

Always
FREE

the Hull Hub

telling your story



Issue 13

Inside: The people of Hull & surrounding areas share their story, news, history and **much more**

BELIEVE YOU CAN
and you're halfway there

BRINGING THE
COMMUNITY
TOGETHER

THROUGH POSITIVE NEWS.

Copyright Kurt Hoyle



“One kind word can warm three months of winter” - A Chinese Proverb



Community

Join us in celebrating the good works of the every day people of Hull. These Heroes of Hull are making a huge difference in our city every day



Achievement

Catch up with the achievements of our kids and see how they're excelling in this new normal and still letting their talents shine



Business

With Coronavirus still affecting businesses everywhere, see how many are joining the fight against covid-19 and adapting to the huge changes

Welcome

Whether young, old, or inbetween The Hull Hub strives to offer something for everyone. Our dedicated and expert Editorial Team hold family values and community issues close to our hearts and believe that The Hull Hub is the perfect way to incorporate not just news that matters to our community, but to bring a sense of community through our inspirational, feel-good stories.

What's Inside?

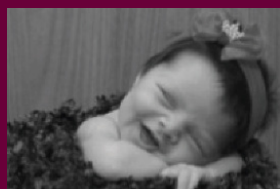
this edition

meet the team

- Community News
- Stories from the people of Hull
- Know your City
- The School Scoop
- Health & Fitness
- and SO MUCH MORE!



Goddess Genius In Charge - Jayne Bentley



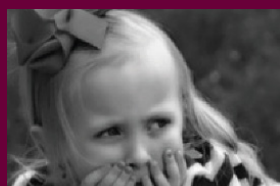
Chief Walnut Whip - Lyn Davies



Ambassador of Buzz - Jennifer Gilmour



Design Rockstar - Olivia Walz



Network Magician - Nevenka Fenwick



Artistic Ninja - Kurt Hoyle

Advertising

Did you know we reach up to 105,000 people with each edition. Want to boost your business or advertise with us? Don't miss out, get in touch today!

email: advertising@thehullhub.co.uk

Contact Us

Do you have a story, photo, or act of kindness that you'd like to share? Contact us today:

 call: 07900 265 283

 email: info@thehullhub.co.uk

 web: www.thehullhub.co.uk



November was Paul Hudson's favourite month of the year. It was the only month of the year he was pretty confident of getting his weather forecasts correct. Rain on Monday, rain on Tuesday, rain on Wednesday and so the week went on. The best thing was knowing that his good friend Uncle Peter hated the rain, which meant that Paul could go round for a coffee any day of the week knowing that Uncle Peter couldn't use the excuse that he wouldn't be in because he was going out to have his hair cut.



GRAB IT
KEEP IT
LOVE IT
SHARE IT

Did you know?...

The Hull Hub receives more and more positive content from the wonderful people of Hull and surrounding areas, every single month. Not only do we reach up to 105,000 people in the region, but The Hull Hub keeps growing and growing. Don't forget to be a part of our happy community by following our social media on Instagram, Facebook and Twitter.

A Little Note to the Editor...

Thank you for providing an informative and interesting paper. I picked up a copy recently and have read every article. As you say, it provides positive news stories from the area. I only get the Hull Daily Mail on a Saturday - a very depressing read!

Keep up the good work - I look forward to the next publication.

Lucy Ellyard

Arco supports EMS, the Yorkshire-based charity on a mission to tackle food and fuel poverty

Arco, the UK's leading safety company, is supporting local charity, EMS, by donating stock to help the charity in its mission to tackle food and fuel poverty in Yorkshire. The partnership between Arco and EMS began in early 2020. Throughout the lockdown period, Darren Williamson, Arco's Hygiene Product and Procurement Manager, delivered stock from Arco to EMS to ensure those in need received essential hygiene items. Arco has donated several pallets of hygiene products, including 1x pallet of shower gel sachets, 1x pallet of deodorants and 2x pallets of toothpaste, which EMS supplied to the local community. Following the initial wave of donations, EMS reached out to Arco to see if it could help with Christmas boxes for vulnera-

ble residents and community groups. As soon as COVID-19 guidelines permitted a socially distanced visit, John Pickles, EMS Community Growing Coordinator, visited Arco's Waverley Street HQ to meet the team involved and collect the remaining pallets. John, says 'We are absolutely thrilled to be able to collect this kind donation from Arco. These hygiene products will be put into packs and distributed to people in Hull during the Christmas period. Arco helped us earlier in the year by providing items that were urgently needed during lockdown. We are delighted to be able to extend our partnership with them and we will ensure that these new products go to residents in Hull who need them most.' Darren Williamson, Hygiene Category Manager at Arco, says 'Statistics have shown that over half of low-income families in the UK have struggled to pay for three or more basic essentials since the COVID-19 outbreak. We're grateful for the opportunity to take part in the circular economy and make a difference to those who need aid the most.'



Digital construction expert appointed to drive forward game-changing software



A digital building information software company aiming to revolutionise the construction industry has appointed one of the UK's leading experts in his field to play a key role in driving forward the adoption of game-changing technology. Operance's smart building software platform will make buildings safer, healthier and more efficient by creating a digital "golden thread" audit trail of information relating to facilities' entire history, enabling increased ownership and accountability. The pioneering software will define, coordinate and audit building operations and maintenance (O&M) information via the Operance "Coordinate" web application during the design development and construction stage. It will then provide end users with crucial detail in real time via the Operance "Operate" mobile app

post-handover, ensuring risks and facilities management operations are managed through the full life-cycle of buildings. Operance is set to be launched to the market early next year, with its development and commercialisation supported by securing £250,000 from the Northern Powerhouse Investment Fund, managed by Mercia Asset Management. Now, Hull-based Operance has appointed Tom Oulton, one of the country's leading Building Information Modelling (BIM) professionals, as Digital Transformation Lead. Tom is Chair of both the UK Constructing Excellence Digital and Constructing Excellence Yorkshire and Humber best practice organisations. He also sits on the steering group of thinkBIM, an award-winning network of specialists set up by Leeds Beckett University.

Advertise your business for only £50

Tell people you're open, and have your chance to spread the word in the New Years edition of The Hull Hub!

Email Us advertising@thehullhub.co.uk



thehullhub.co.uk

Reach up to 105,000 of our readers from Hull and the surrounding area!



Be featured in our tabloid size publication and on our website!



Increase your local visibility, and be found in shops such as Aldi, Lidl, Asda, and Iceland!



Be featured alongside some of the countries best columnists, and the best in positive news!



HELLO AGAIN ALL, HOW ARE YOU DOING?

with Darren Lethem - Freelance Radio & Stage Host

Still frustrated and wondering when the world will return to real normality rather than this 'new normal' that people keep talking about? Yeah me too. Missing going to watch football, rugby league, cricket and so on. It doesn't get any easier does it? I feel your pain as I am missing it myself too. Work for me has taken a real back seat this year. As I am a

freelancer I am not furloughed and all gigs, concerts, events and awards I was due to host have been cancelled. I just hope in 2021 people decide to make up for it and make sure that year is also unforgettable. But this time for the RIGHT reasons.



One thing it has given me time to do is freshen up my website and try and make it look inviting and fresh for all the extra bookings 2021 will bring. Touch wood. I have also done a couple of online courses. I was sitting on my laptop one day and saw this advert pop up for on-line courses. Normally I would ignore it but I clicked on it and signed up for a couple. One has been done and passed dare I say, and the other is later in the month. Better get my pencil case and gonk back out the satchel. If you hear a loud cheer in a few weeks time followed by the sound of party poppers and streamers, you know I will have passed. Some work I have been able to do is voiceover and recording some words to go with the pictures and presentation for a few health and safety videos. Ironically the first was called "Back to Work after COVID". Thankfully I was able to record it without a mask on.

Not much out and about going on but we did manage to pop into the town and have a great walk around. Lovely to see the city looking at its best with the old town so historic, Humber Street looking so prosperous and St Stephens looking so full. It was pleasing to see. Also came across a new café which will become a firm favourite too. Keep your eyes peeled for Liquid Jade down Whitefriargate (just under the arches) for a nice cuppa and slice of cake.

We did pay a visit to Yorkshire Wildlife Park too. This is one of my absolute favourite places to go and every visit is a brilliant day out. For a special birthday a couple of years ago I was given a 'feed the meerkats'



experience which is one of the best days out I have ever had. The meerkats are always my favourites and the first port of call for me whenever we go. This time was no exception. I have to say the precautions and measures they have taken at YWP are very good. They have obviously put a lot of thought and effort into what they need to do and how to make everyone safe. Coupled with the glorious sunshine, not a cloud in the sky, it made for a lovely day out.

Apart from the meerkats, who I could spend all day with, they have so much to see and do and every time we visit it seems something new has cropped up. One of the beauties of Yorkshire Wildlife Park too is the fact that many of the animals are rescued so coming to YWP is a lifesaver for them and they have the time of their lives. If you have never been before it is something well worthy of a day. Of course at the moment you need to book but we spent 4 hours there easily so it can be a whole day spent enjoying the wonderful scenery. Lions, tigers, leopard, rhino, warty pigs, various types of monkeys, polar bears, giraffes, zebras and so much more in a way that is designed to make it educational as well as entertaining. Plenty of places to eat there too with restaurants, cafes and take outs to suit all tastes and plenty of places to stop for a brew or an ice cream...or in my case, both.

Hopefully next time we chat times will be happier and the country will be back to some sort of normality. We can all but hope. Stay safe, stay well and stay sensible. *Darren*



Viking FM's Mission Christmas appeal is in full swing, aiming to get a gift to a local child at risk of waking up to nothing on Christmas Day

With the COVID-19 global pandemic this year, Christmas is going to be tougher than ever for those in need. With the increase in unemployment and reduction in working hours for many families, Christmas is simply a luxury they cannot afford, families are having to make difficult decisions this Christmas between food/heating and gifts. This year's Mission Christmas aims to help as many children as possible from East Yorkshire and Northern Lincolnshire and the Yorkshire Coast region.

The appeal asks for listeners and supporters of Viking FM to buy an extra gift and donate it to the appeal at one of their registered drop off points across the region. From there, Cash for Kids will bring the gifts to Mission HQ where they are sorted and then distributed out. Last year the campaign helped over 19,000 local children, who all woke up to a gift thanks to the wonderful support of our local communities. Alex and Ellie from the Viking FM breakfast show said: "Last year our listeners really demonstrated their generosity and it was truly amazing what we achieved. This year there have been so many examples of the community pulling together to support everyone and I know that it will be even better than ever before."

"It's easy to take part, all you need to do is buy one extra gift before December 18th

and hand it in to one of our collection points, alternatively you can text 'VIKING' to 70910 to donate £10 and we will buy a gift on your behalf. Let's make 2020's Mission Christmas our biggest and best ever and bring some Christmas cheer to the children who need it most."

For more information on the appeal and how to get involved visit www.vikingfm.co.uk/mission.





A kids view of the 70's

We're now entering Autumn as I write this month's column and while the leaves are turning orange and gold, my thoughts turned to gold medals and my legs turn to jelly as I recall the big outdoor event of the school calendar: SPORTS DAY! Right, let's get this out of the way from the start; I was never a sporting person, nor a very athletic one so the thought of running 100 yards against the school's finest runners and sports stars didn't exactly inspire me to be the next Sebastian Coe. I didn't even know how long 100 yards was. Or who Sebastian Coe was.

Back in the seventies, any suggestion of a "non-competitive sports day" would have been laughed at and kicked off the field. Nowadays, schools want to award medals to everyone, even the sullen ones who just hold up the finishing tape, but back then, everyone wanted that "1st Place" badge and certificate. Some were prepared to maim and gouge their way to victory making it a clear survival of the fittest challenge that would make Bear Grylls ask his mum to send in an absence note.

Sports Days as I recall were always hot sunny days – probably because

any hint of rain would send the teachers into a flurry of activity to postpone the event for a day or two in the hope of better weather. This upset our parents who'd taken time off to come and stand with a cigarette behind their back and a watery plastic cup of orange squash, in the hope they could pick out their child in a crowd of kids all wearing the same white t-shirt and black shorts. I'm sure most of them cheered for the wrong kids anyway.



Events for Sports Day were fairly standard; running various distances, egg and spoon, high-jump, the beanbag race and finally, the event that might get you bullied for the next 12 months – the Dads Race. More on that later.

Sports days were always laid out with a 3-mile-long line of plastic chairs for parents along the edge of the newly whitewashed running track with a special table at the finish line for the two teachers who judged the races.

These poor sober teachers had a dreadful job of trying to spot who came first, second or third in a race where everyone encroached into each other's lane, shoulder-barged their opponents and trampled the smaller ones underfoot. Quite often, the teachers got it wrong, especially when there were close finishes, much to the chagrin of the kids who'd believed they were first across the line. Arguments would continue when their mums got involved and harangued the teacher until they gave everyone a First Place certificate just to keep the peace before taking a huge drink from the mug of tea which was probably laced with performance enhancing Scotch.

I always hated the bean-bag race. A short relay run of around 50 yards where you ran to retrieve the eponymous bean-bag from the floor, placed strategically at 10 yard intervals and then running back to place it in the bucket before running to the next one further away and so on until you'd ran approximately 14 miles before making a final, knackered sprint to the finish line.

I really hated this race because I'd often try and throw my bean-bag into the bucket from a distance, miss the target and have to run back and PLACE the bag in the bucket as per the rules. This would mean I'd finish way behind the others and mutter dejectedly to myself as I sullenly jogged the last few yards to the sarcastic applause and cheers of my school housemates.

The only event I really enjoyed was the High Jump. Purely because you could launch yourself into the air and land on a 12" thick air-bag with a satisfying *flump* sound. It didn't matter if you'd cleared the bar because you were performing a stunt. You were Starsky and Hutch jumping over the hood of your car and landing on top of a fleeing

criminal.

Most kids attempted the 'scissor-jump' to try and clear the bar. This was notoriously tricky as you had to lift both legs to around neck height, one after the other in mid-air while trying to look cool and sporty. The odd athlete would try the "Fosbury Flop" discipline, but I preferred the "launch and hope" method that sometimes worked but would make your PE teacher's ears go red when they say it. No matter, I'd won a Third Prize this way once, despite nearly losing my shorts during a very satisfying landing.

Finally, most of the children's events had finished apart from the arduous and plain evil Cross-Country and was just 10 laps of the field, which was about the size of Austria, or so it seemed. Quite often, the teachers forgot about the kids who were running this event and I believe most of them were still completing it two days later. Now, it was time for the Dads Race. A frantic assembly of frankly unfit fathers, step-dads and uncles who were pressed into activity after years of just sitting watching World Of Sport, Nationwide and Ski Sunday. The memory of seeing of 30 middle aged men in cardigans, vests and Farah slacks zig-zagging wildly across grass will never leave me. Many of the dads crashed to the turf several yards short of the magical finishing line, eliciting howls of derision and disgust from their offspring who'd spent all day telling their mates that dad would destroy all the opposition and win the race easily. The walk of shame would be forever etched on their minds.

It was then time to clear up. The children would be given rubbish bags and they'd wander the field picking up discarded cups, cigarette packets and certificates crumpled in disgust and then head off to get changed and meet their parents who would trudge to the gates, some dads were limping and others wondering where they'd lost their shoe.

Next Issue: The End Of Term School Disco.

Great-grandmother Sheila, 84, declares Covid-19 vaccine 'best Christmas present'

A beaming smile on her face, Sheila Page declared it "one of the best Christmas presents in my life."

Sheila Page, 84, became the first person in Humber, Coast and Vale region to receive the Covid-19 vaccine.

Sheila, who has seven grandchildren and eight great-children, said: "I couldn't wait. People who don't want it are silly. I was absolutely chuffed when they rang me to offer me it.

"I think it's marvellous. I feel on top of the world, and it's one of the best Christmas presents I've had."

Hospital sister Kristy Costa, who normally works in the cardiology department at Castle Hill Hospital but is one of the team of trained vaccinators at Hull University Teaching Hospitals NHS Trust, delivered the first vaccine to Sheila.

Kristy said: "I was really excited but a bit nervous today. It's not your average day at work with all the television cameras around.

"But it's a great day. I'll definitely be getting the vaccine when it's my turn because it's the light at the end of the tunnel."

Sheila was one of the first of the priority groups including the over 80s, care home workers and clinically extremely vulnerable members of NHS staff to receive the Pfizer-BioNTech vaccine. These priority groups have been determined by the Joint Committee of Vaccinations and Immunisation (JCVI) because they are at

greatest risk from Covid-19.

As more supplies of the vaccine are received, the programme will be rolled out to other groups, including frontline NHS staff, using that national framework. Chief Nurse Beverley Geary, Senior Responsible Officer for the programme in the Humber, Coast and Vale region, said: "We are proud to be playing our part in the national effort to protect people from this virus.

"We will start vaccinating people over 80 who are coming to our hospital for outpatient appointments from today and we are working with local authorities to identify care home staff who can receive the vaccine and protect residents in their care. But it is important to say that while we are moving fast, this will be a marathon, not a sprint. The Pfizer vaccine is complex to move, store and prepare – that's why initially it will be given in hospitals. We are working as quickly as possible with the Medicines and Healthcare products Regulatory Agency (MHRA) and others to agree ways of expanding the programme and deliver it in more ways over the coming days and weeks, like through local vaccination services delivered by GPs, pharmacists and practice nurses and in people's homes and care homes if they can't come to us."





Mark Hill

AFTER BEING BACK AT WORK FOR A COUPLE OF MONTHS NOW, WE ARE ALL GETTING USED TO OUR NEW WAYS OF WORKING

Like all businesses, being Covid-safe has meant a lot of changes for us and we've had to really look at every aspect of the business.

During lockdown the salon was fully refurbished. For those of you who have already visited us, you'll know how fantastic it looks and Mark has been blown away with all of your comments.

It was really important to Mark and Paula when designing the new look that all of our clients felt safe when coming back. Therefore, where they used to be 12 working sections, there are now only 6. There are 2m between each chair to ensure social distancing, and screens are in place between each section to keep us all in our client/stylist bubbles. Although this means we can't have as many staff or clients in at any

one time as we used to, we've extended our opening hours to ensure we can accommodate everyone.

At the moment, the staff may look stranger than they do normally (!) but they are all working within our industry guidelines. We started back wearing facial visors but when the guidelines changed, you'll now find we are all wearing masks as well as visors or goggles. Face coverings are mandatory for clients too, but you can take them off when we are cutting or colouring around the ears.

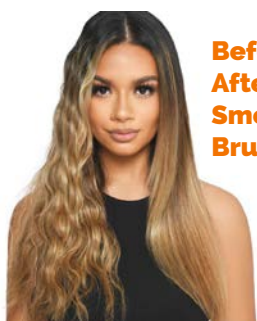
Moving forward, we will continue to keep up to date with Government guidelines and will only make changes when we feel we can absolutely do so and still keep all of our staff and clients safe.



“Moving forward, we will continue to keep up to date with Government guidelines and will only make changes when we feel we can absolutely do so and still keep all of our staff and clients safe.”



IT'S TIME TO TALK ABOUT CHRISTMAS



Before and After with the Smoothing Brush



Before and After with the Straight and Curl



Before and After with the Deep Waver

We work so far in advance I already know what gifts we are launching for Christmas 2021, never mind this year! This Christmas we will be launching a full range of hair care and styling products, and 5 10 new electrical products! 3 of these products are out in store now. To help promote these 3 new attachments in the Pick 'N' Mix range one of my stylists, Tash, was the main stylist at a recent photoshoot. She created some before and after shots for the new Straight and Curl attachment, Smoothing Brush and Deep waver. These 3 attachments launched in Boots and on www.markhillhair.co.uk are proving to be best sellers already. The Straight and Curl and Smoothing Brush in particular as these are great for great hair every day, whereas the Deep Waver gives that touch of Hollywood glamour. Well done Tash!

Hull Hospitals receives Damien Hirst artwork



A piece of artwork created by world famous artist, Damien Hirst, will be displayed in Hull Royal Infirmary from November.

Reproduced on perspex the Butterfly Rainbow was created by Damien Hirst to show support for the NHS during the Coronavirus crisis and this is one of a num-

ber of donated artworks to several hospitals within the NHS.

The donation to Hull University Teaching Hospitals NHS Trust (HUTH) supports the Trust's commitment to the arts, outlined in Flourish – HUTH's hospital arts strategy, which recognises that the arts and culture can keep people well, aid recovery, and help meet major challenges such as ageing, long-term conditions, loneliness and mental health.

HUTH Chief Executive, Chris Long, said: "There is overwhelming evidence that shows just what a difference the arts, creative thinking and creative projects can make to hospital environments, patients, carers, visitors and staff.

"We support arts and creativity in our hospitals, and we are committed to growing this work so that we can make the best of what creative approaches and professionals can offer to healthcare – alongside our medical treatments, doctors, nurses and other clinical staff. We are very grateful to Damien Hirst for giving us this opportunity and for acknowledging the contribution of the NHS during the Covid-19 pandemic."

Damien Hirst said: "I wanted to do something to support the many people who are risking their lives to help those in need during this time of crisis. The rainbow is a sign of hope and I'm so pleased to have released these prints to help fund the brilliant work being done by NHS staff across the country."

WE BUY HOUSES FOR CASH

- WE PAY MORE THAN THE REST
- IMMEDIATE CASH OFFER
- NO HASSLE
- LOCAL AND FAMILY RUN BUSINESS
- PERSONAL AND CONFIDENTIAL



**GUARANTEED
SALE**



**NO LEGAL
FEES**



**COMPLETION
DATE TO SUIT
YOU**



**MONEY IN
YOUR BANK**



**01482 50 51 52
or
07786258910**

**DAVID BUYS
YOUR HOUSE**



www.davidbuysyourhouse.co.uk

BUSINESS VIBES

The latest business news from The Hull Hub

Integra announces major expansion plans as growth story continues



Fast-growing modular construction business Integra Buildings has announced plans for a major expansion of its East Yorkshire base.

Integra is in the final stages of acquiring six acres of land next to its site in Paull, east of Hull, and has submitted plans to East Riding of Yorkshire Council to incorporate this area into its operations. The development of the land will increase the Integra site footprint to over 14 acres

and create room to meet the award-winning company's current and future needs. The expansion will create 20 new jobs and is key to the Integra management team's ambitions to double revenues to £60m within three years.

The land has been earmarked for a new production facility as well as storage, loading and dispatch areas.

Managing Director Gary Parker said: "We need more room to deliver our current projects, service our very healthy order book and continue our growth. We're already bursting at the seams much of the time."

"This is great news for our employees and our supply chain, the vast majority of which is within East Yorkshire, as well as creating 20 new skilled and semi-skilled production jobs for local people."

NHS workers in Hull have saved over £300k, thanks to Barratt's NHS Deposit Contribution Scheme

NHS workers across Hull have received over £300k towards a deposit on their dream home, thanks to the Barratt Developments NHS Deposit Contribution Scheme, which was launched by the housebuilder on 23rd May. The scheme sees NHS employees receive a 5% contribution towards their deposit, up to £15,000, to help them buy a new home as a thank you for their hard work during the COVID-19 crisis.



Origin secures FDA licence to export registered medical products to the U.S

Global pharmaceutical solutions provider, Origin, has secured a licence to export registered medical products to the U.S from the U.S Food and Drug Administration.

Origin has secured an initial co-order of 15 million units which will be filled and packaged at its state-of-the-art facility in Melton, East Yorkshire before being distributed to U.S partners.

Demand for personal hygiene products continues to grow globally amid the ongoing Covid-19 pandemic.

The hand sanitiser market has two segments - alcohol-based sanitiser and alcohol-free sanitiser. Both types play a vital role in preventing the spread of many disease micro-organisms including Coronaviruses. For the current Covid-19 pandemic, the Centers for Disease Control and Prevention (CDC) recommends 60-95% alcohol-based hand sanitisers, particularly in healthcare settings.



The Certificate of Drug Establishment Registration has been issued by Registrar Corp for alcohol-based antibacterial hand sanitiser gel. Or-

MonsterVillains return with festive trail of family fun



A safety-first family fun trail which takes participants on a socially-distanced tour of the city centre is back with a special edition for the festive season.

The Christmas Spirit Trail combines colour and creativity, searches and storytelling as families track down the ten characters displayed in businesses ranging from butchers to banks and charities to chip shops!

Based on the Monster Hero Safari during the summer and the Monster Hero Villain edition for Halloween, the latest trail is again free to join and has been adapted with the addition of new shops and new activities.

Once again the trail takes families on a tour of the different locations as they track down and scan each character to reveal their story. When participants have collected all ten stories they will be able to download a free picture e-book featuring all the characters. Families can also take

and share selfies with the characters.

The trail is up and running now and will run until Sunday 31 January, with no physical poster contact needed and no requirement to enter the buildings, although all locations will have full precautions in place.

Businesses taking part include Pep & Co (Prospect Centre), Johnston's butchers and deli (Carr Lane), Virgin Money (Paragon Street), Goldenfry (Savile Street), Sharps Bedrooms (King Edward Street) and K2 Eat (Bond Street).

In the Old Town you can find the characters at the Hull People's Memorial gift shop in Whitefriargate, Trinity Market and Special Stars Foundation (High Street), with Form in Humber Street also taking part.

Kathryn Shillito, HullBID Executive Director, said: "The summer and Halloween trails were very popular with families and with businesses and we're delighted to present another attraction which gives people the chance to have fun and stay safe."

"We know from experience that businesses can benefit a great deal from events which attract people into the city centre and they've been eager to support the trail. It shows people the safety measures that businesses are putting in place and some of the innovative ideas they are coming up with to sell their products and services in a different way."

MKM celebrate 25 years in business

In 1995 MKM laid the foundations for a strong business in Hull, where they opened their first branch.

Driffield opened next, and since then they've been growing nationwide with 73 branches now open, and two opening in November with more in the pipeline!

MKM branches have always been at the heart of their communities, supporting local charities and good causes.

Over the years they've supported many community projects from DIY SOS to donating materials for sensory gardens, food banks & schools.

In 2020, despite the tough situation, they opened their 73rd branch in Birkhead, and continued to support

valued tradespeople, and many members of the public, delivering materials whilst people remained at home. They also supported local charities and the NHS



£4.3m Queens Gardens refurbishment takes another step forward



ing invited to show an interest in delivering the multi-million pound project.

Interested contractors are now able to enter the first stages of a tender process. Contractors can express an interest by filling out a selection questionnaire.

The staged approach will enable the council to assess all bids before selecting up to six to compete for the contract.

Councillor Daren Hale, portfolio holder for economic investment and regeneration, said: "The structuring

The £4.3m refurbishment of Hull's Queens Gardens has edged closure with contractors now being

of this procurement process allows us to ensure we appoint the best contractor to deliver this key, multi-million pound project for the city centre.

"Queens Gardens is an incredible green space in the heart of our city, this refurbishment will celebrate the rich history of Queen's Dock whilst also ensuring that the gardens play an important role in the future landscape and draw of our city centre."

The refurbishment of Queens Gardens will improve accessibility and visitor flows, deliver structural repairs through rebuilding the retaining walls, introduce bespoke pieces of public art, improve biodiversity and regenerate a much-loved open space.

The project will make the gardens fit for purpose, futureproofing the space and its ability to host large-scale events. The history of the gardens will be incorporated in its design, reconnecting it with the origins of the space as a former dock.

Popular Greek restaurant expands to new home on its doorstep

A newcomer to Hull's restaurant scene has relocated to a spacious new home only yards away from the place where it opened less than a year ago.

Artemis Greek Taverna was frequently full after opening in the 35-capacity corner site in Jarratt Street, Hull, in November 2019.

Now Yiannis Makris and his wife Mata have taken the keys for the former Operetta Italian restaurant at the K2 complex in Bond Street. Operetta closed last month after the retirement of the owner who had built a big reputation over the last 28 years.

The venture will provide a much bigger kitchen for chef Mata, who is planning some exciting additions to her menus and will be joined by a specialist Greek fish and meat grill chef.



Hull leisure facilities to benefit from multi-million pound investment

A £3million investment at Beverley Road Baths is well underway.

Scheduled to re-open to the public in summer 2021, the facility will see the construction of a new larger gymnasium and the refurbishment of the existing one, new and improved steam and sauna facilities, internal refurbishment works to the poolside and all changing facilities. Other works include a renovation to the main reception and essential maintenance repairs to the Grade II-listed building with a new roof and roof lights as well as refurbished windows. The mechanical and electrical systems are also to be replaced and upgraded to modern day standards.

The project is part of Hull City Council's £18.5million investment into leisure facilities across the city, including the £4 million transformation of Albert Avenue Pools that will see, amongst other improvements, the facility's historic much loved lido reopen after 25 years.

Councillor Daren Hale, deputy leader of Hull City Council, said: "The council is committed to investing in the city's leisure facilities which is why we are pushing forward, in spite of the situation we find ourselves in, whilst ensuring there are jobs and opportunities for local contractors. Hull is a fantastic place to work, live, study, play and visit and these facilities are just part of millions of pounds being spent both privately and publicly on the bright future of our city."



Rollits expands team

Leading law firm Rollits LLP has announced the appointment of a new solicitor who will work across its offices in Hull and York.

Lucy Trynka, who joined Rollits in September 2018, has now completed her Period of Recognised Training across the firm's various departments and, as a newly qualified solicitor, moves into the highly regarded and growing employment team.

Lucy said: "As a trainee solicitor I have really enjoyed the challenge of working across the many different areas of law and adapting to the differing needs of each discipline but I'm looking forward very much to concentrating on the specialist work of a single department and putting my experience into practice."

A former student at Hymers College in Hull, Lucy gained her LLB Hons at Newcastle University in 2017 and then completed a one-year Legal Practice Course at the University of Law in Leeds, which she passed with Distinction, before joining Rollits.



Online 'one-stop shop' to support independent businesses in Hull



Hull City Council is supporting independent businesses by partnering with an online 'one-stop shop'.

The council has partnered with digital platform ShopAppy.com.

The ShopAppy.com platform will enable more than 20 local businesses in Hull to sell their products in one place, online. Products can be delivered on bicycle, by Green Wheel Delivery.

Hull City Council is supporting the scheme by making the platform free to use for all local businesses for three years.

Councillor Daren Hale, portfolio holder for regeneration and economic investment, said: "It's vitally important that the council does all it can during these difficult times to support businesses. This digital platform gives independent businesses another avenue to connect with customers and expand their audience and customer-base."

"The online platform will also provide customers with a 'one-stop shop' where they can browse their favourite local brands."

AA Global Language Services has appointed Chantelle Akdemir as Head of the Translation Department



Kirk Akdemir, CEO of AA Global, said: "Chantelle's appointment coupled with the new investment will add an important new dimension to our business by enabling us to expand our international activity and sell into other countries more effectively."

"It will help us become a truly international business, it is being driven by a new generation of directors and managers."

AA Global was launched in Worcester 27 years ago, it will be 10 years in 2021 since the company opened in Hull. In 2018 the company expanded into a larger Hull office and the initial workforce of two has now grown to around 25, with a vast increase in the number of linguists operating around the world.

Operation Santa's Sleigh set to deliver a cracking Christmas for care leavers



A voluntary group is driving a campaign to provide a Christmas to remember for care leavers hit by isolation during a year dominated by the impact of lockdown

In Hull, business support for the With Care steering group is being provided by companies including The Tree Fellas Hull, which was founded in 2019 by care leavers Sarah Fenwick and Gareth Pennington.

Sarah said: "When Gareth and I had left care and were living in a little flat Christmas was always a reminder that we didn't have a family, and it was the most isolating time of the year.

"There are a lot of young care leavers living independently after coming out of children's homes where they were financially stable and now have very little support. I can't imagine what it's going to be like for them – and especially for

their mental health – with Christmas and lockdown. I want them to know that we are thinking about them and we want to provide a Christmas for them." Councillor Hester Bridges, Chair of the Hull Health and Wellbeing Board, said: "It's really important that we support care leavers in the city because it is really difficult being in care. When you leave you need extra support, but many young people haven't got family or a strong network of friends.

"Operation Santa's Sleigh is an appeal from With Care Hull to provide a Christmas gift for young people who have left care and to put a smile on their faces. It's really important to help people at a time of year when they are likely to have a real sense of isolation and a feeling that nobody is thinking about them."

Phil Morris, who works for Hull City Council at Room 42 within the Guildhall, added: "We believe that young people can achieve great things with the right support and encouragement and we are working with others to start to provide some amazing opportunities for young people to develop and grow into successful adults."

To find out more and to support Operation Santa's Sleigh please visit www.WithCareHull.org

Launch of film to raise awareness of young people who go missing

The Office of the Police and Crime Commissioner and Safer Hull Partnership are launching a new film to raise the awareness in the dangers faced by young people when they go missing.

'Missed Me?' is the latest film developed as part of the Not In Our Community (NIOC) antigrooming campaign, funded by the PCC, that helps young people protect themselves and friends against grooming that can lead to sexual and criminal exploitation.

The film tells the intertwining stories of four young people through which the viewer learns about the push and pull factors leading to the dangerous situations Billy, Tabby, Rosie and Lisa find themselves in. It is hoped that the film will raise awareness of the reasons behind young people going missing and present them as victims

rather than perpetrators of crime or the cause of situations including poor mental health, sexual and criminal exploitation.

Using money from the Early Intervention Youth Fund, the Safer Hull Partnership have commissioned the short film in response to the number of young people going missing in Hull and the risk this poses to those young people. It focuses on why children and young people in Hull might go missing and is based on real cases locally.

Whilst the film was funded by the Safer Hull Partnership and is shot on location in areas within the city (Pearson Park, West Park and also Orchard Park estate), the issues highlighted within the film are national issues and like all NIOC resource, the film is relevant and is encouraged to be used across the Humber area.



The Hull Bullnose Memorial Group

In early 2013 myself Jerry Thompson, Ray Coles, David Smith, Laurie Dixon, and a few other fellow ex trawlermen decided because of the lack of a memorial to our lost trawlermen we wanted to do something about it.

So, we created the HULL BULLNOSE MEMORIAL GROUP our aim was to include the fishing community the very people who had suffered the tragic way of life for so many being from family of a Hull trawlerman.

From the 1850s to this present day over 6,000 Hull trawlermen that sailed from our port were lost at sea including the great sacrifice in the two world wars the men and ships suffered gallantly with pride for our country.

From our early days we wanted to make sure every lost trawlerman's name and ship was to be displayed for family to have a place to visit and call their own as a cenotaph (empty tomb) to remember a lost male member of their family be it father, brother cousin and so on.

The early days were hard for our group and along the way we had to earn the confidence of the fishing community, we made inroads to the local city councillors Darren Hale, and the late Nadine Fudge who may we say has been a pleasure to work with.

We asked for funding for a memorial bench for the outer Bullnose on St Andrews dock so people who attended there could sit and remember their lost loved ones every year on an anniversary and birthdays, this was turned down by the so called land owner at the time.

We went back to the council to let

them know, and in a discussion we came out of the meeting with funding for 8 memorial benches and 4 planters with plaques to be placed on each corner of the Boulevard Hessle road with the names of the 3 trawlers lost in the triple trawler tragedy of 1968 ST ROMANUS, KINGSTON PERIDOT, ROSS CLEVELAND and the GAUL lost in 1974 a total of 94 gallant men lost just simply doing a job. On JUNE 6th, 2015 on the four corners of the Boulevard.

We held a service unveiling the memorial benches dedicated to many a lost trawlerman, which was attended by many of those families and friends who have been touched by the tragedy of losing a loved one at sea, and can still see the mission man stood at their door.

Now family and friends have a place to attend to reflect and celebrate lost loved ones many family members attended with pride in the knowledge that their lost loved one had finally received a fitting memorial never to be forgotten.

Today we are the HULL BULLNOSE HERITAGE GROUP a charity for the heritage of our fishing community and proud owners of the HULL FISHING HERITAGE CENTRE at 270 Boulevard Hessle road Hull, a museum that contains research to every lost trawlerman with a staggering 80,000 photos of the men and the fishing industry please come along and research your late family members in the fishing industry from our port of Hull.

The story of our journey will continue in next month's issue.

Hull's 108th Lord Mayor and Admiral of the Humber is elected

Councillor Petrini was elected at the Council's annual meeting as Lord Mayor for the city for the 2020/2021 mayoral year.

During the installation ceremony, the current Lord Mayor Councillor Steve Wilson handed over the chain to the new Lord Mayor. The Lord Mayor's Consort is her husband, Mr Graham Petrini. The new Lord Mayor has announced the charities she will support during her time in office as City of Hull Street Angels and Hull Help for Refugees.



WHAT PANDEMIC?

Whilst many of us have had to sit on our hands during the pandemic, and the most strenuous exercise for some has been getting into the loft to look for jigsaws, the work to reclaim the Hull General Cemetery by the Friends of Hull General Cemetery has continued.



Yes, with work spread over 13 acres, social distancing has not been a problem, and as most of the volunteers are of a mature age, the work to clear sections of the cemetery has also helped to offset the loneliness that can plague older people.

An area that had been earmarked for reclamation from the neglect of the last 30 years or so was sited at the back of the line of shops that fronted onto Princes Avenue. The land that the shops occupied had originally been part of the Cemetery but it had sold it off in 1907 when it had realised that the land was worth more as building land with the development of the Avenues.

The shops have had numerous occupants over the years. Now the area is second only to the city centre for its bars, cafes and restaurants. A boon for the café culture, but such enterprises often come with a surfeit of rubbish. Unfortunately, some of that ends up in the cemetery by design or accident.

The other problem issue with this area is quite common too; the sycamores that have sprouted up like weeds. That coupled with rampant ivy and blackberry bushes gives the reader a flavour of the area. The piled-up rubbish is just the icing on the cake so to speak.

The Friends knew that they could only take on this area during the period when birds were not nesting and laying their eggs. Effectively, this period is the middle of October to the beginning of February.

So, during the period of the first lock down, the volunteers continued with their ef-

orts to reclaim the paths of the cemetery. This was achieved mainly through the use of the chipping machine, bought through the aid of a grant from a local charity. The chippings could be spread onto the paths and therefore allow the public, including the disabled, more access to the site.

A bulb planting exercise in late summer took place. This appeared to attract more volunteers as it was undertaken by the side of Spring Bank West.

Yorkshire Wildlife Trust offered the advice that two areas should be created for wild flower meadows. These areas would attract invertebrates, especially moths and butterflies, and these areas were cleared in early October. The ground that contained over 10,000 workhouse burials was also cleared. A granite memorial was purchased with a suitable inscription to commemorate these unfortunate people who were denied any token of remembrance at their burials. Further planting of native trees and shrubs was also undertaken in this area.

By the time Hull was placed into the Tier Two level, and just prior to the second national lockdown, the work outlined above to the area behind Princes Avenue began in earnest. It still continues and will until it ends in a satisfactory conclusion, or it has to halt for the birds beginning nesting again.

If you want to get involved or want more information please contact pete.lowden1@gmail.com or go to the Facebook site of the Friends of Hull General Cemetery.



Sewerby Hall and Gardens is to host the 56th edition of the Wildlife Photographer of the Year exhibition in 2021

On loan from the Natural History Museum in London, the exhibition features 100 awe-inspiring images, featuring exceptional images which capture fascinating animal behaviour, spectacular species and the breathtaking diversity of the natural world. Using photography's unique emotive power to engage and inspire audiences, the images shine a light on stories and species around the world and encourage a future of advocating for the planet.

Wildlife Photographer of the Year is the most prestigious photography event of its kind, providing a global platform that showcases the natural world's most astonishing and challenging sights for over 50 years. Launching in 1965 and attracting 361 entries, today the competition receives over 49,000 entries from all over the world, highlighting its enduring appeal.

Dr Tim Littlewood, Executive Director of Science

at the Natural History Museum and member of the judging panel, says: "This competition has an outstanding reputation in attracting the world's very best photographers, naturalists and young photographers. But there has never been a more vital time for audiences all over the world to re-engage with the natural world, and what better way than this inspiring and provocative exhibition. Photography's unique ability to spark conversation and curiosity is certainly special. We hope that this year's exhibition will provide an opportunity for audiences to pause, reflect and ignite a passion of advocating for the natural world."

After several hugely popular visits to Beverley Art Gallery, next year the annual exhibition will have a new home in the East Riding at Sewerby Hall. Opening on Saturday, 24 April, the exhibition will run until 4 July. Councillor Shaun Horton, portfolio holder for tour-

ism, culture, and leisure, said: "This exhibition is the most prestigious photography event of its kind, and provides a truly global platform that showcases the natural world's most astonishing and challenging sights for over 50 years.

"I am delighted that we are able to put on the exhibition again, this time at Sewerby Hall and Gardens, and I hope that many more people will be able to come to see it next year. It is always an enjoyable, educational, and thought provoking experience for visitors."



Health & Wellbeing

keeping our community happy and healthy



Sarah Winn - FitSista Fitness Instructor & Personal Trainer

Giving up Alcohol over 4 years ago has been one of the best decisions I've ever made – not just only for my Physical and Mental Health but it has given me so much more time and energy!

From quite a young age I was always a big drinker at the weekends. It was purely a social thing and what everyone in my circle of friends did and if I'm honest, I didn't really think I was drinking too much as I only ever drank on a weekend – never during the week. But when I added those weekend alcohol units up, I was drinking way over the recommended alcohol consumption levels. I really had no idea how much I drank on a weekend and how bad binge drinking can be for your physical and mental health at that time in my life!

I cut down on the boozy nights out while my children were still young – there's nothing worse than entertaining kids whilst nursing a hangover! However, when they became older, I once again started to enjoy nights out and could quite easily polish off a bottle of wine and a few gins – a few times more than the recommended weekly alcohol units!

Drinking at the weekend was affecting my weekdays

The day after a night out, I would regularly waste it, lazing around on the sofa, feeling really horrible and sorry for myself, while my body and mind recovered from the excess boozing. It was making me feel rubbish and sometimes I would still be feeling rubbish two days later – so when I turned up to train clients on a Monday morning, I certainly wasn't on top form. I was advising clients about their Health, but felt I wasn't really living by my own advice! It's all very well being Fit and Healthy during the week but the weekends count too and you can quite easily ruin all your hard work by boozing at the weekends.

Time to Change

So around four years ago I set myself a challenge to stop drinking for one month. Primarily because I was fed up of feeling rubbish on a Monday morning, but also because alcohol was making me feel depressed. I'd started to not actually want to go to work on a Monday morning and for me this was a big warning sign, as I absolutely love my job!

During the first two weeks of no alcohol, I noticed I had so much more energy and it felt amazing! I

was enjoying my weekends to the fullest and doing so much more with my time and I felt great on a Monday morning too – I even lost a few pounds without even trying! When the month was over, I felt so good that I decided to keep going. I would never have thought that I would be able to stop drinking completely as I loved the social side of it too much – it was how my friends and I enjoyed ourselves at the weekend! But after a few more weeks I realised 'living for the weekend' wasn't how I wanted to live my life anymore.

Consequently, giving up alcohol did have a big impact on my social life. At first, I carried on going out but to be honest I got tired of "Oh, so you're still not drinking then?" or "Go on you can just have one." People around me just expected it to be a phase or an experiment to prove a point, but in four years I haven't touched a drop (except some brandy sauce out of a packet at Christmas last year which did actually make me a bit giddy!)

The Benefits far outweigh the boozing

The things I've replaced alcohol with have been far more rewarding – more time, more energy and much more positivity. I haven't taken up any other unhealthy habits in place of alcohol – maybe just a few more sweets here and there. My mind is clearer, I'm able to focus on work better, I'm much more productive and my weekends don't ruin my hard work during the week like they used to do. I have more time to do things I enjoy, more time with the kids (and I'm always in a far better mood!) I'm up early and full of energy every morning and I've recently started working a few hours on a Saturday morning too – I can be up, out and back from training clients before the kids even notice I've been out! Going out on a weekend just doesn't do it for me anymore – I certainly don't need alcohol to make me feel good – I feel good already – I love my life 7 days a week and don't feel I need to escape from it at the weekend with alcohol!

My Advice

My advice to anyone reading this would be to give it a go – you'll feel so much better for it! I've found the benefits of giving up alcohol far outweigh the initial dread of not drinking. Giving up alcohol has been a real game changer for me – it's given me a completely new lease of life and I'm sure it will do the same for you!

Don't forget to follow me on Facebook, just search FitSista & visit my website fitsista.co.uk

Yoga and Mindfulness

with Tristessa Moore

Mindful Yoga for Anxiety



As a survival mechanism, our brains are hard-wired to be alert to dangers. However, with our mind's over-vigilance to threats, that may never occur, we can become trapped in unpleasant cycles of worrying thoughts. To get out of living too much in our heads, we can focus on physical sensations down in our bodies. Here are two techniques that may be of help in times of anxious overwhelm:

Mindful Foot Awareness: Whether sitting or standing, slowly guide yourself through the territory of your feet noting physical sensations. You could mentally say as you do this: "I am aware of my left foot – I can feel my big toe, my little toe, the toes in-between, the spaces between the toes, the tips of my toes, toenails, heel of the foot, instep, sole of the foot..." Repeat with the other foot.

Following on from this foot scan, press your feet into the floor, shifting slowly from one foot to the other as if you are stepping in one place. Try to notice the difference between muscle tension, pressure, and relaxation. When you feel calmer, come to stillness and non-judgmentally check-in with your physical, mental, and emotional states.



Fist breathing: Breathe in for the count of four whilst making strong tight fists with your hands, then for the count of four breathe out allowing your hands to relax. Again, notice the differing sensations, and when you feel calmer, check-in on how you are.

Want to find out how Yoga can be of help? Tristessa Moore is a registered Yoga Therapist at www.yogatheraphull.co.uk who also teaches well-being in schools: www.yoyogasoul.co.uk

PAULA BUDGEN DIP CFHP MPS PRACTITIONER

A LOCAL MOBILE FOOT HEALTH PRACTITIONER THAT CAN HELP WITH ANY NEEDS. OFFERING HOME VISITS AND A WIDE RANGE OF TREATMENTS SUCH AS: TREATMENTS FOR CORNS, CALLUSES, HARD SKIN, INGROWN TOE NAILS, LONG OR THICKENED NAILS CUT AND SHAPED.

FOR FURTHER INFORMATION
CONTACT PAULA ON:
07811 551 797 OR
01482 322 298



Why More People May Experience Seasonal Affective Disorder This Year

While fall brings about colorful leaves and cooler weather, it can also cause seasonal affective disorder (SAD), a type of recurrent depression that tends to come and go with the seasons.

Despite its acronym, SAD is more than simply feeling sad.

Also called seasonal depression or winter depression, SAD usually starts in the late fall or early winter, and typically subsides by spring and summer.

The American Psychiatric Association (APA) explains that SAD may arise from a biochemical imbalance in the brain prompted by fewer hours of daylight and less sunlight, which can shift the biological internal clock, causing disruption of our daily schedules.

Reduced levels of sunlight can also affect serotonin, a neurotransmitter that affects mood and has been linked to depression. Given sunlight's role in the condition, where you live is one of the primary risk factors of SAD.

"The further away from the equator, the higher the incidences of seasonal affective disorder. Someone who lives in Canada is at higher risk of developing this condition than someone who lives in Florida," Dr. Luis Allen, psychiatrist and medical

director of the AdventHealth's Center of Behavioral Health, told Healthline.

In addition to the typical risk factors, the pandemic may play a part in the occurrence of SAD this year. Some experts believe the condition may be more prominent due to the stresses of COVID-19.

"COVID has brought major life changes, traumas, and stresses to a great number of people — not to mention the physical illnesses for those positively affected by the virus. This could become a serious concern for those with a history of SAD, particularly in the northern parts of our country and even more so in the areas most affected by the pandemic," Dayry Hulkow, primary therapist at Vista Pines Health, a Delphi Behavioral Health Group facility, told Healthline.

Because social withdrawal is one of the most common signs of SAD, Hulkow says physical distancing may pose an increased risk during the months to come.

Therapist Sharnade George agrees.

"The restrictions on leisure and outdoor facilities, no occasions to get outside of the house, people working from home and having less time outdoors, and in addition to this being told by the government 'Stay at home and stay safe' [when], for many people, staying at home may not feel like a place of safety, particularly if they experience SAD," she told Healthline.

In addition to social withdrawal, the NIH indicates that other common signs and symptoms of SAD include:

- low energy
- excessive sleepiness (hypersomnia)
- overeating
- weight gain
- craving for carbohydrates

The signs and symptoms of SAD are similar to those of depression because SAD is a form of depression.

"Individuals presenting with changes in eating and sleeping patterns, a decrease in energy level, as well as a decrease in interest in their usual activity, focus, and concentration, are significantly affected. A major difference of this disorder is in its ability to become predictable, given it happens at certain specific times of the year," Allen said.



Families with children aged four and under can apply for Healthy Start vouchers

Parents and carers of young children may be entitled to receive Healthy Start vouchers.

The Healthy Start scheme provides up to £24.80 a month per child under the age of one, and £12.40 per child aged between one and four years. The vouchers can be used for fresh or frozen fruit and vegetables, as well as milk and infant formula. Recipients also receive vouchers for vitamins designed for children and women who are pregnant or breastfeeding.

Rachel Roberts, Head of early help at Hull City Council said: "The take up of the scheme is currently only 58 percent of those that are eligible, so we know there are others families in the city that could benefit. I encourage parents and carers with young children to consider if they are eligible."

Families qualify for Healthy Start if they are at least 10 weeks pregnant, or have a child under four years old and the family receives at least one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- Pension Credit; or
- Universal Credit with no earned income or total earned income of £408 or less per month for the family.

Women under the age of 18 and who are pregnant are also eligible, even without receiving any of the above benefits.



IS DRINKING COSTING YOU MORE THAN MONEY?

During lockdown, the best and the worst of us comes out.

If you have a concern about your drinking, ask for help.

Alcoholics Anonymous will help you to stop drinking.

Alcoholics Anonymous will help you to start living.

If that is what you want.

AA works where other organisations might struggle because we are non-professional. We are all people who had a drink problem, and know what we are talking about, so if you can overcome your fear, come and talk to us.

AA HAS MANY ZOOM MEETINGS.

SOME MEETINGS ARE PHYSICAL, OBSERVING C-19 SAFETY.

LOOK US UP AT: WWW.ALCOHOLICS-ANONYMOUS.ORG.UK

OR TELEPHONE THE LOCAL HELPLINE: 01482 830 083

PLACE NAMES: WELL DONE, ATILA THE HUN!

PART TWO: ANGLO-SAXONS PLACE THEIR NAMES ON BRITISH SOIL

We saw in Part One that, in the Humber region, there are no Celtic place names left – apart from our rivers. The primary reason for the Celts fleeing was the withdrawal of Roman troops from Britain. This left a power vacuum. Unwittingly, it was the Latin rulers (or leavers) who largely created the next, greatest and long-lasting shift in place names in the British Isles.

For four centuries, the Romans had been the defenders of Britain. They knew that the native Celts could not look after themselves – especially from Pictish incursions in the north. The popular theory is that Rome hired some mercenaries to ‘hold the fort’ – perhaps hoping that their own military would return in the not too distant future and ‘take back control’. That was not to be.

They decided upon two Teutonic tribes, who had, ironically, been their enemies in Europe – the Angles and the Saxons. Given this context, it was relatively easy for these Germans to move into the vacuum left by the departing Roman platoons.

There may well be some truth in this hypothesis, but it must be remembered that there is little or no evidence. It is worth highlighting, however, that around 450 AD, Europe was in great turmoil and panic. Mass tribal movements, from one part of Europe to another, were happening during this time. The period after the Romans retreated is often referred to as the ‘Dark Ages’. This is simply because there are few written records about what was taking place. Academics hate that. It was ‘dark’ to them and especially for people living through it. Thus, ignorance abounds. Given this lack of knowledge, I have decided to add my own ‘two-penuth worth’ and speculate.



This is a precious sign which was dangerous for me to photograph – being in the middle of a busy island! But it was worth it because Myton is one of the few direct links to our Anglo-Saxon ancestors in the city centre. Myton was one of their first settlements around 450 AD. ‘Myton’ means “at the confluence of two rivers” – the Hull and Humber.

I want to reject the established view about Roman mercenaries, and introduce another dimension. My guess, which is as good as any ‘hypothesis’, is that few populations abandon their homeland in vast numbers without good reason: plague/pandemic; famine; flood; finance; fire; or fear. In recent times (2014+), we witnessed (on TV) how whole populations fled the fighting in Syria to escape from the forces of Assad and Daesh (ISIS).

During the mid-fifth century, an even greater fear gripped the whole of Europe – the Huns. So much so that even the once dominant Roman Empire dreaded the Huns from the east. Legions were in retreat on many fronts. Under the control of Attila, at the height of their power and destruction, the Huns were merciless. After winning many battles – from Persia to Gaul – the Huns often razed their enemy’s settlements to the ground. Few escaped their unyielding wrath.

Around 450 AD, various Teutonic tribes decided to take to their boats, sail across the North Sea (then called the Germanic Ocean) to settle upon British shores. These tribes were the Angles; Saxons; Jutes; and Friesians. The Huns were nomadic, good at land battles and not noted for their naval skills. So it was a wise move to ‘put clear blue water’ between these terrified tribes and the dreaded Huns.

DALTON

Some place names simply reflected their geographical surroundings. Possibly, Dalton was a farmstead set up in a dale. Most, however, were established by an individual and took the founding farmer’s first name. For example, Bilton was Bill’s Farm. He might have been a German called Wilhelm or William aka Bill.

Based upon this premise, I would argue that, without Attila the Hun, we would have neither England nor the English language. So well done Attila the Hun! Unwittingly, he also brought about a whole new wave of innovative place names in our country.

Our Teutonic ancestors did not have it easy though. As already mentioned, there are no written records of what took place after they landed. Neither the Celts nor Teutons had much in the way of scribes to jot events down – pity. As more and more Angles and Saxons arrived, there must have been tremendous battles with the Celts – known locally as the Parisi tribe. This is obvious in view of the mass Celtic migration (escape) to the western fringes of Britain (Cornwall, Cumbria and Wales). It reflected the wider displacement and upheaval taking place throughout Europe.

Ironically, the place name of ‘Wales’ is not self-penned by the Welsh. Indeed, it was originally ascribed to them by the invading Anglo-Saxons. Illogically, it is their word for ‘foreigner’ – talk about ‘pot calling kettle black’. It is surprising that this name has survived for so many centuries – but there you go. Their own name for Wales is Cymru meaning ‘fellow-countrymen’. Welsh was not officially recognised as a language in its own right until February 2011.

NEW PLACE NAMES

The majority of Anglo-Saxon settlements ended their names with either the ‘-ton’ or ‘-ham’ suffix. Places were never formally ‘named’ as such, but evolved over time. The tendency seemed to be that a key person – the head of a family – would establish a single farm upon ‘England’s green and pleasant land’. It was subsequently referred to, over the following years as, for example, Bill’s farm and became something like Bilton. Right or wrong, I tend to think of ‘-ton’ as Saxon meaning farmstead and ‘-ham’ as Anglian homestead. So let’s start with ‘-ton’ places. There are tons of ‘-tons’ around Hull and the Humberland region. Sutton is a good example. Indeed, there are at least 68 Suttons throughout Britain. It simply means ‘south farm or enclosure’. Similarly, there are Nortons (21), Eastons (10), and Westons (23) – after all, South, North, East and West are Teutonic words. And names that geographically pinpointed a place were very useful to the newcomers.

Perhaps one of the oldest surviving Anglo-Saxon place names within Hull is



This is a precious sign which was dangerous for me to photograph – being in the middle of a busy island! But it was worth it because Myton is one of the few direct links to our Anglo-Saxon ancestors in the city centre. Myton was one of their first settlements around 450 AD. ‘Myton’ means “at the confluence of two rivers” – the Hull and Humber.

Myton. It simply refers to a ‘farmstead or settlement where two rivers join’. This confluence is obviously the Rivers Hull and Humber (see river name origins in The Hull Hub Issue No.12). So I was delighted when the fairly new Myton Bridge took this name. It is in the immediate vicinity of where the Myton or ‘Miton’ farm was established back in the fifth century.

A place where two rivers meet is both a strategic and logical location for any invading force or foreign family to settle. Should things turn nasty, then the in-comers can easily make a hasty retreat, sail back home or move elsewhere. But ‘back to our place’: the ‘-tons’ are abundant. Let’s take a quick look (and try to provide a possible source for each name – in brackets). These are often family names of the first Saxon or Angle settler or are descriptive: Barton (barley farm); Bilton (Billa or Bill); Boston (Saxon saint Botolph);



Dr. Alec Gill MBE



There are various ‘-ford’ places throughout Britain and they usually refer to a shallow point in a stream where animals and / or people could safely cross over. These places were important before a bridge was built. Oxford is where oxen crossed the River Thames and Beeford is NOT where bees crossed the local beck. Instead, it simply means ‘by the ford’.

is Cottingham (Cotta’s homestead). Before examining Cottingham, I would like to set it within a wider framework. Another Anglo-Saxon place naming pattern is found with the ‘-ing’ – both as a suffix or an embedded element. Let’s look at a few well-known national names ending with ‘-ing’: Barking (Bereca); Dorking (Dorch-ingas); Reading (Reada’s people); Thwing (strip of land – perhaps linked to strap or thong – who knows?); Woking (Wocca); and Worthing (someone called Worth – not Harry). Closer to home, we have Kettering (Cytra); Pickering (Picor or Picer); Skeffling (mystery, but might be Skapti’s people – see later); and Spalding (Spald). There are many more places with what I call an embedded ‘-ing’.

This ‘-ing’ word is strongly associated with the German ‘ingas’ – meaning people. I prefer to link ‘-ing’ with the rhymed word of ‘kin’ – as in kinfolk or kinship. My personal theory is that once the invaders had chased away the native Celts – and the countryside was relatively peaceful – other Germanic family groups migrated from war-torn Europe and occupied the former Celtic places. These relatives would usually have a head of the family and the place where he settled, took his first name – I assume it was a patriarchal society.

And so we also find the embedded ‘-ing’ in Cottingham. For some long-forgotten reason, places with ‘-ingham’ are few and far between in these parts. There are, however, more ‘-ington’ places. For example, Bridlington (originally a Bronze Age settlement, but might later have been named after a Germanic person called Bridla); Darlington (Deornoth’s people); Easington (Esa’s); Elvington (Aluf); Patrington (? – but there is a St. Patrick’s Church there); Pocklington (Pocela); Lockington (?enclosure); Skirlington (Scirela); and Walkington (Wealca).



Beverley has a colourful etymology and is believed to be from ‘Beaver Lake’. Academics enjoy outlining some of the earlier spellings of this name: Beoforic; Bevrel; Beverlacum; Beverlec; etc. The Beverlec version links to nearby Leconfield which might have meant “stream flowing through boggy land, a muddy ditch”.

Camerton (?unknown); Coniston (konig or king’s farm); Dalton (farm in the dale); Elloughton (?); Etton (Eata); Hayton (hay farm); Melton (middle farm); Preston (farm held by a priest or church); Riston (Risa Family); Sancton (could be from Sanct-us = Holy = All Saints Church); Seaton (near a lake / mere / sea); Tickton (Tica’s farmstead); Weeton (?); Weighton (dwelling place); Welton (farm near a well or stream); Winterton (farmer called Winter); Wootton (place by the wood); and Wyton (possibly wife’s farm). I would encourage every reader to research their own place name and see what interesting details turn up. Please point out any errors in this article too.

There are, surprisingly, relatively few places in our area ending with ‘-ham’. One such, of course,

There are a handful of other names like Cottingham: for example, Immingham (?); Keyingham (Caega); Ottringham (Otor and his people); and Ripplingham (?). Nationally, we have Birmingham (Beorma) and Nottingham (Snot and his relatives – not sure why, but the ‘S’ got dropped!). Plus the odd ‘-ham’ only: Halsham (?); Hotham (?hut);

Repeating my earlier assertion, it might be that the Saxons used the ‘-ton’ ending whilst the Angles opted for the ‘-ham’? If so, perhaps more Saxons landed at the Humber region whilst the Angles went elsewhere – for example, East Anglia? I have often wondered why there is no North, South or West Anglia! Why is that? And the weather forecaster keep wittering on about “East Anglia” as if other “Anglias” existed elsewhere. Why not drop the superfluous “East”?

Another convoluted and crazy twist in naming places can be found even in the name England. The majority of settlers from 450 AD onwards seem to have been Saxons. Just looking at land mass and county names. We have Sussex (South Saxons); Essex (East Saxons); Middlesex (Middle Saxons – obviously); Wessex (West Saxons). So large chunks of England were Saxon; yet the country ended up being called Angland / England after the minority Angles! This seems a misnomer to me and must be put right! If I was a pedant, our country should have been named after the Saxons as Sexland! Hmm...! On second thoughts, perhaps that is why we ended up being English and not Sexish!

As well as individuals and their farmstead, Anglo-Saxon place names sometimes reflected the surrounding landscape. I have already highlighted this with Dalton; Myton; Seaton; and Wootton that obtained their names due to their physical location (and not a person). Other examples include Clifton (near cliffs); Hilton (hills); Trenton (near the River Trent). Skeffling is just one example of how difficult it is to pin down place-name to its exact origin. The ‘-ing’ suggests Anglo-Saxon. The ‘Sk-’ beginning implies Old Norse (Viking). Author Val Wood indicated an influence from Friesland. And historian Mike Covell pointed to a French family owner called ‘de Skeffling’ which suggests Norman. So you ‘pays your money and takes your choice’. I opt for a Viking settlement which adopted the established Anglo-Saxon ‘-ing’ suffix – for a family name.

I have obviously spent a disproportionate amount of time and energy on the widespread Anglo-Saxon names linked to ‘-ton’, ‘-ham’ and ‘-ing’ places. But there were a variety of other creative name endings. Some of these alternatives were: -den / -don (valley) = Howden (valley by the spit of land); Hedon (high hill or uncultivated ground); -field (open land without trees) = Driffild (dry field or stubble); -ford (shallow river or stream crossing) = Beeford (by the ford); -ley (woodland clearing) = Beverley (? there are many theories around this name = beaver’s lake / beck / stream?); Lelley (clearing in the brushwood); Rowley (rough hill); Sproatley (clearing where shoots are springing / sprouting up); -sey (stream or pool) = Woodmansey (woodman / forester perhaps linked to Beverley Westwood); -well = Dunswell (brown stream); Raywell (well overgrown with lichen); and, -sea = Hornsea (‘Horn’ perhaps in the sense of a projecting piece of land and ‘sea’ a reference to the Mere); Kilnsea (pool near the kiln); Withernsea (OE or ON Withorn’s dairy farm); Skipsea (lake upon which a ship could sail). These are just a few, there were a mixture of other Anglo-Saxon suffixes.

We are still living with the results of what happened around 1,570 years ago. The place names which evolved during that period are still part of our everyday lives and language. Village names often evolved into family surnames or even business empires (eg. Hilton Hotels).

So let’s leave England there – under the rule of our Germanic foreparents. But ‘relative calm’ lasted for only around 350 years. Place names were to receive another big jolt with the uninvited arrival of the Vikings and Danes – but more of them next time in The Hull Hub.



Basic place endings such as -sea, -field, and -land are from the OE period. That is, Old English and refers to the Anglo-Saxon roots of our mother tongue. Ulrome is not so a simple place name to explain – if you live there, please drop a message to The Hull Hub outlining its etymology.

Positive News

from around our city

FROM GATHERING EVIDENCE TO SUPPORTING THE VULNERABLE - A DAY IN THE LIFE OF A PCSO

From gathering evidence for investigations to supporting vulnerable victims of crime – there are few roles with more variety than life as one of our Police Community Support Officers.

Today, as we continue #LiftingThePoliceTape on the work of our teams here at Humberside Police, East Riding of Yorkshire PCSO Austin Petch shares his diary of a day in the life of a PCSO.

5am – My alarm goes off, I use a smart speaker so it won't let me snooze, otherwise I'd roll over and go right back to sleep.

5.30am – I always like to start my day off with a bit of exercise if I can, so for today I head out for an early morning cycle ride and enjoy the peace whilst most are still snoozing.

6.30am – Back home but looking like something from the walking dead so it's into the shower I go.

7am – Showered, dressed and ready to fight crime!

7.15am – Time for a coffee and some fuel for the day, today I go for blueberries, mango, yogurt and oats.

7.45am – In at the station and brewing up for the troops, I make another one for me too – a strong black coffee.

8am – Team briefing, together we go through what has happened the previous day and overnight to help set our priorities for the day ahead.

9.30am – First job of the day done, CCTV recovered from Hessle civic CCTV which will help with investigations into a reported assault the night before. Return to the station and pass it on to the investigating officers who will work their magic with it, looking for any possible detail that could help with their investigations.

10am – Out on foot patrol in the Hessle area to offer some reassurance following a few recent reports of ASB. Speak to some members of the public raising their concerns of ASB in the area as well as speeding vehicles on Boothferry Road, Hessle – which I will be looking into later.

12.30pm – Help carry out searches in the Cottingham area following reports of a man behaving suspiciously and looking down driveways.

Reporting information about suspicious behaviour, no matter how small it may seem, is really important as it helps us to build the bigger picture of what is going on in an

area and can sometimes lead us to suspects for crimes such as burglary.

1.45pm – Lunch time! My breakfast kept me going through the morning, but I'm more than ready for some lunch now. Head back to the station for a quick bite to eat.

Whilst munching on my tuna salad I make contact with colleagues at a neighbouring station to discuss options and plan a suitable speed reduction initiative on the back of the information I received earlier. Quick call to the member of the public to update them.

2.15pm – I'm on Humber Talking duty in the afternoon which means I'm out and about knocking on doors – speaking to people about what they like, and don't like, about where they live and listening to any concerns that they want to share with us.

These surveys really help us to understand what is going on in a particular community and often lead to action, such as warrants and arrests, which we may not have had the evidence to carry out without the info people have told us through the survey.

I speak to loads of different people throughout the afternoon including a resident who requested a security assessment to be conducted on their property and some technical advice on a CCTV system, appointment made for tomorrow so that I can come back and help.

4.30pm – Time to visit a recent vulnerable victim of burglary to offer them some advice and reassurance to prevent their house from being targeted in the future.

Sometimes a few small additions, such as security cameras and lighting, can really help to protect your home from opportunist thieves. There is more information about how to protect your home on our website.

5.15pm – Out to King George V Playing Field, Hessle to patrol following recent reports of anti-social behaviour, particularly in an early evening. Thankfully, there is no one seen behaving in this way this evening but we'll have teams in the area for the foreseeable to challenge anyone who is.

5.45pm – Back to the station to do a bit of paperwork from the various different bits I've dealt with throughout the day.

6pm – End of my shift and time to head home.

6.30pm – Arrive home, quick shower then it's straight on with cooking a healthy dinner, salmon and vegetables. Had a busy day so it's feet up and a movie night tonight.

10pm – In to bed and time for some well-earned sleep before another busy day tomorrow.



Search for company to move thousands of priceless maritime objects gets underway

The Hull Maritime project is looking for a specialist company to safely pack, transport, store and then return tens of thousands of fragile and significant maritime objects ahead of an £12m refurbishment of the Hull Maritime Museum.

The museum's rich collection ranging from small fragile objects, an internationally significant scrimshaw collection, to large industrial objects will require specialist removal and packing.

As part of the 50,000 strong collection, the reserve collection will return to Dock Office Chambers, once the work to the new storage centre opposite the museum is complete and the display collection will be redisplayed within the museum and made more accessible as part of the new and exciting plans.



The museum's Schrimshaw collection

Residents in need of help and support encouraged to get in touch

Residents experiencing any problems, including struggling to pay rent or council tax, have a housing issue or any other issues they feel the council could help with can go online or call 01482 300 300 to make an appointment and get some help at a customer service centre.

Free, independent advice is available from Hull Citizens Advice by calling the Adviceline free on 0800 144 88 48. Limited face to face advice is available at customer service centres and the team are able to provide advice on a range of problems including employment, furlough, benefits, debt and money problems, housing and more.

Councillor Mike Thompson, Hull City Council's

portfolio holder for neighbourhoods and communities, said:

"I would encourage residents to come forward with any problems and not leave it until they are at a crisis situation.

"It's essential that people make an appointment to visit one of the customer service centres that are open for anyone who needs a face-to-face discussion with one of our advisers."





THE LATEST WITH LOGAN

Hello everyone how are you all settling back into a routine? I'm feeling more relaxed now I'm in a strict routine

So it's been a bit of a mixed time for me especially towards the end of the summer holidays as I was really starting to struggle, some days more than others with the lack of routine and not seeing many people at all. However, I've done some things I am very proud of! I took part in an online singing competition with my version of Singing in the rain and I won 1st place and was sent a medal and trophy through the post!

Singing lessons are going really well in the studio and I'm working on 3 new songs that I love 'Posh' (Chitty Chitty bang bang) 'Edelweiss' (Sound of music) and 'Close every door to me' (Joseph and the Amazing Technicolor Dreamcoat). I also went back to socially distanced musical theatre lessons at State of the Arts Academy at the start of August where I'm loving it! Mikey and Lee alternate their weeks and they are so much fun to be around. We exchange banter with each other and all the children are very welcoming. We are rehearsing for the production Wizard of Oz. As you already know I would love to be the witch and I have auditions in October. I'm also going to audition to be the lion too as a back up. The lion was my acting piece at my last festival in Harrogate where I came 3rd place. I love the idea of being a witch though as I want to be booed at like in the pantomimes and I just think it would be brilliant to play the part as a villain for once.

Can you guess what we purchased recently? A smart Debot 920 vacuum cleaner that's connected to Alexa and I love to sit back and ask Alexa to start it and then all my bedroom gets cleaned whilst I sit back and relax!

At last I finally started my new school Northcott and I absolutely love it. My mum has to wake me up in the mornings now for the first time ever as I'm not used to the early starts since lockdown. I get collected by transport and have a lovely PA and I've made lots of friends on the bus.

School is very different to primary. My teacher Mr Ellis told my mum that I'd settled in straight away and that I am engaging well in all aspects of school life. I'm still trying very hard not to shout out but I just get so engrossed in the subjects we are working on and because I have a million and one questions I like to know the answers to I sometimes can't help it. What is really good is that I can collect tokens for good work and positive behaviour. You can exchange the tokens for prizes in a little shop at the school. This is something really positive for me to focus on.

I can't wait to see what the following weeks have in store for me at school. I feel so positive about the whole thing. I will keep you all updated on my progress in the next issue.

Essential young people's emotional health services HeadStart Hull secure further funding



A programme that supports young people and families in Hull has been awarded additional funding to continue improving emotional health and well-being.

The extended lottery funding will enable the HeadStart Hull programme, which is led by Hull City Council, to deliver vital support for a sixth year, until July 2022. The citywide programme was launched in 2017 following a successful two year pilot and has been developed in partnership with schools, community organisations, young people and parents to provide effective prevention and early help to improve emotional health and well-being.

Councillor Peter Clark, portfolio holder for learning and skills at Hull City Council, said: "We know the Covid crisis has had a huge impact on the people of

Hull, and it is programmes such as HeadStart that have proven to help those who have struggled as a result. The news that these services will now carry on is great for the children, young people and families of the city and we would like to thank The National Lottery Community Fund for their support." HeadStart Hull offers universal and targeted support for 10-16 year olds with a programme of free support services, which include: Turn2 Us drop in sessions (HCC Youth Services), Play Rangers (Hesle Road Network), Young Peoples Peer Mentoring (Cornerhouse), School and Community based group work (Barnardo's (Wrap), Humber foundation Trust (SMASH) and Smile (HCC Youth Services), Counselling (HEY Mind) and Emotional Resilience Coaches (HCC Youth Services).

Since the beginning of the Covid-19 pandemic, the programme has been crucial in supporting the children, young people and families of Hull, and every service adapted their delivery swiftly to provide consistent and vital support.

The creation of a Covid-19 information hub on www.howareyoufeeling.org.uk became a trusted source of advice and guidance for young people and parents alike from the start of lockdown in March, and continues to remain so.

LIFE IS FULL OF DOORS. DON'T BE AFRAID TO OPEN THEM.



Evoke technologies are now the regions biggest reseller of Hyso products. Nevenka Fenwick one of the companies directors said the automatic door handle disinfecting system is one of their top selling products, with orders coming in from as far away as America.

Kills 99.9 % of Bacteria
Works with your existing door handles
Easy to install & Maintain
Programmable to meet your needs
Proximity Sensor
Easily refillable

What are you waiting for?

GET IN
TOUCH
TODAY

P: 01482 460 920

E: sayhello@evoketech.co.uk

W: www.evoketech.co.uk



Could this be Hull's answer to Captain Tom?

Paul Lees, the 73 year old president of The Rotary Club of Humberside took on The 500 Press Up Challenge and raised nearly £2,300. These funds are for the Hull Samaritans and Beverley and District Talking Newspaper. The challenge was 20 press-ups each day for 25 days. A mission you may realize was sheer madness for an old bloke like Paul.



The Hull Samaritans are the emergency team freely available to any of us who may be unfortunate enough to suffer a personal crisis. They are all volunteers and the group does not receive any funding from central government so is entirely dependent upon our generosity.

The Beverley & District Talking Newspaper is also an entirely voluntary group providing a service to blind and partially sighted people. Each week they record a CD of articles from local papers mixed with items of general interest. These are then distributed freely to clients all over East Yorkshire.

How generous were the friends, relatives, neighbours and members of Rotary who sponsored this Coronavirus madness when all charities find it so hard to raise cash.



IN REMEMBRANCE WITH IAN JUDSON JUST TWO SHORT YEARS AGO...



we marked the centenary of the Armistice that brought an end to World War 1. Of course, at the time, it was known as The Great War, because there was no other World War to compare it to.

Last year, my wife and I travelled to Normandy for the 75th anniversary of D-Day, the invasion of France and breaking of the Atlantic wall in World War 2.

This year, we had socially distanced celebrations of the 75th anniversary of VE Day which, for many, brought an end to a war caused by one man, who had actually fought in World War 1. True, there was still action raging in the far east, but after the death of Adolf Hitler, it would have seemed far away for a lot of people, although for others who had family and friends fighting there, it would still have been a very painful reality, which in many cases would still see them having to cope with the loss of loved ones.

In my job as a domiciliary carer, I go and visit some very vulnerable old and infirm people, many of which lived through, even served in World War 2. I am often visiting one lady who was a Land Girl, which she says was the best time of her life.

She signed up for the Women's Land Army in 1943 and helped feed our country, while the Germans tried to starve us into submission. So proud is she of her actions, and rightly so I'm sure you will agree, that she still has her Land Army uniform, and it still fits her. She has also

shown me the photos of her marching with Land Army re-enactors on VE Day this year, there is an unmistakable pride in her face in the photos, and as she relates the stories of this time in her life, while she will occasionally burst into song, the like of which, she and her colleagues would do during those dark days in our history.

Right now, we seem to be fighting a different kind of war, as Covid-19 continues to have an effect on all our lives, but what I would suggest is this, look back at what the people of this country achieved, despite seemingly insurmountable odds in 1914-18 and 1939-45 and take pride and resolution from that. Watch the documentaries like The World at War etc, even just look at some of the people in our communities, take your inspiration from them.

Understand the sacrifices made then, so that we might live freely now, then if you've never understood before, now you WILL understand why this is such an important part of the year for all of us. It's not just about listening to stories, it's about keeping that link with our very proud past alive, after all, it does say at every war cemetery, Their Name Liveth For Evermore.

Finally, I leave you with this: They Shall grow not old, As we that are left grow old, Age shall not weary them, Nor the years condemn, At the going down of the sun, and in the morning,

WE WILL REMEMBER THEM.



THE FORGOTTEN HULL TREASURE THAT IS STILL BURIED BENEATH THE STREETS OF HULL

BY MIKE COVELL

It was a treasure hunt that started when an architect, contractor, and the council of the Hull Literary and Philosophical Society got hold of an old document that was stored in their archives.

It was a treasure hunt that started when an architect, contractor, and the council of the Hull Literary and Philosophical Society got hold of an old document that was stored in their archives.

According to a report, published in The Hull Daily Mail on Thursday November 27th 1947, when the foundation stone of the old Royal Institution were being laid by Lord Londesborough and the Earl of Carlisle on May 17th 1853, two large bottles were placed beneath the stones. These bottles, it was said, contained many Hull treasures. The institution stood on Albion Street, and today the site is covered by a car park.

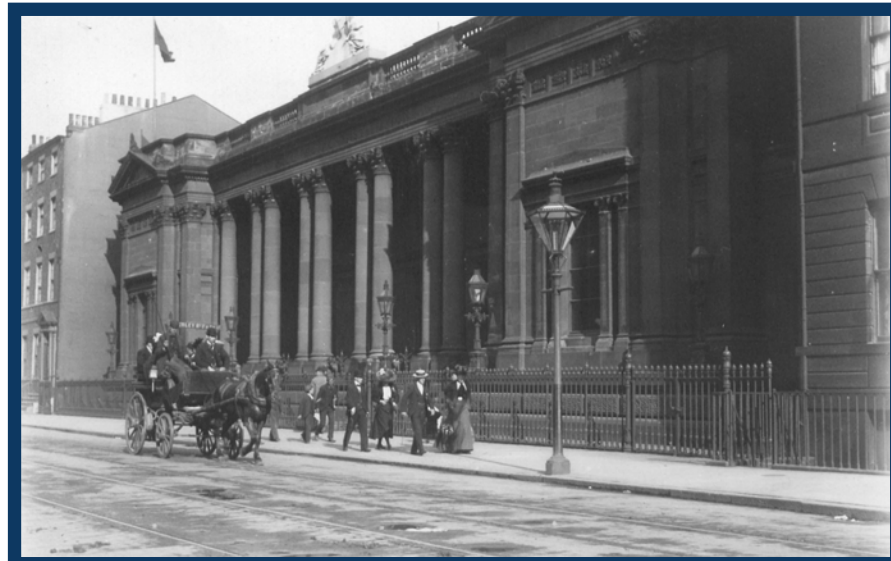
Sadly, during enemy action, the building, which at the time housed the Hull Municipal Museum, on Albion Street, took a direct hit, and the building was destroyed during the early hours of June 24th 1943. The site was later cleared, and then flattened in 1947. It was hoped that the treasure could be found, but

the architect, Mr. W. B. Wheatley, and building firm, run by Mr. H. Hebden, could not locate the bottles, and subsequently the site was covered over.

The only clue they had were a couple of old newspaper clippings and a book that gave directions on how to find the site of the buried bottles, but with the building gone it was hard to find the site where the foundation stone once stood. It was said that everyone involved in the search were baffled, and it was hoped they would be found at some point.

During October 1988 workmen digging drainage ditches discovered a stone Buddha, and work was stopped. The Phoenix Project, a mammoth Archaeological dig was undertaken, and over 2500 items were recovered and re-stored back to the Hull Museums, but the foundation stone and its buried treasure remain hidden.

So what was in the bottles? Well, according to the report, the bottles contained ancient minutes of the Hull Literary and Philosophical Society, alongside old Hull coins, and other old records. It might not seem like treasure, but to Hull historians, it would be worth its weight in gold.



Appointment of conservation specialists to conserve maritime paintings

Twelve maritime paintings that depict a variety of maritime themes with important links to Hull's rich maritime history have been identified following a survey of 400 paintings assessing their condition and prioritise those most in need for treatment. Now, the selected paintings will be carefully packed and transported to Lincoln Conservation laboratory at the University of Lincoln to receive specialist conservation treatments to ensure they are in shipshape condition for when they go back on display within the refurbished museum and new displays. Works including two large oil paintings, Calm on the Humber (c.1868) by Henry Redmore and the HMS Britannia and units of the Fleet off Spithead by John Ward (1847), will be removed from the museum's main stairwell using

specialist equipment.

The appointed ICON accredited specialists will carry out surface cleaning, remove of a number of layers including dust, dirt and varnish using conservation grade materials, repair extensive tears and fill in losses to the paint layers.

Councillor Daren Hale, Portfolio Holder for Economic Investment, Regeneration and Planning, Land and Property, said: "Conserving maritime paintings requires real skill and expertise and without this TLC they are at risk of serious deterioration. Thanks to funding from the National Lottery Heritage Fund and the council, these paintings will be conserved and protect the future of these treasured artworks."





HULL CITY TURNED PURPLE TO RAISE AWARENESS OF DOMESTIC ABUSE

WITH JENNIFER GILMOUR

The month of October is always an important one to me. This year I helped shine the light on domestic abuse with the help of Hull City Council by turning Victoria's Square purple to raise awareness.



I fled from my abusive relationship after enduring years of coercive control, I came back to my home after not being able to visit my friends and family for over two years. I wasn't allowed to go to my Grandfather's funeral, a close family friend's funeral and my cousin's wedding.

Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. This controlling behaviour is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behaviour. *

Proud to be from Hull, I had always wanted to return to her home city after spending eight long years away.

I thought I would never escape the life I had, I still get upset that I wasn't able to say goodbye to the ones I loved. I missed out on so much in those years. Not just that, but my family missed out on me and my children as well.

I am now happily married and has spent years reclaiming my life back. Each October, I do something different to raise awareness for Domestic Violence Awareness Month. In 2018 I hosted a positive mindset Instagram challenge and in 2019 I hosted a life after abuse series of videos on how I had taken steps forward in my recovery.

This year isn't any different and it spreads the message with a creative statement and with the hope that it reaches more people.

I am delighted that Hull City Council are recognising Domestic Violence Awareness Month in this way when they turned the city purple for two days on the 2nd and 3rd October.



I was born in Hull and when I went to University I fell into an abusive relationship, there came a point in the relationship where I hadn't seen any family or returned to my home city of Hull. When I fled, I came home. The support of the community of Hull has been overwhelming and I cannot thank those enough, around me that support my efforts in raising awareness of domestic abuse.

No one should ever have to experience such insidious behaviour but unfortunately, 1 in 4 women and 1 in 6 men experience domestic abuse in their lifetime.

Thank you to HullDAP (Hull Domestic Abuse Partnership) for their support through the early stages of my recovery.

I believe that 'Together we are Louder' and this is another way of expression.

*Coercive Control definition: <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>



To find out more call Leon on
07538 113323

THE SKILLS SUPPORT FOR THE WORKFORCE PROGRAMME MAY BE ABLE TO HELP



FEELING UNCERTAIN?

If you are under notice of redundancy or just wanting to enhance your qualifications and skills get in touch. We offer fully-funded certified employability and vocational qualifications tailored to your individual needs.

Redundancy can be an unsettling time for everyone involved, but support is at hand through Skills Support for Redundancy (SSR). The programme, part of Skills Support for the Workforce (SSW), offers fully-funded training to anyone facing redundancy or who has been made redundant in the past three months.

Funded by the European Social fund (ESF) and the Education and Skills Funding Agency (ESFA), in partnership with the Humber Local Enterprise Partnership, the programme offers free training in a range of occupational sectors.

Courses are delivered by HCUK Training and selected partner Training Organisations across the Humber area throughout the year.

The programme offers certified employability courses and vocational qualifications tailored to individual needs. These include Level 2 training in Team Leading, Business Administration and Volunteer Management as well as courses in Hospitality, Health and Social Care, Covid-19 Infection Control, Mental Health Awareness, Lean Management Techniques and Warehousing. Support is also available in CV writing and interview skills

alongside retraining on short courses including Excel (beginners to intermediate).

Right now, we are enrolling for the Education and Training Level 3 (EAT) combined with a Zoom teaching session to support interactive teaching and learning to support distance learning. The next EAT course is set to start in November, with new dates being announced regularly.

If you would like to know more about the courses we offer, or you wish to enrol please get in touch with Leon at Leon.Ward@Hull-College.ac.uk 07538 113323.

If you are out of the redundancy period and are now unemployed, support is still available through the Skills Support for the Unemployed Programme on 01482 598785 or you can speak to your work coach at the Jobcentre. The Humber Local Enterprise Partnership's Humber Job Fuse page at fuse.humberlep.org also offers support and advice for anyone looking for employment in the area. To keep up-to-date with future course dates and other opportunities, search for HCUK Training on Facebook, Twitter, Instagram and LinkedIn.

THE SCHOOL SCOOP

A family friend bought a run-down small holding back in December 2017, their eldest son Archie was given £50.00 as a present that same Christmas from his Great-Grandma and he decided he wanted to buy some chickens.

Archie's Chickens – by Talia Peters



He had enough money to buy 10. He then started to sell his surplus egg to his family. The following May he received some more birthday money from a different grandma and he invested the money again and bought another 10 chickens. He began to sell the eggs to the teachers at his school and he then expanded and set a Facebook page up and sold the eggs to friends of the family until the end of September 2019 when his chicken stopped laying.

In March 2020 they began laying egg again but due to Covid school was closed were Archie did most of his selling. He then decided to put a little shed at the end of his drive with an honest box for people in his local village. Who was able to help themselves during the lockdown. This was a huge success, that the chickens couldn't keep up with the demand so we were also sell-

ing our friend's free-range eggs too. Archie's chickens still couldn't keep up with the demand so he rescued 25 ex-battery hens – which meant Archie's shed would be able to keep with the demand for the sales of eggs. As more people visited the shed, they would ask for other items such as strawberries and potatoes which was sourced from local producers. After a few weeks of different requests, the shed is now fully stocked with hay, straw, and logs that we produced from our smallholding along with local honey, jam, and a few different chutneys. Archie's shed has been a huge success and each day Archie makes sure he keeps a record of all the stock in the shed of what has been sold and makes sure the money is correct.



Professor Stephen Hardy appointed new Dean of Faculty of Business, Law & Politics at University of Hull



Esteemed Barrister, Judge and Professor Stephen Hardy has been appointed as Dean of the Faculty of Business, Law and Politics at the University of Hull.

Professor Hardy, a respected figure in both higher education and the legal sector, began his career in academia in 1993, and has since risen through the ranks from PhD student to Dean.

He has now been announced as the University's Dean of Faculty of Business, Law and Politics, and said he was looking forward to "engaging with the region" and "helping prepare the next generation of lawyers, politicians, entrepreneurs

and public servants." Professor Hardy said: "Hull has always been a forward-thinking university, but I see a massive opportunity for the Faculty to increase its engagement with businesses, both regionally and nationally.

"We know that business, politics and law can all make a major contribution to our communities and enable social justice, which in turn helps businesses realise their own corporate social responsibility.

"When it comes to business, political and legal engagement, I am focused on synergies – not silos – and connecting them together is exactly what we will be doing."

Professor Hardy started out in academia as a PhD student. Since then, he has risen through the roles of Research Associate, Lecturer, Senior Lecturer, Reader, Professor, Deputy Head of Department, Head of Department and now as Dean.

How placement year at Pagabo helped Hull student Ben Mackay 'flourish'

Business Management student Ben Mackay said he had seen his skills "sharpen and flourish" during a year in industry at Hull firm Pagabo.

Ben, who completed his year at the procurement specialist this September as part of a four-year degree at the University of Hull, had the opportunity to learn from industry leaders at Pagabo, providing him with invaluable experience and skills for the future. Currently headquartered in Hull's Bowlalley Lane, five of Pagabo's twelve-strong team are University of Hull alumni.

Reflecting on his year at Pagabo, Ben said: "I have thoroughly enjoyed my placement year at Pagabo.

"It has been really valuable to be a part of a fast-paced, dynamic environment where no two days are the same.

"From the start of my placement, I was given the responsibility to get on with my own projects and with this my skills have sharpened and flourished throughout the year.

"I feel like I'm in great stead now to build on my university studies and get a First Class Degree."



evoke
TECHNOLOGIES
Better solutions for your world

20

01482 460 920

www.evoketech.co.uk

Craven Park Training & Enterprise Centre
Poorhouse Lane, Hull HU9 5HE

The latest from Evoke...

funtronic
Immersive Interactive Surface

WizeFloor

A Funtronic Floor is an interactive projection tool that is simultaneously an interactive floor and table.

The WizeFloor is an award-winning interactive floor for education.



The New Solo
Immersive Experience

Introducing SenEgg, our new self-contained sensory haven provides mobile, individual immersive experiences.

SENEGG



Don't forget to follow us on Facebook, Twitter & Instagram! Find out more www.thehullhub.co.uk

“ Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming ”

UNIVERSITY OF HULL FLOOD RESEARCHER SCOOPS UK PRIZE FOR INSPIRING PUPILS THROUGH SCIENCE

University of Hull researcher Josh Wolstenholme has won a national prize for his work in delivering online science sessions for pupils during the COVID-19 lockdown.

The Energy & Environment Institute PhD candidate and Research Assistant signed up to the 'I'm a Scientist, Get Me Out of Here!' project, supported by UK Research & Innovation.

The project provided a unique online platform which enabled pupils to ask Josh and other scientists questions, and engage with STEM research, during school closures brought about by the COVID-19 pandemic.

Josh, whose current research at Hull explores flood risk, attended a series of virtual science sessions with school-age children, who went on to vote for the Hull researcher as the best scientist in the country for the Blue Zone group.

The prize was £500, which Josh said would help him create interactive 3D flood models, free and available for all to use.

Josh said: "The impact of COVID-19 on school children has been well documented, with schools forced to close and pupils having to study and learn at home.

"This project

provided a way for pupils to continue to be inspired by science throughout the pandemic, and for scientists across the country to engage with young people.

"It was a privilege to be able to play a small part in the project, and to answer some of the questions pupils had about my research into flood risk and the bioeconomy.

"To be named Blue Zone winner, voted by the children themselves, is a huge honour. The prize money will support my continued work around flooding, and hopefully enable and inspire the next generation of scientists in the field."

The 'I'm a Scientist, Get Me Out of Here!' project aimed to reach 150,000 school students in over 1,200 schools and involve over 1,000 researchers across the UK.

With limited opportunities for practical science classes and engagement with research, the project provides a unique opportunity for classes to reconvene and explore cutting-edge scientific research together.

Taking part in 'I'm a Scientist' has been shown to help students get a better understanding of research and gain confidence in asking questions about science, technology, engineering and maths (STEM).



POWER OF COVID-19 VOLUNTEERS SHOWN IN NEW UNIVERSITY OF HULL RESEARCH

Informal volunteering and 'good neighbourliness' have been key to providing support and serving communities during the COVID-19 pandemic – according to new research from the University of Hull.

From helping to collect shopping and medication for shielding residents, to befriending and transporting patients home who have been discharged by the NHS – thousands of volunteers have been mobilised across the UK – often through informal channels such as WhatsApp and Facebook.

The 18-month research project, titled: Mobilising Volunteers Effectively (MoVE), has brought together experts from the universities of Hull, Sheffield, and Leeds.

The initial findings published this month – from the first phase of the project which started in June – have shown the necessity to 'free' local communities to respond quickly to need in their area, empowering volunteers and taking a less bureaucratic approach.

At the start of the project – supported by £382,000 of funding from the Economic and Social Research Council (ESRC) as part of the UK Research and Innovation's rapid response to COVID-19 – local authorities and voluntary and community sector (VCS) organisations in England, Scotland and Wales, were interviewed and asked to reflect on key lessons from the national lockdown period and to help researchers identify the next phases of the research.

Professor Joe Cook and Dr Fiona Walkley from Hull University Business School are co-investigators on the project.

Professor Cook said: "During the national lockdown we witnessed a surge of people offering help by volunteering.

"By working with local authorities and the VCS, the new research helps to understand the important role played by volunteers and maximise learning as we head into a second wave.

"In particular, how can we harness the less structured, more informal approach to volunteering, embedded in good neighbourliness, reciprocity and mutuality?

"This flexibility was crucial to the speed and effectiveness of responses, and in many cases challenges the more conventional notions of volunteering." Dr Walkley added: "The research on enabling social action argues for an ecological perspective to understanding communities, which recognises the intrinsic value of networks, connections and infrastructure that underpins communities, rather than their measurable value.

"Areas that undertook a whole community approach, had spent years pre-COVID investing in community engagement models that built the trust within and between communities.

"These authorities had worked hard to actively shift decision-making and resources towards the local, which was critical to their response to Covid-19."

EXCITING TIMES FOR SCHOOLS!

Despite the new lockdown, plans to prepare an exciting programme of activities and resources to help Hull's schools learn more about our city's amazing maritime stories are continuing.

Last month, our Community and Schools Learning Officer met with members of our Primary School Teachers' Panel in order to give local teachers the chance to share their thoughts on some of our plans. Preparations are underway to pilot a brand new virtual workshop with local schools, called 'On Board the Arctic Corsair', in which pupils will discover what it was like to be a Hull Trawlerman.

If you would like to learn more about our upcoming plans for schools, or would be interested in becoming a member of our Primary School Teachers' Panel, contact our Community and Schools Learning Officer at charles.trzeciak@hcandl.co.uk





Lynda Harrison
Commissioned
Writer, Award
Winning Actor,
Member of Hull
Collective: Women
of Words

THE ADVENTURES OF MR FLY



clothes. He's singing with gusto. Well, as much gusto as a fly can muster through a plunger-like appendage. Astonished by his new guise I'm prompted to ask the reason for his latest conversion.

'I am an evangelist', says he, 'on a mission to signpost your rocky road out of this Covid quagmire'. His weird pseudo, Southern American drawl evokes a giggle in me, which I politely stifle but Mr Fly mistakes it for a cough and immediately covers his head with his vestment.

'So you've been ordained?' I ask.

Wriggling his antennae free from his vestment, he clears his throat of a favourably sized frog, 'I had the call' (he is such a braggart).

'Thank you but I can retrieve any information I require from The World Wide Web'. I

stress the word "web". Predictably he panics. I clap my hands in glee. Poor Mr Fly, his anxiety elevates him farther away, for to be trapped in my clap is a far more dangerous thing than to be swamped by a random, virus laden droplet.

Having the upper hand I ask, 'Exactly what signposts did you have in mind and is it because you are now an evangelist, with its associated inflated feelings of infallibility that you believe you are the "chosen one", qualified to lead me out of this? I mean be serious Mr Fly, you are hardly recognised for your leadership skills, more for your cruddy contaminative features'. I have overstepped the mark. Mr Fly's bottom lip is trembling.

'It is you Madam who chooses to associate with me and not the other way around. In fact I am but a figment of your other-worldly imagination, conjured up as an antidote to your brain fog. I did have a lovely day. But unfortunately this wasn't it'.

He takes flight from my drift. Time to wake up. There are hairs needing poking out of the shower plughole.

Entrepreneur expands audience and steps up support for charity with audio version of "Half a Lettuce" life story



An entrepreneur whose new book has already raised more than £12,000 to help abandoned and unwanted animals in Hull and East Yorkshire is now looking to increase the total and take an inclusive approach to expanding his audience.

Paul Sewell, Chair of the Sewell Group, has released an audio version of "Half a Lettuce", the business book and personal memoir which was published in May.

With supplies of the print edition running low, Paul hopes the audio option will appeal to people who haven't yet got a copy. It will also make the stories accessible to blind and visually-impaired people, including the son of one of the main characters in the book.

As with the hardback version, the audio "Half a Lettuce" doesn't have a cover price but anyone ordering the book is asked to make a donation to the Hull Animal Welfare Trust.

Paul said: "Someone whose father features prominently in the book asked me if I would consider producing an audio version and obviously there was no way we were going to refuse. Early indications are that it will be even more popular than the print edition, with people able to listen to it when they want rather than rely on someone reading it to them."

Paul had previously worked on "The Second Half", a podcast looking ahead to the next stage of his business career, with John Gilbert of Hull-based digital media and marketing company Eskimo Soup.

For the audio book Paul partnered with

another of John's businesses, Storyboard Media, who invited Paul into their studios where he sat and read through his life story. Production Director Iain Thompson recorded every word and produced a file which can be downloaded from Transistor.fm, Stitcher and Spotify and which includes details of how to donate.

Iain said: "The book is great and it's been a really enjoyable project. It was interesting speaking to Paul and finding out that the contents of 'Half a Lettuce' represent only about five per cent of the stories from his life and career!

"It was interesting as well to spend what was quite a long time in the studio with Paul. It was a challenge for him because he's not an actor or a voiceover artist but he did a great job and I think he enjoyed it as much as I did."

"Half a Lettuce" tells how Paul passed up a future in the family fruit business and then missed out on stardom as a professional footballer, instead becoming a leading figure in the regional business community.

The book charts Paul's upbringing in and around Cottingham, East Yorkshire, from mingling with the barrow boys in Hull fruit market to driving a world class business agenda as Chair of Hull-based Sewell Group and a key figure behind the Yorkshire International Business Convention and Humber Business Week.

Paul's wife Sue is the Chair of Hull Animal Welfare Trust, which she joined in 1982 when it was Hull Animal Welfare Club and took to charitable status in 1992.

Paul said: The book isn't a commercial venture but we've always had dogs and I saw this as an opportunity to support Hull Animal Welfare Trust.

To listen to "Half a Lettuce" please visit <https://halfalettuce.transistor.fm/episodes>

To request a copy from Sewell Group and for further information on how to donate please email jo.taylor-standley@sewell-group.co.uk

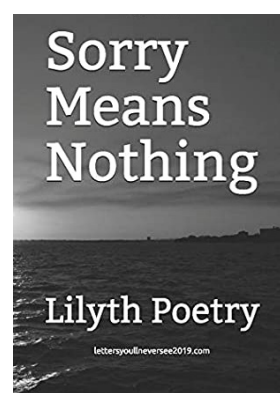
THE HULL HUB BOOK REVIEW

WITH JENNIFER GILMOUR

This column is dedicated to books, reviewed by Jennifer Gilmour who is a local author herself. Books chosen to be reviewed will either be from local authors, positive books, indie authors or fit in with the seasonal calendar.

We would also like to know what you think. If you read the book reviewed then send us your thoughts and feedback, your views could be featured in the next issue.

Email them in to info@thehullhub.co.uk



TITLE: SORRY MEANS NOTHING

AUTHOR: LILYTH POETRY

CATEGORY: LOCAL/INDIE

RATING: 4/5



This is a new book series for the year focused of the months of Jan/Feb, poetry picked from word press blog [lettersyoullneversee](http://lettersyoullneversee.com) which was made in 2019. These poems are in no particular order there is also the first part of a blog series in this book called 'I was anxious' which is a love story focused on anxiety and mental health. I've always said that if I was able to make any money it will go towards my children and further writing and the local writing group I help run in Hull.

What an incredibly brave book to bring to the surface with Lilyth's honesty within her life at the forefront.

This book is Lilyth's third entry and has 'no rules', it starts with a message from Lilyth herself and where her poetry has come from.

I would say that I imagined her speaking it to me as spoken word rather than poetry but this is an area that I am unfamiliar with. It was good to open my eyes to this and to explore the difference in creativity.

I commend Lilyth for her courage in publishing this, I can't imagine it had been an easy decision. We can all learn from those that speak out about the reality of life and our individual situations.

If you have a moment to sit and read this is a very personal collection but will leave you wondering what could be between the lines.



NATURE'S LARDER

WITH DAWN O'DONOGHUE

This year is disappearing very quickly. Now, as we are officially in autumn, we are savouring those last few days of sunshine and temperatures which encourage you to literally take off your coat. This is an ideal time to set yourself some simple tasks which can help fill your larder, engage you in a real, purposeful activity and, most importantly, get you outside in the fresh air to shake off those lockdown blues.



If you are quick, and have a bowl at the ready, you can pick our native blackberries which grow not only in hedgerows but (as is the nature of brambles) anywhere it can. Old dis-used railway lines, which are plentiful around Hull, are a good location to start but any 'wild' piece of land usually has its fair share of blackberries growing amongst the tangle. Children especially love this activity and will proba-

bly eat more than they pick but it is all part of the fun. I'm sure we all remember having pink stained fingers. Blackberry growing season is usually from June to November (so there is still time) and they are high in vitamins and potassium – so they form part of your five-a-day.

I personally like to pick enough to use in pies but also to freeze a selection to use at a later date. There is something extremely English about Bramble pie or jam. Alternatively, you could make a blackberry wine which only takes a week for its initial fermentation and another month before bottling. Remember to leave it for as long as possible but it is perfect for cold nights and Christmas.

Another bountiful crop is that of the Elderberry. I suggest that you collect these (usually growing alongside or just behind your blackberries) using a fork to actually pull the small berry off the stalk – this prevents the berries being squashed. Never eat these raw as they can make you quite ill but, after removing stalks, leaves, etc., you can cook them into a jam.

You may wish to make a winter cordial, ideal for boosting your immune system, as elderberries are high in vitamins and antioxidants which are highly recommended for fighting off common colds. Simply pick a tub of berries from your nearest piece of hedgerow or wasteland (only ripe berries will do). Make sure you have removed stalks etc., and then pop the berries into a pan. Add enough water to cover the berries and boil for fifteen minutes. Strain the liquid before adding 500g of sugar (per litre) and lemon juice to the liquid. Simple to make and free to collect.

If you take a stroll around your neighbourhood you will most certainly see apple trees growing in neighbours



gardens. Some people offer windfall apples for free whilst others will give you permission to collect them yourself (always ask first). Either way, apples are immensely versatile and can be used a variety of ways. You can use them to produce pies, crumbles and sauces.

Current scientific research is beginning to catch up with what our ancestors believed to be true...An apple a day, keeps the doctor away. It has now been suggested that



apples are good for your heart, reduce diabetes risks and have prebiotic benefits.

Why not attempt a homemade cider? Approximately thirty to forty apples (they can be mixed varieties) are needed and should be placed in a large pan or stock pot on your cooker. Fill with enough water to cover the apples, then add allspice (cinnamon, nutmeg, cloves) and some orange slices. Cook until the mixture is hot and the apples soft enough to mash. Once mashed allow to cook for a few minutes longer before straining the liquid off. Any solids can be used to make sauces, smoothies or tarts. Place the liquid back in the pan, add sugar to taste and simmer until dissolved. Serve hot – a great winter warmer.

So, nature is their offering you a free shop (with care and some basic knowledge) whilst enticing you out of the house and into the fresh air. Swedish studies show that 'nature' is good for you, that spending time outside helps you both physically and mentally. The added bonus is that families can do basic foraging together, it teaches our children about Nature's bounty and its amazing what you can do with the items you pick even in the most build up areas. Enjoy, stay safe and let us know your recipes.



Swanland Heritage Centre

Christmas presents made easy this year: the Swanland Heritage Centre (next to Christ Church, opposite the pond) has a selection of calendars, with views from around the village, books and notelets ready to sell to you. One of their committee members, Ian Macfarlane, has edited a delightful book of recollections of village life as it was a hundred years ago, Down Memory Lane by Elizabeth Dyson, including many photographs from that time. This is being published as you read this newsletter, with thanks to financial assistance from McCarthy & Stone, at £5 per copy. Calendars cost £6 (basic) and £8.50 (appointments).

After nine months of closed doors, the Centre will open from 10 – 12 am each Saturday until 19th December specifically to sell these items. If you wish to order items in advance or to visit the centre to browse or research, then please call one of the numbers below to make an appointment – for only one person at a time (or two from the same house-

hold), wearing masks. For further details on this or anything about the Centre, or to order items, please contact Yvonne Dumsday – yd@swanland.info, 634863. Or Ian Macfarlane – ian@maceng.karoo.co.uk, 632800. Or any committee member – swanlandheritage.info/index.html.



Christmas Trees 4ever – coming soon to a tree near you!

We Made This have placed over 140 trees in 85 locations across the city (and a little beyond) all decorated with handmade creations by hundreds



of local people of all ages. Those involved include nurseries, schools, care homes, community groups, churches, libraries and a host of other talented makers, who have all been busily crafting away to bring you a bit of cheer in this bleakest of years.

The theme for this year's trail is reduce-reuse-recycle. It has been great to see so many creative interpretations of it in the makes, and the 'tree identifiers' on each tree will tell you a little more about how its makers have approached the theme.

The trail is on until 27 December and is free to access. A map and list of locations can be downloaded at <https://wemadethishull.files.wordpress.com/2020/11/christmas-trees-4ever-map.pdf>

KIDS ACHIEVING

Our local kids making a difference.

If you can dream it, you can do it – *Walt Disney*



Ron Dearing UTC students secure prized apprenticeships despite Covid-19 pandemic

Dozens of students from Hull's employer-led school have secured sought-after apprenticeships with some of the region's leading employers despite the impact of the Covid-19 pandemic.

With other school leavers gaining places at university, securing employment or going into the Armed Forces, it means almost all Year 13 student who left Ron Dearing University Technical College (UTC) this summer have moved onto a positive destination.

Twenty-five former sixth form students have now begun apprenticeship programmes at eight different businesses after completing their A-level and technical qualifications, with some chosen for the opportunities over hundreds of other applicants.

Their apprenticeships vary from rail technician to web developer, software engineer, IT support, research and development, laboratory technician and more.

As well as the Year 13 students, a further 11 learners from Year 11 have also secured apprenticeships with local employers.

Digital technology, communications and IT services provider KCOM, which is also a Founding Partner of Ron Dearing UTC, has taken on three apprentices from the

school with the students chosen from 500 applicants for 10 positions.

Two other Founding Partners, RB, the world's foremost consumer health and hygiene company, and Spencer Group, one of the UK's leading privately-owned engineering businesses, have taken on two and five apprentices respectively. The Spencer Group apprenticeship recruitment builds on last year's intake of 14.

Siemens Mobility has taken on two apprentices to be among the first 700 employees at its pioneering rail manufacturing facility in Goole, which is due to open in 2023. Siemens Mobility is the sister company of Ron Dearing UTC Founding Partner Siemens Gamesa.

Ron Dearing UTC Major Partner Sonoco Trident, the world's fastest-growing and most innovative digital brand management business, has taken on two apprentices.

Meanwhile, Major Partner Arco, the UK's principal safety company, and global energy business BP have each taken on one apprentice, while Pure Renewables, which designs, specifies and installs renewable heating systems, has also hired a Ron Dearing UTC student for an apprenticeship.

Well Done!

To Hull United Whites U12 and their Trainer of the Week – Broady. "Great attitude and determination in learning new roles for set pieces"



To Hesse Rangers Colts U8's. Parents Player of the Match to Charlie, and Coaches Player of the Match to Mikail. Well done, you two!



Oxbridge Awaits!

A huge congratulations to three of Wilberforce College Oxbridge candidates for receiving interviews already at two of the UK's top universities.

Former Malet Lambert student Jack is currently studying Physics, Maths and Chemistry with Wilberforce, and will interview to study Natural Sciences at the University of Cambridge, United Kingdom, with two further Malet Lambert students to interview for Bio Chemistry and PPE at the University Of Oxford.



Archbishop Sentamu Academy

We're delighted to share that 9 former-ASA Drama Scholarship students have been accepted onto the Godber Theatre Foundation programme. The foundation offers them expert support in their field. A great opportunity to work closely with industry professionals!

The Lord Mayor of Kingston Upon Hull Presents...

Hull's Young Mayor with Lord Mayor's Civic Crown for her tremendously successful Stay Safe Campaign. Gabi worked hard with a team of Young people to produce a hard hitting campaign designed to help young people safe on the streets and safe on line.



Community *and* Services

WASH HANDS · COVER FACE · MAKE SPACE

Driving criminals off our roads

Meet the team that are driving down serious and organised crime across northern Lincolnshire and East Yorkshire. Over the last ten months this group of specialist officers have dedicated their time to targeting criminals responsible for serious offences, ensuring that when they hit the road, we hit them.

From organised crime groups, to those involved in drug dealing, burglary and sexual offences, the unit work alongside our teams across the force, preventing suspects from coming into or leaving the area.

And thanks to the unique way the team works and the cutting-edge equipment at their disposal, most criminals never even see them coming.

They have seized 63 cars and drugs with a street value of £1,366,660, recovered 10 stolen vehicles and stolen property to the value of almost £5,000.

The team has also made more than 120 arrests – as well as providing the wider force with information and intelligence that's contributed to many more.

Team leader, Sergeant Will Knapp, said: "We have access to high-powered cars and cutting edge technology, such as mobile finger print recognition, which means when we carry out an operation we're likely to get results.

"I know sometimes people get frustrated when they have reported things like drug dealing to the force and it appears that we've not acting on it.

"But just because you have not seen us at the address doesn't mean we have not targeted the people responsible – it may be that to make the biggest difference we have to take a different approach.

"In some cases, this might be my team targeting the offenders bringing drugs into the area or moving cash or weapons around.

"I believe that one of the reasons for our success is the wide range of skills we have in the team.

"We have officers like me, who have a background in traffic, who are able to use that knowledge to spot traffic violations that can give us a reason to pull suspect vehicles over and gather intelligence.

"We also have a police dog working with us at all times to assist with searches and arrests, as well as experts in analysing intelligence and ANPR to help us plan our operations." For all the latest news from the Road Crime Team follow @Humberbeatroads on Twitter.

If you're concerned about crime in your area let us know. You can speak to your local team, call our non-emergency 101 line or direct message us via @Humberbeat Facebook and Twitter.

If you would rather not give your name, please call Crimestoppers on 0800 555111.



Construction work gets under way at Hull Royal Infirmary

A new, three-storey entrance, an assessment unit, modern pharmacy, restaurant, shops, improved facilities for parents of sick children and a multi-faith area will be part of the major construction programme lasting two years.

Subject to both planning approval and business case approval, construction work is expected to transform the front of the tower block, a landmark building in Hull City Centre which has remained largely unchanged for more than 50 years.

Duncan Taylor, Director of Estates, Facilities and Development at Hull University Teaching Hospitals NHS Trust, said: "The aim is for us to have better use of more flexible space to deliver our services.

"Staff, visitors and patients will benefit from a fantastic facility at the front of the building with shops, a new restaurant and waiting facilities and overnight facilities for parents of children in our paediatric department."

Wards 36, 37 and 38 have been created behind the ambulance bay for the Emergency Department with 52 additional beds in response to the pandemic.

Ward 36 opened this weekend as a 12-bed assessment facility which will be used to isolate and treat patients with confirmed or suspected cases of Covid-19, other infectious diseases and seasonal illnesses more common during winter, including flu.

The Acute Medical Unit and the Ambulatory Care Unit including the Surgical Ambulatory Care Unit have already moved temporarily to Wards 37



and 38, allowing construction work to begin on a combined unit for patients who require further assessment before admission onto a ward or discharge home.

Work on the new, much larger and self-contained assessment unit is expected to take around three months, providing better facilities for patients with views over the front gardens and natural light.

Pharmacy will move to the back of the ground floor, with a new robotic arm installed to pick prescriptions.

The "Yellow Brick Road" weaving through the gardens from Argyle Street to the main entrance will be closed off with eight-foot timber fences to protect people from the construction work over the next few weeks ahead of work on the new front entrance beginning in earnest in October.

Mr Taylor said: "There may be some inevitable disruption to allow us to carry out this major transformation but these facilities are long-awaited on this site."

Hull Royal Infirmary team performs world-first in keyhole surgery

A Consultant Vascular Radiologist in Hull has performed a world-first in keyhole surgery to save a patient with a life-threatening aneurysm.

Dr Raghu Lakshminarayan led a team including consultants, radiologist and anaesthetists along with Interventional nurses, radiographers, theatre nurses and ODPs, to save the patient by performing the world's first fenestrated Altura graft at Hull Royal Infirmary.

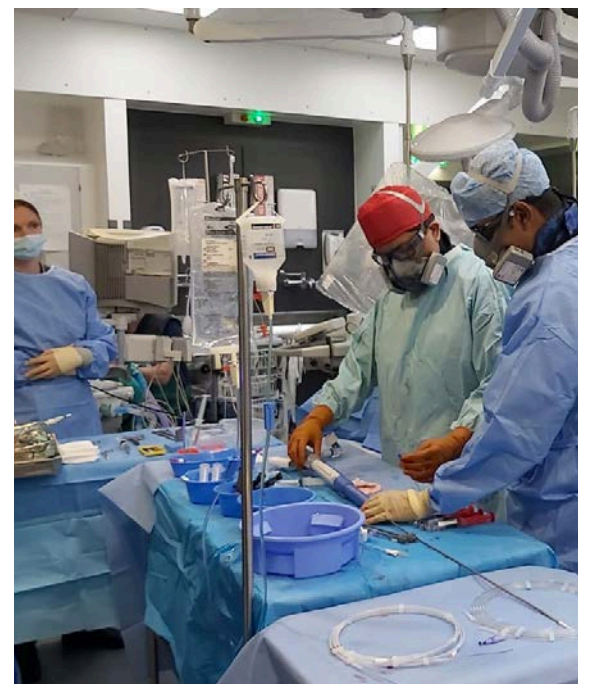
With his patient, a man in his 80s, now back home after the procedure, Dr Raghu said: "My worry all the time is about the patient and how he is doing. I just wanted to see everything was right with the new device and I was relieved that it was."

The patient developed an aneurysm – an abnormal bulge or swelling – in his aorta around ten years ago but recovered after surgery.

However, he recently developed a second swelling close to where his previous surgery had been carried out. That previous surgery and the position of the second aneurysm meant conventional surgery was not an option this time.

Instead, Dr Raghu worked with Lombard Medical in Oxfordshire to create a special fenestrated

(window) Altura graft, the first of its kind in the world, to save the man.



Even More Good News

From Our Community

Meet Dr. Aparna Manou who is a Consultant Neonatologist at Neonatal Intensive Care Unit (NICU) at Hull Women and Children's Hospital



Dr Manou wanted to join the NHS due to her personal experience of having spent a large part of my childhood being a patient under various physicians ingrained a strong belief that best physicians work with a great dedication and ethic to all patients without differentiating on the basis of ethnicity, religion, etc. To me, the NHS as an organization symbolizes this – an organisation where everyone is treated irrespective of what they can afford or where they live. An employer with probably one of the most diverse plethora of employees working to build this world-class medical system and potential for everyone to flourish whilst providing world class care.

Describe your job:

I look after the sickest newborn babies. Neonatal Intensive Care Unit – or NICU as we lovingly call it – is a world most people don't realise exists till they have to experience it. The holistic nature of my work, creating a unit with patients and families, attracted me to the sub-speciality. It's a truly #weareinittogether world and it's a pleasure to work alongside extremely passionate, hard-working and dedicated staff. What is the best part of your job?

Caring for the babies and their families at one of the most vulnerable times is both challenging and rewarding. Seeing a child you looked after as an extremely sick newborn and spent sleepless nights looking after, walk in to your clinic chirping away at two years of age is satisfying beyond words! NICU gives me an opportunity to bond with these families as we travel together in their (often long) journeys.

What was your role during the first wave of Covid-19 earlier this year?

Luckily, NICU was not hit with a COVID patient surge so our direct clinical roles were unaffected. However, it was extremely emotive and challenging to restrict visiting for parents – we never stopped parental visiting but couldn't allow both parents together at the bedside to reduce footfall. We put systems in place to record baby videos on iPads and store them on secure clouds for parents to access at home. Supporting my colleagues and juniors was another priority – the lockdown took its toll. But I managed to initiate and sustain virtual meetings for the department which expanded networking and team working and continue to be valuable to our department.

What does working for the people of Hull mean to you?

I spent part of my specialty training in Hull. The people are amazing, warm, welcoming and so grateful for the NHS. Simplicity is a way of life and always smiling despite the geographical & socio economic challenges the norm. I am grateful I had an opportunity to give back a little to a people who give so much warmth and care to everyone.

Special Sergeant recognised with two awards

A Special Sergeant, who last year dedicated over 930 hours of his own time volunteering to police our streets, has been recognised with two HEY Smile Foundation Awards.

At a virtual awards ceremony last week, Special Sergeant Shane O'Neill won the Public Services Volunteer Award before going on to also win the coveted Outstanding Volunteer of the Year Award, chosen from the pool of winners from all the categories.

Special Superintendent Joe Broderick said: "There are some fantastic volunteers both within our force and working with organisations and charities across the region, so to have one of our Special Officers win not only his category but also the overall Volunteer of the Year Award is really fantastic.

"It highlights just how hard Shane works every time he is on shift and the impact that he has made in the 9 years that he has volunteered with us. I can think of multiple examples of situations where Shane's actions have undoubtedly helped to make our streets safer."



WISHH Charity launches help the NHS with the National Elf Service, to help sick children and medical elderly this Christmas

Members of our communities who would like to help spread the festive cheer to patients Hull Hospitals care for over the festive period and beyond, are being encouraged this Christmas to "Help the NHS with the WISHH National Elf Service!" Appeal. The WISHH Charity, has created a festive fundraising pack, bursting with creative ideas to get our community involved in, but at the same time observing Covid guidance, by taking part in socially distanced fundraising and at home fundraising ideas from sewing to baking, donning festive attire, to adopting one of our Christmas WISHHes, to spread the festive spirit safely in work places and schools by supporting the appeal.

Donations and fundraisers can be set up online via the dedicated Just Giving page <https://www.justgiving.com/campaign/happyxmas>

One-off online donations can also be made this way. Donations to the appeal can also be made by sending a cheque made payable to "WISHH Charity", and posted to WISHH Charity – National Elf Service Appeal, First Floor Administration Block, Castle Hill Hospital, Castle Road, Cottingham, HU16 5JQ. Writing on the back "National Elf Service".

Funds raised from the appeal will enable the hospitals to purchase 'Covid safe gifts' for children of all ages from babies, toddlers, primary and secondary aged young people who will be staying on our wards over the Christmas period. Such support will also make a difference to patients being looked after in Children's Emergency Department, Eye Hospital, Anlaby Suite and other specialist areas.



Any additional funds will be used to support patients across our hospitals throughout the year.

Lisa Whitton, WISHH Charity Manager said, "Covid-19 has dramatically impacted on everyone's lives. Our top priority as Hull Hospitals' official charity, is to keep patients safe, and also to enable members of our community to help us spread the festive cheer to our paediatric and medical elderly patients through our "Help the NHS with the National Elf Service Appeal". We have already received calls from businesses and individuals asking about how they can support patients we care for at Hull Hospitals, by enabling members of our community to either make a donation or to become involved to raise funds to the appeal. We look forward to sharing our festive ideas to inspire our community to brighten the lives of patients at Hull Hospitals."

Retired Inspector continues to serve Hull communities as Special Constable



Craig Nixon, a retired Humberside Police Inspector with 30-years' total police service under his belt, has now re-joined the Force, this time as a Special Constable working in North Hull.

Craig retired in July, having most recently been a Hull Patrol Inspector at Clough Road Station for two years. He had previously spent time across neighbourhood and patrol teams, notably as a Sergeant in the Hull Central Neighbourhood Team for the 2017 City of Culture year. Before joining Humberside Police in 2000, he had served ten years in the Metropolitan Police in London.

Speaking with Craig, he said: "Neighbourhood policing is where I spent over half of my career, and after only two months of retirement, I decided I wanted to get back on the beat, protecting our communities, as part of the fantastic team of Specials."

"Policing has given me 30-years of enjoyment, challenge and reward, and I wasn't quite ready to let go of the Humberside family just yet."

"Engaging with the public and being a front facing officer is what I loved most about my policing career, so it feels great to be back out there and assisting the North Hull team and communities. "Whilst the streets are quieter due to the current tightening of Covid-19 restrictions, we've still found ways to speak with the public safely and we know that seeing that visible presence from us is important to them."

National splash for whale skeleton move

The dismantling of the skeleton of a 40ft North Atlantic right whale captured the imagination of many and was featured in the national media.

Work to dismantle the 168 bones of the right whale skeleton took specialist whale conservator, Nigel Larkin, just five days to complete and transport to his workshop in Shropshire.

Now, the eight marine skeletons that have been dismantled and packed will be placed into storage before being extensively examined and thoroughly cleaned.



MY PATH TO THE STAGE

by Danny French

Growing up around my own influences when it came to music such as my father and professional wrestling, I was heavily persuaded to my chosen genres of rock and metal. As I matured, as did my music taste. I began analysing the lyrics more and focusing more on the hidden meanings behind them. With this passion for music I began writing my own lyrics and, to no surprise, I actually enjoyed the art that I was creating. The sensation of showing my creative ability was a state of euphoria of which I'd not experienced. Thus began my nerve-racking journey to my first performance in front of a crowd.



The year was 2019 and I'd just had my twentieth birthday. With the fact I hit twenty and had never thought of experiencing what it is like on a stage just baffled me. So after being begged, countless times by my dad, I decided to take the leap and push myself to try singing lessons at Park Street. My Dad, my brother and my sister were already a part of Park Street Performing Arts Centre and had many stories to tell of their performances and opportunities so I felt obligated to give it my best shot. On my first trip into Park Street to begin my lessons it was a cold Tuesday evening and I was full of enthusiasm. I met with Park Street's singing teacher, Emily Fox, and on my arrival was greeted with a feeling of comfort, it definitely helped my confidence that Emily was the same age as me too. Getting to know Emily was very interesting and I was extremely observational in learning the skills to being able to perform. From



developing my vocal range to knowing where to look when you're on stage, Emily and I covered everything. Having fun was a main part of my learning and that was easily noticeable in that place. Emily is a credit to Park Street as are all the teaching staff and trustees.

Never knowing the staff and the people there

I was very reluctant to get involved, that was until I met with Victoria Quarshire. "Vicky", to me, was my inspiration, her can-do attitude and infectious smile gave Park Street a place in my heart that will never, ever be taken away. Vicky's enthusiasm for the stage and the talented people who dare brave it was all I needed to know that anyone including me, could do it. I'll never forget Vicky coming into my first lesson with Emily and over-selling my ability. I couldn't help but smile! The ripple effect of her positivity surrounded all within its walls. Tragically, Vicky passed away this year but her memory will live on through the many people she inspired and the hearts she touched. She will never be forgotten.

I began my lessons by choosing an artist that I enjoyed listening to and after naming many vocalists that Emily had no idea of, we found ourselves listening to "The Chairman of the Board", Frank Sinatra. From a young age I was surrounded by the classics (Elvis Presley, The Commodores, The Rat Pack) so I thought it was the best way to honour my grandma, who'd passed away the previous year. It would turn out to be much more complicated than anticipated but with the support surrounding me I was pushed to my limit and encouraged every step of the way, until I felt it wasn't right. I had to find my own voice and focus on what had the most meaning to me...

After a few months of lessons I was asked to be a part of the end of term showcase, "Let's Get Lyrical" geddit! I was overwhelmed with a combination of fear and ecstasy. My first test would soon be here. Obviously I felt as if I wasn't ready, I'd never done anything like this before and I didn't want to make a fool of myself. As the days leading up to the showcase slowly fell away, my sense of fear faded to that of narrow proportions and I could feel the support and encouragement from my peers. I remember getting home from my final lesson before the show and releasing the most cathartic scream I've ever made. The scream was not of fear or worry but of excitement and passion. I knew, in my heart, that having the positive role models from Park Street in my corner would keep me from fearing of failure but experiencing pride within myself for my own bravery.

So, there we were. March 30th 2019. The time was now to focus and develop my own rituals of pre-performance. Many artists and performers have their own pre-performance superstitions whether that's wearing lucky socks or praying to a higher being but mine was Vicky. Having that 45 second conversation with Vicky was all I needed to go out there and perform. "Spread your wings and fly high" The 6 words that shook me to my core and snapped me out of the panic that was pulsing through my body. It didn't matter who I was, what was going on in my life or who was watching me because all that mattered was that I was happy. For the 3 minute duration of my solo performance I was in awe. Everything was perfect. The crowd, the lights, the introduction. It was all perfect. It's not exactly Wembley Stadium, but it's a start. If you have the imagination to dream your surroundings then a little purple building around the back of a shopping centre can be your dream venue.

So, that's my story of overcoming my anxiety and how even just having that one person believe in you, can alter your perception of fear. I urge the community of Hull to join me in conquering whatever unnecessary feelings you have towards performing and allow yourself to do anything you set your mind to.

At this time, I would like to thank Jayne and Lyn at the Hull Hub for this opportunity to share my experience and hopefully will be able to share more when possible. I would also like to thank Park Street Performing Arts Centre, the staff, the trustees and students for giving me reason to write this piece.

Check out my Twitter, @DjTwitchx98, to find the blog I wrote for Hull & East Yorkshire Mind on how Pro Wrestling helped me in life and about the charity that I'm proudly a part of, WrestleCares. Find us on Facebook, just search for "WrestleCares."

Danny French.

In memory of my dear friend, Victoria Quarshire. Forever in our hearts, always in our voices.

SHINING A SPOTLIGHT ON OUR CITY OF HULL

by Trish Shelbourne

A SPOTLIGHT ON G F SMITH. PAPER MANUFACTURERS SINCE 1885... AND ONWARDS



Many thanks to Phil Alexander, Joint Managing Director for his contributions and support for this article.

Oh my beating heart... I am so excited to be writing about PAPER... get it?... I am rubbish at telling a joke, but seriously, I love opening envelopes, getting cards, and seeing lovely paper products in the huge array of shops and outlets which stock it. Yes, call me sad, but I do not apologise. From colouring books that have helped calm me through 'lockdown' to beautiful magazines that entice me to go shopping, I have always relied upon it more than our electronic pages. Years of diaries, greetings cards and accounts are proof of this. My old English teacher once said to me... 'never put anything you are uncertain about in writing', well, I reckon there was a reason for that. Without the paper, the writings on the wall, or in digital form which can always be erased.



The History

In the late 1800's, two brothers in Hull formed two separate companies that would one day become the leading brands in their respective sectors. Both companies initially traded from shared offices on North Church Side in Hull. The first was formed by Thomas James Smith, a dispensing chemist, and his company, Smith and Nephew has since grown to become a multinational pharmaceutical giant. However, his brother, George Frederick Smith had a different passion – his desire was to seek out and find the very best papers from around the world to supply to the UK and European print markets, and so in 1885, his company G F Smith was born. Along with

his son Thomas Brooks Smith and a truly dedicated team of workers this was achieved. Everyone with a passion for specialist coloured and textured paper along with graphic design markets around the world, knows and respects the name G F Smith.

George Frederick Smith wanted to establish an international merchant company that would reflect his personal admiration for artisan paper and the expertise of the printers and publishers who used it. According to company legend, Smith travelled the world 'with an almost obsessive energy', seeking out the very finest paper manufacturers of the Victorian age. His efforts won business in Europe and America and laid the foundations for a small-town business that has lasted 130 years — surviving two World Wars (some of the bomb-surviving cast-iron printers are still working hard to this day), economic depression and the rise of new technologies.

Interesting Facts

During the First World War, all G. F Smith's European stock was impounded



or destroyed. Unable to pay its debts, the company was nearly on the brink of collapse. It was fortunate that its largest supplier, American paper mill 'Strathmore', had confidence in the company's survival and wrote its debt off, in exchange for taking over the ownership of the business.

Bombs on Hull!

On the night of 8 May 1941 German aircraft drop 157 tonnes of high explosive and 20,000 incendiary bombs onto the city of Hull. 116 people are killed and 160 more are seriously injured. The Osborne Street site, with its machinery, stocks and the company archive are reduced to rubble. By a miracle, there are no casualties.

The company then suffered another blow in the Second World War when both its Hull and London premises were bombed flat within 48 hours of each other. Working from a rented house on Park Avenue in the Avenues area of Hull, the employees used the garage at the bottom of the garden as the warehouse and began rebuilding the company. In 1948 the Lockwood Street premises were purchased and the company grew from strength to strength. Then, in 1963, this chapter in the company's history came to an end, as the company was bought back from the American owners by its then Hull Directors and has proudly been an independent owner-managed business ever since.

Team Spirit

Hull born and bred, management and staff are fiercely proud of their roots. Over 80% of the team are based in Hull and its where their biggest capital investment has been made. Although the South East holds their largest market area and they have a sales office and distribution centre there, the owner managers think of themselves as 'custodians' of the business – exit planning is never discussed, keeping the focus on succession planning. When current managers retire, the company will be handed over to the next generation. People are, and always will, remain the fabric of G. F Smith. Unrivalled for employee engagement and loyalty, G. F. Smith have an extremely low staff turnover, with 40 employees having over 20 years' service.



There have been only 11 Managing Directors since 1885, demonstrating that everyone is equally committed to the business. Although no longer family owned and run, G. F Smith has a genuinely strong family feel to it. They also invested £650k on a site refurb, including a Notting Hill style café for its employees. With all this and the company's legendary annual team building staff festival, there is no wonder morale, creativity and productivity are at an all-time high.



In part 2 next month I will be sharing the insider details of G. F. Smiths creative and business achievements and some more interesting, historical, finer moments from this Hull Company's past.

COTTINGHAM ROAD

NEWLAND PARK

Newland Park was established in 1877 and slowly developed over the next half century. The houses were built in a variety of architectural styles and several famous people lived there including Philip Larkin the famous poet and librarian. He moved into 105, Newland Park in 1974 and lived there until his death in 1985.

HULL TELEPHONE DEPARTMENT HEADQUARTERS NEWLAND PARK

Rosedene, 74, Newland Park served as the headquarters for Hull Telephone Department during World War Two. It moved there after its main exchange in Myton-gate Hull was destroyed by a bomb in May 1941 in The Hull Blitz. The house in leafy Newland Park was chosen because it was considered far enough away from the city centre and docks to avoid being a target for the Luftwaffe.

The exchange was installed at the house in what is now the living room and the switchboard had a direct line to The Guildhall, so that the latest Blitz incidents could be reported. It was used as the headquarters until the end of the war and is now a private residence.

TOWNEND MATERNITY HOME AND HULL HOSPITAL FOR WOMEN

Hull Hospital for Women moved from Wright Street to Cottingham Road in 1933. The new building had 26 beds and was built on a courtyard plan with two single storey ward blocks and an administration block. The adjoining Townend Maternity Home opened in 1938 and was named after Dr. Ethel M. Townend, an obstetrician who was a founder and the chief donor. There were ten beds and patients paid a fee of twelve shillings a day. By 1963 there were 17 beds. The maternity home finally closed in 1980 and a community home now stands in its place.



J.R.R. TOLKIEN

Brooklands Officers' Hospital opened in early 1917 and was a private residence volunteered to the Red Cross during World War One. J.R.R. Tolkien, author of 'The Hobbit' and 'Lord of the Rings', spent two lengthy periods of convalescence there in 1917 and 1918, after contracting trench fever in



France. He also stayed at Thirkle Bridge Camp near Roos, guarding the Holderness Coast against possible German attacks. It is said that he was inspired by the surroundings to write parts of the 'Lord of the Rings' at Brooklands. He also copied some East Yorkshire place names such as the village of Wetwang into his work which appeared in his book, 'The Fellowship of the Ring.'

THE ORIGINAL GARDENERS ARMS IN THE 1890S

The Gardeners Arms on Cottingham Road has been a pub since the 1850s. It once stood on a quiet country road, where passing travellers stopped for a drink or to view the gardens of the owner William Pickering. It developed into a thriving pub and was granted an off licence in the 1950s and its first full licence in 1953.



NEWLAND TOLL BAR



The Hull to Beverley road, which passed through Newland, was turnpiked in 1744 and a toll bar was established at a place called Newland Bridge. From 1764, the road from the west end of Cottingham to Newland Bridge was also included. All travellers except pedestrians paid a toll and the money was used for road repairs and improvements. This road was un-tolled in 1871.

THE KINGSTON UPON HULL MUNICIPAL TRAINING COLLEGE

The Kingston upon Hull Municipal Training College was founded in 1913 on the north side of Cottingham Road. It was initially a teacher training college for women and was built in response to a shortage of certified teachers in the city's schools. It became known as Hull Training College in the 1950s and is now part of The University of Hull.



THE VENN BUILDING, HULL UNIVERSITY

The University of Hull was founded in 1927 as University College Hull and was initially an external college of the University of London. The foundation stone was laid in 1927 by the Duke of York who later became King George VI.

It opened a year later with 39 students and departments in pure sciences and the arts. During the war there were around 90 students on its 62 acre site and by the 1950s the number of students increased to around 1,000. The University now has more than 16,000 students and around 20,000 across its main campuses in Hull and Scarborough



THE SAILORS' ORPHAN HOMES ON COTTINGHAM ROAD

The Sailors' Orphan Homes on Cottingham Road was built from 1895 for orphaned children who came from Hull and other north east ports. It later became known as Newland Homes. Up to 25

children lived in family style groups in a cottage house under the care of a resident house mother.

The ten brick cottage houses were arranged around a central green and a sanatorium, a hall and St Nicholas School were situated at the far end of the site. A swimming pool, cricket ground and band stand were added later.

The houses were named after the benefactors who donated funds. These included local businessmen such as Joseph Rank, Francis Reckitt and Sir James Reckitt as well as benefactors from outside Hull.

By 1930 the homes housed 220 children and this peaked to 360 children during the Second World War. The Newland Estate was sold in 2004 although some of the buildings were leased by the City Council and St Nicholas School remained.

COTTINGHAM ROAD TRAM DEPOT

The Cottingham Road tram depot opened in 1909 opposite The Gardeners Arms. It later became a trolley bus depot and then a motor bus depot. The last trolley bus service in Hull was the Beverley Road number 63 which stopped operating in 1964. The depot eventually closed and was demolished although the offices still remain today.



NEWLAND

Newland was once a hamlet situated near the crossroads of the Cottingham and Beverley to Hull turnpikes. It stood in a partially swampy agricultural area until 1766 when it was extensively drained and

enclosed. It was still almost completely rural in the mid 1850s, surrounded by enclosed fields and isolated from Cottingham and Hull. This quiet village street led from Newland to Cottingham. The original Haworth Arms Inn can be seen on the right.

HAWORTH ARMS

The Haworth Arms is thought to have been named after the Haworth family who lived at nearby Haworth Hall. The new Haworth Arms opened in 1926 and stands on the corner of Beverley Road and Cottingham Road, one of the busiest junctions in Hull today. This red brick and timber framed pub is a Grade II Listed Building.



by Catherine Derrick

GET TO KNOW YOUR CITY



Archbishop Sentamu Academy

Congratulations to Kara (Byland House)
Kara donated twelve inches of hair to the Little Princess Trust. A really good example of the Academy value of Community. A truly kind and thoughtful idea which will make a big impact in someone else's life.



Sarah Laidlaw(Smith) & Helen Percy

In lockdown all the children just dealt with it, and took it in their stride. It must of been so difficult for them, not being able to see friends or go to sports clubs. These lovely ladies came along and organised Anlaby scarecrow hunt. Which was great, the children came up with ideas, and give them something fun to make. The day itself was a huge success, families excising together in the fresh air and looking at all these fabulous scarecrows each other had made. As year has gone on many things have been cancelled like Hull Fair, which again these ladies have come to the rescue with another scarecrow hunt. I want to nominate them both for coming up with idea, putting alot of time and effort in, to help their local community get out exercising, be creative and have fun. Thank you ladies.



Gifts of Chocolate!

Steve from Anlaby Road Iceland kindly delivered a huge amount of chocolate to the Hull Foodbank



THE HEROES OF HULL

Hull Royal Infirmary

Thanks to Dennis Butler Limited for once again donating a lovely fresh Christmas tree to our Alderson House memorial garden at Hull Royal Infirmary. The tree, delivered by Adam (pictured) takes pride of place in our garden with our lights, funded by the hospital Staff Lottery lighting up both the HRI and Castle Hill sites.



Asda Helping Out!

Thank you to the customers at Asda Bilton for your ongoing support, it's really appreciated and some thoughtful Christmas donations in this weeks collection, thank you!

Castle Hill Hospital

Jenny Hemingway, who works in the Neonatal Intensive Care Unit, is our latest member of staff to feature in our Remarkable People series. Thanks for everything you do to help our staff and our patients, Jenny.

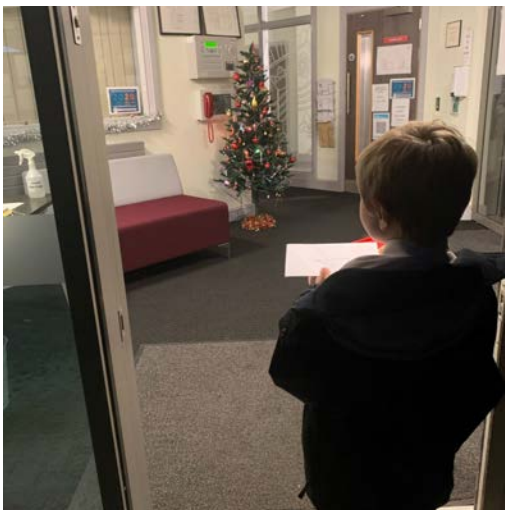


Well Done Jack!

Jack Johnson is the latest new recruit at Patrington Fire Station, he has successfully passed all elements of training. He has received his riding tally and is now available to respond to emergencies in the local community. Well done Jack!

Hull Collegiate School

Year 2 Ethan has got into the spirit of Christmas by delivering chocolates to the police and fire department where he talked enthusiastically about school and how much he admires the work the officers do. He has also started a reverse advent for Hull Foodbank. Well done Ethan!



Honesty Wins Again!

Alexis Meaux found a mobile phone at school she showed great initiative by handing it into student services. The owner of the lost phone was very grateful to have it returned to them and praised Alexis' trustworthiness."



Mires Beck Nursery

We're proud to support the harvest festival at All Saints Church in North Cave by donating some of our home grown produce for the food bank in Hull. Our wonderfully dedicated volunteer Suzanne, grows it all at Mires Beck, and here she is with a giant cabbage that will be in the church porch by tomorrow morning.

A Lord Mayor's Civic Crown Award winner

well done to Peter Levy who won the Lord Mayor's Civic Crown Award!



Life for a Kid Foundation changing lives

Dean Hoggard founded Life for a kid foundation in 2009, his charity raises money for equipment to help children lead a better life, life saving operations and a sensory room with soft play, ball pool and a sensory garden. This equipment costs a lot of money for children who need it most. A child had a tricycle stolen that had been modified for the child's need and Dean Hoggard replaced it from his charity. I want to nominate Dean as he has helped so many children and their families, he puts so much time, and effort into the charity to make life easier for others.



Hull and EY Children's University

Dan and the team at Wrestlecares donated over 20 boxes filled with wrestling merchandise and more.



THE HEROES OF HULL

The Gold Christmas Paper

Once upon a time there was a man who worked very hard just to keep food on the table for his family. This particular year a few days before Christmas, he punished his little five-year-old daughter after learning that she had used up the family's only roll of expensive gold wrapping paper. As money was tight, he became even more upset when on Christmas Eve he saw that the child had used all of the expensive gold paper to decorate one shoebox she had put under the Christmas tree. He also was concerned about where she had gotten money to buy what was in the shoebox. Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!" As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her. But, when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young lady," he said harshly, "when you give someone a present, there's supposed to be something inside the package!" The little girl looked up at him with sad tears rolling from

her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full." The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger. An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there. In a very real sense, each of us has been given an invisible golden box filled with unconditional love and kisses from our children, family, and friends. There is no more precious possession anyone could hold. This story talks about the power of forgiveness. The Christmas season is a wonderful time to forgive and forget. It's a great time to reflect and to say thank you to all those people who have touched our lives no matter how small for good, covid has certainly tried and tested us this year but it has also shown us how resilient we are and how so many of us were willing and happy to help others in whatever way we could. *Wishing you all the happiest of Christmases and a Peaceful New Year from everyone at The Hull Hub*





Segal's Jewellers Est 1919 GOLD WANTED

Great time to sell as gold prices are high

Top prices paid for gold, prestigious watches, jewellery, scrap gold and silver.
Gents rings and chain especially sought after.

..... STAY SAFE AND KEEP YOUR SPARKLE

Our shops are now open, and we're excited to welcome you back!



Paragon Arcade, Hull



Chariot House, Hull



Freshney Place, Grimsby

All our stock can be found online, visit us today

..... www.segalsjewellers.co.uk