

Always
FREE

the Hull Hub

telling your story



Issue 15

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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“That is one good thing about this world... There are always sure to be more springs.” – L. M. Montgomery



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

Issue 15



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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March was a good month for Uncle Peter. The first day of Spring was looming which was the perfect time to head out into the Look North Therapy Garden to sow his seeds. The Levy Rose was a beautiful bright orange flower best planted towards the end of March, beginning of April when the weather was a little milder. But what really made this an extra special month for the Look North presenter was that his best pal and drinking partner Paul Hudson would be coming out of his winter hibernation.



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 Our Columnist...

Thank you very much Fran. It was a very good experience to start me on my path of mindfulness. I would love to join in each week whilst this is still available. Thank you also for making this available free at a time when so many of us are struggling. Read more about mental health, and our columnist Fran, on page 13

Lockdown doesn't stop children's book award

While the process has been a little different, the shortlist has been announced for the 14th James Reckitt Hull Children's Book Award, as reading continues to provide the perfect escapism from long winter days at home, for both children and parents.

This year's shortlist features ten varied titles, from fantasy to realism, featuring books that respond to the current mood.

The award, which began 14 years ago, aims to foster a love of reading by introducing Hull's young people to new writers and titles they might not normally pick up.

Providing inspiration to parents, teachers and children, a delivery of these titles will once again be distributed to schools signed up to Hull Schools' Library Service, with virtual author visits planned for coming months.

In a normal year, children would decide the winning stories in a live vote at the Big Malarkey Festival; however, this year the vote will take place virtually, as plans for the Big Malarkey are being finalised.

Separated into two age categories, the KS2 shortlist includes:

- Troofriend, Kirsty Applebaum
- Granny Magic, Elka Evalds
- The Highland Falcon Thief, M G Leonard & Sam Sedgman
- My Headteacher is an Evil Genius, Jack Noel
- Pests, Emer Stamp

The KS3 shortlisted entries include:

- Orion Lost, Alastair Chisholm
- Nothing Ever Happens Here, Sarah Hagger-Holt
- Orphans of the Tide, Struan Murray
- After the War, Tom Palmer
- The Boy with the Butterfly Mind, Victoria Williamson

Cllr Marjorie Brabazon, Chair of Hull Culture & Leisure Board, explained: "With everything that's going on we're even more

delighted to announce the shortlisted entries for The James Reckitt Hull Children's Book Award. Books continue to provide the perfect escapism for both children and parents.

"This award has been running for 13 years, so we didn't want to let Covid stop us from running it this year. As we enter a third lockdown, the awards will provide a timely escape from long winter days at home."

Over the course of last year, newly published titles, suitable for young people at Key Stage 2 and 3, were read by Hull Libraries' army of volunteers, who reviewed and scored each title. This information was then used to draw up the shortlist.

Marjorie continued: "While the voting will take place virtually this year, the winners will still be decided by the children of Hull as we encourage young people to share their opinions about books. Participating in a positive debate is a great experience and one we want to continue to promote."

"The award will also give children the opportunity to engage with writers of the books they are reading. However, this year instead of bringing the children to the authors, the sessions will be streamed live into the classroom."

All of the shortlisted books will shortly be available to borrow for free at Hull's libraries via the 'Select and Collect' service.

Hull's School Library Service has continued to work throughout lockdown, providing vital support in what was an incredibly challenging year for staff and students. Since students returned to school in September, it experienced its busiest term ever, with over 1,300 boxes of resources distributed to schools across the city. It has also continued to deliver 32 virtual author visits in its 'An Author a Month' programme, as well as revamping three school libraries.

During this third lockdown, the service is continuing to provide resources, curriculum support and other exciting opportunities to promote a love of reading in its member schools.



Refurbishment of iconic building takes shape



The refurbishment of an iconic Grade II-listed city centre building is taking shape as part of a £2.45m project.

The main part of the project involves the refurbishment of the historic 79 Lowgate, with the building being completely refurbished to provide corporate office space within the Guildhall campus.

The refurbishment will support the relocation of staff from Brunswick House on Beverley Road and from other offices to support the reorganisation of social services.

Once finished, 79 Lowgate will

be able to accommodate up to 175 staff in modern, flexible and first-class office space.

The £2.45m project also includes external improvement works to 76 and 78 Lowgate, as well as at Warehouse 8 fronting Queens Gardens.

The works are being carried out by Hobson & Porter.

Councillor Daren Hale, portfolio holder for regeneration, economic investment and property, said: "This refurbishment will provide modern and first-class office space for staff in the heart of the city centre, as well as bringing back into use one of Hull's most impressive buildings."

"Financially, this is also a sensible and prudent move by the council, who will benefit from the sale of Brunswick House as well as the cost savings that will be made by relocating staff to more modern facilities."



Hull visitor attraction to be a UK leader in energy efficiency

A new maritime experience at Hull's historic North End Shipyard is set to become one of the most energy efficient buildings in the UK's cultural and heritage sector.

As part of the ambitious Hull Maritime project, the historic shipyard will become the new home of the Arctic Corsair, Hull's last remaining sidewinder trawler.

To showcase and celebrate the trawler's dramatic story, a state-of-the-art new 'Passivhaus' building – which is sympathetic to the industrial heritage of the area – will sit alongside the historic ship, the dock and the last Scotch Derrick crane in Hull.

The new visitor attraction, designed by architect Purcell, is being developed with meticulous attention to detail in order to achieve rigorous 'Passivhaus' standards – a German model, which reduces a building's energy consumption, requiring very little energy to heat. This method achieves savings of up to 90 per cent compared to a typical new building. This is being achieved through early engagement of TGA Consulting Engineers with Purcell Architects and Hull City Council.

Passivhaus buildings provide high levels of comfort for staff and visitors, using mainly passive heat sources like the sun, household appliances and human occupants to cover heating demand.

The new two-storey visitor centre will include an entrance space, extensive exhibitions that will tell the story of Hull's last remaining sidewinder trawler and the heyday of Hull's trawling industry. An interactive learning space to engage and educate young people also forms part of the scheme.



HELLO AGAIN ALL, HOW ARE YOU DOING?

with Darren Lethem - Freelance Radio & Stage Host

Still sitting at home following the rules and doing some volunteer stuff as and when I can. Enjoying doing my show on Hull Kingston Radio more than ever too, the feedback has been very sweet, thank you. If you haven't heard it you are missing a treat, the music is sublime. Lots of gems from the 80s you haven't heard for years and won't hear anywhere else. C30 C60 C90 Go airs every Thursday at 7pm on Hull Kingston Radio 107.4FM, online or by downloading the app.

Anybody who knows me knows I am a bit of a quiz show fan; I have applied for a couple since we have been in lockdown to see if I can add to the list. I have been lucky enough to have been on six different shows over the years, which just shows what a media diva I am. I love it, you can't beat it and if you happen to win whilst on there too, what's not to like?



First time I ever appeared on a show was back in 2000 (I was VERY young...obviously) it was a show called 'The Biggest Game In Town'. It was a live ITV quiz show that ran across lunchtime. It was based on the days news and general knowledge. The format was similar to bingo in that you had to fill four corners, a line, and a full house to get through to

the jackpot round. Did I mention it was live? No time for retakes, no time to freeze or need a moment, it was exactly as you saw it. The usual host of the show was a guy called Steve LeFevre who was a presenter here in Yorkshire but was hosting this national show which was filmed at Granada Studios in Manchester. This Friday, Steve was ill but, with it being a live show, it couldn't be put on hold it had to go on. So they got in Bobby Davro to host it for that day. Bobby knew the rules as well as we did so it was always going to be fun. Anyway the show started and was going well. It got to the end of part one and before we went to the break Bobby turned to me and said "You know Darren you remind me of one of the Mitchells." I replied "Oh, which one? Peggy". Silence. He looked at the camera and said "He's pinched my gag". We went to the break and he kept muttering how I had



pinched his joke. I felt bad, but not that bad as I went on to win and came home with a few quid and a dirty look from The Dav.

Appearing on that show had given me the buzz and I wanted to do more. A couple of years later, whilst producing Hirsty's Morning Glory on Viking FM, myself and the newsreader Kirsty applied to Ready Steady Cook, they said we could go on and take on each other. Sadly, in the months leading up to it, Kirsty left but they still wanted me to take part. I was pitted up against somebody who worked on The X Files and had brought a whole team of American supporters to cheer her on. I had chosen my ingredients and was paired up with Yorkshires very own James Martin. I was in absolute awe at the talent of the chefs who genuinely came up with the dishes in 20 minutes. James cooked 3 puddings which were amazing and we pipped our rivals at the post.

I was becoming quite addicted to trying to get on them by this point. Bargain Hunt followed (we were awful), Eggheads where the 'Magic Vikings' ran the Eggheads close and The Chase which meant meeting the very funny Bradley Walsh. Sadly these three all ended in defeat and leaving with nothing. It was a couple of years before I tried again. Myself and my mate Jonathan gave Pointless a go and walked off with the trophy and a few bob for our troubles. It was a wonderful day out and something I would recommend to anybody. I often hear people saying they would like to try for a TV quiz and my advice is...DO IT. You will have a fantastic day to remember if nothing else. As for me, well I haven't appeared on one for a few years but I did try my luck on Popmaster on Radio 2 which earned me a nice DAB radio. This just shows I am a geek, anorak and show off all rolled into one. Stay safe.



New £30m plan to transform Hull City Centre gateway

A major new £30m development that will transform Hull city centre has been submitted to planners.

The plan for Shirethorn House and the adjacent land and buildings at the corner of Ferensway and Spencer Street, will feature more than 250 residential and retail units and include stylish new townhouses and an internal winter garden for residents.

The development will incorporate the look and feel of nearby historic buildings



while adding a range of dynamic new modern elements, including three towers – one stretching to 14 storeys – that will help shape the Hull skyline.

Hull City Council has welcomed the proposals saying it demonstrates the

continued confidence in the Hull economy and adds this project will help to further regenerate the city centre.

The proposal from FFH Ferensway and supported by Ferensway Developments aims to cater for a shifting demographic in people wanting to live in the city centre. In addition to one and two bed apartments for young professionals, the development will also feature three bed apartments and townhouses for families.

A range of commercial units and amenity spaces will also be created and designed to provide key services for the residents rather than offering alternatives to other businesses in the city centre.

FFH Ferensway is leading the project, Director Steve Crane says: "Hull City Council still has a positive and forward-looking view and that has provided us with confidence to invest in the city.

"Collaboration has been key to making this project a reality and the feedback we've had so far has been fantastic. This site is at a key gateway to the city centre and it will be a fitting addition to the city council's plans to regenerate Hull.

"We have delivered a number of projects in Hull in recent years and they have been really well received. This a landmark building and we'll transform it to something modern and fit for the future of the city centre while respecting and enhancing the modern elements. This is the next step in city centre living."



A kids view of the 70's

Last time, we were dancing back at the school disco, reliving the days of great music and terrible clothes, but this month I'm going to take you all back to the toys and hobbies we all enjoyed in the decade where even a trip to Woolworths was a dazzling experience. Here us kids would eagerly enter clutching their pocket money or dragging in your rich grandma to gaze in wonder at gaudy coloured toys and games, before leaving with a really cheap "compendium" with ludo, snakes and ladders and draughts in a box that fell apart as soon as you got it home.

When entering Woolworths, everyone would head to the Pic 'n' Mix section and swipe a couple of Dolly Mixtures or Flying Saucers from the chaotic mess left behind by other kids who'd wielded the little shovel with reckless abandon and showered sweets across 30 square feet of the floor. Could it be that Woolies went bust because 15,000 local kids helped themselves to a chocolate lime or a stray gobstopper?

Toys in the seventies for boys were largely centred on weaponry, mayhem and destruction. The main manufacturer of the age was Palitoy, who were clearly some sort of paramilitary organisation, bent on recruiting kids to the armed forces with the mass-produced and hugely popular "Action Man". This 10" plastic warrior had (it says here) "gripping hands" which were basically rubber hands that could bend and grab rifles, ropes and mums curtain rails if we could climb on the back of the settee without being spotted. Action Man also had "Eagle Eyes" which was a small switch on the back of his felt-covered head that, when manipulated, could make his eyes flick left and right alarmingly and uselessly.



The problem with Action Man was that he was pretty harmless and boring unless you spent twenty-six years pocket-money on his accessories and weapons of mass destruction, such as the jeep, tank, boat and helicopter, plus the dizzying array of outfits and field artillery that made him a one-man killing machine when marching into battle against your sisters Cindy and Barbie dolls.

If you wanted something less violent for your pocket money, the more expensive and highly desirable Scalextric was a very popular toy. This was a figure-of-eight shaped racetrack which, when connected to the mains, would propel tiny Formula One cars around the circuit. Their speed was controlled by hand-held trigger grips; going too fast would make the car leave the track and slam into the skirting board leaving a satisfyingly electric smell of ozone from the little contacts on the bottom of the car. The cars also got rather hot from too much racing and acrid blue smoke would sometimes appear to the delight of your friends. Like Action Man, accessories for Scalextric were eye-wateringly expensive, so you often made your own grandstands with cardboard boxes or, when bored, you'd create little ramps and send your cars hurtling over them, launching at nearby pets or Lego towers.

For girls, and here I have to resort to looking back at old 'Kays' mail-order catalogues and adverts on YouTube, the toys tended to centre on glamour, babysitting and being a housewife.

Very popular at this time were "Tiny Tears" dolls. A weeping and seeping "baby" that would require topping up with water to get it to 'cry' when squeezed or when smashed into by an enthusiastically propelled Action Man jeep.

Girls were encouraged to bathe the Tiny Tears, dress it and care for it although my sister would drag it around by one arm and leave it overnight in the garden which both invalidated the warranty and made our mum scream in terror while she was hanging out the washing.

Barbie dolls had been around for decades, and the British version was called Sindy. Sindy was a similarly air-headed doll with an hour-glass figure, moveable limbs and a head that spun 360 degrees and came off quite easily (so I am told, ahem). Sindy was a party girl, an airhostess, a mummy, a nurse, an adventurer and also had a wide range of accessories, cars, houses and even a private plane, which begged the question, if she was so popular, how come you had to buy her friends?

Of course, toys would go in and out of fashion fairly quickly, as they do now. In

the seventies and certainly in the early eighties, the home computer market was starting to emerge. Toys and board-games were replaced by the Atari games console, the ZX-81, Commodore 64 and others, which meant kids were now dragging their parents to Dixons and persuading them that school and homework output would increase by at least 700% and they would NOT, repeat NOT be used for games. The very idea!

Most parents bought this rather flimsy excuse, believing their child about to become either a genius or would probably be responsible for World War III. My dad would often poke his head

around the bedroom door at me pecking at the keyboard, typing in some code and leave muttering "He'll blow us all up one day".

It's also quite pleasing to note that some of the toys of my childhood are still being produced today - Ker-Plunk, Battleships, Connect Four and others are enjoying a bit of a revival, although some have fallen into the trap of adding electronics to them in a bid to lure kids away from tablets and online gaming. The satisfying smugness of pulling out the last straw on "Ker-Plunk" or seeing the little ball-bearing trundle down some plastic stairs in "Mouse Trap" can never be beaten by a technicolour firework display on a tablet the size of a bathroom tile.

Besides, we all remember getting annoyed at Monopoly and flipping the board over in a rage when you land on Mayfair, losing all your money to your younger sister who has only just learnt how to read the Community Chest cards.

We all did it, don't try and tell me otherwise. I'm off now to find some Top Trumps and convince my son they were the Pokémon cards of my childhood.

Next time out - a daytrip to the seaside.

Smart technology to support Hull's transport improvements

Work to improve traffic flow across key city centre routes will begin next week.

As part of the ongoing work to transform the A63 by Highways England, Hull City Council will begin work to improve traffic signals along Hessle Road and Anlaby Road over the next few weeks.

It will include a technological overhaul of the current traffic signals with smart technology, to ensure more efficient and effective journey times for motorists and pedestrians.

The upgrade will also help to support the diversion routes for the A63 scheme.

Councillor Anita Harrison, portfolio holder for highways, said: "As our city continues on its journey to improve the transport network, these improvements are critical.

"The improved technology will ensure the network is able to effectively manage the expected increase in vehicles using these west Hull routes, and encourage people to travel using more sustainable transport.

"We apologise in advance and ask that motorists are patient while we carry out these essential upgrades."

Smart cycling facilities will be installed alongside the new cycle lanes. This means that a new cyclist detection system will be added to the traffic signals, and when activated

by a cyclist they will get a head start via a green cycle signal.

Pedestrian crossing facilities will also have additional technology to help minimise delays, and timings have been adjusted to help traffic flow from the east to the west of the city, with improved access to Rawling Way from Anlaby Road.

Traffic stop lines will also be moved further into the centre of the junction to increase capacity and use up more road space for waiting motorists.

Work in Hessle Road will begin from Monday 1 March and work in Anlaby Road will start on Monday 8 March.

Traffic management will be in place during these works, but full access will be maintained.





Mark Hill

CHOOSING THE RIGHT BRUSH



Brushing your hair is something we all do, but do you brush your hair correctly? It may sound strange, but using the right brush and the right technique will make a huge amount of difference to your hair. Here are some top tips...

First of all, let's get rid of the old wives tale about brushing your hair 100 times a day. This may have worked in the days when you only shampooed your hair at Christmas or on your birthday, but nowadays, you really don't have to. If anything, over-brushing could cause damage. So, when you've got rid of any tangles or have your style just the way you want it, put the brush down and walk away from the mirror!

HOW TO BRUSH CORRECTLY

When you're brushing or combing wet hair you must take care as it is in a vulnerable state, especially if it is dry or damaged. Wet hair stretches and if you pull on it too much you could easily cause breakage. Therefore on wet hair I would use either a wide tooth comb or a large paddle brush. Always start combing the ends of your hair first, gently teasing out any knots and working your way up towards your roots until your hair is silky smooth. It's a good idea to do this when you have conditioner on if your hair is particularly tangled.

CHOOSING THE RIGHT BRUSH TO STYLE WITH MAKES ALL THE DIFFERENCE



When you want volume, a round (radial) brush is the one to pick up. It's really important you build volume in at the roots, so try to angle your hair in the opposite direction to which you eventually want it to fall. Rotate your brush as you dry to create soft natural movement. And although it might take little longer, dry small sections at a time for maximum volume and to make your style last longer.

If you want a smoother, sleeker look, a paddle brush is perfect. You still want a little bounce at the roots, so pull the section of hair up and then dry down the full length. Remember to point your dryer down the hair from root to tip to get rid of any flyaways, add shine and to keep your style smoother for longer.

When you are out and about, always have a small brush in your bag to keep your hair looking great. A great tip is to brush your hair just before a big meeting or if you're on a date – it adds shine and polish to your hair to give a final boost of confidence (it's what the team do just before a celeb goes onto the stage.)



BRUSH CARE

Finally, remember to look after your combs and brushes. It takes no time at all to pull any loose hairs from the teeth or bristles and give them a quick wash under warm soapy water. You'll not only be extending their life, you'll get a much better result on your hair.



“

If you want a smoother, sleeker look, a paddle brush is perfect. You still want a little bounce at the roots, so pull the section of hair up and then dry down the full length.

”



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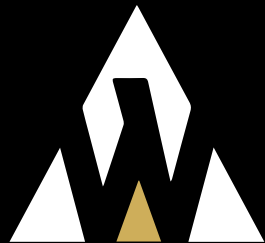
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BUSINESS VIBES

The latest business news from The Hull Hub

Chef launches lockdown take-aways to showcase new menu



A city centre restaurant in Hull which was one of the area's most popular Italian eateries for 28 years will reopen next month with a new operator who promises to put his mark on the business with his own exciting menus.

Jason Ioakeim will open Bond Street Restaurant & Bar in the former Operetta initially as a take-away and will showcase some of the dishes which he intends to serve once Covid restrictions have cleared to enable him to welcome diners. He said: "We will focus on British food, which is so multicultural that there will be a lot of other influences, especially with the many plant-based options which we will introduce."

Jason has lived in Hull since 2005 and has worked for a variety of highly-respected restaurants in and around the city, becoming a sous chef and then head chef and guiding restaurateurs on improving their standards and menus and remaining cost-effective.

He plans to launch the Bond Street Restaurant & Bar take-away service from mid-February with a team of up to 10 and

expects to double that when the restaurant opens. He is recruiting now for the kitchen, front of house and delivery drivers.

He said: "With social distancing we have room for about 60 people and another 20 or more when restrictions permit. We also have a lot of space outside and we're in discussions with Hull City Council about making use of that."

"I have worked in some popular places in the Hull area and I have a good knowledge of what the local community wants. With the takeaway service we want people to have a nice dining experience at home without breaking the bank. The restaurant will have a brunch service from around midday until 2 or 3pm and a dinner service in the evening, with set menus available when the New Theatre reopens."

"I have contacts with all the main suppliers in the area and I am big on keeping things local, buying from local butchers and fruit and veg merchants and supporting the local community."

"For every meat option on the menu we will aim to offer a plant-based option. We see the health aspect as very important because people are a lot less active at the moment, and I am aware of the growing interest in plant-based food."

"This is a great location with plenty of car parking nearby which is free after 6pm. It's also well-known because Operetta was here for 28 years. We want to be seen as part of the community, not just as a business making a profit."

Public realm to be transformed in Hull's popular Fruit Market

Plans to transform the streets in the popular Fruit Market area have been revealed. As part of the ongoing regeneration of the Fruit Market, a number of improvements have been identified so that it is in keeping with the rest of the area's public realm transformation.

These include reconstructing and resurfacing work in Queen Street and Humber Street including the footpaths, and the installation of a new zebra crossing in Humber Street.

The work will take place in phases. The first section will improve the area located between Blackfriargate and Humber Street. The footpaths on both sides of Queen Street will also be resurfaced with Kellen paving, to match the materials used



in the city centre's public realm.

Councillor Daren Hale, portfolio holder for economic investment and regeneration, said: "The Fruit Market is a vibrant, contemporary part of the city, and these works which are taking place near the flood barrier, will not only complement the new multi-storey car park and Arco site, but also link the heart of the city centre's public realm with its fantastic waterfront."

The improvement works are scheduled to start in April.

The Deep drives corporate response to conservation challenge

A multi award-winning tourism attraction and education and conservation aquarium is aiming to hook the support of corporate big fish and minnows for a new business sponsorship scheme.

The Deep, which will mark its 20th anniversary next year, has already landed the support of a high profile neighbour for the initiative aimed at encouraging people to create a long-term partnership to protect the planet from Covid and other catastrophes.

Katy Duke, CEO of The Deep, said: "The impacts and challenges of Covid-19 have been felt across sectors, and for many, including us, will have long lasting implications. But it's time to look to the future."

The sponsorship programme offers businesses the opportunity to pledge support at four levels, from fish to jellyfish, stingray and turtle. Benefits increase at each stage and can include free tickets to The Deep and a promotional plaque which visitor figures indicate will be seen on average by 460,000 people a year.

A fifth level of support enables businesses to sign up as a shark for the opportunity to enjoy bespoke packages such as sponsoring particular exhibits and conversation activities or presenting

helped to highlight the fragility of the environment and the intrinsic link it has to our own health. Floods, fires, hurricanes and a global pandemic erupting from the illegal wildlife trade have acted as brutal warning signs for us all. The climate is changing and biodiversity is dwindling, both as the result of human activity and impact but now is also the time to act to reverse these trends.

"It's fantastic to see Governments beginning to prioritise these agendas and so many organisations and businesses ready to act. We will be remembered for our response to the current environmental crisis, and, no matter what size or business or organisation, we can all play our part in a sustainable future."

"The support we received from organisations and businesses during 2020 gave us real hope that the future can be bright. By working together, we can multiply up our efforts and actions to inspire individuals, educate the next generation of caretakers for planet Earth and contribute to efforts in the field now to save species and natural habitats."

To find out more about supporting The Deep's work please visit www.thedeep.co.uk/conservation/support-us/corporate-sponsorship



APD Communications to be rebranded

one of Hull's leading tech businesses, APD Communications, is to be rebranded within the UK software development arm of the global NEC

Corporation in the latest chapter of the company's growth.

APD is a leading supplier of software to the emergency services, public safety and control room markets and became part of the worldwide NEC family two years ago.

Now it has been announced that the relationship is to be reinforced by APD adopting the new company name, NEC Software Solutions, from July 1st. Under the new brand, it will play a leading role within the global group in the development of control room technologies.

The change will bring the NEC brand to Hull and reaffirms the city's reputation as a hotbed of tech innovation and talent.



Hull and East Yorkshire People in Business Awards announces new date



After postponing last year's event due to COVID-19, the Hull and East Yorkshire People in Business Awards (HEYPIBA) is back and will be taking place on Friday 9th July.

Filmed at Bridlington Spa, the awards will take place virtually with all the excitement and anticipation of the incredible inaugural sold out event in 2019. Jo Fleming, entrepreneur and awards founder

said: "I'm pleased to bring HEYPIBA back for another year. We had an amazing sell out first event that celebrated a wide range of talented individuals within our region and we hope to celebrate them once more on an even larger scale this year."

HEYPIBA recognises and rewards individuals and team talent in all industries across the Hull, East Yorkshire and East Riding, giving the region's biggest and brightest the chance to support and raise the profile of talented, hardworking and dynamic individuals.

Jo continued: "We are placing a huge emphasis on

the people in the area who continue to innovate and drive business forward, something that's even more important during these testing times.

"With a brand new 'Judges Award' - celebrating a team or individual that has shown exceptional leadership skills, empathy and forward thinking during the pandemic - we feel it's a time to thank and reward people during such an incredibly difficult environment.

"HEYPIBA 2021 will be screened via an immersive, engaging platform where we can celebrate and appreciate those achievements. I look forward to virtually celebrating with the winners once again!"

Emma Waudby of Cobus Communications - one of the event sponsors - said: "We are delighted to continue our support during these unprecedented times, following what was a fantastic inaugural event in 2019.

"We once again have chosen the Team Impact award as we believe generating the right culture with the right team is a vital part of being successful.

"We are looking forward to celebrating the achievements of local businesses and those who have really made a difference in what has been a challenging year."

Award categories range from innovator and rising star to inspiring contribution, mentor and team impact. To nominate visit: www.heypibawards.com. Nominations are due to close on 21st May.

Spencer Group works round the clock to deliver Brexit border control facilities



Civil engineering and construction business Spencer Group is working round the clock on a time-critical project to deliver new border checkpoints at the ports of Hull and Immingham.

Spencer Group has been selected by Associated British Ports (ABP) to deliver two Border Control Posts (BCPs) required as a consequence of Brexit.

The inspection posts will be used to carry out checks on plants, plant products and animal products such as meat, fish and dairy being imported from the EU.

The Government has directed that all BCPs across the country must be operational by July 1 as part of its staggered approach to introducing new border control checks following the UK's exit from the European Union. Full controls on goods entering the UK are required to be in place from this date.

The contract was awarded to Spencer Group on December 28. The Hull-based company mobilised a dedicated project team immediately and have been working with ABP every day since in order to deliver the works on time.

At the project's peak, 130 Spencer Group team members will contribute to delivering the BCPs, with work being carried out seven days a week and 24 hours a day when required. Local apprentices will also form part of the delivery team.

Spencer Group is working in close collaboration with ABP to meet the challenging deadline and has made rapid progress on the project.

A Hull cleaning company's pandemic experience

It's been 12 months since the outbreak of covid-19 and cleaning companies up and down the UK are still operating at max capacity, ensuring that key workers have safe and hygienic offices, factories, schools and medical facilities in which to operate.

Lightowler, the Hull-based cleaning, painting and facilities management firm, has been operating for over 160 years but a global pandemic presented a unique new set of challenges the team had never experienced.

Vicky Roberts, commercial director at Lightowler said: "It seems such a long time ago since we first heard the whispers of the mysterious covid-19 and in late February 2020, we started to realise it was going to affect our business - and our customers' businesses.

"Our customers started to reach out, asking us to provide additional cleaning services for the safety of their staff - predominantly the sanitisation of touchpoints, along with bucketfuls of hand sanitisers and masks.

"We recognised that we needed an efficient and effective system of sanitising

premises. Many of our customers are in the essential worker category, so it was important to continue to keep their businesses operational and their staff safe. With research undertaken and orders placed, our new "Electrostatic Sanitisation Equipment" arrived from the US just in time before the March lockdown.

"We set to work offering this service to our customers and have found many new ones along the way. To say this service has gone down well is an understatement. We've been able to do our part by helping to keep factories going, medicines being made, essential business operating, footballs kicking, council vehicles running and builders building.

"I also have to give absolute praise to our workforce, many of them have gone above and beyond to keep our customers premises extra clean. They have worked extra hours, changed their shift patterns and generally been absolutely amazing. Also praise goes to our office staff and managers who worked many a weekend and late night to keep us fully operational."

Rollits LLP announces two new appointments



Leading law firm Rollits LLP has announced the appointment of newly-qualified solicitor Harriet Kingston to a post in its dispute resolution department, and the recruitment of a new graduate into Harriet's initial role with the practice.

Harriet joined Rollits in 2017 after securing a distinction in her legal practice course at BPP Law School in Leeds, having already completed a BSc in Biomedical Science at the University of Hull and a Graduate Diploma in Law at the College of Law.

She worked as a property paralegal in the social housing team at Rollits' York office before starting her Period of Recog-

nised Training with the firm in September 2018. After returning from maternity leave, Harriet has now qualified and taken up her place with the dispute resolution team in Hull, where her work includes handling disputed debt claims, property disputes, breach of contract claims and probate disputes.

Millie Bird, who progressed from Scarborough Sixth Form College to the University of Law in Leeds to complete a law degree in which she gained First Class Honours, followed by the LPC which she also passed with distinction, has now been appointed as a paralegal with the property team in York.

Millie will be working alongside the highly experienced property lawyer Douglas Oliver in the social housing team, assisting registered social landlord clients with all aspects of property transactions. Her work will include sales and purchases as well as providing support to the wider property team.



Hull's Guildhall carillon bells and clock fall silent for repairs

Hull's Guildhall carillon bells and Barnard Cook clock have fallen silent to make way for major repairs to one of the last remaining Time Balls in the UK. The historic Guildhall Greenwich Time Ball is the highest in the UK at 60 metres above ground level, which stands above the clock tower, is to be replaced with a new one and reclaim its position in the city's skyline.

Hobson and Porter are currently installing 21 levels of scaffold and have now reached the Guildhall clock tower. They will undertake work to install a new Time Ball with internal mechanism along with improvements to the masonry and windows.

The Barnard Cook clock which operates the four faces on the tower's exterior is programmed specially to maintain 'Hull Time'. Chimes are played at every quarter and a special tune at alternate hours, as the declaration of the new hour is shared between The Guildhall and Hull Minster.

Clockmakers, Smith of Derby have undertaken the work to switch off the clocks and bells until the restoration takes place. They were last turned off for the UK City of Culture, Place Des Anges – the enchanting aerial spectacular that took place in 2016.

The clock faces will also be covered to protect whilst works are being carried out.

Councillor Daren Hale, Portfolio Holder for Economic Investment, Regeneration and Planning, Land and Property, said: "In order to protect the clock faces and the bells, they will be temporarily turned off.

"The carillon bells and the special tunes are loved by many and will be missed while works to the Time Ball are complete.

"Be rest assured they will be working again in the autumn when we will enjoy some of the many recognised tunes we all love."

The clock and bells will be reinstated once the works are complete to the Guildhall Time Ball in the autumn.



Writer commissioned as part of Queen's Gardens refurbishment project

A writer has been commissioned to produce work that will be displayed as part of the Queen's Gardens refurbishment.

Author and artist Joanna Walsh has been jointly commissioned by the project and Humber Mouth literature festival to write prose that will feature alongside a number of public art installations in the gardens.

Councillor Daren Hale, portfolio holder for economic investment and regeneration, said: "As part of the refurbishment of Queen's Gardens, we wanted to include art installations to help engage visitors and make the area even more of an attractive green space.

"Art and culture will play an impor-

tant role in the refurbishment of the garden, including in how we celebrate and tell the story of our rich maritime heritage."

Walsh's piece will feature on a new substation in the gardens. The text will be inscribed on the four facades of the building.

Joanna Walsh said: "I'm honoured to have been asked to write on the walls of this key building in Queen's Gardens, and excited to be involved in such a wonderful public project."

Joanna Walsh is a writer and artist. She has written seven books, including Break.up, Hotel, Vertigo, Worlds from the Word's End and the digital work Seed.



WORLD WAR TEA

BY MIKE COVELL

The humble cup of tea is believed to make everything alright, but little has ever been written about its use in Hull during WWII to help during the Blitz and beyond. At the time tea was used to lift the spirits of those in Hull, who were faced with dark days ahead. It was rationed, and as such was seen as a luxury.

At night, when the air raid sirens sounded, and the bombs began to drop, a brave fleet of volunteers headed out into the city, armed not with guns or bombs, but with tea!

As early as November 21st 1939, funds were being raised in Hull for a "Mobile Canteen," which it was hoped would serve the city during the war. The idea was simple, the mobile unit would attend areas where people had been bombed out, where A.R.P. Wardens and Rescue Workers were busy working, and provide them with a cup of tea. If they were lucky they might get a sandwich, and if they were really lucky they would get a slice of cake!

In February 1940 it was announced that the servicemen and women working in Hull during the war would have their own mobile canteen. It was said that one was already operating in the city and was being run by the church. Initially the Y.M.C.A. jumped in with the funding, and paid for two canteens to drive around the city in February 1940, but by March 1940 four more mobile canteens were added to the roster, with these four set aside for the teams working the search-lights and anti-aircraft guns. By October 1940 the Women's Voluntary Service (WVS) had also added a mobile canteen to the growing number which by October 11th 1940 now totalled nine!

By December 1940 the fleet of mo-

bile canteens were able to provide 500 meals an hour to hungry workers and residents, but it was said that Hull still needed more.

In February 1941 Southern Rhodesia donated mobile canteens that would service Hull, and six other locations across Great Britain, it was the first of many that would be sent to Hull over the following weeks, months and years.

During April 1941, The Hull Corporation announced that it was to purchase six more mobile canteens for Hull. They would be run by the Hull Municipal Restaurants Committee, and staffed by members of the Salvation Army.

During the "Blitz" of May 7th, 8th, and 9th, reports came in that mobile canteens were driving between affected areas, serving tea, it was reported that each person received "a free cup of tea, and either a bun or a packet of biscuits."

By the end of the war Hull had a large fleet of mobile canteens, staffed by volunteers who drove around the city at night, often while bombs were falling. Several of these "tea vans" were sent from various businesses, organisations, and municipal organisations in America, Canada, and another from Southern Rhodesia. The city ended up with 29 mobile canteens which served the people of Hull during the city's darkest days.



Hull named a Tree City of the World in global list

Hull has been named a Tree City of the World – one of only 120 cities across the globe – for its commitment to urban forests. The Arbor Day Foundation has praised Hull and included the city in the prestigious list for its continued efforts to grow and maintain green spaces.

Tree Cities of the World is a programme founded by The Arbor Day Foundation and the Food and Agriculture Organization of the United Nations (FAO) to recognise cities around the globe that have committed to growing and maintaining their urban forest. Through this recognition, Kingston upon Hull will join a network of like-minded cities who recognise the importance of trees in building healthy, resilient and happy cities.

Councillor Anita Harrison, Portfolio Holder for Operational Services, said “To become a Tree City of the World is a fantastic achievement for our city.

“In a year where our green outdoor spaces have meant so much more for us, it is deserved recognition for the work the Council, voluntary groups and residents have done to improve our parks and open spaces and plant new trees to make our city better for people and nature. Being one of only 120 cities recognised globally is fantastic.”

“We applaud all of the cities that have earned Tree Cities of the World designation,” said Dan Lambe, president, Arbor Day Foundation. “They are leaders when it comes to planning and managing their urban forests. Many of the cities being recognised have gone above and beyond to use trees as part of their green infrastructure. This distinction is a celebration of their creativity and sustainability in creating healthier urban spaces.”

Kingston upon Hull has earned recognition in the Foundation’s second year of the programme. To join Tree Cities of the World, Kingston upon Hull has pledged their



commitment by meeting five programme standards that show their dedication and determination towards planting and conserving trees for a greener future.

The Tree Cities of the World programme provides a network of like-minded city leaders in urban forestry to celebrate and share best practices to cultivate greenery in the community.

Hull City Council has committed to a strategy of making the city carbon neutral by 2030. In addition to supporting that objective, increasing the number of trees in a community can also help reduce costs for energy, stormwater management, and erosion control.

Tree Cities of the World aims to create more green spaces in urban areas by recognising the cities that do it well.

Work set to start on £4.3m Queens Gardens refurbishment

Preparatory work will get underway next week on the eagerly awaited £4.3m Queens Gardens refurbishment.

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 first work onsite will see the area being prepared for the project’s contractor to arrive on site in early summer.

This will include the removal of a number of trees from the perimeter of the gardens. These trees are in poor condition, and their roots are causing significant damage to the perimeter walls. The walls will be rebuilt and will include new ramps to improve the accessibility of the gardens.

It is also important that the trees are removed prior to bird nesting season, which runs from March until August each year.

The trees will be replaced by ones that will improve the park’s biodiversity, as well as bring back trees on the endangered list and introduce prehistoric trees to the area. For every tree removed, three will replace it.



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keeping our community happy and healthy



Sarah Winn - FitSista Fitness Instructor & Personal Trainer

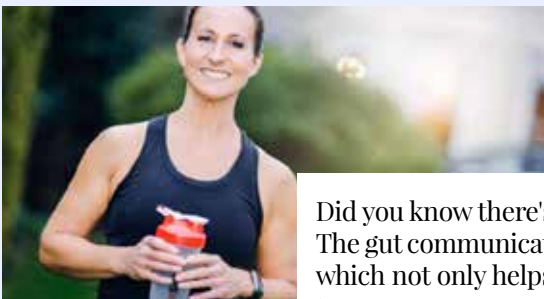
Have you abandoned your usual Fitness regime in recent months?

You're not alone, as surveys show that two fifths of us are doing less exercise in this lockdown than in the first lockdown. It's no surprise really, as back in spring 2020 it was nice weather, light mornings and evenings and the lockdown was initial a novelty for us. Many people actually increased their activity levels during the first lockdown by using their extra time to exercise more, start a new fitness plan and to get out walking more (my usually quiet running route became overcrowded with walkers!) But now after almost a year, the lockdown situation is feeling like Groundhog Day and the initial motivation to make use of our time with exercise has begun to wear off - of course the winter weather doesn't help either!

It's really difficult to keep that motivation going when there seems to be no end of the situation in sight, but that doesn't mean you should give up on your fitness journey altogether - maybe it's just time to adapt it. I've certainly had to adapt not only my work routine - working online, then outdoors, then back online again! And my own training has changed dramatically too, working out at home with minimal equipment. But I've adapted my training and kept it going! Whatever happens in the coming months, there's no doubt that there'll be big changes to the future of the Health and fitness industry and these changes are happening already with the increase of online fitness services available and Mental Health too becoming increasingly important to us.

Is it time to re-think your fitness?

If you've previously been a regular gym goer, the lack of routine and accountability to attend classes may have diminished your motivation to exercise. If you've been a member of a club, the social aspect of keeping fit has almost disappeared, which may have affected your enjoyment of exercise.



Good Gut Health

You can do this by:

- Eating enough Fibre
- Plenty of Fruit and Veg
- Reducing Sugar/sweeteners
- Including Fermented foods
- Taking Prebiotics / Probiotics

If you're feeding your body the right stuff, then you'll feel good from the inside out!

So, there's 2 options:

Give up on it all because you can't do these activities anymore or find new ways of staying Fit and Healthy (Recommended).

- *Walking or Running - it's still allowed and also completely free!*
- *Take your workouts outdoors - fresh air is great for your mental health too.*
- *Commit to a course of online classes - if you've put your name to it, you're more likely to stick to it*
- *Get a workout support buddy - check in on each other's progress*
- *Hire a Personal Trainer - get a plan together and be accountable to someone*
- *Diversify your workouts - Don't have access to weights, there's some great bodyweight exercises*
- *Discover a new workout - there's thousands of them online*
- *Adapt your workouts at home - Can you replicate what you do at the gym or class?*

Rather than thinking you're regressing on your Workouts, think of it as a new challenge in a new direction. But most importantly, start to be accountable to yourself and stay consistent with your new routine. You know how important it is to keep Fit and Healthy - make it a priority!

Did you know there's a strong link between your brain and your gut? The gut communicates with the brain through nerves and hormones, which not only helps maintain good health, but also your well-being too.

A healthy gut contributes to a strong immune system, heart health, brain health, digestion, sleep and improved mood, which is why it's so important to keep your gut happy!

Kimchi (or my own variation of it!) I'm addicted to this stuff! Plus, it's really great for looking after your gut health too!



Yoga and Mindfulness with Tristessa Moore

**Helping your Child or Teen
Transition to School after Lockdown**



The structured security and anchor of a school community removed under the social distancing of lock-down may have affected our young because as a distressing event, the pandemic may mean they do not have the tools to cope in healthy ways. This is because it effects their sense of feeling safe by over activating the fear centre of their brains. For teens, these fears may centre around a lack of certainty about their future such as exams, university, and career prospects as well as rites of passages such as graduation ceremonies.

The isolation and separation of our young due to the shift to home learning has also affected how they connect: Removing resources of coping normally found in socially interacting with their peers, in school, and the wider community. Moreover, our young may have faced their own forms of bereavement: a lack of personal power in deciding for themselves, the safety net of a routine, friendship groups, and memberships to clubs and sports groups.

Community and connection are vital for well-being. Being resilient to emotional challenges cannot be cultivated in isolation: It is created in relation to others including with us - we as caregivers help to co-regulate our young's emotions so it's crucial, we prioritise our well-being too.

The following tips may help to reintegrate your child or teen socially by helping them to feel safe, less stressed, and connected:

- Crafting and art for re-establishing connection to others: Making objects invested with meaning - friendship bracelets, cards, felt hearts, and painted pebbles using memories and photographs.
- The outdoors and nature - whether play, exercise, or walks. Bring the outdoors in - calming colours (blue and green), photographs, plants, and natural materials.
- Transform children's animal stories such as The Gruffalo through Yoga Cards. Many yoga poses are based on animals and they can provide an outlet for feelings in the exploration of behaviours, themes, morals, and character traits.
- Use the outdoors to discharge emotions using the senses: Stomping, screaming, singing, shouting, running, and hugging trees.
- Create calming indoor environments that encourage the senses: Warm lights, colours, textures, soft music, and lovely smells.
- Gratitude "I am thankful for...": Write a letter to someone, post-it notes, journaling, gratitude jar, collage, random acts of kindness, thankyou card, litter picking, and so on...
- Using Yoga Cards. Allow your child or teen to decide on poses. Choice allows them to feel empowered which they may have lost under the rules of lockdown. Allow them to take turns in selecting cards that can be organised into a sequence. The poses allow for self-mastery, feeling accomplished, and emotional regulation especially when your child or teen are encouraged to sense their bodies, which helps them get out of their ruminating anxious heads. For example, you could say: "While you move your body, you might start to notice the feeling of your heart beating. Mine feels like it is beating fast. Do you feel yours?"

Tristessa Moore is a registered Yoga Therapist at www.yogatheraphull.co.uk who also teaches well-being in schools and colleges: www.yoyogasoul.co.uk



Why taking care of your mental health could have physical benefits The story of stress, IBS and hypnotherapy

April is stress awareness month. It's also IBS awareness month, and the 7th April is World Health Day. So it seems April a great time to think about our wellbeing!

The events of 2020 and early 2021 have demonstrated just how much we need to look after our own health; maintaining good physical and mental health is vital if we want to be our best self for our-selves, our family and the wider world.

Are you stressed?

In terms of stress, through our own experiences as well as those of others we all have a basic understanding of what stress is and how it makes us feel. For a more detailed understanding of stress and why some stress is actually good for us visit <https://www.stress.org.uk>.

There is a clear link between stress and our immune system^{1,2}. Psychoneuroimmunology is a growing area of research that looks deeper into the connection between our mental and emotional state, our nervous system and our immune function^{1,2}. When we're stressed, our immune response is affected and our physical wellbeing can deteriorate³. So controlling the level of stress in our lives is beneficial for more than just our mental health.

IBS awareness

Irritable Bowl Syndrome (IBS) is also in the limelight this month. It's a condition that affects many people

in the UK (2 in 10 according to Bupa⁴). IBS is the gut's response to external stressors (from diet to our mental state) and causes uncomfortable and painful symptoms⁵. In some cases, there is a link between IBS and an individual's mental wellbeing, though how the connection works isn't completely clear⁶.

Our gut health is very important and according to Tim Spector our "gut is the second-largest network of nerves outside of our heads and has been called our second brain."⁷ Further research into the gut and the microbes that live there will hopefully shed further light on IBS and how to manage it.

Mindfulness and hypnotherapy

So, keeping in mind that we need to look after our wellbeing, what can we do to help ourselves? Amongst other activities such as self care and exercise, mindfulness is an excellent tool to use against stress^{8,9}. Not thinking about the future or the past, but paying attention to your life and your actions in the moment can bring many benefits.

And hypnotherapy? The National Institute for Health and Care Excellence (NICE) recommends hypnotherapy as a non-pharmacological treatment for IBS if symptoms do not ease using medication over a period of 12 months¹⁰. Hypnotherapy works with the psychological side of living with IBS. It specifically aims to prevent any psychological distress arising from having IBS from making IBS symptoms worse¹¹.

with Fran Dunning



If you'd like to know more about mindfulness and hypnotherapy and how they could benefit you contact Fran Dunning on 07973819867 or visit <https://www.francesdunning.com>. Fran offers free, weekly drop-in mindfulness sessions over Zoom, so get in touch if you'd like to join in.

If you do suffer from stress or IBS, please consult your GP for further information and advice.



COMING OUT OF LOCKDOWN

WITH MANDY AITKEN

As the roadmap out of lockdown has been published and we look forward to each additional bit of freedom that comes with the four milestone dates, it can feel daunting to get back out after such a long time. Many of us will be feeling nervous or anxious so we wanted to share a few tips to help make this transition as smooth as possible.

Tips for coming out of lockdown

Go slowly. Take things at your own pace. You don't have to see all of your family or friends at once. You could start with meeting just one or two people in your garden, and when the time is right, start reconnecting again.

Spend time and talk to people you trust. Discuss any worries or concerns you have with your family, you won't be the only one who has these natural fears.

Do something you enjoy. Now might be a good time to visit your favourite park, café or garden centre. Many venues will let you book a specific time to visit, this ensures the venue won't be too crowded.

Build up tolerance. Set small goals for yourself, as you increase these over time, you will be surprised to how much you will achieve.



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Focus on the positive. Try to appreciate good things as they happen, even if they seem simple. Try and take opportunities to reset and relax.

Hand washing and hygiene. Be sure to keep washing your hands frequently.

The team at Home Instead has been working hard to help people stay safe and happy in their own home during COVID-19. If you or a family member would benefit from our support, please get in touch.

PLACE NAMES: THE VIKINGS GO BERSERK!



Dr. Alec Gill MBE

Part Three: A new wave of place names by new invaders

The Vikings, Hull, and place names have a long history. Indeed, it was these invaders who gave us our very first name: WYKE – a sort of ‘maiden name’ of our city, if you like! They knew a good place for a port if anyone did. Wyke means ‘creek’ and was probably what we now call ‘Old Harbour’ (at the mouth of the River Hull near The Deep). This might have been after 866 AD when the Danes took control of Jorvik (York) and made it a key trading centre. The Vikings themselves, did not settle in the Wyke area – it was too marshy at that



WYKE was the original (and Viking) name of our port. So it is good to see that this 6th Form College in Hull has preserved the name of WYKE for future generations – albeit in an indirect way.

time. Nevertheless, the Humber Estuary was a major sailing route for the Viking invaders and traders. Actually, although we call them Vikings that was not the name they gave themselves. They might have preferred Norsemen – people of the north. The ‘Vik-’ element is similar to our Wyke and alludes to the fjords of Norway. I highlighted the ‘-ing’ suffix in Part Two of this series when we examined Anglo-Saxon names. I firmly linked the ‘-ing’ ending to kin as in kinship, family group or people. One example being Hastings – the followers of Haesta.

Put together, the name Vik-ings is reference to the ‘people of the fjords’. The Norwegian Vikings are often mixed up with the Danes. It was the Norwegians who generally attacked Scotland and Ireland; whilst the Danes raided England. Before going into detail about particular local Viking place names, it is worth spending some time telling the back story of these plunderers.

THE RAPE and PILLAGE: Going Berserk

There were two distinctive stages to the Viking attacks on Britain: raid and invade. The earliest one was the savage assault on Lindisfarne (793 AD) when they killed the Celtic monks and ransacked their rich possessions. Isolated monasteries were laden with loot, undefended and easy targets for hit-and-run raids against unarmed friars.

Such notorious events sent waves of terror throughout Britain and European Christendom. It was the start of the Viking Age (793-1066). The Danes were Pagans in combat with Anglo-Saxon Christians. The raiders believed that their god rewarded brave fighters who died in battle – Valhalla (Odin’s Great Hall of the Slain). Not only England suffered, but the whole of Europe was in fear of the ‘scourge from the North’. The popular image of the Vikings is of them ‘raping and pillaging’ everywhere they went. They are depicted as wild savages with lots of blood on their hands.

These Viking raids, however, were not coordinated by one central power or king. Instead, they tended to separate into tribes or groupings – probably centred on a family (or kinship) network. One such were known by their apparel ‘behr sekr’ – in other words, they wore bear skins. Well, after all, it gets cold up there in Scandinavia. The Berserkers were fierce warriors who just kept on slaughtering their enemies even after they had fallen. They hacked away until their bodies were cut to pieces. Even their fellow Vikings gave them a wide berth and left them to slaughter the enemy unhindered. The word ‘berserk’ subsequently came into English and now means ‘to go violently crazy’.

These Viking raids, however, were not coordinated by one central power or king. Instead, they tended to separate into tribes or groupings – probably centred on a family (or kinship) network. One such were known by their apparel ‘behr sekr’ – in other words, they wore bear skins. Well, after all, it gets cold up there in Scandinavia. The Berserkers were fierce warriors who just kept on slaughtering their enemies even after they had fallen. They hacked away until their bodies were cut to pieces. Even their fellow Vikings gave them a wide berth and left them to slaughter the enemy unhindered. The word ‘berserk’ subsequently came into English and now means ‘to go violently crazy’.

GLOBAL EXPLORERS and TRADERS

Despite their bloody reputation, the Vikings had some remarkable expertise that are worth highlighting. They were second-to-none with their boat-building and navigational abilities. Indeed, they may well have been the first Europeans to set foot in Iceland, Greenland and North America (c1000 AD – perhaps in Newfoundland which they called Vinland) – centuries before Columbus set sail (1492).

Russia got its name directly from the Vikings. ‘Rus’ is an Old Norse (ON) word for ‘the men who row’. The country of Belarus also derives its name from the invaders. With their long ships, they navigated their way down the Volga Riv-

er to the Caspian Sea (to trade with Baghdad) and along the Dnieper River to the Black Sea – sometimes hauling their boats overland. They then had access to Constantinople and even formed the first Varangian (Greek name for the Vikings) Guards. In essence, they were a band of mercenary thugs who formed a protective wall around various (unpopular)

Byzantium Emperors from the 10th century – over the decades – until they converted to the Orthodox Christianity and merged into that society. Academics disagree as to why the once-peaceful Vikings left their homelands. Some speculate that their own country was too rocky, covered in forest, and had poor sandy soil. Others argue that Scandinavia was over-populated (yet short of females). Equally, only the eldest son could inherit farmland – so younger brothers had to clear off elsewhere.

From the British perspective, the second stage of conflict with the Vikings was much more powerful and long-lasting. Instead of isolated raids, 57-years after the Lindisfarne carnage, a highly organised fleet of some 350 well-armed Danish long ships sailed up the Thames (850) – determined to invade and stay this time. Unlike previous attacks, they set up camp and wintered on the Isle

of Thanet, Kent. Their plan was to bide their time and then conducted their major campaign in the springtime. A series of savage battles took place over the next few decades in which the invaders conquered large parts of England. Other Danish forces joined their ranks, and they evolved into what became known as the Great Heathen Army.

Britain was attractive to the Vikings because it had good soil for farming and rearing animals. England was divided into mini-kingdoms who squabbled over each other’s territory. It is worth highlighting, however, the Vikings did not just chop down people, but also used their axes to chop down trees to clear woods and build farmsteads. Yes, they had a sword in one hand, but a spade in the other. Generally, the invaders settled down into farming the land they had taken.

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ALFRED the GREAT (849 – 899)

The English rarely give the title of ‘Great’ to anyone. But they did to Anglo-Saxon Alfred. Why? Because when Christian England and the English language were close to extinction, he ‘saved our bacon from the Danish’ (sorry about that awful pun). It was a last-minute decision to make 21-year-old Alfred the king (871). He ordered a retreat even further south west to the Somerset marshes. There, he re-built and re-grouped his forces. He was intelligent and had a master plan.

Under Alfred’s inspired leadership, the Anglo-Saxons made a great comeback. In May 878 he beat the Danish King Guthrum at the battle of Edington and forced him to sue for peace. Wessex was saved. Guthrum and 29 of his followers were also baptized as Christians. England was then divided between the Danes and Anglo-Saxons by a line running roughly from London to Chester – as agreed in the Wedmore Peace Treaty. Danelaw was established to the northeast of that line (the A5 roadway – former Roman Watling Street). It is still a linguistic division in the study of local dialects to this day.

Alfred went on to build up the number of English naval vessels. They tackled the Vikings at their own game – even before they landed. The best method of defence is attack – and it worked.



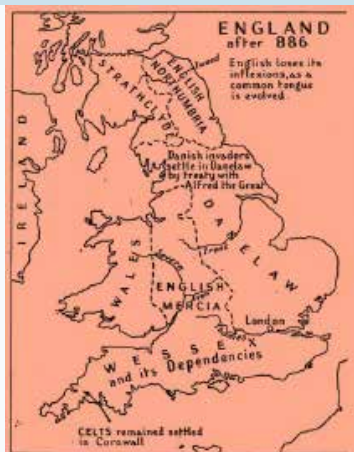
I was glad to spot this signpost. It shows how the Anglo-Saxon ‘-ton’ and Viking ‘-thorpe’ name suffixes are unified. So both Barm-ton and Frais-thorpe are brought together within the same Parish Council.



Lincolnshire has a large number of Viking place names. It would be nice to say that this seaside resort was named after a Viking woman – but alas no – it was a man (see details later).



I could not find many places in Hull linked with Vikings, so I searched the telephone directory and found Viking Hardware in Spyvee Street. They proudly displayed a figure of a Viking warrior too. It looks good, so credit to them.



This 886 AD map shows how the country was carved up between the invading Danes (under Danelaw) and native Anglo-Saxons (Wessex). It is not too clear, but the present-day A5 roadway is a rough guide to that divide.

After beating another invading Danish army in Kent, Alfred re-captured London. A further peace deal was struck with the Danes (886). Alfred established such a powerful military machine that it lived on long after his death in 899 (aged 50). Anglo-Saxon forces continued their run of victories. In 911, Rollo the Ganger was about to reinforce the Danes with his army. When he heard that his beleaguered Danish countrymen were getting beaten, he got scared. He changed course (and history) to land in Northern France, beat the Frankish forces and created what we now know as Normandy (a corruption of Norsemen) – but that is another story for Part Four.

VIKING PLACE NAMES:

As with the Anglo-Saxons, the Danes also had a preference for places having common endings. As always, there is much uncertainty about the true origin of any names. I have, therefore, had to indicate my lack of knowledge with a question mark (?) when I am unclear. Please excuse the number of (?)s. The most well-known Viking suffix is ‘-by’. So I will begin with those and then list the rest alphabetically.

-by (habitation or settlement) = Anlaby (Anle’s farmstead); Derby (village of the deer. Note: Derbyshire is the only county name linked to the Vikings); Ferriby (village near the ferry); Garrowby (Gerwarth’s farm); Grimsby (perhaps a Danish fisherman called Grim settled here. Note: Grim is a similar name to the Brothers Grimm and their fairy-tales); Kexby (Kek’s farm or an overgrown farm); Risby (farm near a clearing); Selby (? settlement by willow or willow trees); Sewerby (Siward’s farmstead); Skidby (Skyti’s or a dirty farm); Thirleby (Thorkel’s farmstead); Wetherby (wether sheep farm near a bend in the River Wharfe); Whitby (Hviti’s or white farm); Willerby (Wilgardi’s farmstead). Note: the legal term ‘by-laws’ comes from this ON suffix and refers to laws made by a local authority.

-bald (?building?) = Newbald (new building); Thorngumbald (settlement near thorn bush – the official emblem has a Viking helmet with wings).
-coates (cottage) = Dairycoates (dairy cottage); Sculcoates (Skuli’s cottages – OSand); Southcoates (Soti’s cottage – not a cottage to the south, as I first assumed).
-fleet (stream – Anglo-Saxons also used same suffix) = Broomfleet (?stretch of the river – Ouse/Humber); Faxfleet (? it might be a person’s name or near a stream where coarse grass grows); Marfleet (? pool or small stream flowing from mere); Ousefleet (? near-by river name). Note: London’s famous Fleet Street is built over a small tributary of the Thames.

-foss (waterfall) = Wilberfoss (Wilburg’s ditch). Note: Many centuries later, William Wilberforce’s family originated from this village and their surname was derived from it.
-holme or -holm (high land surrounded by water meadow or a dry spot in a marshy area) = Benningholme (Benna’s water-meadow – Anglo-Scandinavian name); Bransholme (Brand’s water meadow or wild boar?); Holme-on-Spalding-Moor (hill in a marshy area); Holme-on-the-Wolds (spur of land – obviously in the Wolds); Nunburnholme (?at the streams + link to a nearby Benedictine Nunnery); Waxholme (place where bees’ wax is produced).



Around 860 AD, Holme-on-Spalding-Moor would have been surrounded by water-logged marshes. Long before effective drainage was introduced, holmes such as this were highly sought-after places. This photograph illustrates how a holme would provide good dry land that was good for farming.

-ness (generally refers to a nose-shaped promontory) = Gunness (Gunni’s headland – promontory into River Trent); Holderness (Danish word ‘hold’ meaning a nobleman with considerable holdings of land – Spurn Point looks like a long nose); Skegness (Skeggi’s headland or beard-shaped headland).
-sea (large body of water?) = Hornsea (‘Horn’ perhaps in the sense of a projecting piece of land and the ‘sea’ is a reference to the Mere); Kilnsea (pool near the kiln); Withernsea (OE or ON Withthorn’s dairy farm); Skipsea (lake upon which a ship could sail).
-stead (place) = Ganstead (similar names found in both Denmark and Norway); Winestead (not traced by me: anyone out there know?).
-thorpe (secondary farm) = Cleethorpes (Clee’s farm); Danthorpe (village of the Danes); Everthorpe (upper village); Fraithorpe (Freisting’s village); Fridaythorpe (?Frigg’s farm or people who worshipped Freya); Mablethorpe (Malbert’s outlying farm); Scunthorpe (Skuma’s farmstead); Tibthorpe (Tibbe’s village).

-toft (house) = Blacktoft (black house or ground); Langtoft (long or narrow house).

-wick (usually means a farm associated with a particular product – mainly dairy in this region) = Atwick (Atta’s dairy farm); Burstwick (Brusti’s dairy farm); Catwick (the dairy farm of Catta); Kilnwick (Cylla’s dairy farm); Owstwick (east dairy farm); Welwick (dairy farm near the spring).

-worth (enclosure) = Eppleworth (apple wood); Epworth (? unsure).

Although the following place names are not Viking, their ‘-gate’ suffix was still used long after they themselves had faded into history. -gate (road / walk) = Blackfriargate (from Dominican friars – an intellectual order who wore black robes); Lowgate (? maybe as opposed to High Street); Posterngate (back or side route into the walled town); Whitefriargate (after the Carmelite monks with their white garb).

VARIED VIKING NAMES:

The Viking suffixes generated a variety of interesting clusters. There are, however, some unique places in our area that are worth listing:

Kirk (church) – Kirk Ella (disputed meaning – might be woodland clearing with a church?).

Skirlaugh: ‘bright clearing’. During this Anglo-Scandinavian period, much of Holderness was still fairly marshy; thus this ‘bright clearing’ might have referred to the land being on higher ground (like a -holme). Not 100% certain about this one.

Swine (creek or channel) – not linked to pigs.

Thwing (narrow strip of land) a bit like the word strap / thong. Similar names in Denmark. Equally, it might be ‘a local court or meeting place’ – like Thing in Iceland: the national legislature or Parliament of Iceland.

West Ella (church to the west? uncertain). Note: J.Marr & Son (Hull trawler owners) had a large fleet they named with the ‘-ella’ suffix = Benella; Cordella; Farnella; Junella; Kirkella; Lorella; Northella; Southella; Swanella; and Westella etc.

Wetwang (meeting place or place of justice) – this was a field where criminals were summoned for trial (perhaps similar to Thwing).

As well as their own names, the Vikings influenced some pre-existing Anglo-Saxon names. One local example is Skerne – near Driffield. Originally, this place was ‘Sherne’ (Sh- not Sk-). One meaning gives this name as ‘shining river’. The trouble being that there is no actual river running through Skerne itself – but the River Hull is nearby. Anyway, that aside, when the Vikings came along with their own Norse language, they pronounced it with “Sk” at the start – thus, Skerne.

Coincidentally, the same process occurred with the actual River Sherne. It flows from Trimdon to the Tees up near Darlington. Its earlier Anglo-Saxon name was something like ‘Sherne’ (the shining river). It also became Skerne under Danish influence. Place names can have a chequered history.

But let’s conclude by returning to our hero Alfred. As well as saving the country, he also made a contribution to some place names in our area. He was a man of foresight and intelligence. He had to ensure the safety of his people from future attacks. As well as improving his naval forces, he vastly improved defences around the country – and this is where place names are important. Not always – but often enough – where you see a ‘-borough’ or ‘-brough’ ending, it will be thanks to Alfred.

These suffixes are derived from the Old Germanic word ‘-burgh’ (as in Edinburgh) and mean ‘fortress’ or ‘walled collection of buildings’. It seems that when the ‘-borough’ suffix was added to an established place name, due respect was paid to the previous existing names or tribal origins. Here is Alfred’s contribution to certain place names:

-borough / -brough (fortress) = Aldbrough (old stronghold); Alkborough (Aluca’s or Alca’s hill); Brough (covered in Part One of this series); Flamborough (ON: ‘spear shape’ that juts out into the North Sea); Flixborough (Flik’s stronghold); Gainsborough (Gegn’s fortress); Londesborough (Lothaen / Lodenes – Old Danish personal name meaning hairy or shaggy); Middlesbrough (it was midpoint between two major Benedictine Priories at Durham and Whitby); Scarborough (Skarth’s stronghold); Stallingborough (Saint Avbur’s resting/burial place).

These fortresses or enclosed villages were where rural workers could seek refuge and safety for their family, goods and cattle if a Viking raiding party landed. No village would be more than 20 miles from such a ‘burgh’. When the Danes attacked again in 892, they made little if any advance. This was almost one hundred years since the atrocious attack on Lindisfarne. So the Anglo-Saxons, after muddling through, got their act together eventually.

In the fourth and final part of this place name series, I will examine the contribution of the Norman conquerors. After all, it was they who compiled the Domesday Book (1086) – probably the first time many of our place names were written down. We will then go on to explore place names in the British Empire and beyond.

Positive News

from around our city

LADLED WITH LOVE



Ladled with Love are a group of like minded friends who share the same passion for helping the needy, vulnerable, and homeless community in Hull. We were formed in September 2019 operating a Soup Kitchen in Queens Gardens every Monday at 6:30pm in all weathers. We generally feed around 50 to 60 people but have had in excess of 100 hungry people some nights. We never know how many people will turn up we always cater for around 100 as we would hate to have to turn anyone away hungry. We know any excess is never wasted as we can give take out meals or drop any spare meals at one of Hulls hostels on our way home. Our quirky name basically says what we are all about was thought up by one of our volunteers as in normal circumstances we bring large pots of food and "Ladle" the food into trays at our table, we make sure everyone gets a hot meal then everyone can return to the table for seconds and even third helpings some nights. We then endeavour to also serve a hot pudding with custard. During this Pandemic we closed the kitchen from

March until July but after speaking with Humber-side police and Hull City Council we reopened after modifying the way we operate with measures such as social distancing, masks, sanitation and serving our meals ready portioned in takeaway tubs introduced to minimise time spent at the table so as to protect volunteers and service users alike. We have specialists in Benefits and Drug/alcohol abuse amongst our volunteers and work closely with other agencies such as Emmaus so we can signpost people, always within their best interests and adhere to all data protection protocols. We receive many requests for food parcels as everyone is struggling at the moment due to Furlough etc and we help as many as we can, we were inundated with requests when the voucher scheme was stopped for those children that usually receive free school meals and again we provided food parcels for their children's lunches. We support a breakfast club at a local primary school providing cereals, and another school that operates a Backpack Friday were 15 of the most vulnerable children are given backpacks of food to ensure that they eat over the weekend. We also give a donation every week to St.Johns Foodbank with items they are short of and in return they provide us with items we struggle to obtain. We do all of this with zero funding, we rely on donations entirely otherwise ourselves as volunteers buy anything needed, luckily we have a great relationship with local people and businesses so this doesn't happen too often. Our groups motto is "Intention not Attention".

New Welcome to Hull signage looks to the future

Vibrant new Welcome to Hull signs will start appearing on the on the main routes into the city from this weekend [20 February 2021]. The colourful signs feature iconic images celebrating Hull's industry, architecture, culture and maritime heritage.

Drawing on the success of the renewable and digital industries, the signs feature a wind turbine and C4Di, Hull's centre for digital innovation. They also share Hull's research prowess with the University of Hull Library.

Hull's waterfront location and its unique culture and heritage are represented by much-loved city landmarks including the Maritime Museum, The Voyage sculpture, Ferens Art Gallery, the Wilberforce monument and The Deep.

The signs are being installed at a pivotal point as Hull prepares to bounce back from the Covid-19 pandemic by building on its recent success in attracting millions of pounds of investment across a range of cutting-edge industries.

Leader of Hull City Council, Councillor Stephen Brady, said: "This is about the next chapter for Hull. The past year has been incredibly challenging, but we have a lot to remain optimistic about as we look to the future.

"Millions of pounds of investment are already flowing into the city, with much more in the pipeline.

"We are a bold, confident and forward-looking city and we hope that these signs will send that message to residents, visitors and investors alike. In addition to the news of potential further investment by Siemens, the Council is working with many other local and national partners to deliver a range of exciting developments to create thousands of new jobs and opportunities for local people."

The new signs replace the UK City of Culture welcome signs installed in 2017, acknowledging that Coventry has now taken on the title of UK City of Culture 2021, with a launch planned for May this year.



THE LATEST WITH LOGAN

I hope you are all doing well. Hasn't it been exciting for us all with this snow? As I sit and type this I am observing a swift fall of snow. I went sledging with my mum and sister at the weekend but unfortunately, I slipped and was really shocked and distressed because I was covered in mud. A lovely lady helped by reassuring me it was ok that mud was on my clothing. I have to say that I was happy to get home and have a nice shower and a mug of hot chocolate!

This week I have been home schooled and I've been working hard on all my tasks on showbie. This is something I find a little out of my comfort zone as I class school as school and home as home. I've particularly enjoyed history and researching the Chinese New Year. I'm very much into history at the moment in particular the Royals and who had the most power over other Royal titles. I love to know the hierarchy of a lot jobs and positions. This is one of the amazing positives of been on the autism spectrum when we like something we really like it!

I am very proud of myself and very excited to announce that I got the part of the Witch in the Wizard of Oz! It was the part I was dreaming of getting. I'm very much looking forward to doing a run

through of the script with the rest of the cast on zoom in the not too distant future. Secondly, on the same subject my mum entered me into another online Musical theatre competition where I came 2nd place with the song 'If I only had the nerve' I achieved 90 marks and I am also very proud of my younger sister who in the same competition placed second with her tap routine. We are both looking forward to receiving our medals. As you know I love performing so I did a workshop with the company Stagebox where I learnt 3 monologs from 'James and the giant peach.' My favourite being the earth worm monologue. It was so much fun and I hope to take part in more of these in the future. My musical theatre teacher from SOTA asked me if I would like to enter a separate drama competition. Of course I

was very happy to be asked and worked really hard all week on learning the monologue 'I wish I was our Sammy' from Blood Brothers. I am always up for a challenge and I found this particular monologue great fun. My mum even bought me a new outfit to perform it in so I looked the part! My PA filmed me and then we sent it off to the company. I am very excited for the online competition results.

To help raise autism awareness I participated in a questionnaire for the amazing charity Aimhigher who support children and young adults with autism and mental health difficulties. You can find out more about how to get involved on their facebook page Aimhigher. Autism awareness day is on 2nd April so be sure to check it out and maybe think about what you can also do

to raise autism awareness. I've been working behind the scenes on something exciting but I am going to share more details in future columns and my fb page so be sure to keep your eyes peeled. Bye for now.



SATURDAY NIGHT TAKEAWAY AND WILLERBY MAKE INSPIRATIONAL TEACHER'S RETIREMENT DREAMS COME TRUE



A much-loved teacher is to enjoy her retirement in a brand new Willerby holiday home after an Ant & Dec's Saturday Night Takeaway surprise.

Hull-based Willerby, the UK's holiday home market leader, donated a stunning Willerby Brookwood caravan to Kath Crawley as a reward for 32 years of dedication to teaching and her local community after being approached by the producers of the smash hit ITV show.

It was the culmination of months of undercover filming during Mrs Crawley's last year before retiring, as the Saturday Night Takeaway team staged a series of "Operation Thank You Miss" surprises featuring former pupils of the selfless teacher.

Mrs Crawley's current pupils at St Thomas' CE Primary School in Wigan also appeared by video link on the primetime show to say a very special "thank you Miss" to their favourite teacher and suggest retirement gifts, ranging from a bottle of gin to an inflatable unicorn, which were shown in her new holiday home.

Having heard how much Mrs Crawley loves caravan holidays in the Lake District and had been saving up for years for a new holiday home, the Saturday Night Takeaway team thought there would be no better thank you for her amazing efforts than to make her retirement dreams come true.

The show's producers approached Willerby as Britain's largest manufacturer of holiday homes and lodges and the Willerby team swung into action to make it happen.

Presenters Ant and Dec regularly surprise their audience, both in the studio and watching at home, with amazing prizes in recognition of community work, overcoming adversity or helping others in need.

Last night they gave Mrs Crawley the surprise of her life before a live audience of millions during the first show of the new series by making her the latest community hero to be recognised and rewarded.

Viewers heard Mrs Crawley had taught 1,300 pupils, inspired generation after generation of youngsters and been at the heart of her local community across four decades.

Ant and Dec said the show wanted to celebrate all she had done as a teacher, as well as doing charity walks, taking the school choir to old people's homes and giving up her lunchtimes to help children who most needed her support.

Mrs Crawley was shown waiting outside with her daughter Becky for what she thought was going to be an ITV News interview about her career as a teacher, before being ushered into the glitzy Saturday Night Takeaway studio.

A tearful Mrs Crawley told Ant and Dec: "Teaching has been my life. Being a parent is the best job in the world, but being a teacher is just like being a parent but to a lot more children."

Mrs Crawley can now look forward to enjoying retirement breaks in her plush new holiday home at the

Avon Wood Holiday Home Park in Newby Bridge on the shores of Lake Windermere.

Willerby worked with local dealership Kendal Caravans and Avon Wood Holiday Home Park to provide Mrs Crawley with a fabulous new home from home in her favourite location in the Lakes.

Her new holiday home will be a two-bedroom model from the Willerby Brookwood range and will be manufactured at Willerby's production facilities in Hedon Road, Hull. Sleeping up to six people, the luxurious holiday home features a comfortable open-plan lounge, spacious kitchen and stylish breakfast bar.

As well as generously donating the holiday home, Willerby will cover the cost of transporting it to the holiday park and installation on site, taking the total value of the surprise gift to £47,000.

Willerby CEO Peter Munk said: "When we were contacted by the Saturday Night Takeaway team we had no hesitation in offering one of our most popular holiday home models as a life-changing reward for everything Mrs Crawley has done for generations of children and her local community throughout her career.

"Mrs Crawley is such an inspirational and deserving



person. It's a pleasure to make her retirement dreams a reality and to be part of such an amazing surprise shared with millions of TV viewers.

"We're looking forward to delivering the Brookwood and handing Mrs Crawley the keys. We know she will enjoy many happy times in her fantastic new home from home.

"Last year we teamed up with Dr Hilary Jones to launch our 'Great British Break Off' report, which highlighted the benefits of regular short breaks for mental health and wellbeing. Those findings are now even more relevant due to the pandemic and we know that, when restrictions are eased, millions of Britons, like Mrs Crawley, will want to enjoy staycations, including at holiday parks across the country."



LOOKING FORWARD TO THE FUTURE

by IAN JUDSON



Welcome to my column again, it's definitely been a very happening month with some very exciting plans springing forth, giving me plenty of reasons to be very optimistic.

At the time of writing this, I'm in fairly advanced discussions with my fellow columnist Shaun French, about plans for later in the year, from which both Park Street Performing Arts Centre and the Jack Harrison VC MC Charitable Trust will hopefully benefit.

Of course, Covid 19 continues to dominate most plans, but with the roll out of the vaccines, it seems to me that there is an ever growing light looming larger and larger at the end of the tunnel.

It's been such a frustrating time for the performing arts industry, now it's even more exciting to be able to start making plans again, albeit several months in the future, to give us all time to get into rehearsals and arrange other experiences around projects.

I have to say, when you take on true stories, which I seem to do more than I write fiction, you do definitely feel a greater sense of responsibility.

Add to that, while we've been somewhat inactive, publicly at least, the fact that I'm very aware that we will naturally fall off the radar as it were, get put to the back of people's minds, and you will get some sense of idea, as to why we need to make a very big noise when we return to some sort of normality.

Don't get me wrong, there has been plenty of activity going on in the background, as evidenced by the conversations I've had with Shaun, that I mentioned earlier, but now is the time to finalise plans for moving forward, and moving forward at a very rapid rate.

On top of the plays myself and Authentic History Theatre Company, which includes myself, Laura Suter, Keely Cross and Jayden Platten are planning to produce later this year, there are of course other projects as well.

Along with Kenny Richards-Preston, as part of Lightning Bear Film Productions, we are also still in pre-production for the Jack Harrison film, which is developing very nicely, as well as planning our Hull Blitz documentary film, both of which will also be filmed, or at least start filming later this year.

The watch words for all of you have got to be, 'Watch This Space' it could be quite a ride.

Cheers for now, stay safe and healthy, Ian.

business leaders are being urged to join a high-profile summit

Fourteen pioneering projects will be showcased at a major new conference on Thursday, March 11 to demonstrate why the region is at the forefront of the global transition to a zero-carbon economic model.

The event – The Humber: An Innovation and Investment Hotspot – has been organised by Marketing Humber and will be used to launch a platform to attract investment for the region's major decarbonisation projects.



Inspiring Hull women celebrated as part of Hull Women's Week

Hull Women's Week will celebrate International Women's Day and the contribution of women living and working in our local community.

Starting on Monday 8 March, International Women's Day, female role models including Emma Hardy, Karen Okra, Louise Cheeseman, Dame Diana Johnson and Louise Beech will feature as part of a week-long programme from Hull Libraries.

Councillor Marjorie Brabazon, chair of Hull Culture and Leisure, said: "What better way to celebrate International Women's Day than to celebrate local women who are leading lights in their fields and fantastic ambassadors for our city and our area.

"This week-long programme from Hull Libraries will invite discussion and conversation with a range of inspirational local women, and I encourage anyone interested to take part."

Hull Women's Week 2021 will run from Monday 8 March until Saturday 13 March and will be opened by Lord Mayor Councillor Lyn Petrini.

The programme features interviews with a host of inspiring local women including Hull MPs Emma Hardy and Dame Diana Johnson, community activist Karen Okra, author Louise Beech and managing director at Hull Trains, Louise Cheeseman.

The interviews will be released daily on the Hull Libraries YouTube channel.

There will also be a number of live online events

throughout the week.

On International Women's Day, Monday 8 March, journalist and author Yasmin Alibhai-Brown will discuss her book, *Ladies Who Punch: Fifty Trailblazing Women Whose Stories You Should Know* with award-winning editor, writer and columnist Eleanor Mills. Tickets, for the free event, can be booked on the Hull Libraries Eventbrite page. On Tuesday 9 March, Revolutionary Makers will be hosting a drop-in event where people can knit and join in conversation. Free tickets can be booked on the Hull Libraries Eventbrite page.

Hull Women's Week: Panel Discussion takes place on Friday 12 March at 6.30pm. Women from across our community will discuss issues around womanhood. Free tickets can be booked on the Hull Libraries Eventbrite page.

At 7pm on Saturday 13 March Hull Women's Week Celebration will feature feminist comedian Margaret Pinder and singer-songwriter Carrie Martin. Free tickets can be booked on the Hull Libraries Eventbrite page.

Tea Break Talks is a series of short interviews with inspirational Hull women that will also be released on Hull Libraries YouTube channel across the week. The programme includes interviews with women working with refugees, for the emergency services and in sport.

For more information visit the Hull Libraries website.



Help your dog adjust when you go back to work after lockdown

As Government sets out roadmap to easing lockdown, RSPCA issues advice to dog owners to help their pets adjust to new routines. The RSPCA is urging dog owners to prepare their pets for their return to work and a change to their lockdown routine.

For many of us, life has changed significantly during the Covid-19 lockdown - and it's also changed for our dogs. Now Prime Minister Boris Johnson has outlined the roadmap to easing lockdown restrictions and returning to normal life, the RSPCA is encouraging pet owners to help their dogs adjust again. And the time to start preparing is now.

Sarah Tapsell, one of the RSPCA's regional clinical animal behaviourists, said: "You may have changed your routine with your dog if you are home more. Times for feeding, playing, walking and attention may all be slightly different. Your dog may be getting more or less of these things than before depending on the changes in your schedule.

"Changes in routine are something a dog can adapt to, but it is important to think ahead and begin to make gradual changes be-

fore you change your routine again when you go back to work. Otherwise, when things change again suddenly, it may come as a shock to your dog, even if they handled it well before Covid-19. Even the most resilient of dogs can get worried sometimes.

"Remember that your dog is a social animal, it is normal for them to want and need to spend time with you. This means that it is important that you aren't leaving your dog for too long during the day, or longer than they can cope with. Any dog left too long will struggle, with or without good advice to help them to cope."

Lagoon Hull proposal continues to 'make waves' with an important step forward

Lagoon Hull has been described as the region's 'most ambitious' scheme in recent years, with the capability 'to change the Humber region's future' and as the proposal's development continues, the team behind the £1.5 billion idea have received yet more good news about the project's viability.

Following preliminary high-level modelling work by the Environment Agency (EA) as part of its Humber 2100+ strategy, the independent government body's research has indicated that a potential 'lagoon structure' would be unlikely to lead to raised water levels in other parts of the estuary.

Project director Paul Hatley said: "The EA's Humber 2100+ strategy looks at the overall strategy for the management of tidal flood risk on the Humber Estuary. We need to address rising sea levels and the EA is working to develop better and more sustainable plans for the Humber estuary and its tidal rivers. As part of this work, a team factored a 'lagoon structure' in the estuary into its broadscale modelling of the whole estuary to better understand the range of interventions that may be possible.

"The potential of a 'lagoon structure' has now been assessed by three independent bodies - the EA, University of Hull and specialist ABPmer. Having three completely independent and aligning studies now presenting a growing evidence base for our

proposal, gives us great confidence that the science on this is robust and that we should continue to drive the project forward."

Lagoon Hull proposes the construction of a six-mile stretch of road that would act as both a ring-road around Hull as well as providing flood protection, creating a 'lagoon' and opening up the opportunity to reimagine Hull's waterfront for new development opportunities.

Paul continued: "Vitality, Lagoon Hull delivers not just on flood defence, but also on transport, placemaking and economic growth. It will support our region through both the drive to net carbon zero and the levelling up agenda.

"The independent results we've received give us the confidence that Lagoon Hull is a viable scheme and its flood protection benefits have huge potential."

Tim Rix added: "The science speaks for itself and the future of Lagoon Hull now looks even more promising.

"I'd like to thank everyone who has shown their support for Lagoon Hull so far. People power will truly get this project off the ground. We need as many supporters as possible so please visit Lagoon Hull's website and sign our 'people power pledge'."

For more information visit: www.lagoonhull.co.uk.



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.



If you transferred out of a work pension scheme and would like a **FREE REVIEW**, please either call us on **FREEPHONE:**

0800 988 7997

Open: Mon-Fri 9am-5pm.

or return this form >>

Name

Address

Tel

I transferred out of my work pension scheme to

Please can I have a **Free Review** to see if I am eligible for a payout ☒

Signed

Date

Please address to: Work Pension Compensation Dept, Corries Solicitors Ltd, 11 Melroses Yard, Walmgate, York, YO1 9XF.

www.workpensioncompensation.co.uk

Work Pension Compensation is a trading name of Corries Solicitors Ltd. Regulated by Solicitors Regulation Authority no. 424101.

THE SCHOOL SCOOP

Olivers Story - by Talia Peters



Oliver lives in Halsham and while he has been going for a walk with his family during lockdown, he began to notice more and more litter had begun to accumulate along the sides of the roads. "It's an absolute disgrace". Oliver and his family usually walk down a country road around Halsham and its littered with cans of alcohol and plastic bottles etc. Oliver has commented about this himself. Oliver's mum and dad asked Oliver if he wanted to go out litter picking. Oliver's mum and dad wasn't too sure he would want to take part with him being Autistic or even if he would do it, but he absolutely loved it.

Oliver can't walk too far as he suffers with Cerebral palsy, so they took him from the house

in a wheelbarrow up to the area where the litter had been left, Oliver then got out and began to litter pick with his litter picker and black bag. Once the bag was full, we put the bag full of rubbish in the barrow and daddy carried Oliver on his shoulders back home.

Oliver and his family are planning to do it again but further on from where they got up to on the road. Oliver and his family want to help look after their beautiful village.

Ruth (Oliver's mum) put a post on the village forum about what they had been doing and we got a lot of positive feedback and lots of "Thank you" even from the Parish Council



Hull school chosen as region's Teaching School Hub

St Mary's College in Hull has been selected by the Department for Education to be a Teaching School Hub, providing school leadership and teacher training & development for the region's teachers.

The Hub will lead the provision of high-quality professional development to teachers and leaders at all stages of their career and play a key role in helping to support trainee teachers as they enter the workforce.

The teaching workforce will receive best-practice and expert advice from a range of partner teaching schools on how best to engage with pupils, lesson planning, and classroom management, allowing them to improve a broad range of vital teaching skills.

The teaching school hubs programme is being rolled out across the country, with 81 hubs selected by the Department for Education. St Mary's College is the hub selected for the Hull and East Riding region.

Councillor Peter Clark, Portfolio Holder for learning, skills and safeguarding children said: "It is exceptional that one of the city's schools has been chosen as a Teaching School Hub, serving the region's schools. Well done to St Mary's College for this achievement which will ultimately make a difference for children's education and means Hull-based teachers will receive high-quality training and development from a school within the city."

Ged Fitzpatrick, CEO and Executive Headteacher at St Mary's College said: "This is a truly prestigious accolade and a tribute to staff and students who have achieved exceptional, authentic standards sustained over many years. It would not have been possible without the work and profound support of a wide range of partners in regional Teaching and Research Schools, Multi Academy Trusts, Local Authorities, learning partnerships and schools.

"This is an unparalleled opportunity for the region. It enables us to work together to provide world class professional development opportunities for colleagues at all stages of their career in order to genuinely improve outcomes for children and enhance their all-round development."

Each Hub will be operational and helping schools from September this year.



University of Hull has appointed new Director of its Business School

Dr Moogan, who studied Economics at Hull in 1986, was the first person in her family to attend university, and said she was first attracted to the city by its "beautiful campus and friendly Open Day."

Since graduating from Hull, Dr Moogan has worked at a number of universities across the country – most recently, as Associate Professor of Online Business Education and Director of Apprenticeship Programmes at the University of Leeds.

Speaking about her new appointment as Director of the Hull University Business School, Dr Moogan said she was delighted to have "gone full circle and come back home."

Dr Moogan joins the Business School as it was ranked as one of the top two per cent in the world after securing prestigious re-accreditation from the Association of MBAs (AMBA).

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“And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don’t believe in magic will never find it.”
- Roald Dahl

HULL UNIVERSITY BUSINESS SCHOOL RECEIVES PRESTIGIOUS AMBA RE-ACCREDITATION

Hull University Business School has been ranked as one of the top two per cent in the world after securing prestigious re-accreditation from the Association of MBAs (AMBA).

Accreditation from AMBA, one of the world’s leading authorities on post-graduate business education, represents the highest standard of achievement in post-graduate business education. It demonstrates the University Business School’s efforts to provide the highest-calibre teaching, curriculum and student interaction opportunities, with a focus on adapting the curriculum to meet the evolving needs of organisations both in the UK and globally.

Professor Stephen Hardy, Dean of the Faculty of Business, Law and Politics at the University of Hull, said: “The University is delighted that we have been reaccredited by AMBA which serves to evidence our Business School’s commitment to providing excellence in educating future business leaders.

“This much valued partnership with AMBA also enables our students to maximise the benefits of such a successful association.”

Upon receiving AMBA accreditation, all current MBA students and recent MBA alumni of Hull University Business School are invited to join AMBA’s global member community of more than 55,000 students and alumni.

With representatives from more than 150 countries, AMBA offers a variety of networking, thought leadership and career development opportunities, alongside a variety of benefits.

AMBA officials praised both the academic and administrative staff – led by Deputy Head of School Dr Claire Hookham, and MBA Academic Director, Dr Nick Snowden – for their commitment to the success and wellbeing of the students, and uphold-

ing the highest standards within the programme.

The Hull University Business School was also commended for the way it prepares its faculty for MBA teaching.

The faculty are offered additional pedagogical and pastoral support both before and during their time teaching on the programmes.

Andrew Main Wilson, Chief Executive of the Association of MBAs and Business Graduates Association (BGA) said: “I’m very pleased that Hull University Business School has achieved AMBA re-accreditation.

“The School is an important part of our global network. I look forward to continuing to work with this prestigious Business School.”

Another significant improvement made since the Business School’s last accreditation in 2017 included the corporate marketing of the programmes which was seen to have improved industry relationships within the local economy.

The Business School aims to equip managers and business professionals with all the skills they need to succeed in a fast-changing and interconnected world.

It maximises the connections between excellent research, learning and teaching across disciplines, and places heavy emphasis on corporate engagement by working with partners across the sector.

For more information on the Hull University Business School, and to see some of the courses on offer, visit <https://www.hull.ac.uk/faculties/fblp/hull-university-business-school>.



OVER 3000 CHILDREN RECEIVE SECONDARY SCHOOL PLACE OFFER



Today, parents of children starting secondary school in Hull this September will be offered a school place.

Over 3000 eleven year olds will be offered a place at one of the city’s 12 secondary schools. 87 percent of pupils have received their first choice of school and 96 percent have been offered one of their choices.

Councillor Peter Clark, Portfolio Holder for learning, skills and safeguarding children, said: “There is a rising number of pupils needing places in year 7 year on year, and we are doing all we can to ensure as many children as possible are offered a place at their preferred school. More pupils have received their first choice offer this year, than last year.

“We have a city-wide Schools Capital Programme, which has seen extensions to St Mary’s College, Boulevard Academy, Kelvin Hall Academy and an extension to Kingswood Academy has been approved. Through the Programme, we have created hundreds of additional school places, including SEN places, in quality learning environments. We are soon to begin consultation on a number of other schemes at several academies which will see a further increase in places available.”

Those who applied online for their child’s place, and requested an email confirmation, will receive an email on 1 March confirming their allocation.

All parents and carers will be sent a letter on 1 March. Parents have until 15 March to reply if they do not wish to accept the place.

UNIVERSITY OF HULL CELEBRATES THEIR PARTNERSHIP ANNIVERSARY WITH TEAM GB

Team GB double Olympic Champion Max Whitlock MBE has been announced as a new ambassador for the University of Hull – as it celebrates the two-year anniversary of its exclusive partnership with Team GB. As a trailblazer in his sport, Max’s role as an ambassador is set to be an inspiring addition to the University’s partnership with Team GB. It marks an exciting and eventful two years of the partnership so far, with students engaging in a variety of volunteering, work experience and course-related projects and opportunities.

The ambassadorship comes as a result of the University’s determination to provide unmatched personal development opportunities to allow students to be the best they possibly can be; a trait shared with Max as he chases further achievements.

The University of Hull’s Vice-Chancellor, Professor Susan Lea, said: “Max is the ideal ambassador for us in that he demonstrates quality and excellence in and out of competition. At the University of Hull, we pride ourselves on encouraging our students and supporting them with the right opportunities so they can achieve extraordinary things – both whilst at university and beyond.

“The partnership with Team GB has been an enormous success, with Team GB staff and athletes acting as inspirational role models for our students as they reflect the success of setting ambitious personal and team goals, working hard, and supporting

one another through both the high and the lows.”

Max Whitlock will give students the opportunity to gain insight into the mindset of an elite athlete at the pinnacle of their profession. As a source of inspiration for all those chasing success – Max is the first ever British gymnast to win gold at the Olympic Games – and as one of Britain’s great sporting heroes, he is set to bring a sense of pride to staff and students at the University as he takes up his role as a Team GB ambassador.

Having Max onboard at the University also provides opportunities for the region as he shares his inspirational story of success. He will make guest appearances at local schools and colleges, enabling students of all ages to learn what it takes to become a double Olympic gold medallist and to inspire them to set their sights on success.





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

THE ANNIVERSARY



from the unwelcome doormat. Good intentions will persuade her to flick on the kettle, but today the lure of a bottle of cheap red wine will overrule them. She pours a large measure into last night's smeared wineglass. Lifting the glass she toasts, mockingly, "Happy anniversary. To the remnants of a shattered life".

His leaving had hit her with the same force as his fist that first time, dismantling an innocence that believed in fairy tales and that love would be enough. Layla had been an easy victim to assail, to manipulate. To control. Through the ensuing years she had little by little retreated into her own small restricted world. It kept her safe from hurt.

The effect of the wine leaches away her disquiet and she settles herself into the

comforting concavity of her cherished worn armchair. Idly, she opens the newspaper to the headlines;

'Local Woman Poisons Abusive Partner'.

Her eyes are transfixed on a jagged finger nail as it explores a deep cranny in the wooden arm of the chair: Every protracted, miserable day since her vigorous flame had been cruelly snuffed out, Layla had blamed herself and had continually imagined their perfect life parallel to her own lonely, wretched one. Mesmerized, she muses over squandered years.

And then. Suddenly. A reawakening. Time to let past emotional wounds heal. There is a desire deep within her to reclaim a life not quite lost. Layla emerges from her chair like a butterfly from its chrysalis. Constricted arms are now spread wide. Ready to soar. In the kitchen she pours away the cheap wine, flicks on the kettle and says out loud, "I am going into town. There I will buy new slippers".

Hull mum pens her first children's book to support parents and their children in lockdown



Kat Arksey, Hull mum of two young boys, took the opportunity during the latest

lockdown to write her debut short children's book from the eyes of a child. She wrote the story to help

her eldest son, aged 4, understand more about why we're all having to stay at home and why his school is closed. When Harry Stayed Home: A Child's Perspective of Lockdown was self-published through Amazon on Valentine's Day this year.

As soon as the news was announced in January 2021 of another lockdown and school closures, Kat Arksey, Hull mum of two boys aged 4 and 18 months, decided to write a short children's book drawing on her 11-year experience of working with children and families. After positive feedback from family and friends, Kat asked her friend and illustrator, Aermaen, to bring the story to life with her artwork. The book was self-published on Amazon Kindle on 14 February 2021, followed days later by the paperback version.

The story is aimed at young children aged 2-6, and follows two brothers that are staying at home and homeschooling due to the COVID-19 lockdown. Written from the eyes of a child, the book aims to help other parents and young children talk about the virus, lockdown, what the vaccine means, and how things will get back to normal, in a positive, child-friendly way. As the blurb states:

'Harry and his brother are spending a lot of time at home lately. There are fun times to be had at home but it feels sad to be away from the people we love and places that are important to us. Harry learns more about why everyone is staying at

home and how things will get better soon.' Hull teacher, dad of three young children and self-published author, Luke Flanagan, helped Kat through the process of self-publishing online. He said:

"When Harry Stayed Home is the perfect book for allowing young children to understand the changes over the past year. It is relatable and allows them to understand that slowly, life will soon start to get back to normal."

Kat feels strongly about how the lockdown has impacted on children and believes children have made incredible sacrifices:

"Our kids have given up on so much and many young children are struggling to understand. My youngest son is 18 months old and has spent two thirds of his life in lockdown.

"We need to recognise what sacrifices our children have made. We really need to think about how we're going to work to help children recover from this. It's so important.

"I've been blown away with the feedback I've had from my book. It's becoming really popular among parents. Some have told me their children have said things like "Mummy, that's just like us!". Others have told me it's helped them initiate a conversation with their child about the pandemic to help them understand and feel more reassured.

"It's been a really difficult year for everyone. Writing has been really cathartic for me and is helping me recover after a period of struggling with depression. It's been so positive for my mental health, and I'm so pleased to be helping other families too."

When Harry Stayed Home has sold over 80 copies in its first week since release.

Kat Arksey is a mum of two boys and has over 11 years' experience working with children and families, including as a social worker. When Harry Stayed At Home: A Child's Perspective of Lockdown is her debut children's book, and is available now on Amazon Kindle and paperback.

CHECK THIS OUT!

FROM LOCAL AUTHOR RICHARD HARRIES

I am delighted to announce that my very first book, an Anthology of poems, all of which matter a lot to me is being published by Stairwell books of York on 14th February 2021. This is amazing for me and quite a huge moment in my life. The book is entitled AWAKENING and has a brilliant cover by my multi-talented friend Jim Danby. It has notes by best selling author and Louise Beech and amazing modern poet Phil Pearce.

You can order it now online:

<http://www.stairwellbooks.co.uk/product/awakening/>



IS DRINKING COSTING YOU MORE THAN MONEY?

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

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

Alcoholics Anonymous will help you to stop drinking.

Alcoholics Anonymous will help you to start living.

AA works where other organisations might struggle because we are non-professional. We are all people who had a drink problem, and know what we are talking about.

If you want help, give us a call.

FREE

LOCAL HELPLINE: 01482 830083

NATIONAL HELPLINE: 0800 9177650

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



STRESS LESS & BE STRESS FREE WITH DAWN O'DONOGHUE

Are you stressed? Lets face it, I think all of us are suffering some form of stress or anxiety during these unprecedented times. Most of us carry on with work, being furloughed, school or home schooling but sometimes it all gets a little too much and we become overloaded.

Normally we go through our daily life with moderate amounts of stress. Historically, stress helped us stay alive – to escape threats, find food and simply live. Today, our stress is based mainly around modern living and often associated with our life roles. Remember, moderate stress is important and people can usually cope with certain amounts of pressure like having to meet deadlines, perform in staff meetings, make decisions, deal with relationships, juggle childcare and homelife. Basically we are simply living our lives. So... some stress is necessary and actually good for us preferably in short bursts.



However, the saga of 2020 saw prolonged stress levels rise globally. Cases of severe anxiety and conditions aggravated by stress increased phenomenally which is why, as a Clinical Psychotherapist and hypnotherapist, I decided to enrich my practice by adding to my list of credentials the role of Professional Relaxation Therapist, so I could help clients overcome their stress in a variety of ways.

As a Relaxation Therapist, I have researched the physical and psychological implications of stress and its impact on the human body. I have also studied the techniques and methods that 'work' to alleviate stress. I am particularly interested in the work of Edmund Jacobson (a doctor in 1908) who investigated why individuals can't just 'let go of stress' and the consequences of long term anxiety on the body and ultimately mental health.



Jacobson discovered that whilst experiencing long term or prolonged stress, our muscles actually become taut and the effects of this tension shortens the muscle fibres in the body. I'm sure some of you will have experienced tension headaches or found your shoulders aching because you've been squeezing the muscles without even realising it. This becomes a

continuous effect. You want to relax but your muscles have contracted, this perpetuates your feeling of anxiety. And so it goes on, you stress – tense – muscles shorten – you remain stressed.

There are many methods and techniques involved in my new role, including exercise, diet, meditation, scent therapy, sleep patterns and self hypnosis. There are also

breathing exercises and something I want to share with you, to start you on the road to relaxation. I would like to introduce you to Progressive Muscle Relaxation which lasts approximately 15 minutes and works wonders in reducing your stress levels (and reduce wrinkles) when practised regularly.

Would you like to try it for yourself? First I'd like you to dedicate 15 minutes to yourself, no distractions – turn off the television, give the dog a treat and make sure nothing interrupts you.

Next you need to be comfortable. Either sit in a chair or lie on a bed in your baggiest of outfits (and we all have one of those). The room should be at a temperature where you are neither too hot or too cold.

Then you need to practise breathing:

- Inhale deeply through the nose. Count to six and then through pursed lips, blow the air out slowly – as you breathe out (think of blowing out a birthday cake candle), imagine your stress is leaving your body – almost like a fluid. This is often called a cleansing breath.

The next steps must be in the right sequence for the greatest impact on your relaxation. Get someone to read the steps out to you, make your own recording or access the free audio on my website and Facebook page.

Step 1. Inhale. Flex your feet so the toes point downwards like a dancer. Tense the muscles of the feet. Hold for the count of six then slowly exhale and allow your feet to relax.

Step 2. Inhale and flex your feet upwards to the ceiling. Tense the muscles of the feet, hold for the count of six. Exhale and allow your feet to relax.

Step 3. Inhale and pull up your knee and thigh muscles as if you have an elastic band pulling upwards. Tense, hold for the count of six, exhale and relax.

Step 4. Inhale, squeeze the buttocks – tense, hold for the count of six, exhale and relax.

Step 5. Inhale and extend the abdomen. Tense, hold for the count of six, exhale and draw your abdomen muscles inwards as you relax.

Step 6. Inhale into the upper lungs lifting the chest. Tense, count six. exhale and relax.

Step 7. Inhale and raise your shoulders to your ears (like a shrug). Tense, hold for 6 then as you exhale pull your arms down, spanning your fingers wide and stretching your arms out. I always imagine Superman flying at this point.

Step 8. Inhale, flex your arm at the elbow (making a fist helps) ...tense, hold and exhale. Relax.

Step 9. Inhale and lift your head a few centimetres. If



sitting push the head forward slightly – tense, hold, exhale and relax.

Step 10. Inhale, raise your eyebrows, hold and tense. Exhale and relax.

Step 11. Inhale and tense your face, scrunching up the whole face like a child in a temper tantrum. Hold, exhale and relax.

Step 12. Inhale. Open your mouth and jaw wide. Tense and hold for 6. Exhale and this time breathe out the sound 'Ahhh'.

Now do a self body scan. Spend a few moments thinking about your body. Does it feel heavy or light? Is it warm in a particular

place or have you any tingling sensations? Now sleep or just relax.

This deep muscle relaxation aids recovery from physical conditions aggravated by prolonged stress, for example: Migraine, insomnia, PMT, Muscle aches, panic attacks, IBS and many more.

It also helps reduce blood pressure, maintains blood sugar levels, increases the blood flow to major muscle groups, improves concentration – mood – sleep quality, lowers fatigue and overall helps us cope with our personal stress and makes us tackle our current situation more calmly.

Please let me know how Muscular Relaxation works for you, your friends, family or child. If you want to know more about the different therapies I offer, contact me via my website <http://www.new-daytherapies.co.uk> or PM on 07775429575.



KIDS ACHIEVING

Our local kids making a difference.

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

Oliver's Scholarship Success!

Cleeve Primary School Year 6 pupil Oliver McCloud received a rugby scholarship to attend Archbishop Sentamu Academy



My month has been very interesting...With Louisa Whittles



...with online school and lockdown it has been a big experience for me and I realized what I actually take for granted. I realized there are people that aren't as wealthy as me who haven't been able to put food on the table for their families and they would love to have opportunities I have such as a bed in a safe home with all the luxuries I'm so lucky to have and much more.

This lockdown I have learnt all new things like how to bake, I have explored new things on the internet and even how to sew a button on. I think I can talk for all of us when I say this but this lockdown has been very stressful not just for parents but for children just like me. I do get stressed and I have those bad days like all of us but when I get stressed out or worried about something I always

say to myself 'there is always someone else worse off than you' because there is you may be stressed about work or you've forgotten to do something that you can always do the next day but there are people worrying about if they're going to survive tomorrow or how they're going to get food and water. Overall, this month has been stressful, frightening and enjoyable at the same time for me because I have learnt new things as Captain Tom says 'tomorrow is a good day'.

The things I have learnt are things I never thought I would need but over lockdown I

have, like knowing how to do certain things for online school and how to email a teacher but it's not just school that I have learnt from this lockdown but my family also taught me as well things being like they taught me that certain things matter and that I don't need to look good to feel good. I have done baking, schooling and got myself into a routine of walking every Wednesday afternoon. It has been a hard lockdown with school and everything but the ones I love have kept me going. I'm in year 7 and last lockdown I was in year 6 I didn't want to do the work then I refused so my mum gave up but now I'm in secondary school I'm pushing myself to do these things because my mum has taught me not to give up and only I can do it. I get why there was screaming matches and arguments last year but not now.

It's weird really because lockdown makes you realise who you actually love and who actually loves you too and I have noticed who doesn't actually love me and found new people that I think want to be friends with. I get stressed with all this lockdown and overthink but I can always remember that there is at least 1 person out there that wants to help me – this applies for you too. For instance my form teacher and TA has helped me along the way, so has my mum, my dad and my sisters even though one of them lives away we keep in touch and they always think about me.

Me being the person I am thinks that everyone has to like me but I've realised life isn't like that. I always used to think everyone has to like me or no-one likes me but there is a lot of people out there that probably won't like you and I had that problem but I found new friends and realized I had other friends that do like me. I thought I had to change myself for people to like me but I liked myself and my personality, it's who I am and you can't please everybody in life, I've been taught to be kind and caring to others.

Medical School's Pathways to Medicine Programme welcomes largest ever cohort of Year 12 students

Hull York Medical School welcomes its largest ever cohort of Year 12 students this week as over 50 students commence its flagship Pathways to Medicine programme. The Pathways to Medicine programme was launched in 2015 and is now in its sixth year. Delivered in partnership with the Sutton Trust, the programme is a widening participation initiative which supports sixth form students in the local area who are aspiring to study medicine at university; providing them with insight into the medical profession and supporting them through the application process.

Dr Paul Whybrow, Academic Lead for Widening Participation, said: "Students taking part in the Pathways to Medicine programme come from backgrounds that are typically underrepresented in higher education and indeed the medical profession. Our aim is to help those students make an informed decision about their future, and to support their progression into medicine and other related degree programmes." This year the School is delighted to be working with local clinicians who are offering their time to mentor students – supporting them in gaining a valuable insight into working within the NHS at a time when normal work experience placements within GP Practices and hospitals are very limited. Students will be able to chat to their mentors online as well as meeting with them once a month via video call.

Another new element for this year is a virtual work experience conference, being delivered in collaboration with the medical schools of Newcastle, Imperial and Nottingham which will see all students taking part in Pathways to Medicine programmes across the country come together virtually for a patient journey from hospital admission to discharge and aftercare.

Since the programme launched it has supported over 260 students interested in a career in medicine. Daisy Metcalfe, a previous participant in the School's Pathways to Medicine Programme and who is now studying at Hull York Medical School, said: "I took part in Pathways to Medicine because I knew I wanted to study medicine at university, however I soon realised I was clueless about the whole process of

applying to medicine. However, this programme gives a significant amount of help with applying to medicine, from UCAT workshops to guidance through the UCAS process."

"The programme helped me gain so much confidence and an insight into medicine. I am so grateful for the experience and would recommend it to everyone wanting to study medicine at university."

Hull York Medical School is the joint medical school of the universities of Hull and York. It works in partnership with regional NHS Trusts and community healthcare providers to ensure it responds to local workforce needs and provides its students with the knowledge and skills to deliver exceptional care to patients. Since it was established in 2003, it has trained over 1600 doctors who are now working within the region and beyond – as GPs, Psychiatrists and Consultants. The Pathways to Medicine Programme and Year 12 Summer School are two of a number of opportunities the School offers to young people to support them on their journey to becoming doctors.

Further information about the Pathways to Medicine programme including how to express interest for next year's programme can be found at www.hyms.ac.uk/pathways



Community *and* Services

WASH HANDS · COVER FACE · MAKE SPACE

Partnership approach brings results in fight against city centre crime



A partnership approach is having a major impact on the fight against crime in Hull city centre with more businesses signing up to the DISC low-level crime and antisocial behaviour information sharing system, which brings together businesses, the police and Hull City Council.

HullBID's street team are reporting significant achievements with Senior Support Officer Mark Andrews telling of two incidents which resulted in arrests as a result of DISC, the HullBID radio and Civic CCTV all playing a part.

The DISC system was launched in November 2019, and in the first few weeks the number of businesses recording crime incidents reached more than 200. Even with the temporary closure of many businesses during the last year the number is now more than 320 and the system has details of nearly 400 offenders.

DISC is operated by the Hull City Centre Security Partnership and has been funded by the Humberside Police and Crime Commissioner through the Safer Hull Partnerships with the aim of emulating the success of similar schemes elsewhere in the UK.

Businesses which sign up to DISC are able to log into the system, report incidents as they happen and update information about known offenders. They can operate DISC from a desktop computer or as an app from mobile devices, sharing intelligence instantly with other members and authorities.

Restoration works to the Guildhall Time Ball get underway

Preparatory work to one of the UK's last remaining Time Balls is now underway. Local construction company, Hobson & Porter will remove the existing replica ball and install a new one. Other elements of works consist of replacing the internal mechanism, renovating to parts of the clock tower and its historic stonework, lantern and a new electrical installation to supply the Time Ball mechanism.

The first work onsite will see the installation of a 21-level scaffold from the pavement right up to the tip of the Guildhall Time Ball mechanism, in addition to a full scaffold down the north elevation of the Guildhall on Hanover Square.

The work is expected to be complete in the autumn.



Physiotherapists produce guide to help patients begin recovery from Covid-19

Patients sick enough to be admitted to hospital with Covid-19 are being helped by a team of physiotherapists as they recover from the most severe forms of the virus.

Physiotherapists at Hull University Teaching Hospital NHS Trust had developed a rehabilitation guide to help people on their journey back to health after being admitted to Hull Royal Infirmary or Castle Hill Hospital.

Rebecca Redmond, Clinical Lead Physiotherapist in Respiratory at Hull Royal Infirmary, said: "We know Covid-19 can continue to have an impact on people's lives for some time after they are discharged from hospital.

"We've produced this guide to show people some of the common problems, both physical and psychological, that they may be facing once they return home.

"Our aim is to support people even after they have left hospital so they can begin their journey back to full health after contracting this terrible disease."

As the virus affects the lungs, breathlessness is very common for people with the virus. It can happen either when they're active or even when they're sitting or lying down.

The guide produced by the team shows people how to relax and control their breathing better as well as exercises they can do and techniques to try. It also shows people how to lie, sit or stand to reduce breathlessness and the effort of breathing. People who have been in hospital for some time can also lose muscle strength so the guide encourages people to reintroduce gentle exercises

including ankle raises, seated walks and balance work, using the exercises given to them to do at home by the physiotherapists who looked after them while they were in Castle Hill or Hull Royal. Their hospital stay may also have affected their mental health so the guide supports people to get back to a more normal way of life by reintroducing their usual routine, such as getting up at their usual time, putting on their clothes and opening their curtains.

The virus can affect people's energy levels for weeks or even months after contracting the virus, leaving them feeling weak and drained during any activity. It can also leave people struggling to concentrate or feeling more frustrated, tearful and anxious.

The leaflet encourages people to complete a "fatigue diary" to help them understand how they are affected by different activities, allowing them to identify patterns to manage their fatigue better. Nutrition and hydration play an important part in a person's recovery from ill health so tips on eating and drinking well are also included.



Humberside Police officer numbers are the highest in a decade

Latest staff data published this week shows officer numbers in Humberside Police have returned to the level they were at in 2010 with 2,075 police officers, and police staff numbers are also increasing again. In 2016 officer numbers were the lowest in the force's history at around 1,500. Joint

work by Police and Crime Commissioner Keith Hunter and Chief Constable Lee Freeman has resulted in over 500 new officers since 2016, with the recent Government uplift of 90 officers that means the force has seen around a 30% increase in police officers in the last four years. View the latest data at www.humberside-pcc.gov.uk/Your-Police/Staffing.aspx



Network offers support to protect businesses against cybercrime

Working across the region, The North East Business Resilience Centre (NEBRC) is a non-profit organisation which exists to support small, medium, and sole trading businesses from cybercrime.

The organisation offers a wide range of business-resilience services, delivered by an expert team of trusted professionals, police officers and innovative 'ethical hackers' from Sheffield Hallam and Northumbria University.

The pandemic period has seen a 400% increase in cyber fraud with statistics reflecting that small businesses - and particularly the self-employed sole trader or micro business - have found themselves at greatest risk and without access to relevant cyber support and services.

Police and Crime Commissioner Keith Hunter said: "Cybercrime is a growing threat, with criminals using ever-more sophisticated techniques to defraud not just individuals but businesses too.

Even More Good News

From Our Community

One giant leap for Hull as Murdoch's Connection is unveiled

After more than 200,000 working hours a stunning structure that will shape the future of Hull has been unveiled.

Murdoch's Connection, the new bridge on the A63, is now open to the public, following the conclusion of the major Highways England project.

The bridge links the city centre to the marina, waterfront and fruit market. It crosses the dual carriageway of the A63, allowing pedestrians and cyclists to safely cross the road, and will also ease congestion on the A63.

It immortalises Hull's first female GP, Dr Mary Murdoch. The name was picked by students from Newland School for Girls in an essay competition to decide which of the area's many icons should be honoured. The public then voted from a shortlist of legendary figures.

Highways England acting chief executive Nick Harris said: "I'm absolutely thrilled to see Murdoch's Connection officially open, and everyone involved in this



completing this engineering feat should be proud. The team worked diligently throughout the unprecedented challenge of Covid-19.

"This is an exciting moment for the people of Hull, thousands of whom voted to name the bridge after Dr Murdoch. They who have been so patient while we took the time to safely complete the job. A special thank you to the construction team for being so flexible and coping with the challenges of the pandemic, and our partners for their support."

The unveiling of Murdoch's Connection marks a significant milestone for the £355 million Castle Street scheme, which was approved by the Department for Transport last year and will create a much better connection between the city centre and the retail and docks area. This will support the city's economic growth, improving journeys to and from the centre, and will help the Port of Hull to thrive.

Councillor Daren Hale, deputy leader of Hull City Council, said: "The local authority has worked hard with its partners over a number of years to help bring this scheme to fruition, and we hope that residents and visitors alike will enjoy the connection it brings between our wonderful waterfront to the heart of the city. "This bridge will be an iconic piece of infrastructure which welcomes people to Hull, and naming the bridge after Hull's first female GP is a testament to what our residents value in this city."

Professor Stephen Hardy has been appointed as a Fellow of the prestigious Academy of Social Sciences

Professor Hardy, Dean of the Faculty of Business, Law and Politics at the University, joined Hull last September, and has now joined a distinguished group of individuals from academic, public and private sectors, across the full breadth of the social sciences.

An esteemed barrister and judge, Professor Hardy has acted in some landmark cases, and is an internationally respected scholar in the fields of employment and social security laws.

The Academy of Social Sciences comprises over 1,400 Fellows and around 46 Member Learned Societies. Collectively, this extensive community of over 90,000 social scientists has helped establish the

UK's position as a global leader in the field of social sciences.



Children's nurses egg-stend their support for WISHH Charity's Easter Appeal

Children's nurses in Hull are asking kind-hearted donors to swap chocolate eggs for arts and crafts this Easter in a special charity appeal.

Every year, the children's wards at Hull Royal Infirmary would normally be inundated with offers of chocolate treats for youngsters spending time in hospital. But now Helen Lyon, junior sister on Ward 130, is among those asking kind-hearted donors to support the hospital's WISHH Charity with a financial donation instead of Easter eggs, to enable the generosity to go further and wider.

Helen says: "Members of our local community tend to provide Easter eggs for children in hospital every year, but as Covid-19 still poses a very real risk to our patients, we are kindly asking donors and community groups to raise money for the WISHH Charity Easter Appeal instead of delivering chocolates.

"Not only will this ensure the Covid-19 risk to our staff, patients and visitors alike is reduced, but crucially it will enable us to buy arts and craft materials, activities, toys and games for the wards which can be enjoyed by many more children over the weeks and months to come.

"We know people love to collect eggs and we're always grateful for this, but at the same time, we hope people will also understand that safety has to be our number one priority. Donating funds to the WISHH Charity Easter Appeal is a great way of ensuring young people still benefit from the kindness of the local community, but in a way which is healthy, safe for all, and likely to benefit a greater number of children."

"The WISHH Charity Easter Appeal" provides plenty of ideas for ways in which individuals and community groups can get involved and raise money to generate some Easter-themed cheer. The charity's website plays host to a range of creative ideas for socially distanced fundraising and activities at home, enabling everyone to continue meeting government guidance around Covid safety. Fundraising ideas include taking part in bunny hops, crafting, baking, donning Easter attire, and running Easter themed fundraisers safely in schools and workplaces.

Lisa Whitton, WISHH Charity Manager said:

"Covid-19 still continues to impact everyone's lives. Our top priority as Hull Hospitals' official charity, is to keep patients safe, but at this time of year we understand that people love to be able to bring a bit of sunshine to children spending time in hospital too.

"We are already receiving calls from members of the public and community groups, asking how they can support children this Easter. Working with the staff on our children's wards, we know we can benefit so many more young people by using funds raised through the WISHH Easter Appeal to purchase items that will keep youngsters occupied, entertained and showing their creativity.

"We look forward to sharing our Easter ideas to inspire our community to brighten the lives of patients at Hull Hospitals."

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

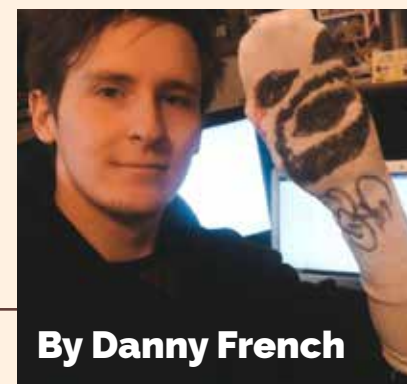
For further information call us 01482 622299 or email us at HelloWISHH@hey.nhs.uk or follow us on all Facebook, Twitter and Instagram @WISHHcharity.



Junior Sister Helen Lyon pictured with Play Specialist Mariessa Turner

Daniel in the Lion's Den

Hello everyone, I'm Dan, I'm a 23-year-old business student, Co-founder of WrestleCares non-profit organisation, and a Volunteer for my local Tourette's syndrome charity, TIC Hull & Yorkshire. Welcome to the Lion's Den. Appropriately named, referencing the origin of the name, Daniel, which was bestowed upon me by my late grandmother, Jeanette. The tale speaks of a brave man and his loyalty to God. Many of us may feel as if we are trapped in a metaphorical den, surrounded by lions, but it is how you remain vigilant against the odds of doubt and keep true to who you really are that makes you so unique. In this column, I will be visiting people from a diverse variety of industries and cultures to examine the underlying truth behind mental health and the barriers it creates.



By Danny French



bLOKes:

So, for our first instalment I've had the pleasure of speaking with the founder of men's mental health organisation, bLOKes, Tom Home. 'bLOKes' is a community interest company that provides a safe environment for men to open-up about their previous experiences with mental health whilst connecting other like-minded individuals with similar struggles. On the bLOKes website they offer the opportunity to post about past encounters with psychological health conditions such as depression and anxiety in a confidential, forum style.

Tom's experience with depression and the birth of bLOKes:

Attending CBT and being prescribed anti-depressants weren't foreseen predictions in Tom's life but seemed to be a certainty in survival. Tom stated that his time during university where "[some of] the hardest of his life", but unfortunately academic studies weren't the hardest challenge of his battle. The repression of feelings began to slowly deteriorate his mental health and he began shadowing his anxiety by dedicating himself to rugby, a passion of fifteen years. Tom worked tirelessly to follow along the social convention of being "one of the lads", and conventional drinking is still arguably perceived as a norm in university experiences. Yet something inside of him knew it wasn't the person, he wanted to be... The urge grew. The urge to create something unique and different. But what?

With the need for resurgence and the need for change, Tom set out to develop his own CIC to benefit men of all cultures and orientations by developing a platform that was bespoke to men of all races and sexuality, non-identical to traditional outlets. Tom described bLOKes as "a community that wasn't banging the mental health drum" and credited their success to presenting specialised techniques. We both agreed that the common taboo of men's mental health has previously been pushed aside and having the space to relieve the tensions to other men with identical issues can create friendships for those who, themselves, may feel alone.

The number of men in the bLOKes' inner circle that have experienced loneliness is substantial and projects like these yearn for people to do the same. The platforms of social media can be scary places indeed, especially communities such as twitter which is known for it's free-speaking, forum-style environment. So, with the availability of the team and the privacy surrounding bLOKes' online forum, it ensures that no judgement on any feelings or experiences are shared.

Shared beliefs and the state of men's mental health:

We discussed, what Tom believes, are the worst stigmas surrounding men regarding mental health. Tom expressed expectations of the male gender by saying "There is always a pressure on men to feel a certain way and when that notion is questioned, it is then perceived as a weak thing to do". These generation-old traditions are now argued to be classed as "toxic masculinity" that shroud society. These expectations are as old as time, from colours pushed upon children in early years, right up to the unspoken rule of drinking a pint in a local pub. We simultaneously burst out with "What's wrong with a pornstar martini?", as we laughed. Facing mirrored obstacles in his life's tenure, Tom demonstrated routines such as a healthy lifestyle and taking time out for

self-reflection that helped him create a balanced approach when facing confrontation with mental health. Previously, rugby became a metaphorical cover which was eventually tore down, thus, beginning to feel like a lost cause, and even a toxic environment. Expressing himself via a journal and revisiting past pleasures, then emerged into a regeneration from the person he once was.

Social media and innovation:

In Tom's case, advantages such as social media and technology have played a key role in the development of his product and has aided him by being able to reach out to many other organisations with similar interests that relate to bLOKes' demographic. Tom expressed that "[everything has] got to be on social media", which I believe is a reference to the simplicity of connectivity within the online world. We discussed in detail the extensiveness of the health services and with the growing number of people using their services, it is becoming a demanding overload for professionals. We agreed that having weekly scheduled meetings are helpful towards self-progress, but with one hour, of one day, of seven days, (In some eyes) can only create a "short-term fix for local services", and sometimes just isn't enough for a vital breakthrough to present itself. Community interest companies are designed to help relieve the pressure from the national services and help create more long-term relationships with people that are looking for help but may not feel comfortable attending professional sessions.

Tom oozed pride in his developments and especially when talking about bLOKes' online presence. For platforms such as Instagram & Twitter, the hashtag has become an innovative strategy to connect different communities and discuss specific topics that are trending. For bLOKes, it is all about telling a MaleTale. By inserting "#MaleTale" within your posts, it allows them to find a wide variety of individuals who are scouting for the relativity of others. It is just another unique aspect of bLOKes that has been essential in allowing everyone, even some of the world's top athletes and Olympian's, to tell their stories.

Aspirations of the future:

With the year 2021 appearing to be just as unpredictable as the last, it is unsure of the heights they can reach. Maintaining enthusiasm was clear to see throughout this interview and remained a key weapon in Tom's arsenal. His dedication is an attribute bestowed upon him due to his advances from past traumas and he continues to remain on course to achieve his goals. With the help and support that has accompanied bLOKes success, this will hopefully be rewarded, in time, with the future of the living organism that is a business. In the future, Tom is hoping to obtain charitable status and enjoy a full-time job with bLOKes as he will be able to dedicate more time to the cause and further invest into a future.

I've also had my confrontations with demons, but it is CIC's like bLOKes that have played a major role in my own development to self-appreciation. I, among millions, urge you all to take that leap and speak out. Closed circuit operations, such as the forum on the bLOKes website, are easily accessible in our contemporary world and seems to be the future of this difficult era, in which we live. For more information on bLOKes and their mission, please visit their website or any of their social media pages and make sure you share your #MaleTale. You'll never know the friendships that can be found unless you take that step. You can do it!

Thank you to Mr. Tom Home for being my very first interviewee and allowing me to take a deep look inside the mind of your average, yet inspiring, man. Also, thank you all for reading the first instalment of Daniel in the Lion's Den, I hope you all enjoyed it and stay tuned for the next edition.



SHINING A SPOTLIGHT ON OUR CITY OF HULL

by Trish Shelbourne

A SPOTLIGHT ON CHARTERHOUSE NEAR WINCOLMLEE. HULLS AMAZING CARTHUSIAN MONASTERY



I am not enjoying the enforced social distancing that we are currently living with and cannot believe that people would choose this as a way of life, but when I consider the word 'hermit', this is exactly what the Carthusian Monks took to their hearts, along with some serious habits!



The memories I have of visiting my nan-na Shelbourne in Charterhouse are vivid. My dad would take me on a Sunday afternoon to see her...(I think my brother was out playing footie at the time). Charterhouse was founded by Michael De la Pole, the first Earl of Suffolk in 1384. The monastery came before the Almshouse which was built in 1377. The Almshouse, originally a hospital, was situated next to the Monastery until 1539. Perhaps the oldest 'hospital' site in Hull. In it, he housed 13 poor men and 13 poor women along with a priest Master. Religious people have cared for the poor in Almshouses since Medieval times. 'Hospital' has a whole new meaning now. Carthusian Monks lived like hermits, they never ate meat and spent their days

praying, contemplating and working. From the literate upper levels of society, some were part of other monastic orders and some would have been the chaplain to important landowners.

Andrew Marvell the poet grew up here. His father was Master of the Charterhouse in the 17th Century. The first Charterhouse The Grande Chartreuse was founded in the French Alps by Saint Bruno of Cologne in 1084. It still remains, but the monastery has been rebuilt several times owing to fire and war. It's current form has been standing since 1688. The monks there are still famous for a green or yellow liqueur called Chartreuse. Fast forward 700 years and now there are only 24 Charterhouses left in the world, 19 for monks and 5 for nuns. They still live like they used to in the middle ages.



Hull's Charterhouse was the 5th of 10 to be founded in England. In every case the founder came from the highest levels of society. The trauma of the Black Death and subsequent plagues drew a demoralised population to support the Carthusians. They were very religious and greatly respected.



With the dissolution of the monasteries (1536 to 1541) came the end of the Carthusian Order of Monks. Henry VIII wanted his religion based in England, not with the Pope in Italy.

During the 18th Century the buildings rapidly deteriorated so that in 1777 the whole place was pulled down and rebuilt at a cost totalling more than £3,500. The Chapel was still central to the building.



For History buffs everywhere further reading is recommended.

Charterhouse Today offering high quality independent living for the over 60s. Michael De La Pole, a wool merchant who became Lord Chancellor, planted the seed in Hull which has grown into a huge family tree spanning the centuries. With Christian values at the heart, it continues to do what he wanted it to, offering care and support to those in need. Canon Paul Greenwell, is the current Master of Charterhouse. He has his own house near Charterhouse on the south side of the street. We were supposed to meet, the day before our 'lockdown' due to the Covid 19 pandemic, but I know he has the safety and wellbeing of his residents so am hoping he is happy with my piece of work. Up to 40 residents, are supported in 32 flats over 2 floors. They have their own 18th century Chapel, private gardens, social hall, hairdressing salon and a flat for guests. No medical, nursing or personal care is provided but a warden visits the residents each morning. A board of Trustees oversees the care of the property, 5 of whom are nominated by Hull City Council.



I will get to see inside the house which holds many secrets and pleasures. In the meantime I will just have to enjoy the photographs showing the inside of Charterhouse which I will get to see, hopefully in the not too distant future.

I wish Paul and all the residents good health and love.

HULL CITY CENTRE

PRUDENTIAL BUILDING, VICTORIA SQUARE

The Prudential Insurance Building with its landmark corner tower overlooked Victoria Square. After recent excavations, it was discovered that it had a specially designed smoking café called Ye Mecca in its basement. This café was attractively decorated and had mosaic floors. It was opened in 1904 and is thought to have been one of three similar basement cafés in Prudential offices around the country.

During the Second World War, a parachute mine was dropped on the building in the early hours of May 8th 1941. The building collapsed and sixteen people hiding in the basement communal shelter were killed. Among the dead were Frederick and Catherine Wallis from the nearby Punch Hotel and their two children Barbara and Frederick. The whole building was destroyed except for its tower which stood at a dangerous angle and was demolished the next day. Queens House on King Edward Street now stands on its site and a bronze plaque marks the place where the tower once stood.



THE GAINSBORO, 1979

The Gainsboro restaurant at 12-14, Anlaby Road was famous for its delicious fish and chips served with a slice of bread and a cup of tea. Roasts, pies and soups, could also be ordered as well as desserts such as Black Forest Gateaux and a range of ice creams. The restaurant was popular throughout the 1970s and 1980s as a 'posh' place to dine out for young and old. It had two floors and held private functions such

as wedding receptions and wedding nights upstairs. The Gainsboro closed in the early 1990s and later reopened under new ownership. Despite thousands of pounds being spent on the premises and an adapted menu, it was not successful and closed again. It is now a pub called Ebenezer Morley.

SYDNEY SCARBOROUGH

Sydney Scarborough's was situated on Paragon Street under The City Hall and was one of Hull's leading music shops for nearly a century. It originally sold music equipment and gramophones but later sold records and tapes. It was a popular haunt of young music lovers in the 1960s and 70s where they could listen to the latest records on headphones with a view to buy. It also sold tickets for events. The shop closed in 2001.

Louis Armstrong played at the Sydney Scarborough Annual Staff Dance on October 12th, 1933 at Beverley Road Baths after performing at The Tivoli Theatre. 300 people danced the night away to Louis Armstrong and his Harlem Hot Rhythm Band. Tickets cost 3/6 and were obtained from Sydney Scarborough's.



THE GENERAL POST OFFICE AND SUFFOLK PALACE

The former General Post Office building on the corner of Lowgate and Alfred Gelder Street stands on the site of Suffolk Palace. The palace was named after its owner Michael de la Pole, 1st Earl of Suffolk. He rebuilt it in the 1380s after it was passed on to him from his father



William de la Pole the first Lord Mayor of Hull. Suffolk Palace occupied much of the area between Lowgate, The Dock (now Queen's Gardens) and The Land of Green Ginger.

A DRAWING OF SUFFOLK PALACE, LOWGATE

An inventory of 1388, mentions a hall, a summer hall, a chapel, two wine cellars, a kitchen, a bake house and more than 20 chambers as well as other buildings. The Palace was seized by the Crown in the early 16th century and then became known as the Kings Manor. King Henry VIII stayed there in 1540 and in 1541 where he held a Privy Council meeting.

The buildings eventually fell into disrepair and were demolished in the late 17th century, although the Suffolk Palace gatehouse survived until 1771. The Mer-

chants' Exchange and the Town Hall were later built on part of the site. Both were demolished in the construction of Alfred Gelder Street and in 1909 The General Post Office was built on the corner of Lowgate. The Post Office closed towards the end of the 20th century and was converted into flats and the Three John Scotts Pub.



THREE JOHN SCOTTS PUB AND HULL AND HULL F.C.



This pub was named after three successive priests at St. Mary's Church which stands opposite. Father, son, and grandson presided there from 1816 until 1883 and were all called John Scott. The second John Scott had five sons who founded Hull F.C. with a group of fellow ex public schoolboys after they met as a team at The Young Men's Fellowship run by their father. F.A. Scot became Club Captain and his brother John became Club President around 1879-80.

HAMMONDS OPENING DAY, 16TH OCTOBER 1916

Hammonds, once Hull's premier department store, was founded in 1821 when Henry William Hammond opened a drapery shop near the old North Bridge. The company stayed there until 1861 before moving to larger premises in Osborne Street. The staff lived on the premises, slept in dormitories and ate communal meals together.

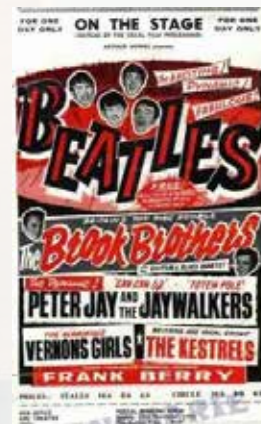


In 1889, James Powell and his three sons purchased the business. A new store was opened in 1916 in a more central location overlooking Paragon Square and the station. This store contained elevators and a large restaurant. An escalator and an additional storey were added at later dates.

The building was gutted by German bombs during the Hull Blitz in May 1941, but within a week, 47 of the store's departments were open again in a temporary location within a week. Hammonds was not rebuilt until 1952 and a third floor was opened two years later. A further extension was completed in 1957 which included a new restaurant. Two years later a hairdressing salon was added.

The Powell family sold the business to House of Fraser in 1972 and since then the store has traded as Binns, House of Fraser and Hammonds. It finally closed in August 2019 after almost 200 years of trade.

Hammonds is probably best remembered for its Picadish Restaurant, its record and music department, its hairdressers, make up department and its Santa's Grotto in the toy department at Christmas.



THE ABC REGAL CINEMA, FERENSWAY

The Regal Cinema opened on 26th January 1934, near Paragon Station. It had 2,553 seats in the stalls and a single balcony. It later became the ABC Cinema.

THE BEATLES AT THE ABC

Its most famous night was on November 24, 1963 when The Beatles played there to a sell out and screaming audience at the height of Beatlemania. Excited fans had queued up all night to buy tickets and many brought sleeping bags and sandwiches. Tickets were 10/6, 8/6 and 6/6. The Beatles had previously played at The Majestic Ballroom, Holderness Road on 13th February 1963, when they were less well known and the tickets were 3/6. They also played at The ABC on 16th October 1964.

GET TO KNOW YOUR CITY

by Catherine Derrick





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

'Mother'

"But there's a story behind everything. How a picture got on a wall. How a scar got on your face. Sometimes the stories are simple, and sometimes they are hard and heart-breaking. But behind all your stories is always your mother's story, because hers is where yours begin." – Mitch Albom, 'For One More Day'.

I'm in my local convenience store buying a bottle of 'red' to go with dinner. I think of my mother. In her twilight years she developed an appreciation for good wine, especially red and it was 'good' if it was on offer at 'three for twelve' at the super-market. If pressed to answer she would always say she enjoyed the odd glass. The truth was, she enjoyed the entire bottle! I loved my mother.

I'm sure most of us at some time look back and realise that a mother's love can be so deeply embedded in the fabric of our lives that it very often goes unnoticed. But if we take the time to pick out each tiny thread one by one and hold that thread up to the light. We will find it there. Hiding in plain sight.

We celebrate Mother's Day every March and it is important that we do. How we connect with the world begins with our connection with our mothers; and it's more than likely your mother is the woman who shaped and defined you. But what of those who, for whatever reason, did not have a mother around to be defined by? My mother's mother died when she was just nine years old. Leaving her, the eldest girl, to take care of her five siblings, at least until they were each farmed out to the relative who took pity on them.

I have a distinct memory of my mother telling me that the severe complications she suffered after an appendectomy when she was seventeen, happened because she went back to work too early. There was no mother around to tell her not to. That was until 'the wicked step mother' came along. She was the stereotypical

version. A Walt Disney invention. And she made my mother's life hell.

Thank goodness today we have come a long way in kicking that stereotype into the gutter. I believe a stepmother has one of the hardest roles. She has to remain a neutral party to the children, while enforcing established rules and not changing them. Gaining and maintaining the respect of her step-children while building a relationship with her spouse and perhaps with the children's biological mother as well. An unenviable task. Step-mothers are more aware of their responsibilities.

Creating new relationships with step-children and not stepping on toes is a balancing act decidedly worthy of note.

I am a mother. A mother who gave up her daughter for adoption when she was just six weeks old. The woman who has had a child adopted will relate to the enormity of that initial traumatic separation. She is post-natal. A mother. But the child is gone! A forced disconnection. A detachment. A heart-breaking severance that never heals.

I received a letter soon after. Through the adoption society. It was a letter from my daughter's new parents, written by her mother. A beautiful letter describing her deepest indebtedness to me for giving her the gift of a daughter and of how she and her husband would make sure she would have everything a happy life could afford. Poignantly, she ended by saying she hoped life would eventually turn out happier for me. Her final words touched me. She understood. I later learned that her role, the one of an adoptive mother, is not one for the delicate or feeble. 'Loving and nurturing a child not biologically hers, is her calling'. Lodged firmly

inside my heart was the knowledge that both my daughter and her new mother would quickly bond with each other. Our feelings as mothers were comparable. A bittersweet realisation.

Prior to her adoption my baby was fostered for a short time. It's not difficult to understand that during short or long-term fostering, an attachment formed between many a foster mother and child is perhaps inevitable; and what of the familiar empty ache that she must often experience following separation? Is it to be endured and accepted as part of 'the job'?

Exposing herself time and again to the seductiveness of a child's behaviour has to be commended. Something that is inherent, intrinsic and ingrained in her soul. These 'mothers' are unsung heroines! My daughter was my second child. I was already a single mother with a four year old son when I became pregnant for the second time. I won't insult intelligences by saying I was naive. Instead I will say that I was just plain stupid! Being a single mother when I was young, was very different from today. The word illegitimate was cavalierly bandied about around me and I wore its stigma. The mark of disgrace. I believe it was to protect me from this discrimination that my parents insisted I carry on going to work. Business as usual you might say. My mother gave up the job she loved, the one she'd strived for after being a stay-at-home mother for years. She sacrificed her job to stay at home once more, this time to care for her much loved illegitimate grandson. She did it for me.

I secretly enjoyed my pregnancy, it made me feel as though I truly existed. However 'when a woman becomes a mother for the first time she feels emotions she never felt before and they can be seriously overwhelming'. That's how it was for me. I struggled to adjust to the new situation. I cried. A lot. Today this short-term mood disorder post-partum, is widely recognised, far better understood and more common than many women and their families know. All mothers should understand that it is nothing to be ashamed of.

You will have gathered by now that I was a designated reprobate, continually, justifiably, being told by my parents how to live my life. I wonder, does being a mother qualify us to tell our children how to live their lives? I think we are all a bit good at telling others what to do. Advising someone to take it easy after a major operation is undeniably good advice but expressing your own point of view, believing your child will do and think as you – and you are on decidedly shaky ground. Why is it that we all have such short memories? Don't we remember when we responded with defensive defiance to our mother's telling us what to do? Thinking if we did, do as we were told, it might diminish our freedom? A dose of 'Kevin and Perry' the 1994 sitcom is a good antidote if you are in fear of your kids headed down the wrong track. Something I learned is that bad behaviour does not make a bad child. Trust me, there will come the day when you begin to tell your mother what to do. You swap places. It starts because of the onset of advancing years. A gradual thing. Her response at first will be, "mind your own business". But time will get her used to the role-reversal. I arrive at my mother's house one day and in the living room there is a middle aged man wearing an 'Irish jig' and he is flanked by sample windows all leant up against her furniture. Stained glass, leaded, plain, frosted, every sort of glass you can think of. This dodgy double glazing salesman is eating my mother's Banana Bread and drinking her tea. In no uncertain terms I ask him to pack up his stuff and leave. "Mother! Why did you let him in?"

"It's raining, I felt sorry for him".

My mother was a cock-eyed optimist. Unafraid. Quick witted. She used humour to survive difficult situations. An excellent cook, she entertained us well into her eighties with her memorable soirees. However, we decided to call time on these family occasions when she started doing impressions of Julie Walters in Victoria Wood's famous 'Two Soups' sketch. It's true! Not only did she have a thirst for red wine but my mother developed a thirst for knowledge, amazing me with the things she came out with. "How do you know that?" "It was on Eggheads" she'd say. She was a philosopher. She was strong, generous and selfless. The list goes on. If love could have saved her, she would still be here. Forever. For all of my life she was there and until I die her memory will continue to weave its golden thread through the fabric of my life.

To all mothers. Everywhere. You are amazing!

Post Script. My daughter and I were reunited after twenty eight years.



Rev. Irene

I wanted to share one or two pictures with you that I received from Adelaide Primary School. Adelaide school is on Great Thornton Street and is part of Hull Minster parish. As the school broke up for half term and a well earned rest we, as a Minster, were able to send daffodils and chocolate in for every member on the staff team (90 in all) as a 'thank you' for all the hard work during the past 12, very difficult months. The school attached a tag to each bunch of flowers saying: Thank you to everyone for all your hard work over the past year. We hope you have a restful and happy half term. With love from all at Hull Minster



RSPCA HULL

Thanks to the kind customers at Morrison's Holderness Road for popping food donations and change in our RSPCA bucket. It all adds up and we collected £220.90 just from one bucket.



Wykeland donates tablet devices to help primary pupils with lockdown home learning

Hull-based Wykeland Group has donated 65 tablet devices to four primary schools in the city so children without access to appropriate technology can learn from home during lockdown. The donations have been made to Longhill, Chiltern, Collingwood and Thoresby primaries, all of which needed help to provide the families of some of their pupils with the devices to access online materials for home learning. The schools have distributed the Lenovo tablets to families in need of support, meaning the children are now able to join remote lessons, interact with their teachers and see their friends on screen.



THE HEROES OF HULL

Humber rescue

A big thank you to Harry who has raised £725 for Humber Rescue with his cycling challenge, by biking more than the equivalent of Hull to Paris with a total mileage of 606 miles. Well done Harry!



Helmets

We're delighted that Eon Visual Media & Springfield Solutions have donated 14 much needed new Gecko helmets to us. Our old helmets are coming to the end of their lives, and the new replacements mean our volunteer crew members can continue to operate and save lives on the Humber Estuary. From all of us at Humber Rescue, thank you!



Shining Stars

During these ever-changing times, adult social care spaces becoming limited with dwindling numbers. With local Adult Day Care providers having to lower their capacities due to Covid-19 restrictions. This has resulted in many vulnerable adults with learning disabilities missing out on vital care and social interaction, with parents and guardians struggling to balance work life and home life due to care needs. After many testing months for new local businesses, there is a glimmer of hope emerging that sees a small new Adult Day Care Provider, 'Shining Stars' offer much-needed space and access for Adults aged 17 plus with learning disabilities. This small intimate day-care provider offers spaces of a maximum of 12 adult at any one time, but availability but are currently lowered due to Covid-19 and social distancing regulations. This new facility was officially opened by Shining Stars ambassador Hull City Football Clubs very own Keane Lewis-Potter.

Shining Stars provides day-care for adults with additional needs. We provide a safe, enjoyable environment for members that's second to none, to give our members useful life skills, the opportunity to make new friends and build friendships that will last a lifetime. We provide each individual, through self-choices a day of activities that are both social, fun, and improve mental and physical wellbeing to enable self-development and provide a

hub of lifelong friendships, socialisation, and education, but most of all FUN!

Our principles are to learn about people as individuals by spending time with them, listening to them, observing them, and caring for them. We give passion, compassion, and empathy and encourage every individual to fulfil their aspirations and go beyond limitations.

Shining Stars offer a Covid safe environment for all their members so parents and guardians feel safe in the knowledge that they're in a safe environment and members will have access to a range of fun activities on-site ranging from arts and crafts, access to PlayStations, an arcade machine, full-size professional pool table and a fun computer zone plus many more fun Covid safe activities. Shining Stars will also offer external activities like swimming, football, bowling, trips to the cinema, and organised day trips plus other vital services for the enjoyment and development of members as and when local Covid restrictions are eased or lifted. A free local pick-up and drop off service is offered to all members attending full days or weekly.

All the shining stars staff are highly motivated and caring individuals that are qualified to a high standard, fully DBS checked, and have over 40 years of combined experience caring for people with additional needs.





Est 1919

Segal's Jewellers




Jewellery is a wonderful way of keeping memories alive...

2020 and 2021 will be years we will all remember, for various reasons. For some bringing families together but for others losing family members. Many of our customers regularly say – 'this piece of jewellery is sentimental'. They remember their Grandparents or parents wearing a piece of jewellery and fond memories come flooding back – memories of licking a bowl out after making cakes, or remembering your mum receiving that eternity ring for her birthday, your Grandfather reading stories to you as a child and seeing the ring he was wearing as he turned the pages as you 'Went on a Bear Hunt'.

These items are passed down from generation to generation for them to enjoy.

We at Segal's can restore the jewellery, make it look as it did when it was first given. Did your Grandparent or Parent give you a ring that you wish to wear? We can also provide those one-off items for you to pass on to your children or grandchildren. A gold locket to hold the photo that they love and keep it close to their heart, a signet ring to engrave with initials for your children to cherish forever! Many of our vintage pieces are one of a kind, so buy vintage when you see it as you might never find the same thing again.

 **You provide the moment**
- we provide the memory 

All our stock can be found online, visit us today
— www.segalsjewellers.co.uk —



Segal's Jewellers have been in business for over 100 years and we are here for you now.

