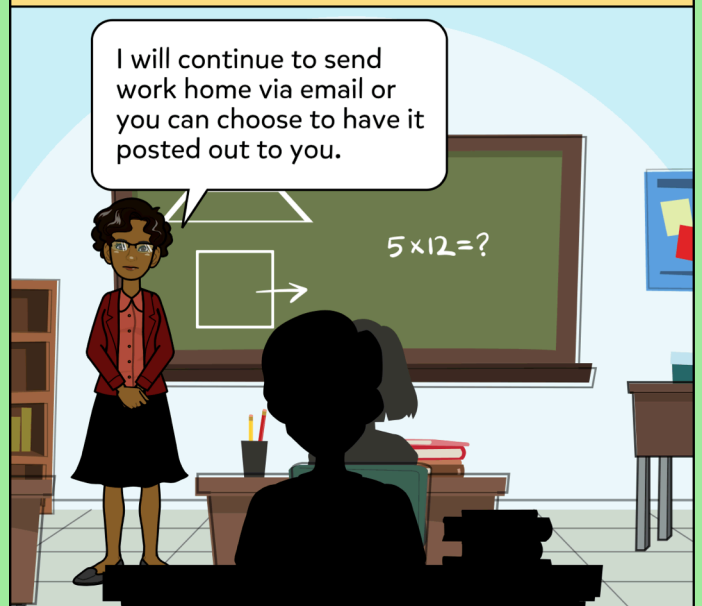


OT COMICSTRIP PRESENTS

BE CREATIVE, FEEL GOOD

Be Creative, Feel Good is a comicstrip created by the members of Pulling Together over four weekly sessions held over Zoom. Using The Five Ways of Wellbeing established by The New Economics Foundation-Connect, Be Active, Take Notice, Give and Keep Learning.

In March 2020 the government announced that schools would close due to the Coronavirus epidemic.



And so the schools would stay closed until the government would decide when and how it would be safe for the students to return.



At Maya's house.....

I'm so lucky that mum and dad have all these books that I can use to help with my school work.



And a nice quiet place to study

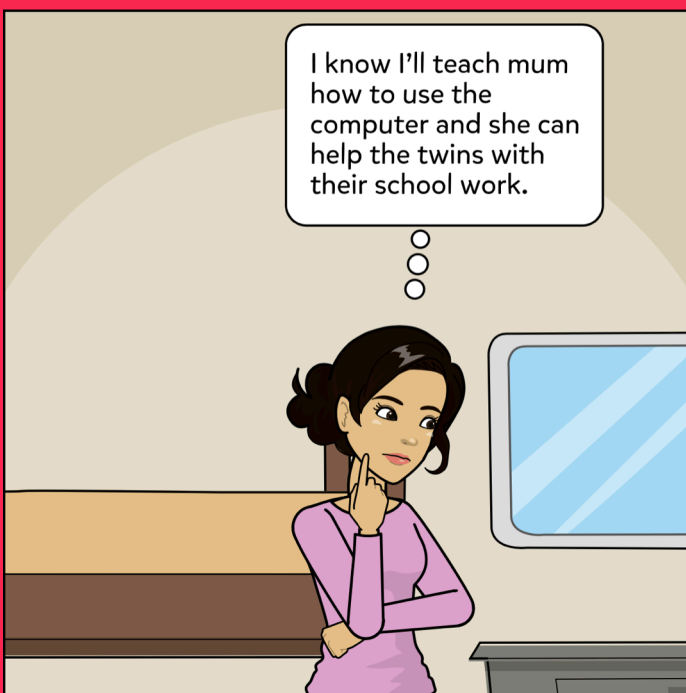


But at Raisa's house.....

This is going to be so difficult. I'm supposed to study in here but I'm sharing with the twins and I'll have to help them to do their school work.

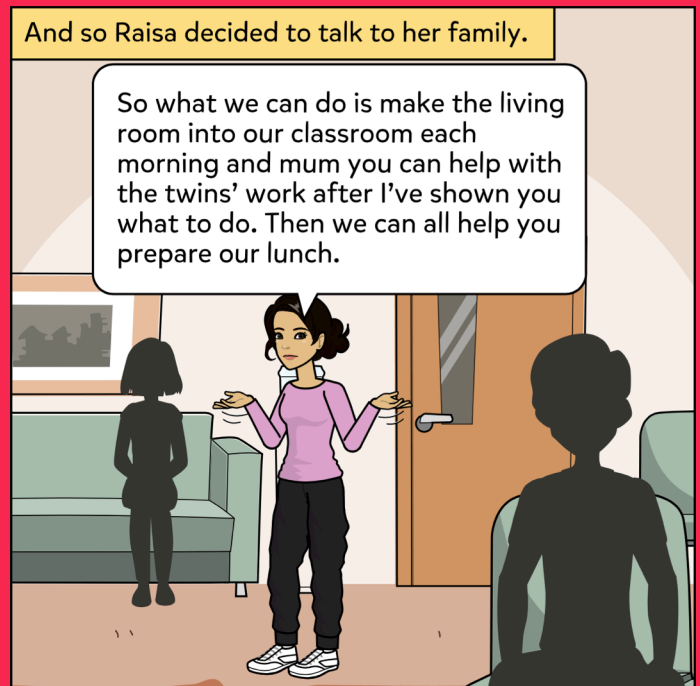


I know I'll teach mum how to use the computer and she can help the twins with their school work.

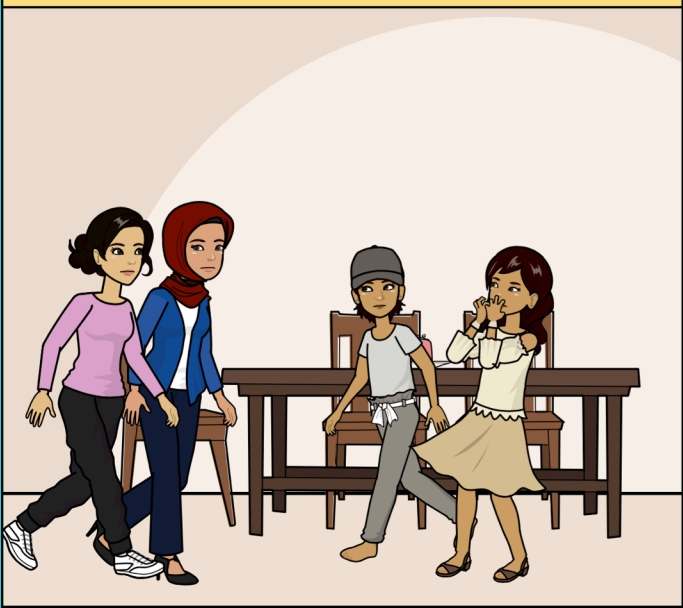


And so Raisa decided to talk to her family.

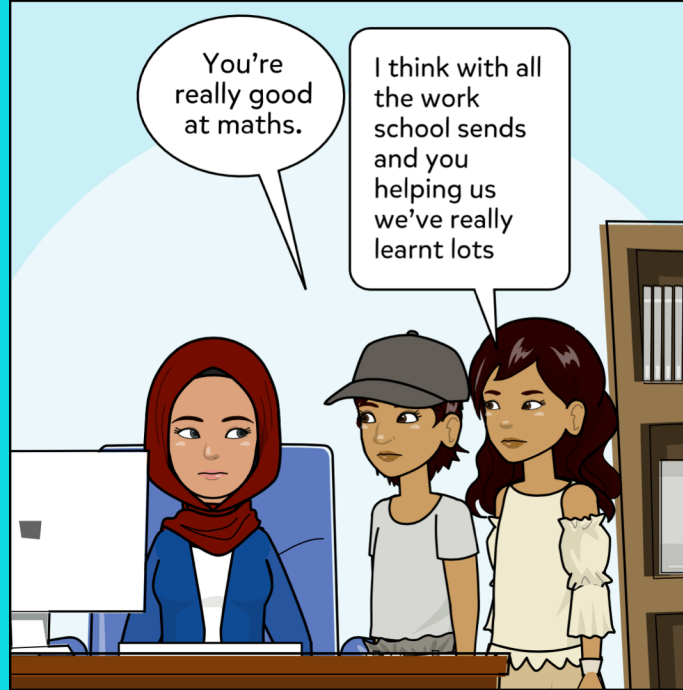
So what we can do is make the living room into our classroom each morning and mum you can help with the twins' work after I've shown you what to do. Then we can all help you prepare our lunch.



So each morning all the family would get together and get through their daily schoolwork.



That's a great idea. I can show you all some recipes that my mum taught me when I was your age.



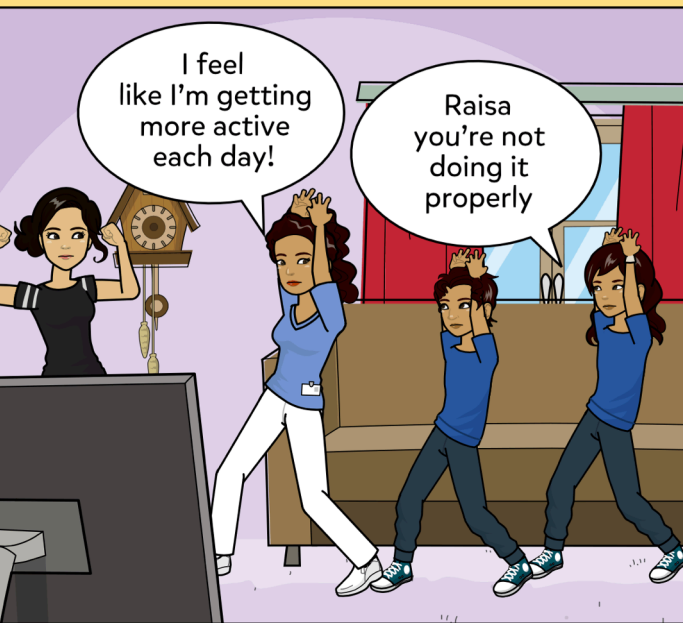
You're really good at maths.

I think with all the work school sends and you helping us we've really learnt lots



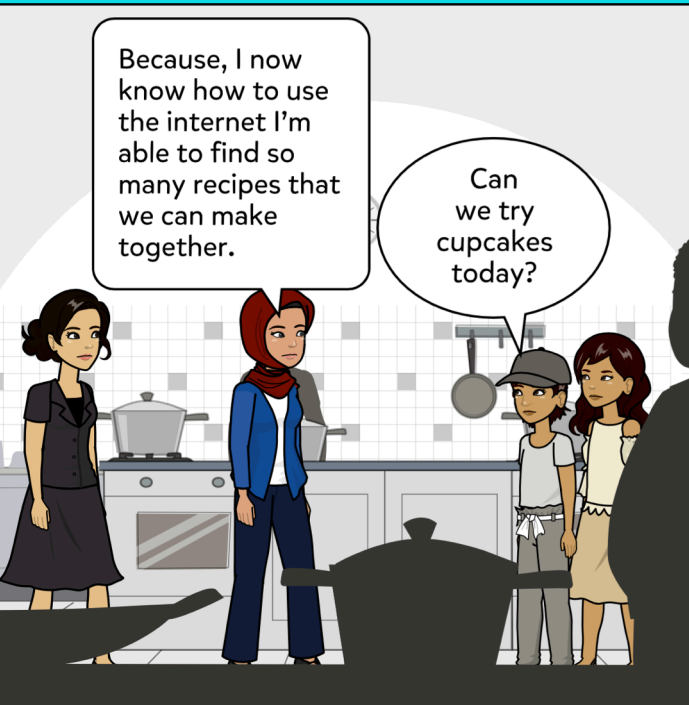
I feel like I've managed to learn so much whilst I've been teaching you.

Each morning, the family would start the day with PE lessons from Joe Wicks and his YouTube channel .



I feel like I'm getting more active each day!

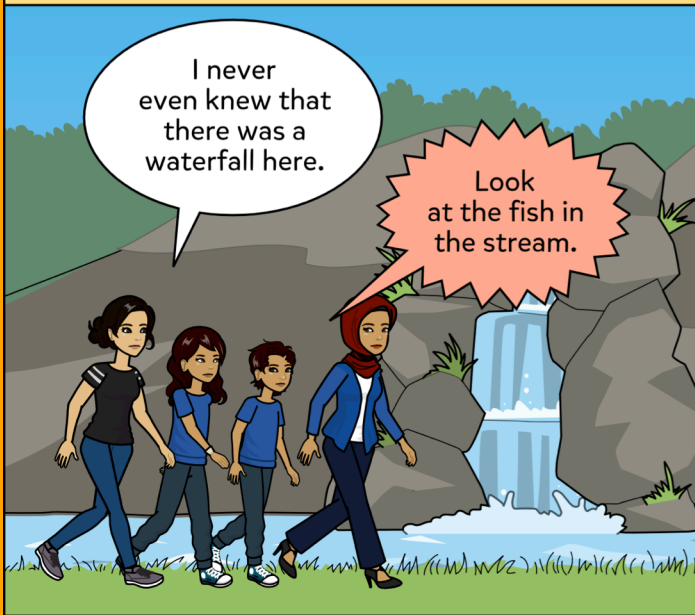
Raisa you're not doing it properly



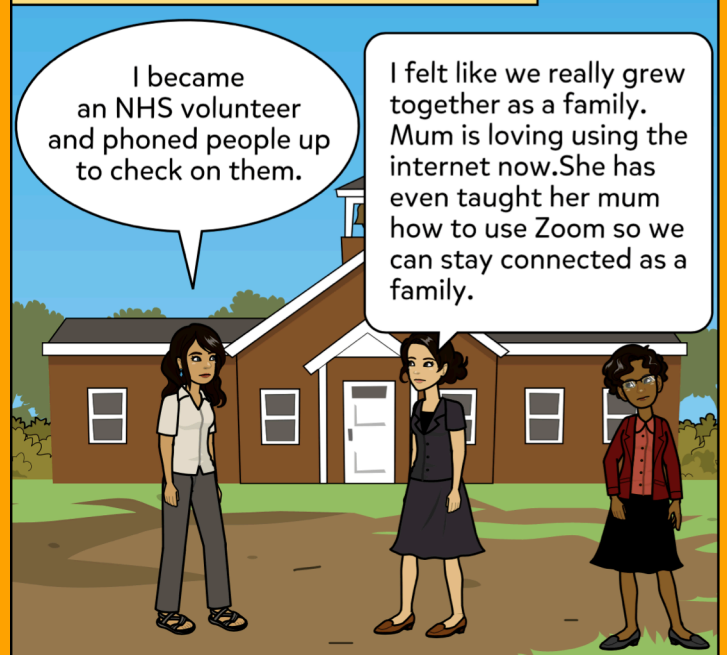
Because, I now know how to use the internet I'm able to find so many recipes that we can make together.

Can we try cupcakes today?

Together the family started to go out for walks and everyone began to take notice of their surroundings.



When school reopened in September....



PULLING TOGETHER WOULD LIKE TO THANK GREATER MANCHESTER CENTRE FOR VOLUNTARY ORGANISATION (GMVCO) FOR FUNDING OUR LATEST PROJECT BE CREATIVE, FEEL GOOD. WE HAVE USED THE 5 WAYS OF WELLBEING IN OUR COMICSTRIP STORYLINE TO HIGHLIGHT WAYS TO IMPROVE HEALTH AND WELLBEING AS ESTABLISHED BY THE NEW ECONOMICS FOUNDATION. (CONNECT, BE ACTIVE, TAKE NOTICE GIVE AND KEEP LEARNING)

WE HAVE USED OUR WEEKLY ZOOM SESSIONS TO INTERPRET THE ABOVE AS

1. DISCOVER SOMETHING NEW
2. CHANGE HOW YOU FEEL
3. CONNECT WITH OTHERS
4. TAKE TIME FOR YOURSELF
5. DEVELOP NEW SKILLS

DURING THIS DIFFICULT TIME WE HAVE ALL STRUGGLED TO FIND A PLACE IN THIS OUR NEW NORMAL BUT PULLING TOGETHER HOPE THAT BY READING THIS COMICSTRIP IT WILL HELP YOU TO FIND NEW WAYS TO HELP WITH YOUR MENTAL HEALTH AND WELLBEING

SINCE THE LOCKDOWN BEGAN IN MARCH THE GROUP HAS HELD VIRTUAL SESSIONS OVER ZOOM AND WHATSAPP TO HELP ALL OUR MEMBERS THROUGH UNTIL WE CAN MEET AGAIN IN PERSON.

PULLING TOGETHER ENCOURAGES ASIAN WOMEN TO PARTICIPATE IN ACTIVITIES, PARTICULARLY ARTS ACTIVITIES RELATING TO SOCIAL INCLUSION AND CULTURAL DIVERSITY USING FEMALE ARTISTS.

TO PROVIDE SESSIONS WHICH DEVELOP EDUCATION AND TRAINING SKILLS FOR ASIAN WOMEN WITH A VIEW TO IMPROVING THEIR EDUCATIONAL AND EMPLOYMENT OPPORTUNITIES WITH SPECIFIC ACTIVITIES THAT WORK ON EFFECTIVE COMMUNICATION BETWEEN THEMSELVES CREATING A BETTER UNDERSTANDING OF THEIR RELATIONSHIPS. CONSULTATION WITH ASIAN WOMEN AND CHILDREN ON PLANNING/PROGRAMMING OF ACTIVITIES, WHICH ENCOURAGE THEIR SELF-EXPRESSION, RAISE SELF ESTEEM, CONFIDENCE AND ASSERTIVENESS.

TO ESTABLISH A SAFE ENVIRONMENT SO THAT ASIAN WOMEN AND CHILDREN AND OTHER INTERESTED INDIVIDUALS/GROUPS CAN DISCUSS CONFIDENTIAL ISSUES WITH PROJECT WORKERS.

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