



UTULIVU MARCH & APRIL 2023 NEWSLETTER

Tuesday 7th March we celebrated International Womens Day at the Probation Offices.

#EmbraceEquity

The Cowshed group provided goodie bags filled with face masks and other essentials for women.



On 23rd March, Utulivu attended a hate crime event with ACRE. This event intends to tackle hate crimes in our community, how to decrease the crime and what can be done in the community.



On March 20, Jasmine from Reading Rep Theatre had a visit and spoke about various activities and how Utulivu community can be involved. Rep Theatre gave Utulivu ten tickets for the community for the Peter Pan on Saturday. The Utulivu and other community members attended the show.

Health & Inequalities Conference 2023, March 30.

Theme: Joining the Dots for our Health & Wellbeing

Health inequalities are avoidable and unjust. They arise because of the conditions in which we are born, grow, live, work and age, influencing our opportunities for good health and how we think, feel and act. This then shapes our mental health, physical health and well-being. We all have to play a part in joining the dots for better Health outcomes for All! It's all about having a voice for your voice counts too. How are you helping join the dots for our individual and communities' well-being?

Health Checkup

We have installed a WellPoint electronic Health Kiosk at the Acre offices. The service provides a private analytic test of BMI, Body Fat, Blood Pressure, and Heart Health.

Note: This is not a diagnostic tool, it will help you understand your fitness profile and make any lifestyle changes as required. We advise you see your GP if you are concerned about your health.



Gardening Project:

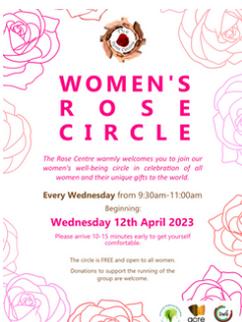
We have started growing potatoes, different fruit and vegetables in our gardening allotment on Hartland Road. Very recently in the car park we planted pumpkins we are just waiting for them to grow. We are going to grow more fruit and vegetable in the car park. If you would like to volunteer and help us with gardening feel free to contact us.



On March 15, attended the **Race Equality Education** event at Reading Borough Council. This event featured a discussion between panelists and the community about the disparate educational systems, experiences with inequality at school, internalised discrimination, the insufficient numbers of black teachers in an educational institution and what the future holds for us.



The Women Rose Circle started on the 12th of April and continues every Wednesday. It is in celebration of women's unique gifts to the world. Activities include: yoga & meditation.



@UtulivuRdg



Utulivu Women's Group



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