfect job will come along. Interview Questions:

- What do you think is good customer service?
- What do you think the job role entails?
- How would you deal with a difficult customer?
- Can you give us an example of where you have given excellent customer service?
- How do your skills and experience suit the job?
- What are your strengths?
- What do you think you can bring to the team?
- What would you say is your weakness?

Do you have Dyslexia, Dyspraxia, ADHD, Dyscalculia or Autism? Or think you do?

On Tuesday 7 April 2020, between 4.00pm – 8.00pm, we are offering free telephone advice and guidance to help you at home, work or in study.

Tame Your Anxiety

Every Tuesday and Friday at 2.00pm we are offering an online workshop to teach you easy ways of helping yourself cope better with everyday anxiety and stress. Very useful skills to have in these challenging times.

Study Support

This online help is for young people aged 11 - 16 years who want help with their studies in subjects such as Maths and English, though other subjects are available. These sessions are taught by volunteer tutors with either a business background or are students at UCL. Please get in touch if you know of a young person who may be interested.

Adult Community Choir – the Regent's Park Singers

First Monday of every month online. New members always welcome. No audition, previous experience or music-reading required. Singing can help with breathing problems, physical posture and creates a strong feeling of wellbeing. Just get in contact and we can book you in.

Mind Angels QiGong

Jude Powell, WEP's Tai Chi Tutor, has recommended this online exercise with narrated instructions:

<https://youtu.be/SWb0sxKXmMs>. QiGong is a close cousin of Tai Chi. Remember, "exercise is about movement"

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(use it or lose it!) and is most beneficial when it's regular. Morning exercise is the best way to start the day. I always believe you should look after yourself first, then you will be best placed to look after others.

This Qigong set lasts 45 minutes and is an easy form of exercise that is not just for the over 50s. It balances the mind, body and spirit. There is no easier exercise (if you have low energy) and you only need a small amount of space (as much as you're taking up right now).

If you are interested and decide to give this a go, please let us know how you get on. Your feedback on the usefulness of this video or anything else you wish to share would be much appreciated.

FLYKICK Work Out

Interested in trying something strenuous that really gets you sweating? Why not try this work out from our friends at FLYKICK?

Warm Up:

- 45 seconds Walk out to Push-up
- 45 seconds Reverse Lunge with Overhead Reach
- 10 Squats + 10 High Burpees

High Intensity:

The goal is to accumulate 100 high burpees.

To unlock the burpees you have to complete:

- 30 seconds Wall-Sit
- You then have a 30 seconds window to get as many high burpees as possible
- 30 seconds rest

And repeat

Progression - Weighted Wall-Sits and CTF burpees.

Cool Down:

- 45 seconds Tall Kneeling Quad Stretch (Left & Right)
- 45 seconds High Release

Free Online Play - It's True, It's True, It's True

Our friends at New Diorama Theatre are offering the opportunity to see a free film online. Watch the BBC recording of a smash-hit new play on YouTube. ★★ ★★ "A gripping court drama" The Guardian. This gripping dramatisation of a 1612 rape trial brought by the gifted painter Artemisia Gentileschi roars down the ages centuries after it shocked Renaissance Rome. The link to the film is here: <https://www.newdiorama.com/whats-on/its-true-its-true-its-true>

Enjoy Some Uplifting Music

Mario Biondi, This is What You Are, <https://youtu.be/5IzccDy94Zg>

Shaun Escoffery, Nature's Call, <https://youtu.be/ee6KoUDccWo>

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

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Regents Park Healthy Activities

Although we are not doing any planned healthy walks in Regents Park at this time, the Park is still open for business! However, please note these park rules to keep you safe: Practice social distancing and remain at least 2 metres (six feet) apart from others with no gatherings of more than 2 people outside your immediate household at any time. There should be no groups of people cycling, walking or jogging, no group picnics and no sitting on a bench next to someone outside your household. Dogs must be kept on leads in the park and associated spaces.

Conscious Living Community Weekly Meet Up

Bringing more awareness to our moment to moment experience can make all the difference as we navigate such turbulent times. This webinar based weekly meet up is open to all to connect, ask questions or simply watch, led by coach Laurence Knott and contributions by fellow coaches and therapists.

When and where: 8.00pm on Mondays, Live on Zoom

<https://zoom.us/j/682024665> (same link every week)

We start and end with a guided visualisation / meditation to bring some presence of mind and peace to your day. Each week there will be special guests, new topics and a chance to ask questions or to share your experiences (or simply sit back and listen / watch).

WEP News

Helping the Elderly

In partnership with Third Age Project, WEP is helping elderly people with their shopping by loaning one of our e-bikes free of charge so food can be safely bought and delivered to housebound people in need. We are always happy to help.

Black Dog Theatre Creation Update

A message from Alfie Roberts, from Alfie James Productions: I hope that everyone is keeping well and staying safe. We've taken the decision to: pause the group for the moment until we receive instruction that it's safe to restart. Both the workshops and rehearsals are going really well and it's been lovely to put together and work with such a wonderful, positive group of people. Everyone's enthusiasm is simply infectious. It's a real joy. My special thanks to Sharon and WEP for all of their support and helping to make me feel part of the community.

I'm in talks with the Camden People's Theatre to create a new performance date once everything settles down and we get back to normal and I'll continue to keep you all updated regarding our weekly workshops. Stay safe!

Yoga classes

Our online yoga class on **Mondays 12.30 – 1.30pm** is oversubscribed, so not taking on new people. Next week's newsletter will have links to other online yoga.

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Our Funders



Get in touch

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

Also, if you know of anyone of merit, perhaps a local person that you think we should feature under our People's Corner section please get in touch.

info@westeuston.org

www.westeustonpartnership.org

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

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