

Always
FREE

the Hull Hub

telling your story



Issue 14

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.

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“There are far better things ahead than any we leave behind” – C.S. Lewis



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



Queen of Marketing - Sarah Sparke



Design Rockstar - Olivia Walz



Network Magician - Nevenka Fenwick



Artistic Ninja - Kurt Hoyle

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Uncle Peter had become a bit of a karaoke fanatic during the latest national lockdown and his basement was often rocking to the sound of Elton John, Cliff Richard, Shakin' Stevens and Adele. His renditions of Rocket Man, This Ole House, Someone Like You and Jolene were sung with as much passion as if he had written the songs himself. One of his all time favourites was Dolly Parton's 9 to 5, which he sang a little tongue in cheek because everyone knew he only worked on Look North from 6.30 to 7.00.



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...

Hi, Praise is indeed awarded to Alec Gill for his most interesting columns. Reading two currently and enjoying both. With a local flavour he's not afraid to have a stab at suggesting what something could be if the original meaning is unknown or lost in the midst of time. His free and easy way of explaining, he leads us by the hand into an exciting read.

My thanks, Dave

Hull Walk of Fame

Hull Walk of Fame will be an interactive guided tour of the city centre from which people will be able to learn about local people who have made a difference and made the city what it is today.

I first had the idea for the project in 2018 after reading a newspaper article about a similar scheme in Sheffield. The article featured the actor Sean Bean promoting it. I thought that was a fantastic idea and would be perfect for Hull. For several years I have been running social media pages on Facebook and Twitter called 'Headscarf Pride'. They are the only social media dedicated to the story of "The Headscarf Revolutionaries" and the Triple Trawler Disaster of 1968. These pages earned me some notoriety. I was interviewed several times on TV and radio. When I first got the idea I contacted David Burns at BBC Radio Humberside who invited me to the studio to talk about it. At the time there were plans from the council to regenerate the Whitefriargate area of the city and I thought that would be the perfect place to have the plaques on the ground all the way down the street. There was a lot of positive feedback after that interview and I even took part in a phone-in about it. Later that day I was contacted by the-then Lord Mayor Councillor Steve Wilson asking me for a meeting. I was also contacted by the deputy governor of HMP Hull asking if would be interested in working with their technical and design team on the plaques. I was very pleased they contacted me because the team at HMP Hull had done some remarkable work on the Gypsy Moth (Amy Johnson's plane) replica which currently hangs from the ceiling in St. Stephen's shopping centre. They also made the framed rolls of honour in Hull Paragon Station adorned with all the names of men who left the station too go to both world wars never to return. I was introduced to Tom Leech, the head of their design team,

and we had our first meeting with the Lord Mayor at the Guildhall. I explained my idea to the Mayor and then so did Tom. I was blown away by Tom's proposal. Tom was talking about plaques on walls of buildings all over the city centre with QR codes on them which would be scanned on a smart phone or tablet and give all the information about the individuals and could even have music or video clips of that person if they are a singer or actor etc. There was also be an app with tours of Hull built into it guiding users to the various plaques on each building while taking a tour of the city and there would also be a website.

The Lord Mayor was very enthusiastic and we went to work planning the walks and drawing up a list of people both who deserve recognition on the walk.

I visited HMP Hull twice and met the design team who created a booklet for me with the designs for the website and app. The project was put on hold due to Covid-19, but after the first lockdown was relaxed last summer, we were able to continue working. My wife and I had another meeting in October with the Lord Mayor and the council's head of major projects, place and infrastructure. It was agreed that moving forward we would work with the team to realise the plans. The project has since come on at pace and I have had regular online meetings with Tom, the council and representatives of Visit Hull and East Yorkshire. I have submitted the first list of names of those to be feature first on the walk. More will be added by nomination which will be decided by the Walk of Fame committee which I will chair. It was going to be launched as early as May this year but as we are now in another lockdown we will have to wait until restrictions can be lifted again. I want the launch to be a big event with lots of guests there and so it may be a while but we will continue to work on it and have meetings online until it is ready to go. Then we will unveil the Hull Walk of Fame.



Mike Covell set to be placed on the Hull Walk of Fame



Last year I had the privilege of receiving the "Lord Mayor's Civic Award" for my work in the preservation and promotion of Hull's history. It was a wonderful honour, and in a year that was filled with sadness, one of those bright shining moments that well and truly brought joy to myself and my family. The recognition of years of work instilled me with great pride, and further motivated me.

This year also got off to a bang, when I was informed by Ian Cuffy that I was to be placed on "The Hull Walk of Fame." I was shocked, and as I read the news I must admit that I had a tear in my eye, and a lump in my throat. To be recognised by Ian and this project means the world to me.

Ian described the "Hull Walk of Fame" as being a place where people can learn about and celebrate the great and good of a city, a positive promenade if you will. It would be a place where writers, researchers, artists, historians, authors, poets, playwrights, musicians, and the notables of Hull would be commemorated, celebrated, and promoted.

I for one am so pleased to be a part of such an amazing line up of Hull worthies.



Sewell on the go keeps veterans charity moving

The founder of a charity which provides crucial support to veterans adjusting to civilian life has thanked Sewell on the go for enabling its life-changing work to continue during the Covid-19 crisis.

Hull 4 Heroes provides support, homes, education and employment opportunities for ex-service personnel and their families, and has extended that support to veterans who have been confined to their homes during the pandemic.

As the team continues to travel to various locations to deliver food and practical and emotional support each day, leading East Yorkshire forecourt retailer Sewell on the go has stepped in to cover Hull 4 Heroes' entire fuel bill for five months to take the financial strain away from the charity's largest outgoing cost.

Hull 4 Heroes Chairman Paul Matson, who founded the charity in 2016 after facing his own challenges following his departure from the Army, said: "The past few months have been some of the busiest we've ever had as a charity. That's not a complaint – it's great and we've been doing what a charity should do, which is going out and helping.

"We lost all of our fundraising event opportunities in one go due to the pandemic, yet we saw our demand skyrocket.

"From welfare calls to veterans and making sure they have the essentials, to helping veterans move house, we've continued doing it all.

"People have been so generous, in particular Sewell on the go. It has made such a difference to have the fuel for our vans funded by Sewell on the go throughout such a busy and challenging time.

"We generally don't go out and ask for help and tend to just get on with it, so it's always appreciated when people reach out and make the offer. Sewell on the go kindly extended their support from three months to five, taking it to October, which will help us enormously."



HELLO AGAIN ALL, HOW ARE YOU DOING?

with Darren Lethem - Freelance Radio & Stage Host

Happy 2021, despite the auspicious start I am still positive and optimistic it will be a much better year than last. It has to be. It has been a struggle for me with little in the way of hosting duties. I have started a weekly radio show again, more on that later, and did get to host a fabulous online Awards Ceremony.

The Smile Foundation is a wonderful organisation that helps many charities across the East Yorkshire and Northern Lincolnshire region, and likes to recognise those who go beyond the call of duty to help others. I was delighted to host their 'Proud To Be A Volunteer' Awards again, honoured to be asked back. Unlike last year this wasn't held in a huge hotel conference room with tables, champagne, crowds of people and lots of applause for the nominees and winners. Instead it was held online in a room with 3 of us and a big screen. However that didn't dampen the spirit or the success of the occasion. Once again we heard some incredible stories of courage, bravery and utter selflessness. The venue was the



rather splendid State Of The Arts Academy on High Street and the editor and cameraman was the talented (and patient) Chris Norfolk who did a splendid job putting the show together. A massive thank you to Smile Foundations Events and Communications Manager, Sarah Shepherdson for organising such a wonderful event again. Loved it. A few pics are on show.

I was very sad to see the passing of the brilliant Bobby Ball from Covid last year; he was a man who put a smile on your face before he even opened his mouth. I was very fortunate to interview him and Tommy on a number of occasions and even got invited to their dressing room when they last appeared in Hull a couple of years ago. He was always a funny and kind man who, along with Tommy, loved his fans and spent so much time with them. The first time I ever encountered them was



back in 2007 in Blackpool. My mate and I had gone to watch the darts at the Winter Gardens in July, the venue has a number of theatres inside and Cannon and Ball were appearing in one of them. As we left the darts we saw Tommy and Bobby outside with their fans. I shook their hands and slurred rather loudly "you are in Panto in Hull in December so no doubt I will see you when you pop into the radio station for an interview." We stumbled back to our hotel, kebab in hand, and thought no more of it. Anyway, December comes and, sure enough, the boys came in for an interview. They walked through the office laughing and joking with everyone when Bobby clapped eyes on me. He nudged Tommy, smiled and shouted "have you sobered up yet?" What a wonderful character that will be greatly missed. The pic attached is me with the guys in their dressing room at Hull New Theatre from a couple of years ago.

Earlier on I hinted that I was back doing some radio stuff, indeed I am. I am delighted to join the team at Hull Kingston Radio to host a new show on a Thursday evening. It's an 80s show called C30, C60, C90 GO. It's an eclectic mix of music from that decade and focusing heavily on the songs you don't hear often at all on the radio along with a few hidden gems and some local classics. I thoroughly enjoy selecting the music, playing it, listening to it and talking about it. The



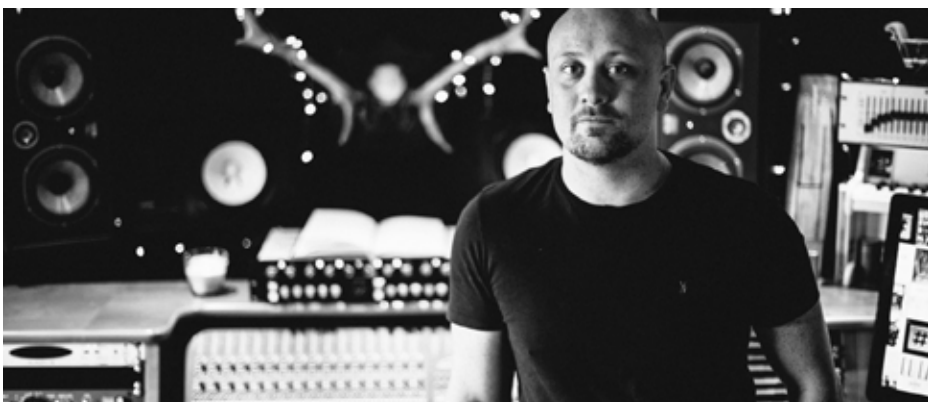
feedback on the show has been very positive and you are more than welcome to join us on a Thursday. The show runs from 7pm for a couple of hours and can be found on 107.4FM, online at the Hull Kingston Radio website or by downloading their app for iPhone and android. I will be glad of your company. Hopefully 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*

Hull graduate Tom Fuller on recording with some of the biggest names in the music industry

Tom Walker, Hurts, Kelly Rowland, Patrick Wolf.

What do all these artists have in common? Well, aside from being renowned music stars who have enjoyed chart success and worldwide tours, they've also all recorded with Hull music graduate Tom Fuller.

Tom's career since graduating from the University of Hull in 2007 has seen him



work with some of the biggest names in the industry.

Currently working out of his own recording studio in London's King Cross district, Tom is a music producer, writer and sound engineer.

Having first started out as an assistant in a recording studio in Brixton, Tom is now based out of 'The Cabin,' part of the Tileyard complex at King's Cross.

He recently shared his memories of his time at Hull, and gave his tips and advice on how to succeed in a competitive and challenging creative industry.

"The creative sector is a tumultuous industry at the best of times, and with the COVID-19 pandemic, there have been a lot of headlines about its future," Tom said.

"Having said that, I've always truly believed that if you are good enough, and you work hard enough, you will find a way.

"Have your fingers in more than one pie, think outside of the box, and don't put your eggs all in one basket are all sayings I can relate to."

Tom joined the University of Hull in 2004, on its Creative Music Technology course. The degree gave him the foundations he needed to forge a successful career in the industry.

You can find more on Tom, and 'The Cabin' recording studio, at <https://tileyard.co.uk/community/tom-fuller/>.



A kids view of the 70's

This month, we move onto a subject and topic that I've skirted around for a while – The end of term school disco. I realise this may bring back some terrible memories, but we must press on and the Hull Hub editors keep shouting deadlines at me.

Let's set the scene. Summer was approaching, teachers were becoming mellow and less sober. Lessons were often ditched for playing games, outdoor lessons and drawing. The classroom walls were being stripped bare of our work and given to us to take home along with our tatty schoolbooks, covered with wallpaper for some inexplicable reason known only to teachers and our weird pottery projects that started out as ashtrays but really looked like someone had stood barefoot on a pie and then baked it. The school staff had mentally checked into that Costa Brava hotel and had already started to forget our names ready for September's new intake.

Before the six giddy weeks of holidays and mayhem, there was the ritual of the School Disco to be played out. This was a hastily thrown together affair and always involved the History teacher who had no idea how to work that newly purchased twin-turntable deck with

huge speakers that stood teetering on the side of the stage along with a few pairs of traffic-light coloured disco lights that flickered and raced in time to the music. Occasionally, the teachers could be bothered to blow up two or three dozen balloons and they bobbed disconsolately on the dance floor until jumped on and burst well before the first record had ended.



To prepare for the disco, it took the average Fourth Year schoolkid approximately 6 hours to prepare for. The outfit carefully chosen to include some alarmingly coloured shirts with wing collars that even Slade and Wizzard would avoid. Smartly pressed jeans with creases would take the place of school trousers, a knitted tank-top and a pair of Adidas Kick to complete the "look". Some fairly outlandish hair-styles were also on display if you'd managed to stick your fingers in your dad's Brylcreem tub when he wasn't looking, but usually it was a wet comb and you just tried to get your hair to stand up to attention, but it always just looked like you'd sat in a sauna for an hour.

The girls would take a lot longer to prepare. They'd raid their big sister's Avon or Max Factor box and end up decorated with lurid eyes, dark, clotted lashes and some really massive hairstyles, courtesy of 3 litres of hairspray. Nails might be painted too as there was no school on Monday.

The unwritten rule, of course was that you would NEVER go to a School Disco with a boy or girl. You went with your mates in gangs of 5 or 6 and each person secretly hoped that they'd somehow end up with the person they'd been far too scared to talk to for the last eight months of school.

You'd walk to the school hall, hearing the muffled thump of the bass and marvelling at the lights and the quickly thrown together decorations and snigger at the "FAREWELL FOURTH YEAR!" banner behind the History Teacher/DJ. Immediately on entering, you'd throw your coat onto the massive pile in the corner and rapidly scan the room for the boy or girl that you'd had a painful infatuation with that might end with the possibility of a slow dance or a quick snog in a dark corner. If you couldn't spot your target, the disappointment would be crushing. You'd ask their best-friend casually if she was around and be told, "Her mum said she couldn't come out tonight" and you'd evaporate right there as she would be going to a different school in September and might as well have emigrated.

Of course, you'd never tell your mates. You'd just wander to the tuck shop, buy a Kia-Ora or Panda Pop, bag of Tudor Crisps and a Curly Wurly then sit on a bench, sucking your straw disconsolately, lamenting the times you never spoke to the girl or boy when you had the chance.

Once you'd got over your angst, you'd realise there were plenty of other, unattached, available boys or girls to try and latch on to and if you'd understood the maths lesson on Probability, a two-hour disco could yield a 7% success rate in getting off with someone. Result!

The music at the discos was always chart pop-music, played from a stack of singles that the History teacher had either purchased themselves or had scraped together from asking people at the school. I was an avid record

collector, buying a couple of records a week or more from the bargain racks or the odd guy who ran the stall in Bransholme Market and I had loaned quite a few of mine for one disco. They were inexplicably returned with a few extra discs that I added to the collection. A bonus.

This often made the song choice very limited, so people who wandered over to the decks to ask for a specific song were nearly always disappointed to hear, "I haven't got that" and you'd usually get the same record repeated 3 or 4 times over the evening. Roxy Music's "Dance Away", "Rivers Of Babylon" by Boney M, "Denis" by Blondie and the huge hit "Summer Nights" were very popular. The latter song ended with everyone singing along badly to their dance partner. It still makes me cringe myself inside-out when I hear it. Often a rather boisterous punk song would come on and you'd crash onto the floor with a few mates and pogo along happily, ignoring the shouts from the teachers to "calm yourselves down!". We thought we were cool. If you hadn't managed to find a partner as the disco was coming to an end, you just knew you were going to end up having the last pick of the solo and unattached girls and boys, stood against the walls and you were also acutely aware that the last song was coming up, it was the slow dance number and anyone on the dance floor without a partner would look a bit silly.

The DJ was now cueing up the song, "Wishing On A Star" by Rose Royce or perhaps "Too Much Heaven" by the Bee Gees and you would try and make eye-contact desperately with anyone and point towards the dance-floor as the first chords were struck. If you were lucky, you'd get an awkward clutching dance, where you'd shuffle around in little concentrated circles while intoxicated by the chemicals from the hair products. You might even get a very hard, robotic kiss that you hoped would be like the ones on TV shows like "Happy Days", "ChiPs" and "Charlies Angels".

The song would end, you'd break apart and probably head back to your friends triumphantly who had somehow missed your big romantic moment and swap stories and lies about who they'd grabbed a snog with.

In the meantime, you'd have to make a very fast run for the doors after grabbing your Parka Jacket from Mount Nylon and get away quick before one of the teachers grabbed you to help clean up the hall of the staggering amount of plastic cups, straws, sweet wrappers and balloon skins. The night was a success and you'd forgotten all about that girl who didn't turn up.

Now you just had to hide the love-bite on your neck from your mum.

NEXT MONTH: Toys and Hobbies.

Meet Isobel C Professional Cosmetics, The Weir, Hessle

Erlinda Muis, a beautician specialist for over 25 years and mum of two, has always loved people to look and feel great. She started from a room in her home offering massages, and beauty treatments, opening a salon in Elloughton, then a Spa on The Weir, Hessle.

Her daughter Isobel, at the age of 12, originally launched the Isobel C brand from her mum's beauty salon in Hessle and thanks to Isobel's success on social media with her videos and a younger audience, she's now made it a global brand that includes facial and anti - aging moisturisers and serums, along with perfumes, aftershaves, matte long stay lipsticks, lip

glosses and lip pencils.

Erlinda travels over the world finding the best products that have been tried, tested, and approved to extremely high standards, vegan friendly and guaranteed to work.

Wellbeing is a passion of Erlinda and caring for her clients of upmost importance and therefore available are her well-ness products, that help and treat sinus problems, eczema, coughs and colds, headaches, inflammation & pain, anxiety and more.

For Isobel C full product range go to www.isobelc.com , on-line shop and receive 10% off your first order HUB10%





Mark Hill

NEW YEAR, NEW START, NEW RESOLUTIONS AND NEW HAIR!

What does New Hair mean to you? A new colour? A style change? What about if I said it could mean growth of new hair? Interested?

When styling clients in the salon, I get to hear about their hair problems every day. The most common problems are all to do with the quality of hair.

Hair quality changes for a number of reasons –

- Hair damage – hair straighteners, tongs and over styling. If you are constantly putting heated appliances on your hair without protection, or causing styling strain, you may find your hair becomes dry, brittle and prone to breakage.

- Stress – stress isn't the same for everyone. You may not even realise you are suffering with stress or anxiety but have all kind of symptoms you can't explain. One of these symptoms can be hair loss. It can be just a thinning of the hair, hair loss in patches or total hair loss. Whatever it is, it adds more stress. Always talk to your doctor if you are suffering any of these, he will be able to advise you on how to manage your stress and symptoms.

- Hormone changes – hair texture and thickness changes as hormones change. One of the biggest changes is menopause. During this time, I have heard clients comment on how fine their hair feels, or the texture seems to change. It's not just because of hormonal changes, this could also be because of the natural aging process and hair losing the natural pigment.

- Change to medication - some medications will effect your hair texture or the condition of your scalp. If this sounds like you, then as well as looking after your hair during this time, it might be wise to talk to your doctor who may be able to offer alternative medication.

- Unknown! - by this I mean those fuzzy bits around

your front hair line, or the sides of your hair which just won't grow!

Whatever the reason, there is one product I would always recommend. Strength and Growth Tonic. Strength and Growth Tonic contains pure active ingredients –

- Red Ginseng to stimulates hair growth
- Natural Caffeine to stimulates hair growth and prolongs the hair's growth phase
- Biotin (also known as vitamin H) to strengthen hair and decreases the number of hairs falling out
- Organic Ginger and Lemon to improves the circulation in the scalp
- Essential minerals to improve the overall condition of the hair and scalp

By applying a few drops of this leave in tonic every day to the scalp and massaging it, in just a couple of weeks you will see a difference. When you feel your hair beginning to strengthen and thicken, use the tonic 2-3 times a week to maintain healthy hair.

We've tested this tonic in our lab and the results were incredible. There was 25% more hair growth in the samples we used the tonic on – 25%!! Now, who wouldn't want that!?



“

Whatever the reason, there is one product I would always recommend. Strength and Growth Tonic. Strength and Growth Tonic contains pure active ingredients

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Wilberforce Alumna receives MBE in New Year Honours List

We were delighted to hear that a former Hull student, Dr Heather Williams (43), Consultant Medical Physicist for Nuclear Medicine at The Christie NHS Foundation Trust has been awarded an MBE in the Queen's New Year Honours list for services to diversity and inclusion in science.



Dr Williams was brought up in East Hull near East Park and attended Archbishop Thurstan School (now The Archbishop Sentamu Academy) and Wilberforce

College. She now lives in Stockport, and has been in post at The Christie (in Manchester) for three years. She has long been engaged in encouraging would-be scientists, particularly the drive to improve the representation of women in all scientific fields.

In 2012 Dr Williams established Science Grrl, a grass-roots national network to celebrate and support women in science. Today she acts as one of two directors of the not-for-profit group, overseeing a range of national ac-

tivities, co-ordinating the website and organising regular events across the UK.

For her work Dr Williams was made an alumni laureate by the University of Nottingham in 2015, and in 2017 she was awarded the Institute of Physics (IOP) Phillips Award for distinguished service to the IOP through the Women in Physics Group. Dr Williams is also the former secretary and chair of the IOP's Women in Physics group committee.

Dr Williams said: "I'm delighted to have been nominated for this honour and am very pleased that diversity and inclusion in science has been recognised as a worthwhile goal, which has yet to be achieved, and still requires attention and effort. I am not alone in this endeavour and would like to thank all those who are working to ensure science really is for everyone." The Chief Executive of The Christie Roger Spencer, said: "This is a thoroughly well-deserved award for a passionate and dedicated medical physicist who has championed a wide range of important causes.

"Heather's commitment to equality and diversity as

well as the next generation of scientists is incredible and she has demonstrated throughout her career what a superb role model, important researcher and a voice for good she is in her chosen field. There is nobody more deserving of this accolade and we're thrilled she has been recognised for her considerable achievements."



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BUSINESS VIBES

The latest business news from The Hull Hub

Hull City Council and Civica bring 100 home-based jobs



Hull City Council is partnering with Civica, a global leader in software for public services, to bring 100 new home-based call centre jobs to the city.

The council has partnered with Civica since 2015 to deliver its revenues and benefits services at its Kingston Centre. Employees handle more than one million customer enquiries every year, with those providing services for Network Rail being recognised in the Top 50 Companies for Customer Service as Best in Public Sector.

Since 2015, the centre has created more than 150 jobs, including apprenticeships, and has delivered £6.4 million in financial benefits while supporting digital transformation across the city.

Councillor Daren Hale, Deputy Leader of

Hull City Council, said: "We are delighted that this fantastic partnership with Civica – a real global leader in its field – will see the creation of dozens of new jobs in the city.

"The partnership's innovative approach to customer service is already ensuring residents can access the right information and services more efficiently online.

"Now more than ever, these home-based jobs will give a much-needed boost to families in the city who might be finding it difficult during the current measures."

Paul Mason, Divisional Managing Director at Civica, said: "Civica has a strong track record in helping to deliver improved public services and better outcomes for people and communities, including sustaining the delivery of services during the tough times of 2020 via our remote and OnDemand capabilities.

"We look forward to building on this and the success of the Kingston Centre partnership with Hull to support those most in need."

Anyone interested in applying for the roles should call 01482 587111.

Allenby Commercial embarks on upgrade



A former army garage which has operated as a business park for the last 20 years is to be upgraded in the latest regeneration project by new owners Allenby Commercial.

Chamberlain Business Centre in east Hull is home to around 60 small businesses operating in a wide range of sectors. Allenbys, a family firm based in Hull, have now completed the acquisition of the site and will embark on a phased programme of investment designed to add to the 100,000 square feet

of business space.

Dale Gooderham, Asset Manager at Allenby Commercial, said: "Everything we do is aimed at creating business opportunities in the local community and this is an excellent location for that.

"There are a lot of other businesses nearby, some of them major employers, there is new investment in neighbouring sites and in infrastructure and there are some well-established residential areas on our doorstep."

The acquisition for an undisclosed sum comes only three months after Allenbys completed the purchase of former Bonus Electrical premises in Willerby, near Hull, which will become the third in the company's Trade Yard sites. Beverley and Scunthorpe are both now at full capacity. Allenbys also operates award-winning retail at Paragon Arcade in Hull and a combination of modern office developments at sites across the city including Worx, Chariot House, The Bloc and the Grade II Listed Bayles House and Danish Buildings.

Whitefriargate buildings get a facelift

Developer Wykeland Group has carried out a programme of sensitive cleaning works to smarten up landmark buildings in Hull city centre. The frontages of the former Marks & Spencer store and the property sub-divided between HMV and the former New Look unit, on Whitefriargate, as well as the old central police station in adjoining Parliament Street, have all received a facelift.

The buildings were cleaned using a specialist chemical-free system designed specifically for conservation work that removes grime and dirt without damaging the limestone.

The cleaning, including of the pillars of the former M&S store, was carried out between 6pm and midnight over several nights to avoid disruption to the public and ensure Covid-19 social distancing guidelines could be adhered to.

Redecoration works including painting and stone repairs will also now be carried out on all three buildings.

The restoration project is consistent with Wykeland's long-standing track record of bringing neglected commercial properties back to life, sympathetically and to the benefit of the local economy and community.



Local housebuilder supports the communities

Local housebuilder, Barratt Developments Yorkshire East, continues to support the communities in which it builds, by donating £1,000 as part of its Community Fund scheme to St Anne's School Residence in Welton, near Brough, a team of staff who provide continuous specialist support to local families and children in need.

St Anne's School and Sixth Form College provide a safe and supportive environment to its pupils aged between 2 and 19, ensuring that all pupils are given the opportunity and experience to develop their life skills and independence through a personalised curriculum.

The donation will go towards the residence service that the school in-



corporates, which provides support to families in East Riding and surrounding areas who have children with autism, communication and severe learning difficulties, or other physical and mental health issues which require intensive specialist support. With only 334 residential specialist schools in the country, the residence team offers a 24-hour support line to all parents and carers who are in need of support for their families.

Exclusive dining at The Deep

The Deep is rolling out an exciting experience like no other, providing visitors with the opportunity to enjoy a one-of-a-kind three-course meal from Rupert & Darwin in the shadow of sharks.

The aquarium has faced significant hardships this year but is hoping that the launch of its new private dining



experience will attract seasoned and new visitors to help keep the city's beloved tourist attraction 'afloat'.

Katy Duke CEO of The Deep said: "The Deep costs approximately £6,500 a day to remain operational. We're an education and environmental charity that relies solely on visitor admissions, so this year has been particularly difficult.

"We've offered private dining experiences before, but nothing like this. So we're hoping this new offering will bring some joy and excitement to visitors of The Deep in 2021."

25,000 Enjoy gift of theatre - Hull Truck Theatre



Over Christmas, Hull Truck Theatre and local councils, Hull City Council and East Riding Council, shared a free streamed performance. The premiere performance of Prince Charming's Christmas Cracker received 1,916 views – equating to an estimated audience of 4,598 people. This is the

equivalent Hull Truck Theatre's Heron auditorium selling out 10 times.

Across the streaming period the performance received a total of over 10,000 views, equating to an estimated audience of over 25,000 people.

The accessible versions of the stream, which included audio described content and captioning were also well received by audiences, engaging over 3,000 people.

In order to help teachers and parents, the performance will remain available to watch until 31 January. Hull Truck Theatre's creative learning team are also providing bespoke learning resources and workshops to accompany the performance to help with lesson planning and home schooling.

The Papa's Fish and Chips Family Grows

We are delighted to announce the opening of our 2nd Drive thru at Bilton. Providing people with a more convenient way to collect their fish and chips without having to leave their car.

This is part of an continued investment we are making to our Bilton site which involves refurbishing the entire building including our restaurant which will be ready to open when the government allow.

With the refurbishment we have added some new items to our menu including Gluten Free Fish & Chips, our new Vegan option, Tofish & Chips, New freshly made Papa's Freezys (Milkshakes) and our freshly made Seaside Donuts. Bringing a taste of the seaside into the city!



Spencer Group preparing to begin works on one of the world's most historic suspension bridges

A Spencer Group team will carry out major works to remove, replace and then resurface almost all of the footway panels on the approach spans on both sides of the iconic Grade I listed Menai Suspension Bridge, the second oldest operational vehicular suspension bridge in the world.

The bridge crosses the Menai Strait between the island of Anglesey and mainland North Wales and, when opened in 1826, it had the longest span in the world.

The Menai Suspension Bridge project is the latest prestigious bridges renovation contract secured by Spencer Group and underscores the company's growing reputation for working on historic crossings. It comes after Spencer Group began work recently to refurbish and rebuild the 200-year-old Union Chain Bridge, the only operational suspension bridge in the world that pre-dates the Menai Suspension Bridge.



Agencia makes key appointment to set up investigations capability



A business which works nationally and internationally on health and justice reform has established its own investigations capability with the appointment of a former police officer who has built up a wealth of experience and knowledge in the field.

The move enables Agencia to offer an enhanced service to clients including governments and departments, businesses in the UK and overseas and other organisations.

Agencia Investigations will be headed up by Ian Tyers who enjoyed a 30-

year police career before launching his own business to provide investigative support to private clients, achieving considerable success in both loss prevention and recovery.

Ian was introduced to Agencia by Tim Holt, the company's Director of Serious Crime, and brings his expertise in developing sensitive intelligence as well as managing and directing routine and complex investigations into matters such as theft, fraud, counterfeiting, corruption and money laundering.

He said: "Among other things, Agencia Investigations will be helping clients internationally with the new markets that are going to be opening up, the new cultures that they will be dealing with and the need to be regulatory and legally compliant.

We've been getting to know all about our new partners recently, Wigwam Homes - the new up & coming Estate Agents who do it differently to other estate agents. So what makes them different? Well, we were lucky enough to get an impressive explanation from them

1. When your property is on the market with Wigwam you can be assured of maximum exposure. Estate agents use Rightmove and some use Zoopla, but many more potential buyers will see your house with Wigwam who use both, as well as several other internet sites. So powerful is Wigwam's exposure to the market that the average selling time is only 17 days.

2. Executive level Personal Service: The surveyor that carries out the valuation of your property will be your main contact for everything from first contact up until completion and after. Why suffer with some faceless call centre or junior assistants that can't answer your questions adequately and get passed around every time you call? We use surveyors with decades of experience under the belt for everything because it just works so well! We don't need to cut corners or pinch pennies as our winning strategies allow us to provide the best service possible at the best prices.

3. Because of our experience and consistent domination of the market, it only takes us an average of 17 days to sell a house, so we don't require tie-tins or cancellation notice periods at all, whereas 99% of estate agencies require 3 months' notice if you wish to stop using their services. This is quite an unfair thing that they do and it goes against our values of providing overwhelming satisfaction in every way imaginable for our clients. We don't believe it's right for anyone to be forced to stay with a service they aren't happy with – and so Wigwam gives you all of the control.

Call Wigwam Homes now to book a free valuation!

01482 50 51 52

www.wigwamhomes.co.uk



Hull Rotary Club Run Competition

Rotary Rewards 'CHRISTMAS HEROES'. We asked for heart-warming stories about people who found new ways to overcome the restrictions of COVID & continue to raise funds in support of their chosen charities & organisations. In a difficult year it was so good to hear about the efforts that so many people had put in to help others. From the entrants, two submissions were chosen by the adjudicating panel as worthy winners & so both have been awarded Certificates of Excellence along with prizes of £50 Amazon vouchers for their story & £100 for their chosen charitable organisation. These prizes were provided by the Rotary Clubs of Humberside & Holderness

The winners are:

Callum Munro (aged 10) who raised over £1,000 for the Macmillan Charity, by running 100 laps of Skirlaugh Playing Fields.

Sophie Godson a dental nurse & fitness instructor, has organised high energy, fun workouts for the community & in so doing raised funds for the Young Minds Mental Health Charity.

You are both 'CHRISTMAS HEROES' and we congratulate you for your fantastic fund-raising efforts & hope to see you at The Hull Santa Fun Run on 5th December 2021, details of which will be posted once any COVID restrictions are lifted.

Unfortunately, due to COVID the Rotary Clubs of Humberside & Holderness had to cancel their 2020 Hull Santa Fun Run which in 2019 had raised over £8,000 for local charities, clubs & schools but as you can see, we will be back in 2021.



Browns Books opens new chapter in growth story with move to Melton West

Educational supplier Browns Books is opening a new chapter in the history of the business by relocating to developer Wykeland Group's Melton West business park.

The business, which supplies libraries, schools, colleges and universities across the UK and abroad, is moving to a new, purpose-built head office and distribution centre at the growing East Yorkshire business location.

Browns Books has outgrown its current premises in Hull city centre and is investing in a freehold three-acre site at Melton West. Construction is well advanced, with the Browns Books team expected to be operating from their new home by June.

The two-storey, 44,000 sq ft building provides the space and purpose-designed facilities needed to support the company's continued growth, as well as immediate access to the A63 and onward to the national motorway network for distribution. The site has parking for 120 cars and room for further expansion.

The family owned and run business is one of the UK's leading supplier of books, ebooks and DVDs to libraries and educational establishments. The company applies coverings and labels

to orders on site to support library management; has its own "VleBooks" ebook platform with more than 1.4m titles; provides market-leading IT integrations with library software; and has a UK-wide sales team.

Although currently off the road due to the Covid pandemic, Browns Books even has a double decker bus which has more than 4,000 titles on board and travels the country as the company's mobile educational showroom, engaging with students in their schools and communities.

Browns Books' current building in George Street, Hull city centre, has been its home for 40 years and is where the vast majority of the company's staff of more than 80 are based.

Despite the scale of its activities today, Browns Books is still best known by many local people for its much-loved independent book shop, which traded for decades from the George Street site. The shop closed in 2008 as the company focused on its growing library and educational supply business along with its online ordering website www.brownsbfs.co.uk where individuals, parents and teachers can purchase books and educational resources to be delivered to any address.



Historic Queens Dock set to be unearthed for first time in 60 years

Once the largest dock of its kind in the country, sections of the original dock edge walls of Queens Dock are set to be unearthed for the first time in 60 years this month as part of a £4.3m city centre project.

The sections of the dock edge were last seen in the 1960s, when the gardens were remodelled to a design created by the renowned architect and town planner, Sir Frederick Gibberd.

Work to unearth the old walls will begin next week.

Councillor Daren Hale, portfolio holder for economic investment and regeneration at Hull City Council, said: "These walls once were greeting docking ships and bidding farewell to those disembarking from Queens Dock, in what we now know as Queens Gardens.

"Our rich maritime history will play an important role in the refurbishment of the gardens, so it's fantastic that we will be able to uncover and view the historic walls for the first time in so long this month."

When Queens Dock was constructed in the 1770s, it was the largest of its kind in the country. It was the starting point for some of the first

settlers in Western Australia, as well as not so successful voyages, such as a voyage to Canada which saw most of the crew killed by a local tribe and the captain kept as a slave for several years.

Queens Gardens is undergoing a £4.3m refurbishment that will see a new perimeter wall built around the boundary of the gardens.

The old dock walls will be incorporated in to the foundations for this new perimeter.

The £4.3m Queens Gardens refurbishment will improve accessibility and visitor flows, deliver structural repairs through rebuilding the perimeter 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. The Queens Gardens refurbishment is being funded by Hull City Council as part of the Hull: Yorkshire's Maritime City project.

Conserving Hidden Treasures

Even with the Hall's doors closed, life is busy behind the scenes at Burton Constable! One exciting development will see a hidden treasure displayed to the public for the first time. Burton Constable aims to display as many of its treasures as possible. Even amid closure due to Covid-19, we're working to make the hall and its contents as accessible as possible ready for the public's return.

Through the current lockdown, those staff still able to work on-site are working to conserve the historic interiors. Now, excitingly, we are also beginning the restoration of a 18th Century treasure never previously displayed to the public, as the Chained Captive begins its journey to Lincoln Conservation.

With the aid of a grant from the AIM Pilgrim Trust Conservation Scheme this hidden treasure will join the displays our visitors enjoy, taking its place in the Staircase Hall once more.



Woodlands see new partnership

Wykeland Group and Yorkshire Wildlife Trust have agreed a formal relationship for the management of an enhanced area of woodland, natural habitat and recreation at Melton West business park.

The partners have put in place a Management Agreement for the Trust to manage the existing 35-acre Long Plantation woodland with immediate effect as well as a new, nine-acre biodiversity corridor that will extend the green space within the eastern boundary of the site when this is established. Wykeland, the owner and developer of Melton West, is to invest £1m to create the biodiversity corridor as part of major landscaping and ecological measures. The Management Agreement will maintain and protect the Long Plantation, which features a section of the Wolds Way, as well as ensuring the expert management of the biodiversity corridor which is to be created directly adjacent to the tree belt. It will ensure a thriving, sensitively maintained and fully protected green zone between development on the business park and the neighbouring village of North Ferriby. Wykeland Property Director David Donkin said: "We have had a successful partnership with Yorkshire Wildlife Trust since 2012 to maintain and enhance the ecology and 1km woodland nature trail at our Bridgehead business park. "That relationship has been an outstanding success in managing and maintaining natural environments that are valued by local residents and employees alike and has also involved a series of innovative outdoor art projects working with local schools. "After two years of collaboration, we're now delighted to extend this partnership to



Melton West, with Yorkshire Wildlife Trust taking on responsibility for managing Long Plantation and the biodiversity corridor that we will create.

"Our aim is to set a best practice standard for how sustainable development can support ecological enhancements and co-exist with areas of natural habitat.

"As experts in the sensitive maintenance of wildlife areas, the Trust is best placed to proactively manage and protect an environment for nature to thrive and people to enjoy."

Yorkshire Wildlife Trust is a charity dedicated to conserving, protecting and restoring wildlife and wild places across the county.

The Trust looks after more than 100 nature reserves across Yorkshire and is involved in hundreds of conservation-related projects. The charity inspires thousands of children, families and individuals every year – helping them to connect with their local wildlife through events and engagement programmes.

The Trust's East Regional Manager, David Craven, said: "We are looking forward to taking on Long Plantation and the biodiversity corridor, and working with the Melton and North Ferriby communities to identify what is best for this popular woodland.

"As always, our aim is to enhance existing habitat, while simultaneously creating new opportunities to encourage more wildlife to the area. We see this as a long-term relationship that will bring great benefits to the both people and wildlife who make their homes alongside the Humber."

Long Plantation will continue to be fully accessible to the public, as will the new biodiversity corridor, creating an expanded area for local residents and employees at Melton West to use for recreation and to appreciate the natural environment.

The Trust will encourage local residents to be actively involved in management of the green spaces and will carry out public engagement events. The Trust will also use the area as an outdoor educational facility, supporting trainees and volunteers to learn new skills.

The new, dedicated area of natural habitat will feature four interlinked acoustic bunds, a new 1km footpath with interpretive signage, connecting through to the Wolds Way, and extensive new planting.

University of Hull launches Scholarships after £1.35m funding

The University of Hull has secured over £1 million of funding for a new centre which will explore humanity's relationship with water in the 'green-blue' regions of the world, past, present and future.

The Leverhulme Doctoral Scholarships Centre for Water Cultures will pioneer a new, humanities-led, interdisciplinary research area, the 'green-blue' humanities.

Researchers will learn from the past, from multiple disciplines and from Western, non-Western and Indigenous water cultures, with the aim of improving our understanding and resilience to water shocks and stresses including flood, drought and unclear water.

Dr Briony McDonagh, Director of the Leverhulme Doctoral Scholarships Centre and part of the University's Energy & Environment Institute, said: "This Centre builds on the University of Hull's international reputation for research into global water risks and resilience, cementing existing synergies and bringing the arts and humanities to bear on the urgent societal challenge of learning to live with water.

"The scholarship programme offers a fantastic opportunity to train the next generation of doctoral researchers in a critically important area of interdisciplinary research which Hull is uniquely positioned to take forward.

"I am delighted that the university was successful in securing funding, and look forward to working with colleagues, doctoral researchers and external partners in learning from diverse 'water cultures' past and present."



Recruiting Now



As one of the UK's biggest trade union, the CWU has a local branch office here in Hull situated within the Royal Mail Sorting Office on Malmo Road.

In Hull we represent over 600 members, the vast majority are Postal Workers but we have Parcelforce drivers, fleet vehicle technicians, cleaners, properties maintenance plus members in the Crown Post Office situated in the Northpoint Centre.

During the covid pandemic our members have been working tirelessly, through the busiest 10 month we can recall, and as proud key workers the members have overcome many challenges to maintain the best possible service we can, to all our customers.

Thanks to the CWU who negotiate with our employers, our members benefits include access to advice, representation, regular pay increases, paid holidays, no zero hour contracts, no minimum wage jobs, no compulsory redundancies, free legal advice, job security, it's interesting to note that unionised

workplaces are safer and unionised workforce pay is on average 18% higher than non unionised workplaces, joining a trade union is a no brainer.

Nationally the CWU also specialises in representing call centre workers and we're also appealing to the large number of couriers who currently have no voice in their workplace, to give us a call on 01482 832032 for further advice.

Whether you're employed in telecoms, finance, communications or the emerging technology sector, our advice is join a trade union, and the more members that join the stronger the union becomes, the Communication Workers Union are here to help you on that journey.

Andy Parrish
CWU Branch Secretary

Health & Wellbeing

keeping our community happy and healthy



Sarah Winn - FitSista Fitness Instructor & Personal Trainer

Realistic Goal Setting

The New Year is the perfect time to set some resolutions for the year ahead. But do you set the same goals each year? And do you reach your goals?

If what you tried last time didn't work, what makes you think that doing the same thing all over again is going to give you a different outcome? Because if it didn't work last time you tried, you may need to change your plan of action!

Losing weight and getting fit is one of the most common resolutions, especially after spending the festive season eating and drinking so much. But after a couple of months of the initial 'I'm going to lose weight and get fit' motivation, many give up.

But you don't need to be one of the quitters! There are strategies for success in keeping that Health and Fitness motivation going all year.

Set and Commit to a specific goal

Although the long-term goal may be to lose 2 stone or run a 10k, it's a good idea to set short term goals too. Sign up to a challenge, but also set yourself weekly/monthly challenges that will lead you to your main goal. Make sure your goals are S.M.A.R.T (Specific, Measurable, Achievable, Realistic and Time framed) and write them down!

Get Accountable

Being accountable for your goals has been shown to make people more likely to stick to their Health and Fitness goals so join an online fitness group, get yourself a fitness buddy or hire a personal trainer. A commitment to another person means you're much more likely to stick to the plan. Having an online social fitness community (e.g., Facebook group) can also inspire you to keep working towards your goals.

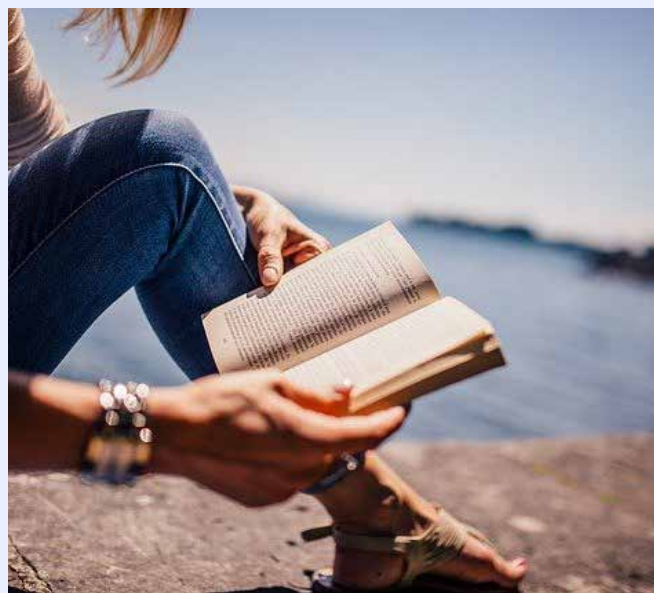
Find the Best Exercise and Diet Plan for you

The best Exercise and Diet plan for you is the one that you enjoy doing! You are far more likely to stay consistent if you actually enjoy what you're doing and therefore this commitment will bring the greater long-term results. If you find it boring, you won't stick to it so try something else!

Keep Going

Those low moments when you feel like stuffing your face or cancelling your workouts are bound to happen - so plan a strategy for dealing with it and if you blow it - get back on it again the next day, it doesn't mean you've failed - you only fail when you give up!

You don't have to exercise or eat like an athlete. It doesn't matter if you're first or last and so what if you didn't get a slimmer of the week award! The most important thing to making your New Year's resolutions work in 2021 is to keep at it! Happy 2021 - Here's to your Health, Fitness and SUCCESS!



While we're all currently under so many restrictions, staying at home, working from home, home schooling, not being able to meet up with friends and family and looking after everyone else - Are you also remembering to look after yourself too?

Taking some time out to care for yourself isn't selfish - it's essential! 'You can't pour from an empty cup'. So, whether it's half an hour peace and quiet in the bath, going for a walk, reading a book, doing some exercise or even just having a nana nap, make sure you're taking care of yourself along with everything else - Your personal wellbeing is so important too!

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

Yoga and Mindfulness

with Tristessa Moore



You are enough! How to Survive Lockdown 3.0

As we move through Lockdown 3.0, you don't need to force yourself to think positively, and be strong, especially during this period of collective difficulty. It's okay to feel disappointment particularly if the start of 2021 wasn't what you hoped for. Lockdown is not normal and normal productivity and normal behaviour is for normal times. But we can try to adapt a little without placing undue pressure on ourselves.

Some of us may have already resolved to change our exercise and eating habits for the start of 2021. However, in stressful times like these, our brains are hardwired to resist change. Motivation and willpower come from the thinking and decision part of our brain, but when these are overloaded with stress, it's difficult to resist unhealthy choices.

What does not help is when 'experts' and 'celebrities' publicise that lockdown affords us the space for self-improvement whether mentally, physically, or spiritually. Fear tactics in instigating lifestyle changes don't work and neither does the toxic fitness mantra, "No pain, no gain."

They only make us feel rebellious, guilt-ridden, or bad about ourselves. What we need instead is to cultivate compassionate self-care. Yoga helps us to listen to our bodies, instead of pushing through or avoiding pain and emotions. And I am not talking about Power Yoga and Yoga for Weight Loss. They sell an ideal of body perfection that commercially aims to profit from our self-doubt and personally, I don't enjoy eating lettuce leaves and eyelashes meals. And as for detox dieting or detox Yoga, we have a liver, kidneys and an excretory system that does that perfectly well. Cleanses and fasting can also be stressful on our bodies especially during the colder months when we want to hibernate.

What psychology tells us is, that instead of starting with what we think may be wrong with us, we should always start with what is already right, and work from there, celebrating each tiny gain until they eventually become bigger. When we focus on what we can control, rather than what we can't, and by focusing on the 'now', rather than long-term goals or benefits, we can often find that motivation comes after action and not before.

Mindfulness and Yoga are more just than being attentive to the moment and through movement, they're also about living with purpose and connection.

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Fighting a mental battle? Try mindfulness...

with Fran Dunning



These are stressful times, and with another lockdown imminent it's no surprise that many of us are feeling it...

Feeling what, exactly? Stress, anxiety, fear, worry, pain... Or perhaps you're tackling longer term health issues? And that's in addition to everything else!

With so many things to manage and navigate in life – work, bills, family, social media, potential unemployment and a lot of uncertainty, managing our thoughts, both positive and negative, is something that often gets pushed aside. But it is these thoughts that can make the difference between a happy, calm, confident you and an unhappy, stressed one.

Mindfulness is a simple, practical tool that we can all learn to reduce the stress, fear and anxiety in our lives. It can even help to manage chronic pain. By focussing your thoughts and calming your nervous system, it gives you the ability to work with your own situation, whenever and wherever it presents a challenge. Practiced regularly, it can lead to a more peaceful you.

So, when was the last time you took time for yourself? Not for your friends, parents, partner or children, but you? A relaxing bath, a walk in the park, or perhaps even a mindfulness practice...

Taking part in free group mindfulness sessions is a great way to start your journey to managing your emotions, reducing stress and releasing anxiety. A chance to help you develop a mindset that is beneficial, and not detrimental to yourself and those around you. Perhaps you've tried everything and

nothing seems to help, or perhaps you've tried nothing so far but want to improve your mental wellbeing. Whatever position you're in, now's your chance to give mindfulness a go and develop the tool kit to manage your circumstances and change your approach to those things that are holding you back.

Every Monday evening, Fran Dunning, a skilled mindfulness coach and hypnotherapy practitioner, offers online mindfulness sessions that are simple to join and free of charge. Each session is 30 minutes long and will give you the opportunity to take a step back from your busy week and relax. With 20 years' experience as a hypnotherapist, and personal experience of overcoming cancer, Fran has the understanding and empathy to work with individuals to support them through their own challenges, break free from negative thought processes, and live a more fulfilled life. By taking part, you'll meet others in a similar position, and together, be guided by Fran to calm your busy mind. To get your Zoom link for the Monday mindfulness sessions, call Fran on 07973 819867 or visit: <https://www.francesdunning.com> for more information.

If your interest lies beyond mindfulness, however, and you feel hypnotherapy may be the way to overcome your fears and worries, Fran offers free initial consultations. So to find out more about hypnotherapy and how one session can change your life see <https://www.francesdunning.com> or speak to Fran on 07973 819867.



How to Help Kids Who Are Too Hard on Themselves by Katherine Martinelli

problem.

Globalized thinking

Kids often make statements about themselves that reflect “all or none thinking,” explains Lisa Brown, PsyD, a private practitioner and psychologist at the Rodeph Sholom Day School in New York. For example, when a child doesn't do well in one soccer game and exclaims, “I stink at soccer!” When this kind of globalized thinking persists, she says, it “can affect how children think and feel about themselves in general.”

Perfectionism

“Children who set impossibly high standards for themselves,” says Dr. Brown, “are prone to engage in negative self-talk.” These perfectionists can be so hard on themselves that they run themselves down trying to reach their goals.

When to worry

In isolation, negative self-talk is natural and not cause for concern. But it can also be evidence of low self-esteem, a learning disability, anxiety, or depression. Dr. Busman offers these signs to look out for:

The negative self-talk is persistent and pervasive.

It is not based in reality. For example, your son gets invited to play dates but still frets that no one likes him, or he always aces spelling tests but remains anxious that he will fail.

It is impacting a child's relationships or schoolwork. Your daughter's eating and/or sleeping patterns have changed.

She's making persistent, vague “I don't feel well” statements in the absence of physical symptoms.

What parents can do to help

Here are some ways to free children from negative thinking and steer them away from destructive self-talk:

Listen and validate. It can be tempting to ignore it when a kid first expresses negative feelings, but Dr. Busman says she “would recommend never just brushing off those kinds of comments, even if they're kind of silly or not based in any reality.” Instead, offer a safe place for your child to come with concerns and try to find out what is going on.

Offer a realistic approach. Both Dr. Busman and Dr. Brown advise against battling critical self-talk with overly optimistic “positive thinking,” and recommend a more realistic approach. So if a child says she's sure no one will talk to her on her first day at a new school, you don't want to say, “The first day of school is going to be great and you're going to make a million friends.” Instead, you might offer: “The first day of school might be a bit scary, but as you settle in you will likely make friends and grow to love it.”

We hear kids say negative things about themselves all the time: “I'm so stupid!” “Nobody likes me.” And, of course, “I'm fat.” Or “I'm ugly.” Sometimes these things are throwaway lines, or fishing for reassurance. They may be harmless. But what experts call negative self-talk can also reflect an unhealthy tendency in kids to think the worst of themselves, and that can lead to—or be a sign of—something more serious.

What is self-talk?

Self-talk is essentially our inner monologue, explains Rachel Busman, PsyD, a clinical psychologist at the Child Mind Institute. It can be a way of narrating what is happening around you, practicing language, and guiding yourself through a task.

While self-talk is often constructive, it can also go the other way. We all engage in self-critical behavior from time to time, and it isn't an immediate cause for concern. But it's useful to think about why your child might be talking herself down, and when it might reflect a

Article courtesy of childmind.org

BYGONE STREET GAMES "FOGGY FIRST"



Virtual games seem to have replaced street games. Technology has always influenced the way society is shaped and individuals behave. Nothing stayed the same. The day it does is the end of progress. Now and again, however, it is good to reflect upon the past. So let's take a look at the games kids played in the streets of Hull in bygone times. Time-wise, I have focussed upon the "good old days" between the post-WWII years and

the pre-TV days. Outdoor games had a seasonal pattern to suit our British weather. We begin around Easter as the warmer climate crept northwards:

EASTER: starting rituals / skipping / ball games / rhymes / marbles;

SUMMER: cricket / rounders / hopscotch / homemade toys;

AUTUMN: conkers / water-pistols / more verses;

WINTER: Bonfire Night / indoor pastimes / Christmas / snowmen; and

SPRING: April Fool / Legging-down / May Pole.

Regardless of the above rough outline, few games began without a starting ritual.

STARTING RITUALS: Foggy First

Games were often played in groups and going first was sometimes an advantage – like when playing hopscotch, marbles or ciggies – "Bags, I go first" or "Foggy First" was yelled out loud. Then others shouted: "Seggy second". Slower kids ended up "Laggy Last". Alternatively, there were gibberish counting verses to choose who was 'IT'. Many of these verbal chants are shrouded in ancient mystery. "*Eany, Meany, Miny, Mo / Catch a 'tiger' by his toe*" – derives from a long-forgotten Celtic counting method used by Druids to select their next sacrificial victim. Older readers will recall this verse being "Catch a nigger by his toe". But, since the 1980s, the word 'nigger' has become PC or Politically Incorrect. Words come in and out of fashion – like the games themselves as the seasons unfolded.

"*Hickory, dickory, dock / The mouse ran up the clock...*" This rhyme has been traced to the numbers "8, 9 and 10" of a tally system used by shepherds checking their flock; fishermen landing their catch; old ladies counting stitches when knitting; or even witches casting spells over a cauldron. "One pertater, Two pertater..." – I am not sure of the origin or what this popular starting ritual means. One suggestion is that the word 'pertater' is the Hull pronunciation of potato. Some other starting chants went:

Ip dip my blue ship

Sailing on the water

Like a cup and saucer

Out goes you (pointing at someone).

Tinker, tailor, soldier, sailor...

Ink, pink, pen and ink

Who made that awful stink? = You.

Finger Flashing was another means of selecting someone for an unpopular role: Paper, Stone, Scissors (the odd one out was 'IT'). This may be of ancient Chinese origin and brought to Britain by seafarers in the days of sail. Other methods of choosing who was 'IT' could be by drawing straws or lots, or simply tossing a coin. Equally, someone in the gang might suddenly burst into the little rhyme: **TOM-TIT, YOU'RE IT!** – touch the unlucky person and everyone else ran away as fast as possible.

Once it was declared who was 'IT', it was as if the selected child had the Dreaded Lurgy – a contagious disease. Those nearby ran for his or her life! Tig was a game that had many forms: Touch Tig was the standard version; Ball Tig where a ball was thrown at a playmate to make them the next person 'IT'; Shadow Tig involved a kid being caught when the chaser stood on her or his shadow. The taunt: "*Ha, ha, ha / Hee, hee, hee / You can't catch me / For a bumble bee*" was used by confident kids to annoy the child who was IT.

But the question is "Why is the selected person called IT?" I enjoyed researching this issue and was delighted with the unexpected result. The diabolical answer is that IT is the DEVIL. And, as Satan was neither Man nor Beast, he was 'IT'. It was taboo for children to utter his name and so euphemisms or nicknames were used for Old Nick. In other parts of the country the words used involved He, Horny, or On. An implicit message of games is that Lady Luck is a fair judge of who goes first. Chance and circumstances, therefore,

has authority and is respected by those who play the game.

SKIPPING: All in Together Girls

Skipping was a popular pastime – mainly with girls in the streets. There was a rich variety: Double jumps – 'bumps' with two ropes; double skipping; French skipping with old knicker elastic; and skipping races. The ropes sometimes came from mum's old washing line or dad's place of work. Adults usually turned a big rope across the terrace – sometimes as a special event on Good Friday – and many kids tried to get in on the act with such rhymes as: "*All in together girls / Never mind the weather girls. Another went, All in, a Bottle of Gin / All out, a Bottle of Stout / All over, a Bottle of Clover / All through, a Bottle of Glue.*" Although the next verse is associated with East Hull, it was nevertheless popular throughout the port:

Reckitt's girls / Reckitt's girls (this line is repeated between the following lines)

Eyes like diamonds / Teeth like pearls

Rosy cheeks and flaxen curls

High-legged boots and mass of curls

There's none so fair as Reckitt's girls

None can beat those Reckitt's girl.

Most skipping, however, was a solo act with friends looking on waiting to have a turn with the rope. One rhyme went:

I am a Girl Guide dressed in blue

These are the actions I must do:

Salute to the King

Bow to the Queen

Never turn your back on the Union Jack

(or) And turn my back on the Wringing Machine.

[A rude version ends with the line: "And show my knickers to the football team"]

There are too many skipping rhymes to mention in full, but here are a few opening lines: *Blue Bells, Cockle Shells / Akabackar Soda Cracker / Sam, Sam, the Dirty Old Man / Teddy Bear / I Like Coffee / 24 Robbers / I'm a Girl from Italy / Apple Tree / Monkey, Monkey / Two Little Kittens / Matthew, Mark, Luke and John, Bless the bed that I lie on / I had a little doll / Hiperty Hop to the Candy Shop, To buy a stick of Candy, One for you, One for me, And one for your Sister Sandy.* Added to these, some slow children were encouraged to chant or sing the alphabet or times tables as they skipped or played double ball.

When lads got hold of a length of rope, however, they were a little more mischievous. They sometimes tied door knobs together across a terrace. They then knocked on the two front doors and watched from a safe distance as the respective householders struggled to get out. Swinging on a lamp-post also involved hours of fun and energy – "until someone broke a mantle and we had to scam".

BALL GAMES: Lady, Lady, Sling Your Hook

As the weather improved, ball games came more into their own. Boys took to football. The old-fashioned leather ball with its laces could be a real killer. Catch one of



Dr. Alec Gill MBE



Girl swinging on a lamp-post in Eton Street (12 April 1980). The corner shop, with its BASS Worthington Ales off-licence sign, adds character to the vintage image.

those wrong with the head or foot and your neck or ankle certainly knew about it. Some youngsters made their own balls by stuffing newspapers into one of granny's old stockings. Meanwhile, the girls preferred the more sedate double ball against a wall – “we spent hours playing”. Again, different rhymes went with these games (and some overlapped with skipping verses). One of the most popular chants was:

Nebuchadnezzar, King of the Jews / Bought [or sold] his wife [for] a pair of shoes. When the shoes began to wear / Nebuchadnezzar began to swear! When his swearing began to stop / Nebuchadnezzar bought a shop. When the shop began to sell / Nebuchadnezzar rang his bell. Alternatively, “Nebuchadnezzar went to Hell”. When the bell began to ring / Nebuchadnezzar began to sing...

It sounds as if this rhyme could go on forever, but this is where my research ran out of lines. Another version, however, goes: *Alla Balla Booshka, King of the Jews - and ends with:*

Lady, Lady touch the ground / Lady, Lady turn around

Lady, Lady show your foot / Lady, Lady sling your hook (at this, jump out of the rope)

One rhyme that reflected the poverty in Hull went:

Mary Ellen at the pawnshop door

With a ticket in her hand

And a parcel on the floor.

She asked for six

But he only gave her four.

So she picked up the parcel

And slam went the door.

The following two rhymes have a tentative link with fish:

One, two, three, four, five - Once I caught a fish alive.

Six, seven, eight, nine, ten - Then I let it go again.

Why did you let it go? Because it bit my finger so.

Which finger did it bite? This little finger on my right.

Rude rhymes were also fun and a secretive element between children:

As we walked down Icky Pickey Lane

We thought we could smell some kippers.

We asked a lady what it was

She said, “I’ve just wet my knickers”.

Repetition is central to rhymes. Kids rarely got bored with recurring lines. Indeed, the predictable pattern provided a sort of reassurance and comfort. It was certainly part of the learning process and street games aided the command of language. As did little jokes such as: “Why did the window box? Because it saw the garden fence. / Why did the tap run? Because it saw the kitchen sink.” As well as the fun of the pun, verses such as these unwittingly taught youngsters how English speakers turn nouns into verbs without changing any of the letters in the word. No other world language can do this with such ease. Lots of hidden learning took place during childhood games. “I Spy with my little eye something beginning with S...” helped with both the alphabet and spelling. Wordplay was education at work in a joyful way. And what better time to learn than in the formative years through innocent verses and chants.

I have very few examples of clapping game rhymes apart from:

My mother said, I never should / Play with the gypsies in the wood.

If I did, she would say / ‘Naughty girl to disobey.’

The implicit message here, however, was perhaps a negative one that there are groups in society to avoid. Childhood games can also be a seedbed for prejudice.

HAND-EYE SKILLS: Swap Your Bollies?

A variety of games unwittingly taught children their hand-eye co-ordination skills. ‘Ciggies’ involved flicking a flattened cigarette packet at an opponent’s pack propped against a wall. Jacks is a universal game with many variations, played with five pieces and a little white ball that was bounced into the air whilst the pieces were quickly collected from the ground. A very popular game was rolling marbles along the gutter – especially on the way to school. Everyone had his or her favourite coloured marble. Names for different types of marble may or may not be local. But some of those played in Hull involved Glammoggs or Glassoggs – big opaque glass marbles from the print industry; and Bollies – steel ball bearings from factories or garages.

Swaps was a regular activity and so the ability to haggle was a useful one in later life. In addition to playing marbles in the street gutter, games were played on rough wasteland or bombsites where a hole was stamped into the ground “we dug a bunker out with the heel of your shoe”. Marbles were then aimed into the hole. Another game of marbles was with a strip of wood or

an empty shoe-box turned upside down with little arches cut out. Each arch bore the number of points added to a player’s score if they got their marble through it. Bullies sometimes grabbed someone else’s marbles and shouted, “Generals, no corporals” or “No returns of any sort”.

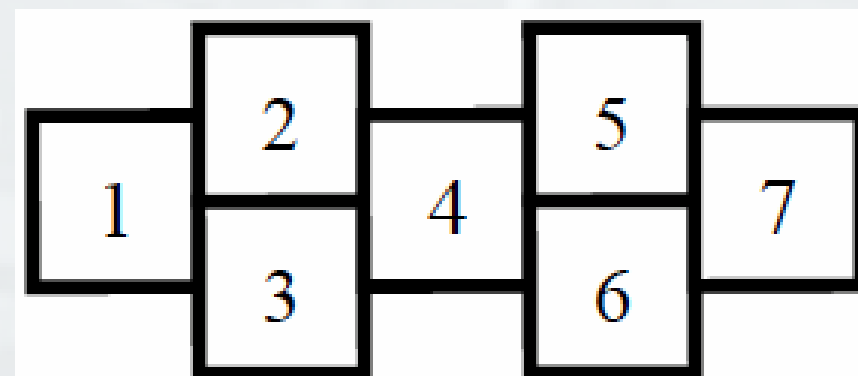
MIDSUMMER MADNESS

CRICKET: How’s That!

As summer came around, the hard ball of cricket replaced the ‘soft’ football. It was rare to see a proper cricket bat and ball around the community streets of Hull. Many were home-made from a plank of wood. A lamp-post made a good wicket. Several matches took place in the same street at different posts – with not an umpire in sight. The girls’ version tended to be French Cricket where legs ‘stood in’ as stumps. This method certainly avoided the call of “LBW! = Leg Before Wicket”. Rounders used bricks or jerseys for each base and a broken broom handle for the bat. This had less complex rules than cricket, more exciting and action-packed – something akin to baseball in the USA.

HOPSCOTCH: Soul Ascends to Heaven

The very popular street game of hopscotch involved chalking several squares on the flagstones. The first child threw the flat stone and hopped in and out taking turns up to the final square. My big research question to interviewees (or audiences) was: “How many squares? Ten was the most popular – but numbers varied. In rooting out the symbolism of this game, one clue came with the number seven that rhymes with Heaven.



Seven hopscotch squares represents a bird’s eye view of a church plan. The number also rhymes with Heaven. Whilst the flat stone that is thrown symbolized the soul.

The hidden symbolism of hopscotch is that the seven-squares, from a bird’s eye view, is that of a church layout. The flat stone is the soul on its tricky ascent to Heaven. But if a particular player steps on a line or wobbles over whilst trying to pick up the stone, then the bad news is that their soul will not go to Heaven.

Another flagstone amusement was the expression: “*Never step on a line / or you’ll marry a swine*”. A more unpleasant one went “*Step on a crack / Break your mother’s back*”. Other pavement games included leap frog, hand stand, crab walking and, of course, the whip-and-top with different coloured patterns chalked on the top. The tops varied in design from the plain straight sort to the mushroom shape – known locally as ‘window smashers’ – because they flew into the air in all directions.

HOME-MADE TOYS: Tin Can Walking

Post-war poverty and rationing meant that some children had few or no bought toys. Nevertheless, this did not mean they lacked playthings. Home-made toys were common. A child would show a mate something and proudly declare, “Look what me dad made me!”: wooden stilts sometimes had hand grips made from lemonade bottle stopper rubber rings; tin-cans were held to the feet with string – they made a wonderful clanging noise – apparently, treacle tins were better because they were bigger than bean or other tins (a bean-tin phone enabled friends to speak along tightly stretched string – the first mobile phone!); bogie-carts were made from old pram wheels and an orange box on a plank. A length of rope controlled the steering. Brakes were an unknown luxury, so the foot was used. Other homemade items might include a wooden fort, doll’s house, or garage.

There are countless other games I have not mentioned such as: battledore & shuttlecock, Riallio, swimming? What others can you recall?

Positive News

from around our city

CRANE CREW GIVE DAISY APPEAL A LIFT AS THEY TARGET THREE PEAKS CHALLENGE

Workers at a Hull-based powered access and lifting company are aiming high to raise funds for the Daisy Appeal by completing the Three Peaks Challenge.

The team from Hird Ltd aim to reach the summits of Pen-y-ghent, Whernside and Ingleborough during summer 2021 after being forced to postpone a planned attempt during 2020.

They plan to top-up a donation made to the Daisy Appeal as the result of a payroll giving scheme which has enabled workers to support charities while they were prevented by Covid restrictions from organising other events.

Richard Christiansen, Health and Safety Officer at Hird Ltd, said: "We did a charity Three Peaks Challenge in 2018 and in 2019 three of us did the Lyke Wake Walk and raised more than £1,800 for the Daisy Appeal.

"We were going to do the Three Peaks again in 2020 but obviously because of the restrictions it didn't happen, so our target now is to complete it during 2021 and meanwhile we'll continue the payroll giving."

Hird Ltd, which was founded in Hull in 1983 and specialises in a range of power access and heavy lifting services, has more than 80 staff at its four sites across the UK, each of which raises funds for charities in its own area. The workforce of around 30 at the Hull depot in English Street

supported five local charities, with the Daisy Appeal receiving £300 as its share of the proceeds. Richard said: "We also supported Life for a Kid, Viking FM's Cash for Kids, Hull Food Bank and Hull 4 Heroes and we were keen to support the Daisy Appeal again because a lot of our colleagues have connections with cancer, whether personally or through family and friends."

Claire Levy, Fundraiser for the Daisy Appeal, said: "We're so grateful to the guys at Hird Ltd for coming up with a different way to support our work once they found they were unable to complete the Three Peaks Challenge. We hope their efforts will inspire other businesses to embark on new fundraising ideas because we can't afford to let Covid stop people from raising money for charities which are more in need now than ever."



Beal backing supports growth of thriving Kingswood community football club

Kingswood United launched its soccer school in June 2019, initially for about 60 children aged four to seven, following sponsorship from Beal.

The weekly sessions proved so popular they had to be increased and the club now has 21 league teams for children aged six to 13, as well as the soccer school and "turn up and play" sessions, providing weekly football activities for 240 youngsters in total.

Now East Yorkshire-based Beal has sponsored Kingswood United for a second year, funding winter jackets for the 26 volunteers and coaches who give up their time for free to ensure the club and teams run smoothly.



THE LATEST WITH LOGAN

Hello everyone it's me Logan Richards. I would like to start by saying Happy New Year! I was thinking that I had not done much over the last few months but when I started thinking about it I realised I have been quite busy.

Back in October my mum received a phone call out of the blue from the Institute of Health Visitors. They had read some poetry I had written and wanted to film me reciting it so that they could use it in their Autism Awareness presentations to help health visitors gain a wider knowledge of the autism spectrum disorder. I did this over zoom and it was very exciting. I felt like some kind of celebrity. I recited my poem 'Different Me'. I felt very privileged being able to do this for them.

I have also recently become an ambassador for Anna Kennedy who is the Founder and Chairman of an Autism Company. I have done one assignment so far which was a video for an anti bullying campaign. I loved taking part in this video which was done during anti bullying week. I hope this raises more awareness about bullying.

I have entered a few online performing arts competitions over the last few months and I was so pleased with my score of 87 marks that I received in the vocal section and the adjudicator said that my voice was perfect for the song Edelweiss. I also gained two 1st places in the drama sections. I got outstanding scores of 90 and 92.

I am so looking forward to going back to school. I have really settled in and enjoy going. I have made a really good friend with a class mate and that just makes it a lot more fun at school too, knowing that this person is there.

Hopefully this month I will get to audition for a part in the Wizard of Oz at State of the Arts. I cannot wait! I hope to get the part as either the witch or lion so I will keep you posted and let you know how I got on in next months edition. Bye for now!

University working with global food giant Heinz

The Logistics Institute is helping Kraft Heinz improve freight movement of its products across Europe.

The Institute is a partner in the Liverpool-Humber Optimisation of Freight Transport project – designed to revolutionise the haulage of Kraft Heinz products from the Netherlands to the company's National Distribution Centre in Wigan.

With carbon efficiency at the heart of the project, the partnership trialled moving products by rail, via the Humber port complex. The ambition is to reduce UK land transport of 100 million miles of freight movement annually, thus lowering congestion and CO2 emissions.

The rail trial proved to be a success, and Kraft Heinz – behind brands such as Capri Sun, Philadelphia and HP Sauce – is now considering whether to build on the findings of the study.





HOW HULL KEPT THE CHILDREN WARM

BY MIKE COVELL

During September 1939, many parents in Hull took the difficult decision of sending their children away to reception centres across East Yorkshire and North Lincolnshire to escape potential aerial bombardment due to enemy action. The evacuation, named "Operation Pied Piper" presented many problems, from ensuring the children had access to health services, education, places to live, places to learn, and places to play.

One of the biggest challenges, however, was trying to keep the children warm, and as the winter of 1939 approached, the residents of the city moved in what was one of the largest charity drives the city had ever seen, all in a bid to keep our children warm.

The idea for the scheme was started on September 9th 1939, when it was announced that a special fund should be established for the children. At the time, however, the take up was poor. A later fund was established at Nafferton on September 16th, but again only the villagers of Nafferton were putting into the scheme.

Eventually the Mother Humber Fund got involved, and on September 20th 1939 they announced that they had managed to save and spend £90 on warm suitable clothing for the children. At that time, however, it was estimated that some 40,000 Hull school children were scattered around the region, and more was needed.

Charity boxes were established across the city, and anyone wishing to donate could send money to the Mother Humber Fund, but they were in desperate need of more help, and the response that they had at the time needed more direction, with their resources stretched to the limit.

Enter the Lord Mayor of Hull, Councillor Pashby, who stated that Hull needed a unified drive to provide for our children. With the help of the Lady Mayoress, Councillor Mrs Pashby, they created a scheme that would see the amalgamation of the Lord Mayor's Fund and the Mother Humber Fund. The scheme was set up on September 28th 1939 at the Hull College of Art, which is today NAPA at the top of Anlaby Road. The amalgamation meant that there would be a better operational core, and everything was compartmentalised to help with swifter running. All shoes and clothing could be sent to the Hull College of Art, and all financial donations would be sent to Guildhall and dealt with by the Town Clerk and the Town Fi-

nances Office.

The scheme saw the provision of warm clothes, jumpers, waterproof jackets, socks, underwear, and suitable footwear that would see out the colder winter months. Mrs Pashby was a driving force behind the scheme, and managed to meet with several ladies groups in Hull, giving each of them a mission, they were to create as many woollen clothes, hats, socks, gloves, scarves, and jumpers as they could, then donate them to the fund.

Mrs. Pashby also arranged a city wide drive for wool! She asked that anyone with any spare wool or off-cuts should send them to the Hull College of Art, so that the ladies groups could use them to make clothes. The drive inspired many others, and eventually the American Red Cross would join the Hull Wool Drive, having parcels of wool sent over from the United States of America!

There was still a shortage, but by the 1940's the drive continued to pick up pace, and it was announced that sewing and knitting was now to be taught to all Hull school children who had been evacuated. There was soon an army of 11 - 16 year olds sewing old clothes, and knitting new ones, and it was said that every reception area had at least one group who were involved in the scheme, and across the summer of 1940 thousands of items were made for the children.

Many of the villagers at the reception centres were also keen to help, and soon small sewing and knitting groups began to crop up across the region at village and church halls.

The drive had worked, and it was reported that none of the Hull school children would be without. By that point, however, many of the children who had been evacuated were working their way back to Hull, and the dark shadow of war was quickly descending on the city.



Temporary farewell to some of Hull's maritime paintings

A number of Hull's historic maritime paintings from the Hull Maritime Museum, some dating back to the 1700s, are to receive conservation treatment. Following a survey of 400 paintings, the 12 selected paintings that depict a variety of mar-

itime themes with important links to Hull's rich maritime history have been de-installed, packed and transported to a conservation studio in Lincoln. Once restored they will be placed into storage until the refurbishment of the museum is complete.

THE BLITZ PROJECT

by IAN JUDSON



I'm back and I've got new developments to tell you about. Obviously because of the latest lockdown, a lot of plans have had to be put on the back burner, but that is also allowing me a bit more time to work on new projects, one of which is particularly exciting.

In recent months, I have been in a position to buy certain filmmaking equipment, it is by no means the finished article yet, but has the potential to become just that, with a bit of a leg-up.

As a result of what equipment we have so far, myself and Kenny Richards-Preston have started Lightning Bear Film Productions, and we are currently working on a project about the Hull Blitz, which we are intending to use to commemorate the 80th anniversary of the worst nights of the blitz on our North East Coast Town on 7th, 8th and 9th May this year.

Because of my job as a domiciliary social care worker, I am regularly visiting people who lived through those desperate times in our history, and now we're in a position when we can bring those remarkable true stories to you, as long as we can get the sort of broadcasting platform that we need to show this.

With the help of Councillor Aneesa Akbar and National Civilian World War 2 Memorial Trust (NCWW2MT) trustee Hilary Byers, we are researching and finding some funding (although we do still need more, if anyone can help). We hope to bring you a documentary film and artistic event to be proud of for many years to come, recording the true, real-life stories of some of the people who were there to see it happen, including such events as the bombing of the National Picture Theatre on Beverley Road, the threat of invasion on the East Coast and one unfortunate story about a particular lady's bike, among others.

Something else you could help with is dancing. If you're a professional dancer, part of a dance school, or even if you just like to dance around at home, we want to hear from you! It doesn't matter what level you are, if you want to be involved with this very ambitious project, please contact me asap!

I'll sign off for now, and will keep you updated as and when.



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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.

Hundreds of volunteers sign up to meet and greet Covid vaccine patients

The team behind the huge drive to vaccinate the East Riding's most vulnerable residents have thanked volunteers for responding to an urgent plea to meet and greet patients.

More than 750 people have volunteered to help patients feel at ease and direct them as they arrive and leave their vaccination appointments.

HEY Smile Foundation is working with NHS East Riding of Yorkshire Clinical Commissioning Group (CCG) and Humber, Coast and Vale Health and Care Partnership to coordinate the volunteer effort.

About 150 volunteers have already gone through the induction process, and have either completed or are about to complete their first session at one of the community's seven vaccination hubs.

The positive response comes after an appeal for volunteers on social media and, while many remain on the waiting list for induction based on demand in certain areas, the team is encouraging people to keep the opportunity in mind to ensure momentum continues over the next eight to 10 months.

Russell Wenn, Assistant Director of Planning and Performance Delivery at NHS East Riding of Yorkshire CCG, said: "Volunteers are critical in rolling out the vaccine to our most vulnerable residents and I'd like to thank everyone who has come forward so far.

"The vaccination programme is progressing very well and will continue for several months. The volunteers are helping that process to run smoothly by being a listening ear, a friendly face and a knowledgeable point of contact to guide patients in the right direction when they arrive for their appointments.

"While we've had a fantastic response to our appeal for people to offer their time, we encourage

anyone else who is interested in volunteering to come forward and register their interest so we can continue to make this the best experience possible for local people."

The vaccination hubs are located in Beverley, Bridlington, Brough, Drifffield, Goole, Hedon and Willerby.

Volunteers are asked to commit to at least one four-hour session per week and some marshalling will be required outside.

A 30-minute online training session will be arranged and delivered by HEY Smile Foundation before volunteers are allocated their sessions and teams.

Volunteers receive Personal Protective Equipment (PPE) and a high visibility vest and HEY Smile Foundation will cover expenses for travel to and from their dedicated hub and parking. Refreshments will also be provided.

Andy Barber, HEY Smile Foundation Chief Executive, said: "The response to our recent appeal for volunteers has been amazing and we'd like to thank everyone who has offered their time to play their part in this huge effort.

"We're incredibly proud to bring together so many enthusiastic, compassionate and willing volunteers who all want to make a difference and support the hard work and determination of NHS staff. The is certainly a marathon, not a sprint.

"I can't stress enough how important the volunteers are in this effort. They are key workers in their roles and are vital role to help ensure the vaccination appointment process runs smoothly, supporting as many vulnerable people as possible."

Vicki Pellatt and her daughter, Chloe, from Bilton, are among those who have volunteered and have completed two sessions at the Covid vaccination hub at Church View Surgery in Hedon.



HULL WORKERS PENSION COMPENSATION

WE ARE
OPEN



We are successfully claiming compensation for HULL workers who transferred OUT of their work pension scheme.

Many **HULL** workers were advised to transfer out of their work pension to a private scheme which paid considerably less! This was bad advice and many retired **HULL** workers or their widows have lost out!

Example 1 - £32,000

Mr M. from **HESSLE** finished at the **DOCKS** in 1987. After he left, he was advised by a salesman from **PRUDENTIAL** to transfer his pension to them. When he retired he noticed he was getting less than his friends who kept their **DOCK WORKERS PENSION FUND**. Compensation £32,721.

Example 3 - £95,000

Mr P. an engineer from **SOUTHCOATES** worked at **YORKSHIRE ELECTRICITY BOARD**. In 1990 he was persuaded by an agent of **ABBEY LIFE** to transfer his miners pension to them. When he retired he realised he was getting less than his friends who kept their electricity supply pension. Compensation £95,359.

Example 5 - £47,000

Mr N. from **ANLABY PARK** worked at **BRITISH PETROLEUM**. In 1992 he was persuaded by a sales agent of **PEARL ASSURANCE** (now Phoenix Life) to transfer his pension to them. When he retired he realised he was getting a much lower pension than his friends who stayed in the works scheme. Compensation £47,143.

Example 7 - £61,000

Mr M. from **NORTH FERRIBY** worked for the **LOCAL GOVERNMENT**. In 1995 he was advised by an agent from **SCOTTISH AMICABLE** to transfer his pension to them. When he retired he realised he was getting a much lower pension than his friends who kept their local government pension scheme. Compensation £61,756.



In the 1980's and 90's many Hull workers were persuaded by sales agents to transfer OUT of their work pension on the promise of a better return. However, this wasn't true.

Dock Workers • J.R. Rix • Reckitt & Colman • Seven Seas • Hull City Transport • Armed Forces • North Sea Ferries • NHS • Teachers • British Petroleum • Shipping • Ship Repair • British Steel • British Rail • British Gas • Power Stations • Local Government • Miners

Example 2 - £41,000

Mr H. from **COTTINGHAM** worked at **KINGSTON COMMUNICATIONS**. After he finished there in 1992, he was advised by a sales agent from **SCOTTISH AMICABLE** to transfer his works pension to them. He was promised a better return which wasn't true. Compensation £41,391.

Example 4 - £66,000

Mr C. from **BROUGH** was made redundant from **BRITISH AEROSPACE** at the end of the 1980's. After he finished, he was advised by an agent of **BRITANNIC** to transfer his works pension to them. When he retired he realised he was getting less than his friends who kept their works pension. Compensation £66,649.

Example 6 - £48,000

Mr G. from **THE AVENUES** worked for **SMITH & NEPHEW**. In 1993 he was persuaded by an independent financial advisor to transfer his pension to **STANDARD LIFE**. When he retired he noticed he was getting less than his friends who kept the Smith & Nephew pension. Compensation £48,000.

Example 8 - £35,000

Mr D. from **KINGSWOOD** was a bus driver for **HULL CITY TRANSPORT**. In 1996 an agent from **SUN LIFE** (now Aviva) advised him to transfer his pension to them. When he retired he realised his pension was much lower than his friends who stayed in the local authority pension scheme. Compensation £35,941.

If you know anyone this might apply to, please pass on this information.



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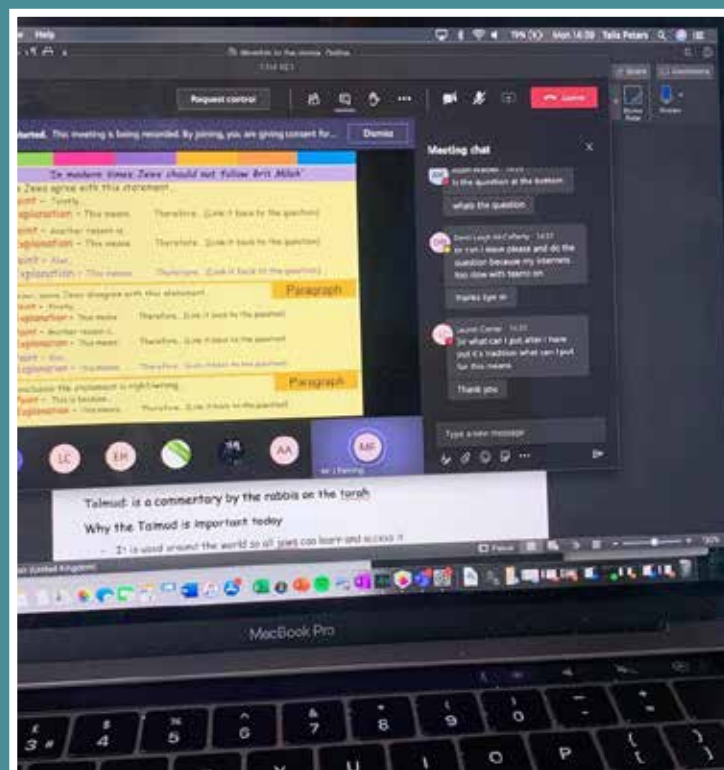
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THE SCHOOL SCOOP

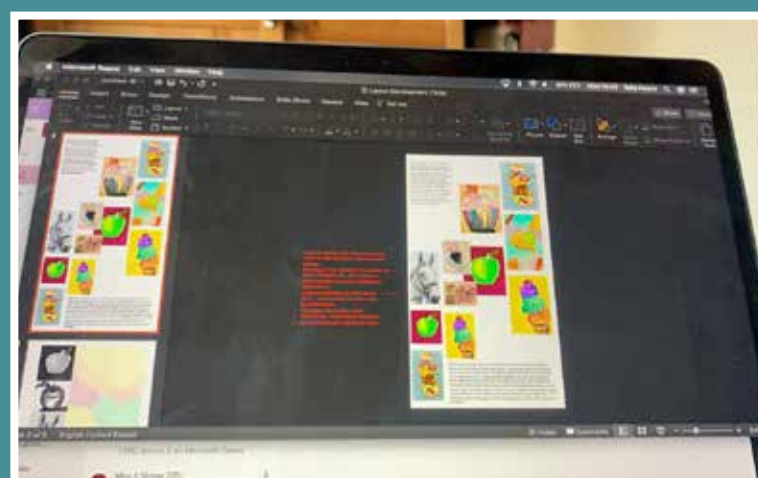
How I'm Finding Online Learning - by Talia Peters



Personally, school for me has been going really well. We are following our timetables and completing lessons virtually, and it is like we are at school, in the sense we still have class discussions and interact with our teachers. We could not have any more support or resources if we tried. They have given us everything we need, which puts us all in a very strong position. If there is one thing learning virtually has taught me it's that I have a lot more self-discipline and responsibility, because at school you can get chased by teachers in lessons. But now you are working from home and it's your own responsibility to make sure you turn up or put the effort in. After all, you are in charge of your

own destiny. I have already secured my place at my first choice of 6th form and now I am working hard to make sure I have the grades I need. I just want to thank all the staff at The Marvell College for everything they do!

Here are some of my Favorite quotes
"The best way to predict your future is to create it"
"you only get out what you put in. Don't expect more until you do more"
"you get out of life what you put into it... Simple"



Local Hull & East Riding Charity - Run With It - Providing positivity to hundreds of school children



Run With It supports schools and young people to improve literacy and numeracy alongside improving key work based skills, raising confidence and instilling self-belief. Usually based at the KCOM Stadium, the Run With It team have responded to the negative effects of the global pandemic by delivering programmes directly to children in their schools, supporting them academically and improving their mental health and wellbeing.

Run With It has been able to reach over 240 young people in schools in Hull and the East Riding over the past 10 weeks. All pupils have received up to 20 hours of targeted intervention.

With over five months of lost school days, extra support for both students and school staff is vital. Run With It have delivered educational support programmes to pupils directly in school. The focused support is fun, imaginative and uses practical ways of delivering numeracy and literacy, they have taken the stadium into the classroom! This not only offers the students extra support with the curriculum but also really fun and engaging sessions helping to motivate, inspire and re-engage them back into learning. This then positively impacts their mental health and well-being, rebuilding their confidence and self esteem.

Run With It has provided a much needed distraction during an unprecedented and challenging time for our pupils. It is clear to see the positive impact upon their mental health and wellbeing. There is an obvious increase in confidence and self-esteem of the children involved, which benefits them in other aspects of school life"

Lucy Fletcher, Longhill Primary School

These sessions not only allow children the opportunity to catch up on topics or bridge gaps in their knowledge missed due to the COVID 19 crisis, but also allows staff in schools to focus their attention on other small groups who may be falling behind. The programme also re-engages children in the learning process whilst giving them something to look forward to each week which is incredibly important for their mental well-being during these strange and uncertain times.

The sessions have provided the teachers and teaching assistants with an additional time in which they can deliver targeted interventions to provide the children with the support they require to enable them to catch up with the curriculum. The children are always enthusiastic when they are attending their sessions with Aaron and Kate and have formed positive relationships. We hope to continue to work with the team"

Natalie Dodds, Swanland Primary School

The catch up programme runs over 10 weeks and gives children up to 20 hours of focussed learning. This involves activities such as virtual stadium tours, interactive quiz sessions, taking the professional clubs retail outlets into school for money problem solving activities, estimating the size of the KCOM Stadium pitch and measuring it out on the school playground, designing products for sale in the club shops and developing a sales pitch (persuasive writing) to go with it, planning a day out at the KCOM Stadium - involving both maths, planning and literacy skills, as well as many different fun and educational games and practical activities.

"Run With It takes pride in supporting local schools and young people. In a year which has been filled with such negativity and uncertainty it has been a real positive that Run With it, with the support of schools, local businesses, funders and trustees, have been able to adapt and deliver their programmes providing some much needed support, positivity and fun for local schools and their students. It's been a challenging year but the team has stepped to the plate and delivered over and above what we could have expected, I'm incredibly proud of us all".

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- Roald Dahl

UNIVERSITY OF HULL RESEARCHER UNCOVERS NEW EVIDENCE ON SOME OF EARTH’S EARLIEST MARINE LIFE

Fossils found in Australia and studied by a University of Hull researcher have revealed new details on some of the earliest marine life on Earth.

Experts uncovered fossils of Earth’s first macroscopic animals – the roughly 550-million-year-old Ediacara biota – in South Australia’s Flinders Ranges.

Scientists had previously thought that these archaic lifeforms lived out to sea in calmer waters.

But the new study, published in *Journal of Sedimentary Research*, found these ancient marine creatures actually inhabited shallow, coastal waters.

It provides researchers with vital new information into how some of the earliest organisms on Earth may have lived, and also how they met their demise.

Lead author William McMahon, a postdoctoral researcher at the University of Hull, said: “These fossils offer valuable information about the early history of large and complex organisms on Earth.

“Now we know these organisms were able to live in water depths shallow enough to paddle in, we can start to reassess how and where the early ancestors of several living animal groups originally evolved and diversified.”

The new findings show that these early organisms had already evolved traits to deal with waves and tidal currents, on what was a turbulent coastline half a billion years ago.

Ediacaran fossils are found in only a handful of places on Earth. One of the youngest sites is in Namibia, where species diversity is far reduced compared with the older Australian examples and others like it.

Scientists had linked this to the fact that the rocks in Namibia were deposited in

shallow, turbulent waters, which most organisms at the time weren’t equipped to handle.

“Our discovery that the Australian Ediacaran fossils are found in rocks also preserving widely recognisable coastal sedimentary features like ripples and dunes proves that these early animals were active and abundant in very shallow waters” said Alex Liu, lecturer at the University of Cambridge and co-author on the study.

By studying the different layers of rocks in South Australia, McMahon and co-authors were able to ‘time-travel’ to a period when the region was inhabited by other-worldly and long-extinct organisms like Dickinsonia and Spriggina – dinner-plate or worm-shaped creatures respectively that lived and fed on a layer of algal and bacterial slime.

Studies of Ediacaran fossils in the Flinders Ranges can be traced back to 1947 and Reginald Sprigg’s original report of fossil “jellyfish” from the Ediacara Hills, a name subsequently given to the “Ediacaran System” of geological time.

Research from the region has thrown significant light on the early history of multicellular life. The recognition that the organisms had established a foothold in coastal waters opens up new avenues for research into their evolution and ultimate disappearance.

Animal life would not make it fully onto the land until a later period of time known as the Silurian.

However, the new discovery in Australia suggests Earth’s coastal waters were already home to a diverse range of creatures over 100 million years earlier.



HOMESCHOOLING IN LOCKDOWN

Its lockdown, the schools are closed. The children are to be home-schooled for the time being. We chose to embrace this opportunity and changes we feel it may bring to our home. The atmosphere at home is bubbling with excitement and positivity.

My daughter and I enjoy our breakfast together and chat about our day ahead. We have no rush to get ready, or bags to pack, breakfast eaten at our own pace. Its relaxed and peaceful. This new positive start sets us both up for the day. P.E is our first lesson, and we have lots of fun and giggles working out with Joe Wicks. Her school has been supportive and have sent written work to be completed and also official internet learning sites where she can complete the work set out for her and send it back to her teachers. Core subjects are done on these sites and the teacher marks them and gives praise. How amazing, to witness her working out the task and reaching her own answers and the reaction of her teacher. I marvel at today’s technology and how I

am watching an interaction between my daughter and her teacher I have never seen before. The praise returned from her teacher has a positive impact on her and she reads it over and over. It’s time for tea and a lesson in food technology. Spaghetti Bolognese is on the menu and we get to work. I take a step back and watch my daughter, at the skills she has learnt. She is chattering away, and I feel blessed at this extra time I have with her.

It’s the end of the day and I reflect on what I have had the privilege of witnessing and experiencing whilst I home-schooled my child. We have had time together during the day no stress or strains of a rushed day. I reflect on the extra quality time I have with her, watching her learn. Having the chance to see her share her culinary delight with her Dad while telling him how she created it. Home-schooling for us is watching her learn, create and grow, and is something as a mum I wholeheartedly embrace.

EMPLOYER-LED SCHOOL’S LATEST PARTNERSHIP PREPARES STUDENTS FOR INDUSTRY LEADERSHIP

Ron Dearing University Technical College (UTC) in Hull being given exciting new opportunities to build on their industry-level skills and ambitions after the employer-led school linked up with an innovative recruitment company.

The school has joined forces with Harper Fox Partners, which pioneers leadership and executive search solutions for the energy, engineering, technology and manufacturing industries. The company wants to encourage young people, particularly girls, to pursue careers within these industries.

Harper Fox Partners was founded by The Apprentice 2019 finalist Scarlett Allen-Horton and Lord Sugar, who hosts the popular BBC television series, has since invested in the business.

Ron Dearing UTC is the first educational partner Harper Fox Partners has teamed up with for its “From Classroom to Boardroom Alliance” initiative, which will inspire students to fulfil their ambitions while also offering mentorship and work experience opportunities, motivational talks, interview techniques, networking and more.





*Lynda Harrison
Commissioned
Writer, Award
Winning Actor.
Member of Hull Col-
lective: Women
of Words*

SOUND FAMILIAR?

He cannot play his beloved golf. It's the thing that gets him out of the house. And so with nothing to do he has latched on to a new belief that inside him there are untapped domestic skills. He decides to dig them up and use them to wheedle his

previous admonishments over minor irritations have never been taken seriously; his slinging a random mix of cutlery into a section of the drawer that was specifically designed to house the same variety; his insistence on poking contents of the waste trap down the kitchen sink plughole. And what does he expect the draping of a soaking wet large towel over the side of the bath to achieve? Molehills develop into mountains because he is determined not to grasp the concept of 'helping' as opposed to 'hindering'?

And when finally you sit down, among the 'mess', to the meal that you are assured you will enjoy because you haven't had to cook it (you might as well have, for all the shouting back and forth of instructions), your mind harks back to words coming out of the mouths of babes,

"Look at what I've done for you Mummy. Aren't I good?"



way into your orderly domain in order to fill his empty hours. Over many years you have developed a domestic regimen that has trotted along nicely without interference. Now, suddenly, it is under siege by the cavalier insistence, "I can do that!" denigrating your years of unrelenting self-sacrificing house-work into something akin to nothing more than a leisure activity.

Naturally you will support him in his quest because it is all about alleviating his pain and anyway, that's what you were put on this earth for. You begin by gently imbuing the benefits of domestic science, knowing full-well it will be an utter waste of time; primarily because his view of a 'mess' has never quite been the same as yours. And

Escapism As We Stay Home



A central feature of community life, Hull's libraries continue to be a lifeline to many with people turning to their local library for cultural sustenance. A trend that looks set to continue as we stay home for a third, winter lockdown.

When Hull's 12 library branches were forced to close in March as part of the national lockdown, Hull Libraries remained open online, as it saw a surge in requests for digital resources. Now as we enter a third lockdown, books look set to be as popular as ever, with people expected to turn to reading to occupy the long dark winter nights.

Since March, when we entered the first lockdown, thousands of new users signed up for a library account with ebooks flying off digital shelves via the library's ebook platforms Borrowbox and RBDigital resulting in thousands of issues of audio books, ebooks, magazines and comics.

The Magic Place by Chris Wormell was the most popular children's book, with JK Rowling and David Walliams the most borrowed children's authors, demonstrating that fantasy and humour genres provided the perfect escape. Following the 2020 national trend for crime novels, thriller Blue Moon by Lee Child was the most borrowed adult fiction book.

Hull's School Library Service continued to provide vital support for staff and students. Since students returned to school in September, it had its busiest term ever, with over 1,300 boxes of resources distributed to schools across the city. It also delivered 32 virtual author visits in its 'An Author a Month' programme, as well as revamping three school libraries.

The team's early year practitioners have also kept busy, publishing weekly Storytime, Baby Bounce and Toddler Tunes sessions alongside Monday craft sessions. With views in their thousands, they've provided a welcome distraction to babies, toddlers and parents.

Marjorie Brabazon, Chair Hull Culture & Leisure Board, explained: "Reading is the perfect escapism and the popularity of audiobooks has contributed to people looking for something to pass the time or help calm their worried or anxious minds. "Hull Libraries remains open online with the team on hand to provide residents with entertaining resources from books and hibernation inspiration to online storytime sessions.

"Groups provide invaluable support and a lifeline to many lonely or vulnerable people who just want to hear a story or chat. While online sessions for under-fives have helped to keep little ones entertained and develop their love of language, literacy and learning. There's also been creative craft sessions, with street dance sessions and virtual hangouts in the Makerspace.

"The entire Libraries team has worked tirelessly in difficult circumstances and like many, they've been asked to use their many varied skills to do things they've never done before. I would like to take this opportunity to say a big thank you to them."

Marjorie continued: "Books and reading are lifelines for so many, providing escapism and meaning in difficult times. We're really proud to continue to provide a service, in the heart of our community."

Hull Libraries is always open online. It is currently operating an appointment-based service for essential computer access, alongside a free select and collect service. Visa services, blue badges, bus passes and parking permits should all be done online or over the phone where possible. For details of online activities and upcoming virtual events follow Hull Libraries on social media.

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: SCAVENGER ART: CREATIVE CHALLENGES FOR CURIOUS KIDS

AUTHOR: LEXI REES

CATEGORY: INDIE

RATING: 5/5



Scavenger hunts are fun. Drawing is fun. Put them together for SCAVENGER ART!

This unique art-based activity book includes 52 scavenger hunts designed to

- encourage curious minds
- spark creativity
- practise mindfulness
- develop drawing skills

This book is genius, my only wish is that it came into my life in Lockdown 1.0. Lexi has certainly grabbed her genre and thought about what her readers would like.

Yes this is a children's book but I enjoyed watching my children take part and use this book. In simple, there are things for you to find in your home that you need to then draw. There's no pressure on the sketch, it can be a quick scribble or you can take your time. One page that made me giggle was to find pasta and to draw all the different pasta shapes you have in your cupboard.

A simple idea that should catch on, Lexi has levelled up from the usual doodle book. My children are 10, 8 and 5; they have each enjoyed hunting around our home. Equally I have enjoyed seeing their creations and their excitement. Congratulations Lexi and Molly.



LOCKDOWN SYNDROME

WITH DAWN O'DONOGHUE

Like many people reading this article today, I have an elderly relative and, in these troubling times, her welfare and health worries me.

Although we stayed in touch with her during lockdown and sent her little surprises every week in the post, I watched my mum slowly change via our video Portal calls. She went from being a woman who took care of her appearance to neglecting her home and personal care.

Then we emerged from our lockdown cocoons and I was able to visit but her overall mental health continued to disintegrate and she exhibited signs of dementia. There was memory loss, confusion, fear and random behaviour. The odd phone calls in the middle of the night (she thought it was morning), the repeated conversations and the sudden altering of reality...past experiences emerging which were completely different to the actual events I remembered.

My family and I discussed what action we could take and, with Christmas fast approaching, we isolated and cleaned our house so that we could have her to stay. We moved her just in time – Boris changed the rules and then we went into another lockdown.

I had decided to monitor her closely. If her condition continued then I would have to approach medical professionals with a view to her being assessed. It seemed like a bleak future.



It took three days of good food, routine, quality sleep and company before my mum emerged from the fog she had been wrapped in. Now, after nearly a month, she is back to her old self and I

feel we have overcome a huge hurdle.

Mum, and many people at this time, are suffering from a type of PTSD...lockdown syndrome...were the lack of social interaction and outside (often new) stimulus begins to close the mind down. We retreat within.

So, what can we do to help our loved ones?

Initially, we need to increase the fresh food in their diet. Reducing meat and increasing lentils, vegetables and fruit is fundamental for immune boosting. Factor into this a regular routine of three meals a day and you are beginning to establish the best possible approach to staying healthy. Mealtime routines also punctuate the day and give it structure which is essential when someone is struggling with a lack of basic living.

Next, dehydration causes so many problems. A dehydrated adult or child will struggle with even the simplest of tasks (like writing a shopping list or even answering the phone) so it is important to keep supplies of water, tea and juices available. My mum went from not able to spell a simple word to playing Scrabble with the family.

We then included fresh air and exercise. In mums case she got her outside time in our garden and through the use of a mobility buggy...which she couldn't use at first because she was so confused. Now she is seen whizzing around (usually crashing into my dog or a neighbours child) enjoying the experience but gaining quality time absorbing Vitamin D (essential for building immunity), expanding her lungs and challenging her brain to drive. We get extra exercise too...jogging alongside and making sure she doesn't fall in the river!

Being outdoors also helped regulate sleep patterns. She is no longer wandering around in the middle of the night (or eating her main meals at 3am) but happily goes to sleep at a reasonable time. This means rising in a morning and less naps – which were becoming twenty



two hours out of twenty four.

Whilst awake she is still watching television (although we turn it off) but is now reading her books again and advising anyone who will listen about vitamins, minerals and healthy living something she has always been passionate about.

She has baked (yes, I bullied her into making jam tarts), made cards for Christmas, played games and used some of our puzzles to improve her memory and cognitive skills. She has shown an interest in jigsaws and has asked if she can paint...a vast improvement from the person she had become, sitting in a chair and napping all day.

So please, if you know a relative, neighbour or a friend who is struggling with their mental health because of isolation, loneliness or the pressure of our times, engage them in some form of activity. Encourage them to go outside (weather permitting), to eat well or just engage in conversation. Just because they are older than us does not mean that they are suffering the onset of Dementia – it is easy to presume that age contributes to failing brain function. Remember, there are many people out there over the age of one hundred who are jumping out of planes, running marathons, discussing scientific problems or simply playing chess.

Their confusion and depression can be as simple as the lack of stimulus. Let us work together to help them through this difficult time.

SUPPORTING SMALL IN LOCKDOWN

BY JENNIFER GILMOUR

At the beginning of lockdown both my husband and I were worried about what the impact of Covid19 would have on our businesses. My husband runs OutFox which provides printing, and I'm a writer and an advocate for women in abusive relationships. I spend my time traveling to different events around the UK sharing my own experiences to raise awareness. I also run an online support group for women who have either experienced this previously, or are at present.

We soon came to the conclusion that we couldn't be the only ones concerned for our businesses, our finances and our family. We set up a Facebook group, Small Business Networking Coffee House, to share our concerns; at the beginning of lockdown, the daily broadcasts and important information released for businesses were shared into the group, where we got angry together, shared our fears and anxieties together and encouraged and motivated one another. It became a community and a digital space to feel safe in.

We all needed the safe space as we watched the weeks go by, with no orders and cancellations of all of my event bookings. One particular week we spent around 50 hours in the group providing a virtual pop up shop to members, where members who chose to join it, had a half an hour slot promoting their individual business. We received amazing feedback from virtual stall holders with sales, social following and referrals, which all happened naturally and the group soon started to grow. When other business owners told us what a difference the group had made to them, we realised we were needed to incorporate this in-to our business plan. Our group now provides support, networking, resources, opportunities and more. It fits in with OutFox because it provides a service which is part of our business plan remit.

My husband always says, "You've got to go through the low times to know what the high times feel like". However this is really not an easy thing to get your head

around especially when you are in the midst of Lockdown and worried for the future of your business.

Throughout our time in this group we have noticed just how many people have managed to finish projects, do something they have wanted but not had the opportunity to do, or even opened a new business altogether.

You can find our group on Facebook: Small Business Networking Coffee House.

Latte & Live was born from the Small Business Networking group and we opened a membership group for people to join, which is an all-access pass to the alternative online networking events, pop up shops, guest trainer workshops and more. It's fun and energetic and a members group growing of like minded people who support each other through the ups and downs of running your own business during lockdown. There has been lots of collaborations too and we get together four times a month online and outside of those meetings, we have guest workshops and our members "Spill the Tea" together to learn about each other's businesses. We currently have a Virtual High Street running, anyone can take a scroll down and click on any of the Virtual Shop Fronts to discover whats behind the door.

Intrigued? Find out more at latteandlive.com, oh and the first session is on me.



KIDS Our local kids making a difference. ACHIEVING

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



Tackling Rubbish on the Streets of Hull

A few weeks ago, I noticed several Facebook groups springing up around the city tackling rubbish on the streets. I spoke with my neighbour Karla and asked if she and her two boys would like to get involved. Following these discussions, we got out kits from another group and posted our progress on the bransholme sites. Then we formed Bransholme Litter Kids and set up a Facebook group which has grown to nearly 200 followers.

The families and friends who have joined who have joined us have all a picked specific areas which they clear litter from, we also post on the page which areas we are cleaning so people can join us in a Covid safe way.

We contacted the Cllr Rob Pritchard who as well as reporting fly tipping, put us into contact with Tony from the Love Hull team who provided us with litter pickers, gloves and hi-viz jackets for the teams going out, and delivered them to us.

I would also like to mention Jan Loft. She is a Liberal Democrats candidate and has arranged a design-a-t-shirt competition for the children, with the winning design to be made into our logo and posters.

I really appreciate all the work the volunteers are doing to make Bransholme a better place to live. We have collected over 50 bags in the short amount of time.

St Mary's College

Our Performing Arts students in Year 12 & Year 13 attended the virtual audition day for Expressions Academy of Performing Arts (EPA). The Principal of the college was hugely impressed with the talent of our students and we are delighted to announce that our Year 13 Students have been offered places, with 100% scholarships to attend.



Harry's Challenge

One of our Year 12 students, Harry Crawforth, is aiming to cycle 500 miles locally during February to raise money for Humber Rescue. The distance is approximately the equivalent of cycling from Hull to Paris and Harry hopes to make a difference to the charity, which responds to emergencies in the Humber Estuary. Well done, Harry, and good luck with your challenge!



Meet This Young achiever – Darcey

During this last 12 months, we've seen some incredible tales of children who have embraced the strange lockdown days and have done worthwhile things which have amazed us all.

Step forward, Darcey Turner-Craven who decided that she would grasp the opportunities and show us all how to adapt to the times we live in!

In 2020, Darcey achieved her Bronze Lifeguard and Bronze Level Swimming awards. In between these aquatic triumphs, Darcey, a student of Park Street Performing Arts in Hull, also passed her Trinity College London Grade 1 Musical Theatre

exam, gaining a Distinction with a truly inspired 91/100 score and demonstrated "Outstanding composure and confidence". She didn't forget her school work and studies either – Darcey came 1st in her school for the TT Rockstars times table competition and answered – wait for it – 49,000 questions correctly. Finally (and we love this one), the talented Miss Turner-Craven came second in the Hull City Council Christmas Card competition!

We'll definitely be seeing a lot more of Darcey, a local champion and star!

New industry-leader partners with Ron Dearing UTC

Hull's Ron Dearing University Technical College (UTC) has brought on board four new, industry-leading partners to open up even more opportunities for its students.

The UK's leading shower manufacturer Kohler Mira, laser specialist Luxinar and smart tech company Sauce have become the employer-led school's latest Major Partners, while Heald, which designs and manufactures world-class hostile vehicle mitigation systems, has become a Partner.

As employer partners, the companies contribute financially to

the school, play a key role in developing the curriculum and set industry-standard projects for students to work on. They also support students by providing careers information, advice and guidance as well as offering work experience opportunities and potentially apprenticeships.

The employers are committed to equipping Ron Dearing UTC students with the skills they want to see in their future employees and to ensuring they are work-ready when they leave school.



Community *and* Services

WASH HANDS · COVER FACE · MAKE SPACE

A positive contribution during the pandemic

A national inspection has praised the response by Humberside Fire and Rescue Service to the COVID-19 pandemic.

An independent letter by Her Majesty's Inspectorate of Constabulary and Fire and Rescue Services (HMICFRS) was released following a COVID-19 inspection between 12 to 23 October 2020.

A series of virtual inspections were carried out at fire and rescue services in England to find out how the fire sector is responding to the COVID-19 crisis including how fire services are dealing with the problem they face and what changes are likely because of the COVID-19 pandemic. The inspection considered evidence gathered from the Service's response to the COVID-19 pandemic from April to June 2020.

The letter praises Humberside Fire and Rescue Service (HFRS) for its preparedness and effectiveness in maintaining its core responsibilities; firefighting, promoting safety through prevention and protection work, rescuing people in road traffic collisions, and responding to emergencies, whilst working with partner agencies as part of the Local Resilience Forum to support the community during the pandemic.



Guildhall Greenwich Time Ball

The appointment of a local contractor to restore the Guildhall Greenwich Time Ball and complete the next phase of the Guildhall roofing improvements has been confirmed.

The works, by Hobson and Porter Ltd, include the removal of the existing replica ball and installing a new one. Other elements include replacing the internal mechanism, renovating parts of the clock tower and its historic stonework, lantern and a new electrical installation to supply the Time Ball mechanism.

Work to restore and refurbish one of the UK's last remaining Time Balls is expected to get underway in the coming weeks.



Some familiar faces will return to our screens

The new series of A&E After Dark has begun on Channel 5. The programme once again follows events in the Emergency Department at Hull Royal Infirmary and the work of the incredible staff as they care for patients and keep people safe. Catch episodes on Tuesday evenings at 9pm.



'Don't put off your appointment; you're in safe hands'

After taking up the offer of a routine eye check with his optician, Mark Stutely didn't expect to need a hospital referral. But when a problem was identified with an optic nerve just before Christmas, Mark found himself in the care of staff at Hull and East Yorkshire Eye Hospital.

All too aware of the pressures which Covid-19 has been placing on staff, Mark didn't want to be a burden, and he understandably had his own concerns around the risks of catching the virus too. His fears on both scores proved unfounded, as he recently explained:

"Late last year, I went to my optician for a routine eye examination and a healthcare scan. As a result of the scan, the optician detected an anomaly with the optic nerve in my left eye. Unsure of the cause, I was referred to the Eye Hospital.

"I did have second thoughts about attending, not just because of the current risk of Covid-19, but also because I didn't want to be a burden on the NHS when their priorities are trying to manage the impact of Covid-19.

"But I did attend, and I needn't have worried. In fact, I attended two outpatient appointments which included scans and a lengthy consultation, and the systems in place to minimise contact and protect patients were brilliant.

"My first contact was with a nurse ensuring I was fit and healthy to come in to the hospital, then the cheerful reception team put me immediately at ease and reassured me that I was entering a safe

and well-run environment.

"In fact, the professionalism of all the staff including the technicians meant that my experience was really quite pleasant.

"I felt well informed during the whole process, from start to finish. Mr Madhu, with whom I had my consultation, was clear, empathetic, incredibly thorough, and at all times reassuringly professional.

"While I was waiting in the hospital to have my images taken, I had time to observe my surroundings and what was clear to me was that the level of patient care was outstanding, and staff seemed to be very happy in their work."



Hull plays role in study into Covid-19 immunity

Hundreds of staff at Hull's hospitals have played a crucial role in a scientific study which has discovered people are protected from catching Covid-19 again for at least five months after contracting the virus.

Staff at Hull University Teaching Hospitals NHS Trust took part in the SIREN study, undertaken by Public Health England (PHE) to see if health care workers who had already contracted the virus had any immunity to future infection.

In its first report produced today, PHE has revealed:

antibodies from past Covid-19 infection provide

people who have already had the virus with 83 per cent protection against reinfection for at least five months;

Reinfections were rare with just 44 potential reinfections in the study of 6,614 people who had antibodies after contracting the virus earlier

However, early evidence does suggest a small number with antibodies may still be able to carry and transmit Covid-19, underlining the need for people to follow national guidance to stay at home and the rules of "hands, face, space" whether they have had the infection or not.

Even More Good News

From Our Community

Meet the team working to prevent deaths on our roads



With icy roads, darker mornings and evenings and driving rain, snow and fog reducing visibility, it's no wonder we see an increase in collisions during the winter months.

Luckily, the vast majority of them are not serious and most of us walk away with nothing more serious than the prospect of a long conversation with our insurance company.

However, when someone is killed or very seriously hurt, that's when the team from our Serious Collisions unit step in to investigate what has happened – and if anything can be done to stop it happening again.

As we continue to Lift The Police Tape on the work of our teams, here's Sergeant Robert Mazingham to explain more.

Following any sudden death, our teams are called in to investigate what's happened and ensure that if anyone is to blame, they are dealt with appropriately.

The same applies when someone is seriously injured or hurt in a road traffic collision and carrying out that investigation is the role of the specialist officers in our Serious Collisions Unit. One of the members of this experienced team

is Sergeant Rob Mazingham, who has spent 23 of his 28 year career with the force policing our roads.

He said: "It's really important that if someone has been killed or suffered life changing injuries, that we work out what's happened, who has been involved and what if anything can be done to stop it happening again.

"Whilst specialist officers are deployed to offer support to the person's family and loved ones – as with any other crime scene – our priority at the scene is gathering all the evidence we can to piece together the circumstances of what has happened.

"In order to do this safely and ensure no evidence is lost, that often means closing the road.

"It's very easy for evidence to disappear if vehicles are driving over it or people are walking around, so we try and ensure that once all the casualties have been taken care of, we make the area sterile – which means no one else is able to access the area.

"Our equivalent of CSI, Forensic Collision Investigators, then come in and use the evidence available at the scene to help determine what's happened.

"We share this resource with the other forces in the region so as well as Melton they are also based in Sheffield and Wakefield, meaning it can take some time before they arrive.

"However, we only get one go at this. As soon as the road is reopened that evidence is lost, so we have to ensure they have the time they need to take measurements, photograph marks and debris and interpret what they can see."

Hull patient becomes first in world to take part in Covid-19 trial

A patient at Hull Royal Infirmary has become the first in the world to take part in a global aimed at preventing the most severe forms of Covid 19.

Iuliana-Alexandra Constantin, 34, became the first patient in the world to take part in the Phase 3 trial of inhaled Interferon Beta after she was taken to Hull Royal Infirmary this week with the virus. Admitted to Ward 38, one of the hospital's specialist units caring for patients with Covid 19, Iuliana-Alexandra was given a nebulizer to breathe in the medication as a mist after agreeing to take part in the trial, trial led by researchers at the University of Southampton.

The drug is designed to boost the lungs' antiviral defences, enabling patients to recover faster and fight off a more severe form of the disease. Patients will be shown how to administer the once-

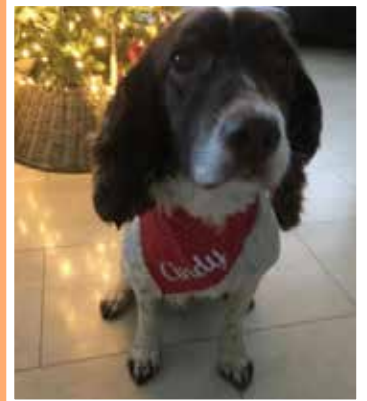
a-day therapy themselves at home, allowing them continue the treatment after they are discharged from hospital.

Consultant Respiratory Physician Dr Michael Crooks, principal investigator for the trial in Hull, said: "Hull is at the forefront of studying new treatments for Covid 19 and we are currently taking part in a number of trials of potential new therapies.

"The dedication and commitment of our researcher teams mean we are able to offer patients access to potential new treatments against this terrible disease.

"We are hopeful this trial will confirm the effectiveness of inhaled Interferon Beta in helping people recover from the virus and preventing them developing severe disease."

Cindy The Therapy Dog



Working in policing can present some tough and challenging times for our officers and staff, that's why our Occupational Health and Wellbeing team are always on hand to support them in the variety of difficult circumstances they face, whether that be physically or mentally.

The team in our Occupational Health and Wellbeing unit are always developing and exploring new techniques to assist the staff in achieving the best outcomes, with that in mind, we're pleased to introduce the newest member of the team.... Cindy the therapy dog.

After 9 years working with her handler as an Explosives, Search and Detections dog, Cindy has decided she's not quite ready for full retirement and has returned to the Force with her handler Ian as a police volunteer.

Her owner/handler Ian, said "Cindy was an Explosives, Search & Detections Dog, AKA a bomb dog! Princess Cindy, as she was known on the Humberside Police Twitter account before her retirement – served for 9 years before retiring on the 23 October this year – she's now my sofa dog."

"As well as serving Humberside Police, Cindy has assisted at a variety of events including assisting the Police Service in Northern Ireland, attending the Commonwealth Games in Scotland and Hull City of Culture in 2017. She has also assisted in overseeing visits from the Duke and Duchess of Cambridge, Princess Anne and of course, Her Majesty the Queen".

Louise Robinson, our Senior Psychotherapist said, "Animal Assisted Therapy can be used for rehabilitation, emotional comfort and regulation. Research indicates that use of a therapy dog in the right circumstances has been found to lower blood pressure and to facilitate in releasing endorphins. Participants in Animal Assisted Therapy reported decreased feelings of isolation, alienation and other improvements in their mental health and wellbeing."

We're looking forward to welcoming Cindy back after her very short retirement and hope this new method of support can assist our officers and staff.

Near & Fair	www.NearAndFair.co.uk
Fair Trade – Ethical – Sustainable	Ethically produced
	gifts and clothing
	Visit us Trinity Market Arcade Trinity House Lane, Hull, HU1 2JH

WrestleCares: suplexing the stigma against men in charity

With today's societal advantages also brings disadvantages of stereotypes, and stigmatic approaches towards doing good. I am writing this article to tell this great city about WrestleCares and how we are breaking down barriers for men doing charity work. To start with I will give a brief history of the cause and the goal they are setting out to accomplish.

Founded in 2019, a group of hardcore wrestling fans wanted to combine their shared passions in life, giving back and professional wrestling. So, by December that year WrestleCares was established. A small, non-profit, organisation with the main goal of delivering bespoke shoeboxes of wrestling toys and merchandise around the Hull community. Whilst simultaneously spreading the joy of professional wrestling that they collected as children. In their first year, WrestleCares proudly donated twenty shoeboxes to underprivileged children, from their own pockets, so they could have the opportunity to open a present on Christmas day, thus, cementing their place in the community and beginning their journey to success.

In February of 2020, whilst attending a wrestling event at Tribal bar on Kingswood's retail park, I was proudly offered a position in this charity as their lead patron. Of course, I happily accepted. I was welcomed onto the team with fresh ideas to help grow the WrestleCares brand. Along with ideas and aspirations became the unforeseen damage caused by the ongoing COVID-19 pandemic. When the news struck of the virus, it was clear to see that future events would come to a crashing halt. Was this the end for WrestleCares before it had even started?



August 1st, 2020. The date known as our resurgence. WrestleCares underwent a full rebranding of their product and logos that was accompanied by the tagline of: "In a sea of black, we sail in orange". The colour of our logo symbolizes our bright future with a burst of passion. We said, "Change is happening" and change it did. We announced our partnership with Hull & East Yorkshire Children's University and got straight to work. By September we had been reached by an online

wrestling community known as the Elite Wrestling Community (EWC) and an online shop called WrestleBox, they loved our cause. After that we established many local and national support in which we felt a combination of relief and pride. Was this small demographic of professional wrestling fans larger than we anticipated? After the success of WrestleCares Christmas appeal collaboration, we still had many boxes left over, so we asked ourselves "What should we do?". So many people depended on us to fulfil our promise and distribute their donations safely and in-time for Christmas Day. We scoured the community to find worthy cause and we came across Thorpepark primary school in North Hull and another, fresh charity called TIC Hull & Yorkshire (Tourette's-Syndrome Inclusion in the Community). An amazing cause with many families under their wing. As I grew up with the condition and didn't have the same inclusion as TIC provide today, I felt something pull me in and I just had to be apart of this charity.

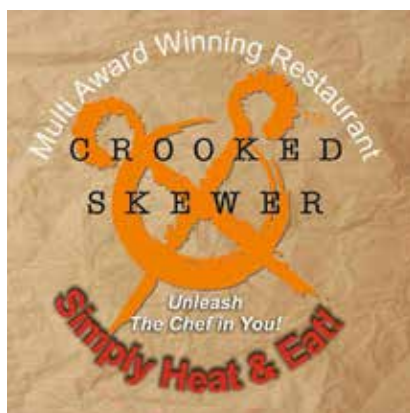
When first talking with WrestleCares, TIC Hull & Yorkshire CEO, Kim Mitchell, told us "At TIC we support people living with Tourette's Syndrome and tic disorders in Hull and Yorkshire. We do this by providing a safe for people to connect, supporting diagnosis, working with schools to support children in education and helping discover ways to self-manage symptoms and tics." We believed in this cause and established a quick friendship.

WrestleCares will be looking to continuously develop and grow through their new partnership with Wrestle Carnival. We will be travelling around the UK collecting donations from specialised events and finally meeting our amazing followers and donors. We will be attending and hopefully creating events in 2021 (safety permitting of course), and we are excited to keep breaking down barriers as a team. With over 80 years of wrestling knowledge behind us and the same expectations of what the future hold for WrestleCares, together we will spear our way into society and keep the stigma against men down for the 1...2...3.



By Danny French

Popular Hull Restaurant Hosts Record-Breaking Cook-Off



The Crooked Skewer, in Princes Avenue, are selling off family-sized curry kits as part of their "Big Cook Off 2021" on January 30.

For each curry kit ordered the restaurant will give away one free meal to an NHS worker as a thank you for their hard work during the coronavirus pandemic.

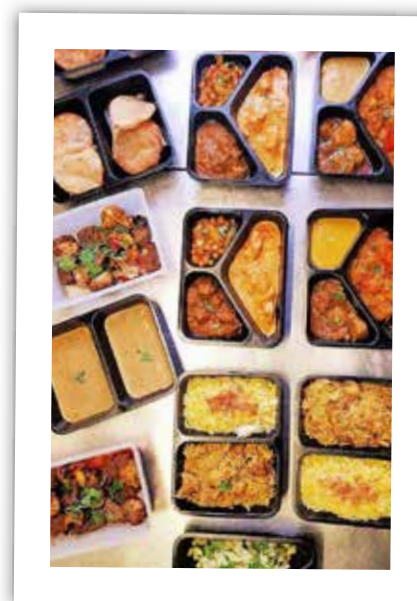
So far, around 500 curry kit orders have been made but owners are hoping to reach 1000 free meals for NHS workers in time for the Big

Cook Off at the end of the month. The cooking curry kit is still at £9 which includes, 750g chicken breast, cooked spice, curry sauce and rice which feeds 4 people. For The Hull Hub readers with code "Hull" Aminul Choudhury, the restaurant's head chef, first arrived in East Yorkshire to open a pop restaurant in Beverley over two years ago after great success in Leicestershire. Whilst working for his family Mr Choudhury won many accolades and had the honour of cooking an organised civic dinner for then Prime Minister David Cameron. His restaurant Red Veil won Leicestershire's best restaurant award in 2006 and Mr Choudhury was headhunted by the Sultan of Brunei's family to organise events and gather elite businessman within the region under the banner of the Stapleford Forum.

Mr Choudhury decided to leave the high life in Leicestershire so he could unite with his son to open his first East Yorkshire restaurant in 2018. Success continued to follow him and a year later he opened The Crooked Skewer Princes Avenue. Within six months of opening its doors it was named as England's most innovative restaurant.

The Big Cook Off is just one of many ideas Mr Choudhury has come up with to bring the people of Hull together, including creating the world's hottest curry and the most expensive cocktail in Yorkshire. The Crooked Skewer was also voted as Hull's favourite Indian restaurant and takeaway in 2020 by the Hull Daily Mail and has changed its strategy during the coronavirus lockdown to help the Hull community eat well for less.

Anyone who wishes to order a curry kit for The Big Cook Off 2021 can visit the restaurant's Facebook page and reserve a kit by simply commenting on the pinned post at the top or for more details you can simply call **07491 334265** or **01482 426150**.



SHINING A SPOTLIGHT ON OUR CITY OF HULL

by Trish Shelbourne

A SPOTLIGHT ON G F SMITH. PAPER MANUFACTURERS SINCE 1885... AND ONWARDS PART 2

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



How many ways can you think of that paper can be used? How many different types of paper are there? Can paper and branding make your business stand out and be more successful?

All these questions can spark many different answers. But G.F Smith are the experts at answering them. And their business strategies and strength of workforce has a proven track record.

Hull born and bred; the team are based in hull. Although the south of England holds their largest market area. They have a sales office in London and a distribution centre there.

I love this quote, taken from the persuasiveness of quality.

"The more vital needs of returns from your printed matter, the greater the necessity that it possess the persuasiveness of quality".

Here I would like to continue my journey back into the history of this company to the year 1965.

Colleges around the country, were introducing new graphic design courses. And producing graduates who went on to establish new and exciting graphic design businesses.



Bill Mackay (left) Neil Pack (Hull Sales Clerk who later became a London director), Ron Jackson (Sales Office Manager) and Doris Coe (Hull Sales Clerk).

It was in the 1970's that "paper consultants" became involved in the team. Performing a key role in spreading the name of GFS. And so by 1979 a new warehouse needed to be opened.

By 1985 GFS had celebrated 100 years in business. Rooted in Hull but still expanding its influence across the world.

A new department GFS Photographics was established, offering the professional photographer bespoke albums and

photographic mounts and folders.

Expansion again in the 1990's, as the company introduces new services including luxury packaging, greetings cards, export, retail and digital. The changing market saw GFS maximising the opportunities offered. Thus, meeting the needs of their customers.

Fast forward to a new century, still improving and strengthening international partnerships.

2012 saw GFS partnering with the British Council, Monotype London and a company called It's Nice That. To stage "Beauty in The Making".



2016 Saw the opening of a new two-story "Show Space" near Oxford Street. Opened on the 12th December 2016, this new space is dedicated to celebrating the visual and tactile experience of paper.

This "Show Space" allows customers to meet paper consultants and serves as an exhibition venue providing an immersive insight into G.F Smith's range of admirable papers and history.

In 2017 Hull was proudly designated as the UK City of Culture, and at the same time The Worlds Favourite Colour Project was also launched by G.F Smith.

From thousands of submissions from over one hundred countries, "The Worlds Favourite Colour" winner, Annie Marrs was announced, and her colour Marrs Green was introduced to the iconic "Colour Plan" Collection.



In 2020 G.F Smith acquired R.K. Burt (based in London), a new challenge and expansion into the fine art material sector. Always of an interest to the company and admired by them as the market leader.

G.F Smith Supporting Students, Our Future Creatives

This year 2021, three graphic design Students from the UAL Chelsea College of Arts. Proposed a project fo-

cused on self-care and mental health as a priority with the theme "The Power of Colour".

The Munken Agenda 2021 (A colour diary has been created). Perfect for inspiring, focusing and healing. Helping us in our current climate of confusion and fear.

Gorgie Wade, Daisy Peters, Gorgie Sullivan, who worked as a team and shared their rationale for the project with G.F Smith. The agenda is full of colour and includes a introduction to colour breathing – theory many phycologists use as a form of complimentary therapy.

Colour has the power to improve our moods and help us cope with the stresses of daily life. We all could do with more colour now.

So much more than a diary, the Munken Agenda provides the tools to track and improve your mood.

Each page also gives lots of "White Space" and room for reflection, which also highlight the qualities of the different paper grades in the Munken Design range. Check out the GFS website for more information. There are only a limited number of copies left available of the agenda. They can be purchased from the Munken website. I have ordered mine.

www.arcticpaper.com/munken-agenda-2021



If you want to fully immerse yourself in the qualities of paper, I recommend a visit to G.F Smith's website. Which details their extensive ranges of paper and additional services that they offer.

Their purpose is to help creatives and their businesses achieve and fulfil their ambitions.

Paper and its possibilities are simply beautiful.

ANLABY ROAD

ALLISON'S STEAM LAUNDRY

The horse drawn carts were normally stacked with wicker baskets. Next door to the laundry was a branch of the Salvation Army. The laundry later became a garage.

ANLABY ROAD RAILWAY CROSSING

This railway line runs next to Selby Street which was named after the first train to travel into Hull. Waiting for trains to cross the railway crossing caused serious disruption to traffic on both sides and long delays. To eliminate this, a road flyover was built over the railway lines which opened in 1965.

The railway gates near Selby Street can be seen in the background of this picture. The original Anlabby Road was laid out in the 14th century and linked Kingston upon Hull to the surrounding villages to the west. Before 1820, the road after Midland Street was mostly open countryside with just a few farms and market gardens, an old mill and an odd inn.



THE ARGYLE HOTEL

This building was originally a private house but became The Argyle Hotel in 1858. It stood opposite Asylum Lane (now Argyle Street) where an asylum once stood on a rough, dark lane. The Argyle Hotel was re-fronted and refurbished in a mock Tudor style in 1830 but closed in 1967. It stood next to a small sweet shop known locally as Rene's. Both of these buildings were demolished in the 1970s to make way for the construction of Rawlings Way.



KENNING'S

This art deco garage stood at the top of Anlabby Road near Boothferry Road. Kenning's had previously operated from premises situated next to Paragon Station and was originally called Paragon Motors. There were many garages on Anlabby Road which was a main route out of Hull. These included Thompson's, A.B. Motors and Cornelius Parish.



OSTLER'S BAKERY

Ostler's Bakery was situated in Wheeler Street off Anlabby Road. The bakery made Wonderloaf bread, which was one of the first loaves to be sold pre-sliced nationwide. This led to the popular phrase "It's the best thing since sliced bread." Over the years the bakery had various names including Homepride Bakeries.

Hull playwright Richard Bean, worked there as a student in the 1970s and wrote the play "Toast" about his experiences in the bakery. It was performed in the West End as well as his later play "One Man, Two Guvnors."



REGENT SERVICE STATION

This petrol station was situated between Regent Street and Bean Street. An attendant manually used the pumps to put petrol in the customer's cars. Regent Service Station also sold motor accessories, and paraffin for heaters. It was owned by Mrs. Edna Castleton during the 1950s until the early 1970s when it was closed and then demolished. A block of flats now stands in its place on the corner of Rawlings Way.



THE CARNEGIE LIBRARY

The Carnegie Free Library opened in 1905, next to West Park and was named after Andrew Carnegie who donated £3,000 towards its construction. It was one of 660 libraries built with Carnegie funds and initially stocked 9,000 books which increased to 10,000 in 1911. A gallery was added at first floor level in the 1920s. The library closed in 2003 and was transferred to the nearby KC Stadium. The building is now a local and family history resource centre and is known as The Carnegie Heritage Centre. This is a Grade II listed building.



THE TOWER

The Tower Cinema opened in 1st June 1914 with seats for 1,200 people. It had a lavish interior and a single balcony with a cafe that overlooked the street. Initially, silent movies were shown and an

orchestra or a pianist played in a box at the side of the screen. Sound equipment was introduced in 1929. The seating was later reduced to 750 to provide more space and the wooden benches were replaced with individual seats. During WW1, audiences could watch the news in Europe, recruitment films were showcased and patriotic films were shown, which helped to raise money for the local war fund.

The Tower closed as a full time cinema in 1978. It was then converted into a live music and boxing venue. In the early 1980s, it was a popular night club and fun pub. It famously became known as "Tower for an Hour" because it remained open after the pubs had shut. The Tower is now a Grade II listed building.



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by Catherine Derrick

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HERE COME THE LADS...

Lads FC is a not for profit, community football club based in Hull. The club was established on just the 8th of October 2020. We have a big focus on physical and mental health and we have 2 clear aims.

To raise money for local charities

To provide a place to become a distraction from everyday life, a place to speak up without fear of being judged, a place to feel included within a social group and a place to just have fun playing football.

We have been raising money for and have been shared to the members of various local charities and community groups such as our local Andy's man club. Andy's man club is a national charity which supports men with their mental health. We have already been able to welcome some of their members to join the club, and they are our selected charity at present.

We pride ourselves on being open and inclusive to all. No matter your ability, race, gender, religion etc, all are welcome. Despite being called Lads FC we have already welcomed two female players into our squad.

We provide a mixture of sessions including 11 a side matches, 6/7 a side sessions and team training for those that want to improve. By offering the different formats it helps us expand the amount of people we can support. After establishing a squad to get us playing, in just 2 short months the club doubled in size. Our future plans are to continue to grow. To get more people back to playing football and, to support more players with their physical and mental health. As the club is in its infancy it's difficult to predict exactly how the club will grow but who knows? We may even be able to become more expansive to cover a larger area.

In order to help us grow and to track our journey you could keep an eye on us on social media.



Facebook
[@LadsFC_Hull](https://www.facebook.com/LadsFC_Hull/)



Twitter
[@LadsFC_Hull](https://twitter.com/LadsFC_Hull)



Instagram
[@LadsFC_Hull](https://www.instagram.com/LadsFC_Hull)



E-mail
LadsFC_Hull@outlook.com

The Litter Squad

Litter squad, created in April 2020 by a determined young West Hull girl, Freya. With mum Danielles help she took to social media for a helping hand, eager to keep the area clean for residents and wildlife. Now at 340 online members, litter squad has members all over the city. With help from donations, children are able to stay safe, with correct equipment picking up paper, plastics, cans and masks, all under adult supervision. Working with the local council to report unsafe objects and bagged items, Freyah and the committed team continues to give the locals a safe environment. Freyah is now a shortlisted finalist for young litter hero's 2021, and looks forward to a bright future for litter squad, always keeping it safe, keeping it fun!



Hull & East Yorkshire Children's University

The last few sets of well being packs and education packs are being delivered to schools this morning. A huge thank you to the NHS Hull CCG for funding 500 well-being packs for vulnerable children & to the Big Lottery Community Fund for funding 333 education packs for children living in disadvantaged communities in Hull.



Care Home Heroes - Hull 4 Heroes

We had a call from a lady whose Mum a veteran is in a care home, she is struggling like all care residents at the moment, it seems there are 8 residents that are veterans in the Priory Grange Care Home and most don't have any visitors or family, so we thought we would cheer them up. We packed 8 hampers for them and then made sure we packed a few cases extra with plenty of chocolates, biscuits crisps and goodies for all the rest of the staff and residents. Our Man Neil Norrie and His lovely son Matt

set off to do the deed, it takes a lot to push Neil over the edge but let's just say he was finding it difficult to see as he left them all with tears and smiles.

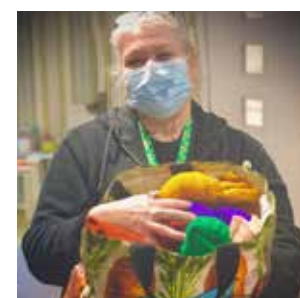
It really is a thankless task in Care Homes at the best of times, let alone how your staff and residents are being forgotten in these dreadful times, Bless you all, you really are the forgotten Heroes.

Not if we can help it, bloody well done to all of you. Glad we could bring you a little cheer

THE HEROES OF HULL

Emmaus Hull & East Riding

A big thank you to Michelle and the residents of Harrison Park in Orchard park for there generous donation of hand knitted and crocheted hand /arm warmers! The rough sleepers we work with will really appreciate them during these cold winter months!



Hull NHS Trust

Vote for Janis Hostad: Our Health Hero!

Janis has dedicated over 40 years to improving cancer and palliative care services in our area. We are thrilled to announce that she has been recognised for her work at a national level and has been short-listed for a Skills for Health 'Our Health Heroes' award. She is one of only three people across the country to be shortlisted in the category of 'Outstanding Contribution'.



James Walker aged 22 was awarded the Lord Mayors Civic Crown award for being an inspiration and role model for young people everywhere

James first met the Lord Mayor Cllr Steve Wilson on one of his visits to Youth Parliament which he attends with the Loud Mouths/YPEG from KIDS a group of young people with different disabilities, James loves going to the Guild Hall and feels very important and for a non-verbal young person who speaks with eye gaze he certainly has his say and asks the questions important to him! He likes to let people know he is more than his label.

The words of the Lord Mayor - The next recipient of the Lord Mayors Civic Crown is a young man in his early 20's who was not expected to live past 10. James cannot talk and suffers from epilepsy so severe it could kill him, but thanks to eye gaze technology James can communicate and he takes a full and active part in life. I first met James at a Youth Parliament here in the Guildhall where he makes sure he gets involved. I also love following James's life through his mother's account on twitter, it's pretty amazing following the good days and the bad. James has overcome so much in life I'm sure he will achieve a lot more and he'll probably be running the country before long. James it's a great pleasure for me to offer you a Lord Mayors Civic Crown award for being an inspiration and role model for young people everywhere.

James was so happy to receive this accolade and is super proud of himself when asked what he thought about it he said "Awesome like thank you" and then asked for pizza!





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