

Always
FREE

the Hull Hub

telling your story



Issue 16

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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“If You Want To Change The World.... Go Home And Love Your Family” - Mother Theresa



Community

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



Achievement

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



Business

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

Welcome

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

What's Inside?

this edition

meet the team

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



Goddess Genius In Charge - Jayne Bentley



Chief Walnut Whip - Lyn Davies



Queen of Marketing - Sarah Sparke



Design Rockstar - Olivia Walz



Network Magician - Nevenka Fenwick



Artistic Ninja - Kurt Hoyle

Advertising

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Always one to spot an opportunity Uncle Peter had been busy planning for the long summer ahead. As soon as he heard there was going to be a travel ban on summer holidays abroad this year he knew exactly what he was going to do. As he owned the majority of Victoria Dock he'd decided to turn the whole area into a Fantasy Island where people could come and fulfil their wildest holiday dreams safe in the knowledge that what happened on Uncle Peter's Fantasy Island, stayed on Uncle Peter's Fantasy Island.



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 Editor...

I Didn't know this mag existed until I took my mum to Aldi (£d. 14). Interesting to find out what's going on in and around the city and what's on offer - is it available in other areas?

Want to see something similar in your area? Let us know!

Hessle Scout Group Reflects On Their Year

As the anniversary of the first lockdown passes, businesses, social and community groups and organisations are reflecting on how they've adapted to continue providing essential support to their members, and this includes Hessle Scout Group.

In true "Be Prepared" spirit the Group, which dates back to 1912 and has around 130 Young People as members, adapted many of their regular activities, so the Beavers, Cubs, Scouts and Explorers could continue their everyday adventures, carry on learning skills for life and being recognised for their achievements with the reward of the traditional "activity" badge.

Early in the first lockdown, The Scout Association moved quickly to provide free "Zoom" access to all Groups across the UK so weekly meetings could continue on-line. Innovative ways were used so members could safely enjoy a wide range of pursuits at home, including various forms of cooking, DIY, escape rooms, quizzes, map reading, building of bird houses, first aid and so much more. Sections even held "virtual" camps across some weekends, whilst virtually visiting places of interest or having outside guest speakers visit them.

Using footage captured on phones filmed by family members, the leaders joined in with the "keep it moving" theme of viral videos across the summer, with a toilet roll being passed along a line of 21 of the 35+ strong leadership team. This inspired Hessle's Arapaho and Cherokee Cub packs who joined forces to create their own version with a sleeping bag being passed along 35 of them for around 3 minutes.

Warm, late summer nights were enjoyed during a brief period when face to face meeting could resume around September and October, as all sections took the opportunity to

get back outdoors, out and about whilst observing social distance guidelines – a task in itself when dealing with Young People aged between 6 and 18 years old.

As meeting restrictions were once again increased, The Scout Association instructed Groups to return to on-line meeting only. Throughout all of this time work had been going on "behind the scenes" as essential repairs are urgently required for part of the Scout HQ's roof – the old hall, dating back to when the historic building was first constructed. Despite obvious limited fund raising opportunities, grant applications continue to be submitted and the Group are working hard towards securing enough money to start this necessary maintenance in the near future.

To support some of these grant applications, parents were asked for feedback on how Hessle Scout Group had helped throughout the year's uncertainty. Group Scout Leader, Charlotte Winter was happy to note "the positive response was phenomenal. From saying that, collectively, we'd kept our Young People focussed throughout, to offering them a valuable or consistent distraction from the changes to their normal routine. Some even suggested we'd assisted in balancing their mental health – something all the volunteer leaders should be immensely proud of. Being recognised as the biggest Scout Group in the area, Hessle has always been a very tight and fun Group, and having pulled together so much through the pandemic, we're in a very strong position to "hit the ground running" as soon as we're able."

For more details, or for membership and fund raising enquiries, visit www.Hessle-ScoutGroup.co.uk



Plea to parents as ED attendances rise

As national lockdown restrictions look set to ease, a hospital doctor is appealing for parents to show the same prudent use of health services as they did during the Covid pandemic.

Dr Liz Herrieven, consultant in paediatric emergency medicine, says that as life begins to return to 'normal', so does the number of people using the Emergency Department (ED) for non-urgent or routine healthcare.

"Parents did so well coping with minor injuries and illnesses during the first lockdown. People were worried about the threat that Covid posed, they listened to our advice, and many families were able to manage their healthcare needs without having to come to hospital.

"What we're finding now is that ED attendances are on the rise again, and we're seeing many more parents and children presenting with basic health problems, such as ingrowing toenails or scuffs and scrapes, which could just as easily be



managed at home or with the help and advice of a GP."

NHS111 is open 24hrs a day, 7 days a week, every day of the year. Call handlers can offer general advice, arrange for a medical professional to call you back, or refer you to local sources of care and treatment including pharmacies, out of hours GP services or urgent treatment centres.

Study seeks business input to help dyslexics win the war against emails

A dyslexic entrepreneur is seeking the help of businesses and employees as he works to develop an assistive tool which will make email easier for people who share his condition.

Hull-based Dileepa Ranawake, who was diagnosed with dyslexia at 18, is drawing on his background in technology and health projects to create Jisterly.ai, which will enable dyslexic people to read and prioritise their emails up to five times faster without having to open them.

His project has been welcomed

by Ian Streets, an accessibility expert who runs his own consultancy, About Access, and who said the disabling effects of dyslexia are often overlooked.

Dileepa, a former CEO and director of Yorkshire-based technology and health business Kinata, operates from C4DI in Hull but is seeking input on the email frustrations facing dyslexic people regardless of location."

To contribute to the research please visit Jisterly.ai



Save our sharks, fight for our fish, protect our penguins! The Deep launches new sponsorship packages

Katy Duke, CEO of The Deep said: "As an education and environmental charity, we rely solely on visitor admissions. We first closed our doors one year ago, after the nationwide lockdown was announced, and although we were able to reopen for 14 weeks during the summer, we weren't able to operate at full capacity, so the last 12 months have certainly been financially very challenging.

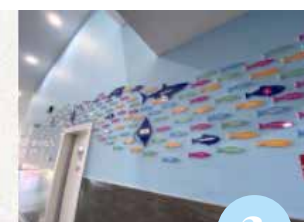
"We've been blown away by the generosity of local people and business in Hull, Yorkshire and beyond – but we're not out of troubled waters yet."

With running costs of approximately £5,500 per day, The Deep has had to get creative when it came to fundraising.

Katy continued: "Over lockdown, we launched our new private dining experience with Rupert & Darwin and 'Friends of The Deep' scheme. And now, I'm delighted that our new 'Corporate Friends of The Deep' sponsorship packages are available, allowing more flexibility across a range of options for businesses that want to get involved."

Separated into five packages – the fish, jellyfish, stingray, turtle and shark – business can pledge anything from £500 to receive a range of perks including free tickets for The Deep. Bespoke packages can also be arranged.

Katy added: "We are delighted to be working with some amazing local companies – including Arco and Lasercraft Flooring – who have been incredibly generous. If any other business would like to support The Deep, our conservation and education work please visit our website for more details."





HELLO AGAIN ALL, HOW ARE YOU DOING?

with Darren Lethem - Freelance Radio & Stage Host

Hello and hope you are well. The times they are a changing, and hopefully for the better. As I type this, the roadmap is in operation and we are heading back to some sort of normality. I am still awaiting my first vaccine, but I know so many have had it and it has given then a renewed sense of positivity. That light is definitely getting closer and hugs, gatherings and pints with friends will be back again. Oh, I do hope so.



I was asked recently to offer some advice to some people wanting to get into radio and was asked what made me get into it and when. Radio was a different beast to what it is now, more local shows and less networking so it was probably easier back 'in my day' then anybody trying today. At school I was frequently asked by the careers advisor what I wanted to do

when I left. Work on the radio was my stock answer. This was usually followed by lots of tuts, head shaking and general disapproval of wanting to do something so flippant. I would often leave with a leaflet on something to do with computers or some other such industry. They knew it was a long shot but I used to listen to the wireless a lot and always wanted to be on it.

In the mid 1980s I joined Kingstown Hospital Radio which was the hospital radio station that served the, then, six hospitals in Hull and East Riding. The studios were based on Beverley Road in the old Red Cross building and I loved it. Teenage Darren learning how to talk on the radio and how to interview people. It was a wonderful time and a great learning curve. I met some wonderful people who are friends to this day still.



Fast forward to the mid 90s and I was working in travel. Life had changed a few times during the intervening years but I still liked to listen to the radio. I had left Hospital Radio but went back again in 1996. A friend of mine on the station had heard that Viking FM was looking for somebody to do weekend overnights so he sent a cassette in (remember them?). He got asked in for an interview and lo and behold he was offered the job. He was going to be on professional radio talking to thousands.



I was green with envy although extremely happy for him. It made me think though, if he could do it then why couldn't I? I put together a demo and sent it off. Viking called me in for a chat, I was so nervous. I was put into a studio with a pile of CDs and told to put together a 30 minutes mock show. I had no idea how to work the equipment so spent the first ten minutes sussing that out.

Through the window was Simon Logan who was on air at the time. He gave me a smile and was probably listening to the whole episode and chuckling. I heard back from Viking a few weeks later saying they were starting a new station called Magic 1161 in February 1997 so why didn't I put a tape together for that. I did, sent it, got called in and got offered a show. I was doing Saturday lates. 10pm till 2am every Saturday night. Wow, I was so excited. I remember getting in about 9pm and practicing the weather over and over again. When it came to 10 I think I read it so quick and so hyper that most people probably couldn't understand it. But that was it; I had started my first show. Saturday lates soon became Saturday and Sunday then Friday followed suit too and I was asked to cover evenings in the week as it didn't clash with 'my proper job'. I even did my first gig within a month and was loving it. I was starting to fall in love with this radio lark but I was also doing a 9-5 job too and I was constantly shattered, something had to give. I will tell you what next time.

Cue Eastenders drums.....

Take care and, hopefully, see you soon.



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 confi-

dence 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."

Oh, I Do Like To Be Beside The Seaside Part One - Shaun French



A kids view of the 70's

Look, I know we haven't really been able to leave the house recently due to the pretty rotten pandemic situation, so allow me to take you on a trip to the seaside. I'll pack the crab paste sandwiches, Panda Pop, Frazzles and a packet of Rainbow Drops and take you back to those fantastic days out in the seventies where a 30-mile drive to Bridlington would seem to take 5 hours and the day would last forever.

On the odd Sunday, my dad would suddenly have the urge to put an extra £5 worth of fuel in the Vauxhall Victor, having spent most of the previous day polishing it, and announce that he was taking us all to 'Brid' for the day. This would be met with huge cheers from my sister and I and a "bloody hell, I've just put the washing out!" from our mum. This display of generosity from Dad would be short-lived however when he would add, "BUT we're not spending any money and I am NOT buying junk from the shops." We groaned, but no matter, we'd have to work on them in the car.

The sandwiches would be hastily made, put in a battered Tupperware box, then we'd take some Alpine pop grabbed from the crate of various luridly coloured bottles which were delivered every fortnight by the "Alpine Man", an unnamed person in a battered brown lorry that sold a marvellous array of flavoured soda drinks, brought straight to your door in thick glass bottles which you were under orders to hand back for recycling (Well, they were probably rinsed under a tap, re-labelled and sent back out again).

The search would be on for clean towels and the bucket and spades we'd bought last year that Dad insisted we brought home for next time. We could never find them, and I have often pondered

what happened to all those plastic castle-shaped buckets and wooden handled spades that were bought every year. This would put Dad in a bad mood because we'd have to buy replacements. His threat not to spend money was already in doubt.

The old striped aluminium deckchairs were retrieved from the garage and put in the boot with the food, the spare clothing, a football and a very old wooden wind-breaker. Sir Edmund Hillary took less equipment to the Everest basecamp than we took to the coast.

Finally, we were all bundled into the car, handed a colouring book and we'd set off. Well, we usually got to the top of the street before Mum began to fret that she'd left a window open, a door unlocked or the kettle boiling after making the flask of tea. So, muttering dark words under his breath, Dad would turn back down the street and sit tapping the steering wheel while windows were shut, doors rattled and kettles removed from the gas ring. And off we went again, the colouring books thrown on the floor as we'd forgotten to bring pens.

As any kid knows, the drive to the coast takes several weeks and of course all parents like to be asked, "are we there yet?" every 2 miles. Each response of "Not yet" getting louder until one of us spots the "Welcome To Bridlington" sign, which probably stopped many a driver from dumping his family at the roadside as his nerves became frayed. Now, the final part of the journey was about to be played out where dad had to find a parking space that was close to the beach, near a toilet and, more importantly, was free. Of course, we always parked about 40 miles from the beach and nowhere near a toilet because the whole of East Yorkshire picked that day to go to the seaside, still, at least we'd saved a pound on the parking.

We looked a pretty dishevelled bunch as we made our way towards the beach, hearing the seagulls wheeling overhead and trying to spot if the tide was in or out. Each of us carrying an armful of towels, sandwiches, clothes, drinks and the deckchairs which had more sharp edges than a faulty Swiss Army knife. Finally, we reached the promenade and looked with a little dismay down at the packed beach and the 11 million people milling around. We'd now have to trudge around the little islands of families, trying to find a small patch of sand to lay out the towels, set up the deckchairs and watch Dad wrestle with the canvas windbreaker before hurling it to the ground in defeat as he'd always forget the little wooden mallet to knock in the poles.

We'd usually get a spot that was right at the far end of the beach and almost seemed that it was not far from the house we'd just left. The sea would be so distant that

it looked like it was beyond the horizon. That didn't matter, we stripped off our t-shirts threw our shoes and clothes over a wide area and headed down to the sea, yelling the odd, "OUCH!" as our delicate little feet picked their way over pebbles, stones and lolly-sticks. Our foray into the sea usually lasted 13 to 16 seconds when we realised that it was cold enough to remove toe-nails and a badly misjudged tsunami-like wave would cover us head to toe with salty brown water the temperature of liquid nitrogen. We would then trudge back miserably to our parents and insist on a towel each before we perished of exposure.

To cheer us up, dad was despatched to a dodgy stall on the promenade to buy us yet more buckets and spades while mum broke open the Tupperware and handed us a warm, sweaty crab-paste or corned beef sandwich which we clutched in shivering gritty fingers.

Crunching dejectedly on this sandy butty, we'd take turns to drink from the Alpine pop bottle, transferring a small amount of sand into the bottom making an interesting silt formation like a snow globe.

Dad returned with the brightly coloured buckets and spades, hand them to us and issue a dire warning not to lose them. He would then take a mouthful of the lemonade, swallow a few tablespoons of sand and then slump into a deckchair with his sandals off, falling asleep in moments.

It wasn't long before the novelty of making sandcastles had worn off for my sister and I, plus mum's patience had also worn off after I had stamped Godzilla-like on my sister's delicately detailed castle with shell motif. It earned me a face-full of sand propelled by said sister and a telling off from mum which woke dad up and he decided enough was enough, we were packing up and going for a walk.

NEXT TIME - Penny nudgers, one-armed bandits and mint-rock.



Children given VR tour of Hull Hospitals ahead of appointments

Young people are being offered a virtual tour of Hull Royal Infirmary and Hull Women and Children's Hospital to reduce any fears they may have about coming to hospital for treatment.

Hull University Teaching Hospitals NHS Trust is using Little Journey, a smartphone app featuring games, animation and virtual reality, to tackle anxiety among young people coming to hospital for surgery or procedures.

Wearing special headsets funded by WISHH, the independent charity supporting hospital staff, patients and their families, after a donation from Skirlough RLFC, children will be able to explore the area they'll be coming to so they know what to expect and what they will see on their visit.

Consultant Anaesthetist Dr David Wright, Director of Simulation at Hull Institute of Learning and Simulation (HILS), said the app has been developed to ease any fears and worries young people may have if they have to come to hospital.

He said: "Coming to hospital can be a stressful time for most people and having this app means children can use a medium they are familiar with including games and animations to tackle any worries or concerns they may have.

"Our virtual reality headsets mean children can explore our hospitals, familiarising

themselves with what they might see and what to expect when they come here for their appointments.

"We think Little Journey creates an immersive, engaging experience that children find fun and can help to reduce anxiety."

The app allows young people to explore both hospitals from the comfort and safety of their own homes, interacting with animated characters of hospital staff and learning about the different equipment they might see during their visit.

Parents are also offered tips on how to talk to their children about their forthcoming hospital visit on the app, with checklists on what you need to bring so families are prepared.

Surgeons and hospital teams are being encouraged to signpost families to the app, which can be easily downloaded by scanning a QR code on posters currently displayed in paediatric outpatient clinics.





Mark Hill

JUMP INTO SPRING

We really missed the buzz of the salon so have all been looking forward to the day we can open the salon doors again and welcome back our clients. You've probably missed your hairdresser to and are probably thinking about what style or colour you are going to go for when you see them next. After a long lockdown winter, spring is finally here to cheer us up. Now is the perfect time for a new colour or style – they can do so much to lift our mood and instantly update your hair. But with so many colours and styles to choose from, it can be hard to make the right decision. Here are my trend predictions to help you make up your mind!

GROWN OUT OF COLOUR



When it comes to colour, you're probably embracing your natural colour more so don't want anything that is high maintenance. Ballyage, ombre and root smudge will still be the buzz words you need to use when you visit your hairdresser in 2021. These techniques cleverly blend colours together. This means your colour looks just as good 3 months later as there are no heavy root marks when your hair has grown. Ask your hairdresser about bond repair products – these can be added to your colour service to keep your hair stronger.

THE LONG AND SHORT OF IT

Any length goes this season! There is no definite trend when it comes to length as long as your style is relaxed and effortless. Pixie cuts are hot if you want it short, choppy bobs or lobs (longer bobs) if you have mid-length hair, or why not keep it long and lush! The secret to any of these lengths is keeping it soft. Softness through your style will mean as it grows it still looks good. So go for spliced, shaggy or razored layers – your hairdresser will use the right technique to suit your style and your hair texture. Remember, healthy hair is always easier to manage no matter what the length. Make sure you chose the right shampoo and conditioner to suit your hair type and always use a weekly conditioning treatment to maintain shine and strength.

FRINGE

A fringe will instantly update any style. Just like the other trends of 2021, softness is key to a great fringe this season. Think about the blown out fringes of the 1970's, Farah Fawcett in Charlies Angels and you won't go wrong! This kind of fringe can be worn from a centre parting and blow dried smooth to frame the face. If you have a side parting, it also looks great swept across to one side, just remember to balance it on the other side by a small flick or blow dried section. Use a large round brush when drying your fringe to give body and bounce.



“

Now is the perfect time for a new colour or style - they can do so much to lift our mood and instantly update your hair.

”



BBC Make A Difference - Happy Heads A child mental health campaign

Since the start of the Coronavirus pandemic, BBC Radio Humberside has been celebrating the good things that people are doing to support their communities through its 'Make a Difference' campaign, with individuals and initiatives regularly featured.

Now, as part of that, we are running Make a Difference - Happy Heads, a nine-month campaign across BBC Local Radio to raise the profile of child mental health (5-17 year olds), with particular reference to how young people have been impacted by the pandemic. The campaign will also promote volunteering and raise money for relevant causes, through regular focussed content on air and online.

Make a Difference- Happy Heads will launch on Weds 3rd Feb 2021, as part of Children's Mental Health Week (1-7 Feb) and it will focus on three areas across three phases of the campaign.

Feb – April :- conversations and features to raise awareness of the issues surrounding children and young people's mental health, highlighting what is available (nationally and locally) to support young people, including services, agencies and organisations. This will encourage listeners to learn more about the issues including through visiting relevant websites.

May – July :- Promote volunteering. In partnership with children and young people's mental health and well-being charities, the focus will be on what listeners might be able to do to help young people and to volunteer for organisations and agencies, when and where appropriate.

Aug – Nov :- The focus will shift towards fundraising, and a call to action to raise mon-

ey specifically for the work supporting children's and young people with their mental health needs. This is in partnership with BBC Children in Need and listeners will be encouraged to donate to a Children in Need fund which focusses on supporting children's mental health. Children in Need Day is Friday Nov 12th.

Media Opportunities

From Feb 3rd to Nov 12th the BBC will run a Make a Difference - Happy Heads feature/ interview at least once a week on BBC local radio Breakfast shows and Drive programmes. Coverage will include national features and interviews, and plenty of opportunity for local conversations.

There will be information on the website www.bbc.co.uk/makeadifference - with links to local BBC Make a Difference sites.

The pages will include links to national and local organisations supporting children and young people with mental health needs. The central page will also include BBC-wide mental health support pages and links to other relevant BBC departments involved in the campaign.





The Big Ask: children and young people in Hull asked what they need to live happier lives

Children and young people in Hull have the chance to give their views on what the Government should prioritise in planning the recovery from the coronavirus outbreak, as The Big Ask launches.

The Big Ask is the largest ever national survey of children in England, driven by the new Children's Commissioner, Dame Rachel de Souza, who has begun a major review of the future of childhood.

The online survey launched on 19 April and aims to understand what life is like for children, what young people's dreams and ambitions are and any barriers that are holding children and young people back. The results will inform Government about what children need to live happier lives.

The countdown is on: last chance to enter the Hull and East Yorkshire People in Business Awards

There's just one month left for businesses to nominate exceptional teams or individuals in this year's Hull and East Yorkshire People in Business Awards (HEYPIBA). Established in 2019 by East Yorkshire entrepreneur Jo Fleming, HEYPIBA recognises and celebrates exceptional talent across the region.

Jo Fleming, founder of HEYPIBA, said: "I set up HEYPIBA two years ago to give our local businesses and their people a boost and a reason to come together and celebrate

all of their hard work. Who could have known how relevant that rationale has remained?

"The past year has shown us just how resilient and resourceful the business community in East Yorkshire is. It goes without saying that the pandemic has made doing business over the last 12 months trickier than before, but the ability to pivot and the attitude to continue to provide incredible products and services has been a real pleasure to see unfold.

"Nominations close on 21st May and, with 16 categories to choose from – including 'Rising Star', 'Above and Beyond', 'Grit', 'Team Impact' and a new 'Judges Recognition' award – there's an option for everyone.

"There has never been a better time for businesses to put forward their people and recognise their continued commitment to keeping the region's businesses going. We can't wait to read through all your entries and celebrate your teams' achievements at this year's event – so get your entries in!"

The HEYPIBA ceremony will be filmed in advance at Bridlington Spa with all the usual glitz and glamour in place, with the virtual event taking place on Friday 9th July.

Mark Lonsdale, general manager of Bridlington Spa, added: "We wanted to get involved with the HEYPIBA event this year for a number of reasons, but namely because it's all about celebrating people. Over lockdown, everyone has had their own

personal challenges, but the pandemic has certainly brought people closer together in the business world. Of course, it has been tough, but it has allowed us to take stock and question why we're doing what we're doing, which has been a really valuable exercise.

"This will be our second virtual hybrid event at Bridlington Spa and we can guarantee attendees will experience all of the glitz and glamour of a real life awards ceremony. We can't wait to support the local business community and put on an incredible show for all those entering, sponsoring and virtually attending."

Jo added: "We've been incredibly lucky one again to have some fantastic sponsors on board to support our awards. Wilberforce Sixth Form College is our headline sponsor for the second year and we've also got some great local businesses on board supporting us – from Hull City Council and Invest Hull to Sewell Group, P&O Ferries and Cobus Communications."



Hull Truck Theatre are Setting The Stage to welcome audiences back to the building this summer



Hull Truck Theatre are working with up-and-coming Yorkshire-based theatre designer, Caitlin Mawhinney to bring the theatre building back to life ahead of re-opening to audiences this summer after a 15-month period of closure.

The artistic interven-

tion entitled Setting The Stage will begin to grow over the coming weeks and be visible through the windows of Hull Truck Theatre's iconic building on Ferensway for audiences and passers-by to enjoy.

As Covid restrictions begin to ease, the theatre is naturally taking steps towards re-opening. To reflect what's taking place behind-the-scenes in preparation for live performances; Setting The Stage will incorporate several creative phases – all visible from the outside of the building, including: Rehearsals, The Half, Beginners and Lights Up. The completion of the installation will coincide with the re-opening of the theatre for its summer programme on Friday 4 June. Details of the full programme will be announced at the end of April.

The installation will include vibrant window displays using props and costumes

from previous shows which will give a glimpse into theatre productions of years gone by... but with a twist. To symbolise key themes of growth, togetherness, hope, community and wellbeing, there will also be a flower-themed community engagement element to the project.

Hull Truck Theatre are asking members of the community: individuals, schools and community groups, to contribute to Setting The Stage by crafting a flower from paper, card, or any other recyclable materials you can easily find, and sending it into the theatre for inclusion within the display. Those contributing are encouraged to write messages, draw pictures or patterns, use bright colours, or upcycle paper you already have, such as an outdated event poster or Hull Truck Theatre programme.

Caitlin Mawhinney, Freelance Theatre Designer, said:

"Setting The Stage is an artistic intervention that puts sustainability and the community at the forefront of the theatre's resurrection. We are creating a narrative that will take the public on a journey of anticipation – from the backstage prep to the opening night, whilst allowing them to become part of the story through their floral contributions.

"It was really important to ensure that the project could be delivered as sustainably as possible and so the incorporation of recyclable flowers seemed like a natural fit. Flowers are a great indicator of growth, new beginnings and hope, and seemed like the perfect metaphor to incorporate into this project.

"It's been a real pleasure to work with Hull Truck Theatre and their internal project team on this creative project. We've harnessed important skills from costume, lighting and communications to ensure that Hull Truck is back with a bang when the theatre re-opens in June!"

To find out how to get involved, please visit: <https://www.hulltruck.co.uk/hull-truck-at-home/setting-the-stage/>. Here you can watch the quick and simple "how to" guide to floral crafting or download step-by-step instructions.

BUSINESS VIBES

The latest business news from The Hull Hub

43 Clicks North set for office switch as numbers rise



A digital marketing company which lured some of the brightest brains in the business from Leeds back to Hull is bucking the trend again by expanding under lockdown with new recruits and new clients. 43 Clicks North opened its office at The Deep Business Centre in Hull in August 2019 with just five people, and as numbers grew Managing Director Mike Ellis made the decision to find the company a new home all to itself.

The complications of Covid were such that by the time the company left The Deep in November 2020 it had a workforce of 12, all working from home.

But the recruitment continued, and by the time 43 Clicks takes the keys for its new office in the Old Town of Hull next month it will have 17 people with more on the way and a work-from-home strategy which is likely to take the complement of staff beyond the planned capacity of the building.

Mike said: "We've taken on five new people since we left The Deep, and four of those

have joined since the start of this year. We expect to hire another two or three after we occupy the new building in April and we think we'll be able to fit about 35 in there but with a rota which enables us to have a few more on the payroll."

Two of the recent recruits have joined from other tech firms in Leeds and are likely to stay in their home city and work remotely. Others have relocated from West Yorkshire to East Yorkshire, as Mike and his colleagues did when they arrived at The Deep.

The expansion has been driven by the company's success in securing deals with seven new clients since November. They have added to a mix of big regional brands and fast-growing local firms operating in sectors ranging from leisure homes to food supplements and with a shared need for digital marketing support including social media, SEO, paid searches and website design and build.

Mike said: "We came back to Hull to work and to build a digital community and we've surprised ourselves – we thought that 20 people would be enough and we would hit that level and stay at The Deep. But we found somewhere just for us because the business kept growing – with new business and up-sales we exceeded our turnover from last year in just over three months from our year-end in November."

New workspace unveiled at Groupe Atlantic

Work has now completed on domestic and commercial heating market leader, Groupe Atlantic's new office space at its premises on National Avenue in Hull.

Chameleon Business Interiors provided the design, fit-out and furniture services, transforming a storage space of the factory into a fun, flexible and inspiring work environment for Groupe Atlantic's operations team

Fiona Thornham, interior designer at Chameleon, said: "We are so pleased with the result of this project! We chose a range of light colours and materials to keep it looking as bright and vibrant as possible. By adding the mezzanine floor we have given the team some much needed space for meeting and training, whilst also providing the perfect view into the factory where they manufacture over 3,000 boilers per day."



"It was really important for us to work closely with the team at Groupe Atlantic to understand what was missing from their current space. We incorporated two modern kitchen facilities into the design that also double up as a socialisation and break out area for their team."

Hull father and son team launch revolutionary new vehicle decals business

Brandfixx, a new designer, manufacturer and fitter of vehicle branding kits, has launched with a bang, offering customers a unique and revolutionary vehicle branding product and service.

The business, owned by Vehicle Livery Solutions, was born out of the industry's problems associated with the traditional method of branding a vehicle by manually 'wrapping' a large printed sheet of cast vinyl around the contours of a vehicle.

This is often a labourious, inefficient and time consuming process that has not significantly evolved for many years.

Rather than using these traditional vehicle 'wraps', Brandfixx utilises a modular technique, designed, manufactured and fitted to suit every type of vehicle.

David Saunderson, who founded Brandfixx with son, and managing director of the Vehicle Livery Solutions group, Greg, commented: "It's a complete game changer, and I say that after spending an awfully long time in the vehicle graphics and wrapping industry."

"I have close to two decades of experience and understand the problems we'd come across when wrapping a vehicle – it is a time consuming, messy, labour intensive process that relies on expensive materials, specific fitting conditions and highly skilled applicators. I knew there had to be a simpler, faster and better way to brand a vehicle!

"And so we developed Brandfixx. Brandfixx uses precision,

laser-guided 3D scanning technology to reverse engineer the surface of any vehicle, allowing us to create a bespoke, modular vehicle decal kit. This ensures a consistent, millimetre perfect fit for each individual decal panel. It is also much faster to apply – meaning that the vehicle is off the road for less time.

"Providing customers with design flexibility, branding can be changed quickly and easily. We even train our customers how to fit their own decals, so they can make updates themselves or replace damaged graphics in the event of an accident – something which is often overlooked by large fleet operators until an actual accident occurs.

"We've had a conversion rate of over 90% during our customer trials and we're aiming for a European launch in the not too distant future."

Brandfixx has launched with a team of 15 fully trained fitters, and is aiming to disrupt the livery market with its simple, quick-to-fit vehicle decal kits, which are over 50% faster and easier to install than traditional vehicle wraps.



First cycle hub to open in Hull's historic Old Town

A brand new cycle hub has opened in Trinity Market today.

The first of its kind to open in the Old Town area, the space will hold storage for up to 40 cycles and offer a repair service to commuters, shoppers and visitors.

Local charity R-evolution have been appointed to operate the cycling hub from Trinity Market, helping support the city's ambition to become a cycling city.

The team already provide training and employability to help people into work whilst delivering a range of cycle projects in the community, recycling 1,500 bikes a year and encouraging more people to take up cycling.

John Marshall MBE, chief executive of R-evolution, said: "We are delighted to enter this exciting partnership with Hull City Council and

help make cycling more accessible for all users of the city centre. This new service will encourage more people to turn to pedal power and also help our ambition to train local people and provide routes to work. The team in the market will provide a facility to recycle and refurbish old bicycles and offer a provision for affordable bike sales. They will also provide a range of workshops to demonstrate basic cycling maintenance techniques and how to cycle safely around the city.



City centre sandwich shop keeping regulars well fed with launch of lockdown recipe boxes



A sandwich shop which has been feeding business people and shoppers in Hull city centre for more than 20 years is set to expand its range of fantastic food after the success of its lockdown specials. Relish, which marked its 20th anniversary in Silver Street just before the first lockdown forced a temporary closure in March 2020, has been filling in the time with the launch of its Little Weighton Kitchen delivery and collection service.

Operating from the award-winning Black Horse pub and restaurant – another of owner Micaela Clegg's foodie businesses – LWK devises healthy recipes using fresh and nutritious ingredients which customers can unpack at home to create their own quick and easy meals.

At the heart of Little Weighton Kitchen is an all-female founding team headed up by Micaela. Her daughter Evangeline Clegg, who has spent the last five years working in advertising in Leeds and Manchester, has come on board as Marketing Director. Chef Wendy Rowley, whose regular role is cooking up the classic Black Horse dishes, creates the LWK recipes.

The menus change weekly and draw on the finest local produce from across East Yorkshire, with seasonal fare from suppliers including Staal Smokehouse at Long Riston and Soanes Poultry of Driffield. Dishes feature fish, meat, poultry and game as well as a range of vegetarian and vegan options.

Ordering is a simple online process and the website

tells you the price per pack – each meal available for two or four people – the shelf life and the approximate cooking time, with many dishes going from sustainable packaging to plate in around 30 minutes. Free national delivery is available every Tuesday and Thursday. Customers get a discount if they collect from The Black Horse, and the aim is to offer a city centre pick-up service once Relish reopens.

Micaela said: "During the first lockdown, like most business owners, we had no choice but to close both The Black Horse and Relish so we set to work planning a new venture and filling a gap in the market for a truly local recipe box.

"We are championing the best produce Yorkshire has to offer and supporting fellow small businesses by presenting seasonal, sustainable and locally sourced ingredients to enable users to cook imaginative and delicious meals with ease at home.

"We really miss all our regular customers at Relish but we are reaching many of them with Little Weighton Kitchen and we hope to get to the rest of them soon. We can't wait to reopen and we're looking forward to adding the recipe boxes for people to call in and collect."

Kathryn Shillito, HullBID Executive Director, said: "It has been a really difficult time for the food and beverage sector and it's great to see everyone at Relish taking such an innovative approach to keeping their business ticking over.

"It's a bonus that the recipe boxes will also become part of the regular offer at the sandwich shop, adding something new to the great variety of dining options available across the city centre."

New customers currently qualify for 30 per cent off the cost of their first order and 20 per cent off the second box by subscribing to the Little Weighton Kitchen newsletter.

To find out more head to <http://littleweightonkitchen.co.uk/>

Hull City Council receives £840k for supported accommodation



Hull City Council has been awarded £840k to carry out vital work to improve the standards of supported accommodation across the city.

The second stage of funding for a pilot programme which reviews the quality and value for money of non-commisioned supported housing was announced by the Ministry of Housing, Communities and Local Government (MHCLG) today (Friday 19 March). The authority was originally awarded £798k in November to kick-start this project, and now the funding will build on some of the important work already going on in the community to raise the standards expected by residents when living in supported accommodation.

It will also allow the local authority to continue working with some of the city's most vulnerable residents in a holistic manner, ensuring they have access to the right

levels of support through all partners involved.

Councillor John Black, Hull City Council's portfolio holder for housing, said: "We welcome the second stage of this funding as it will enable our teams to continue carrying out this vital work, which supports some of the most vulnerable people in our society.

"We are passionate about working with our residents and partners to improve supported housing conditions and can already see the difference it has made for many people in helping them to live more stable and independent lives.

"As well as contributing towards establishing a national standard for supported housing, the funding will enable us to improve our understanding of the supply and demand of short-term supported housing locally and further build our relationships with key partners."

Marketing Humber has announced the double-signing of SSE Thermal and Arco

The top regional employers join 28 Principal and Major Partners and circa 200 businesses from the area who have already committed their support.

The companies join a group of other leading businesses which have united behind a powerful drive to establish the Humber as a leader in meeting the critical challenge of global climate change, and are the latest organisations to pledge their support for Marketing Humber and its work to position the region as a world leader in the transition to low-carbon economies.



Rollits welcomes new trainees and revives work experience programme

Two University of Hull graduates whose legal learning included work experience spells with Rollits LLP have now joined the firm as trainee solicitors.

Rollits, which has offices in Hull and York, has welcomed Zaneta Andraszcyk to its private capital department, with Jordan Collinson beginning his career in the firm's property department.

Both new recruits are from Hull. Zaneta, who speaks Polish and Armenian in addition to English, attended St Mary's College and studied at the University of Hull from 2015 until 2018 for her LLB, which she followed with a Legal Practice course with a Masters at the University of Law in Leeds.

Jordan attended Archbishop Sentamu Academy and Wyke Sixth Form College. He gained his LLB in Law and European Legal Studies with First Class Honours at the University of Hull in 2019 after a four-year course which included a year at Bayreuth Universität in Germany. He also attended the University of Law in Leeds and gained a distinction in the Legal Practice Course with the integrated LLM in Professional Practice.

Ralph Gilbert, Managing Partner at Rollits, said: "As we celebrate our 180th year in business this year it is particularly pleasing to welcome two trainee solicitors who have grown up and went to school in the city and, in common with many of their colleagues, come through the University of Hull.

"Their arrival also underlines the importance of our in-house work experience programme, which played a big part in helping us get to know each other. After last year when we were only able to offer work experience in a virtual format, we hope to bring prospective lawyers into our offices again this year and we look forward to giving more young people essential insight into a career in law."

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Historic splash boat returns to East Park

Hull's historic splash boat has returned to East Park following a £250,000 refurbishment.

The listed wicksteed splash boat is one of only three left in England and has been providing thrills to visitors for almost 100 years.

Specialist amusement ride contractors John H Rundle Limited have spent time carrying out details design and restoration to the boat, chute and boathouse. Additional work has also taken place to fully automate the ride and install pumps to ensure continuous water flow in the basin.

Councillor Dave Craker, portfolio holder for leisure and culture, said:

"To see the splash boat back home and looking better than ever is really satisfying.

"The ride is so special not just to the

park, but to Hull, and it was vital that we invested in it for future generations. "The work to automate the splash boat means we can hopefully have another 100 years of families enjoying this star attraction."

The splash boat will reopen once testing is complete and covid-19 restrictions allow the safe return of visitors.



Hull city centre turned purple in celebration of Census

Hull city centre joined more than a hundred buildings and landmarks across England and Wales by lighting up purple to celebrate the upcoming census and its importance to communities.

The event was organised by The Office for National Statistics (ONS) to raise awareness of census day on March 21, a survey that happens every ten years and gives a picture of all the people and households in England and Wales.

Alongside Hull City Hall, Hull Minster and the Wilberforce statue, iconic land-

marks across the country, including the Wales Millennium Centre in Cardiff, BT Tower in London and Blackpool Tower were signed up for the celebration, which will see them light up in the Census 2021 brand colour from Friday 19 to Sunday 21 March.

The census helps inform the provision of public services throughout the UK, such as determining the appropriate number of school places and hospital beds that are needed to properly serve their communities.



University of Hull and Aura scoop Excellence in Renewables Skills & Training at 2020 Humber Renewables Awards

University of Hull, which alongside Aura has celebrated winning the Excellence in Renewables Skills & Training category at the 2020 Humber Renewables Awards.

Held on Thursday, 4 March at a virtual awards ceremony, the University's commitment to creating a "fairer, brighter, carbon neutral future for all" was praised by judges.

The University was also a finalist in the Renewables Medium/Large Business of the Year category.

Central to the joint University and Aura nomination was the expansion of Hull's postgraduate training portfolio in low-carbon and renewable energy. The University of Hull was also recognised for its MSc Renewable Energy degree, the work of its Aura Centre for Doctoral Training, and its close partnership with the Offshore Renewable Energy Catapult to develop a skilled workforce and talent pool around offshore wind energy.



PETER PAN PARKS

BY MIKE COVELL

HULL'S LOST PETER PAN PADDLING POOLS

News was recently announced at new investment at the Albert Avenue Swimming Baths, in a bid to renew the pool and add new facilities to the currently leisure facilities on offer. With this story in the news, I thought I would look back at the now lost "Peter Pan Pools," of which the city had several.



Peter Pan was a fictional character created by J. M. Barrie and first appearing in print in 1902 in the book *The Little White Bird*. The book, along with subsequent stage plays, books, and articles created a buzz in Hull about Peter Pan, and it didn't take long before the Hull Corporation Parks and Gardens Committee got in on the act and began opening "Peter Pan Parks" across the city.

On Monday September 17th 1923, it was announced that the Hull Corporation Parks and Gardens Committee had met to discuss creating a "Peter Pan Park" at East Park. The park would be a park within the park, and consist of a space for young children aged 14 and under. Inside this park would be a "Peter Pan Lake," which would include specially designed boats that would be big enough for children but too small for adults. Initially these boats were to go on Fens Boating Lake, but the lake was deemed too deep for small children. The idea proved so popular that by Monday October 1st 1923 it was announced that Peter Pan Parks would be created in every Hull Park and for

a penny a week the boats could be hired and used every day. The East Park Peter Pan Park and Boating Lake was situated at the rear of the park near to where the animal sanctuary stands today.

While the Peter Pan Pools were initially earmarked for the use of small recreational boats, the children of Hull soon took to them, like ducks to water, and used them for swimming and paddling during the warmer summer months.

Such was the popularity of the East Park site; Peter Pan Parks were also developed in other Hull parks, at Costello Stadium which was created in 1929, and at Pearson Park.

In 1930 it was recorded that 300 children had used the facilities including a small boating lake, and games, over the Bank holiday weekend. During the war, when money was tight, Hull's Peter Pan Parks seemed to slow down in popularity, but after the war was over it was revealed that on average around 300 children per weekend were using the Peter Pan Park.



Specialists appointed to pack and transport thousands of maritime treasures

50,000 maritime artefacts from the Hull Maritime Museum are to be packed and transported to secure storage.

A decision record published by Hull City Council today, Tuesday 9 March confirms the appointment of the specialist company. Constantine, with a proven track record in moving museum objects and fine art throughout the world, has been selected to undertake this huge piece of work.

Previously completing projects for The Science Museum, National Maritime Museum and The Courtauld Institute of Art, they will now start preparations to pack and move the tens of thousands of objects from the Maritime Museum in Hull.

Constantine will work alongside the museum team in order to safely dismantle, pack, transport and store and then return the collection.

As part of the 50,000 strong collection, the reserve collection will be placed in storage until the completion of works to the Dock Office Chambers, scheduled for December 2021. The remaining collection will remain in long-term storage until the physical works and display fit-out to the museum are complete, currently programmed for mid-2023. Work to redisplay the collection within the museum will then begin to make them more accessible as part of the new and exciting plans.

Specialist removal and packing materials, techniques and equipment will be carried out to protect the rich maritime collection, ranging from small fragile artefacts, an internationally significant scrimshaw collection, to large industrial objects.

Councillor Daren Hale, Portfolio Holder for Portfolio Holder for Economic Investment, Regeneration, Planning, Land and Property, said: "We're delighted to be working with Constantine, who have a strong reputation for undertaking this type of complex work."



"Moving such a large collection of maritime artefacts is expected to take eight months and will take careful handling, safe moving and packing."

"It's a major step in order to decant the building and start the large scale revamp of the museum."

David Renwick, Director, England, North, at The Fund, commented: "Thanks to National Lottery players, this project is one of our largest investments in the North of England, and we are proud that we can support it to build on the incredible legacy and sense of pride invoked by Hull's tenure as UK City of Culture."

"Preserving Hull's maritime heritage and ensuring the communities and places which were shaped by it are at the heart of securing its future is a hugely significant project for the North and showcasing the positive impact that heritage can have on the economic regeneration of the city."

University of Hull welcomes £45m BEIS funding for Humber low-carbon projects

The University of Hull has recently welcomed an announcement that around £45m of BEIS funding for low-carbon projects across the Humber region has been secured.

Included in the funding, announced on March 17 by Government, is £12m for the Hull University Teaching Hospitals NHS Trust to install low-carbon technologies including solar panels, heat pumps and new roof insulation.

Also planned is the mass replacement of lighting to greener LED units, substituting inefficient air compressors, and a new low-carbon energy supply point to Castle Hill Hospital in Cottingham.

The Zero Carbon Humber Partnership, which late last year was supported in an open letter by the University of Hull's Director of Aura, Louise Smith, also received £21m to deliver H2H Saltend, one of the world's first at-scale low carbon hydrogen production plants on the north bank of the Humber. University leaders including Louise Smith and Prof. Dan Parsons, Director at the University's Energy & Environment Institute, have welcomed the announcement.



New visuals show major upgrade set for Holderness Road



New visuals have been released showing the extent of the improvements that will take place in Holderness Road this summer.

A filter lane will be introduced for motorists turning right into the Kingston Shopping Centre and McDonalds to minimise disruption to traffic flow along the main route.

And a new pedestrian crossing facility will be incorporated at the junction with Southcoates Lane to ensure pedestrians can cross this busy route as safely as possible.

The work forms part of the ongoing improvements to Holderness Road and the refresh of the cycle lanes.

Councillor Daren Hale, portfolio holder for economic investment and regeneration, said: "We took the decision to further improve traffic flow along this busy route whilst undertaking the refresh of the cycle lanes. We understand that motorists waiting to turn right from Holderness Road into the Kingston Shopping Centre regularly obstruct traffic heading out of the city during the evening rush hour. This queuing traffic regularly extends up to and beyond the Mount Pleasant junction, creating unnecessary gridlock."

"This is why we are currently looking at diverting the cycle lanes onto the footpaths within the vicinity of this area, so that a right turn lane can be incorporated onto Holderness Road. This will allow motorists who are turning right to queue without obstructing vehicles heading east, reducing the likelihood of traffic building up at the Mount Pleasant junction."

Looking for a trusted friend in the workplace?



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Health & Wellbeing

keeping our community happy and healthy



Sarah Winn - FitSista Fitness Instructor & Personal Trainer

Run Safe Outdoors

Getting Outdoors for a walk or run is not only a great way to get fitter and healthier, it's also really good for your mental health and wellbeing too. However it's even more of a challenge keeping it going through the winter months and

staying safe in the dark is really important. So here's some tips to follow to keep you safe in the winter months...

- Go out in the daylight if possible
 - Wear bright reflective clothing or lights
 - Be aware of surroundings and ditch the headphones
 - Vary your route and time you go out
 - Carry ID and mobile phone
 - Run against traffic direction
 - Choose a well lit route
 - Go with a family member or (socially distanced) friend
- Because you can't use the weather as an excuse!



The Number On The Scales Is Just A Number



So..... you've tracked your calories, exercised daily, hit your step goals and drank so much water you've been running to the loo all week and you're feeling great But then you step on the scales and they haven't moved - and your gutted But THE SCALES ARE JUST A NUMBER - It doesn't mean you haven't lost body fat! You can stay exactly the same weight on the

scales and go down a dress size as your body composition changes. So keep up the good work and don't give up!

If the scales aren't moving, try measuring your progress by your measurements, photos or best of all - How your clothes are fitting because after all you don't walk around showing your scales number do you?!

And Remember.....

It will take you longer than you want

You're going to think its not working

You're going to want to quit

Consistency always wins

It will be worth it

And whatever diet you're following, no amount of weightloss is worth it if you're miserable while you're following it.

Snack Attack

When it comes to following a Healthy Diet, my sweet tooth is my downfall.

I'll admit, I crave sugar (in particular cake) on a daily basis. I'm continuously working on cracking this bad habit once and for all but it really is so hard!

I've found the easiest way for me to crack a bad habit is just going cold turkey, because the minute I have a sweet treat (even if it's calorie counted) the craving starts all over again! However, thats just me - I'm an all or nothing person in everything I do!

If you've got a bad snacking habit, finding a healthy option to replace it with is another option and really worth a try and don't forget, snacking ISN'T a bad thing - it just depends on what you're snacking on...

Some of my favourite healthy option snacks are:

- | | |
|---------------------------|-------------------------------|
| - Fruit and Yoghurt | - Small portions of leftovers |
| - Veg sticks | - Oatcakes and Philadelphia |
| - Boiled eggs | - And of course - Make sure |
| - Sugar-free jelly | you're not just thirsty and |
| - Porridge | have a glass of water first! |
| - Protein shake | |
| - Handful of nuts / seeds | |



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

Yoga and Mindfulness

with Tristessa Moore



Yoga Therapy and Long Covid

Before COVID-19, more than 2 million Britons were living with four or more chronic illnesses, and as it turns out, COVID-19, can trigger long-term, chronic health issues, suggesting that this figure is exponentially set to rise. About 22% of individuals were still reporting at least one symptom at 5 weeks following a COVID-19 infection, while 10% had symptoms at 12 weeks. Surprisingly, many are women. Long-Haulers experience symptoms such as insomnia, fatigue, breath shortness, muscle, joint, and chest pain, brain fog, headaches, fever, heart palpitations, hair loss, rashes, taste, smell, mood, and memory issues. Whether mild or moderate symptoms, the long-term impact on Long-Haulers is that they often experience difficulties in getting treatment, especially as they are suffering from "dysautonomia." This is when the nervous system creates a fight-or-flight response dysregulating heart and breathing rates. The medical community has looked at treating Long-Covid by tackling the issue of breathing first.

Yoga professionals have a lot to offer in supporting Long-Haulers. Part of any Yoga practice involves pranayama (breathing techniques) which works not just on improving the lungs, but on the nervous



Yoga Therapy and Long Covid

system as being anxious can increase feelings of breathlessness. It is often advisable to work with a specialist who can guide you through the following breathing techniques:

Abdominal Breathing: In a relaxed comfortable position, with one hand on your chest, the other on your stomach, slowly breathe in through your nose allowing your stomach to gently expand against your hand. Breathe out slowly through your nose as your belly relaxes down gently. Gradually try to breathe more slowly and notice the natural pause at the end of your out breath.

When you have comfortably mastered belly breathing, you are perhaps ready to move on to lengthening your exhales:

4:6 Ratio Breathing: Watch the easy natural rhythm of the breath - breathing in through the nose to the count of 4 and breathing out through the nose gradually without pushing or forcing the breath until you reach the count of 6.

Using shapes to work with breathing: As triangle and box breathing below involve holding the breath, only practice if you feel comfortable with this, or opt for 3 counts instead of 4 instead: **Triangle Breathing:** Visualise a triangle. Start at the bottom left of the triangle. Breathe in for 4 counts as you trace the side of the triangle. Exhale your breath for 4 as you trace the second side. Then pause for 4 as you trace the final side of the triangle.

Square Breathing: Visualise a square. Starting at the bottom right of the square, breathe in for 4 counts as you trace the first side. Pause for 4 as you trace the second, then breath out for 4 as you trace the third side. Finally, pause for 4 as you trace the final side of the square.

With any of the above practices, you can start with 10 rounds, and gradually build up to 5- or 10-minutes practice. Set a timer on your phone to help.

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

PRACTISING MINDFULNESS IN THE NATURAL WORLD

with Fran Dunning



How spending time in nature could benefit us all.

Stop awhile and notice spring

Spring has arrived, and with it, an explosion of colour and new life. Spring brightens our spirits — we all know what a bit of warmth and sunshine can do! And now that we're finally able to get out and about, see more people, meet in gardens (and shortly, meet inside), we're going to be busy making up for lost time and catching up with those we've missed so much.

But do you ever just stop? We're always so busy getting things done that we sometimes forget the world around us. Nature is beautiful; we'll all admit that. But spending time in the natural world is also excellent for helping to maintain good mental health.

Nature as therapy

Studies in ecotherapy reveal how being in and experiencing natural settings can lead to better mental health and feeling more relaxed¹. Spending time in nature or even listening to natural sounds has been found to have a positive effect on both our thought processes and our bodies¹ and a recent study suggested that spending two hours or more in natural spaces every week is linked with a positive sense of wellbeing.

Take a mindful walk on the wild side

You don't have to return from a walk caked in mud to

benefit from the joys nature can bring either.

Use mindfulness to attend to the present moment. Let nature and the environment hold you. Pay attention to your senses — what do you hear, see or feel? What's the temperature of your skin; what can you smell? If you're in a kitchen garden or allotment, what can you taste?

Perhaps focus on what's going on around you — magpies roosting, grasses swaying in the breeze, the rustle of birds in hedgerows. Notice things you ordinarily wouldn't, intimately investigate a leaf or flower or take a long calm walk amongst woodland (you could even try forest bathing, see the website below for more information).

Contemplation during the pandemic

Over the past year, we've had to respond to the pandemic by staying at home or staying local. During the first lockdown of 2020, evidence suggests that attitudes to nature changed for the positive, with many spending more time in natural settings. We have also become more protective of the environment, with safeguarding it moving up our agenda as a result.

So, when you next have a bit of time to yourself, why not spend it with nature, you may well feel the better for it.



Would you like to know more?

If you'd like to find out more about mindfulness, contact Fran Dunning. Fran is a qualified mindfulness coach and hypnotherapist with over 20 years experience. Contact her by phone: 07973 819867, email: change@francesdunning.com, or visit <https://www.francesdunning.com>. Please consult your GP for further information and advice if you experience mental or physical health problems.

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APRIL ANTICS: AND HULL'S UNIQUE TOMFOOLERY

APRIL FOOLS' and LEGGING-UP DAY

April 2021 is a peculiar month. It is riddled with trickery, religion, and superstition. That is, April Fool pranks, Easter in the Christian calendar, and pagan undercurrents. Let's start with the First of April – commonly known as Fools' (or All Fools') Day and, in Hull after twelve noon, Legging-up Day – a different kind of 'leg-pulling'.

April Fool is fun – for some, not everyone. It depends which end you are upon! It is a day to be alert and watch out for any shenanigans.

It is not a superstition – more a tradition with a longish history. There are some tentative links to Chaucer (1392); Shakespeare often had a Fool in several of his plays; and in France (1508) there was reference to April Fish. A cut-out paper or cloth fish was secretly attached to the back of someone's garment. In more recent times, Continental newspaper articles print some fake news, but leave a clue in the text by alluding to a fish – thus indicating to astute readers that it is a spoof story.

And in the UK, a big joke fooled the nation back in 1957. Panorama presenter Richard Dimbleby reported, in a three-minute clip, how the spaghetti harvest in Switzerland was coming along that year and how it was grown on trees.

A common rule, however, is that the joke can only be played before mid-day on the First of April – otherwise, it backfires and the laugh is upon the trickster. Yet in Hull, we like to keep the craziness going a little bit longer and, at the same time, give it a nasty twist. This unique local tradition is called Legging-up Day. It begins in the afternoon on every April the First – immediately after the humorous side was over.

Legging-up was what it said on the tin. The crude idea was to sneak up behind someone and trip them up so they hit the ground. Perhaps it ought to be called Legging-down Day. The 'fun' element was to laugh at the victim as they fell down with a thud!

I hated it. When a school lad – and being on the smaller side – I was usually the target of such bullies. It was not fun in my book – but I survived and was glad when it was over for another year.

A quick search of the internet suggest that Legging-up Day is unique to Hull. Is this true? What do you recall of this Hull-centric custom? How and when did it start in the first place?

EASTER and FREYA

Easter is determined by the phases of the moon (rather than the actual date when Christ was crucified – unlike His birth which has a fixed date). Whenever I give a talk about superstitions and Friday the Thirteenth is mentioned, most of the audience express the popular view that the date is unlucky because there were thirteen seated at The Last Supper and Christ was killed on a Friday. This erroneous theory is often repeated by the media.

There are two elements to this Biblical account: Friday and No.13. Let us, therefore, investigate each of these Easter dimensions separately – beginning with Friday.



Barratt's did well selling plots of land for houses. But just a minute, there is one area left unsold – Plot 13. And who said superstition was dead in our Age of Science?

Easter is obviously in the New Testament, but one author highlighted an Old Testament reason why Friday is bad news. He claimed that this day is ill-fated because that is when Eve tempted Adam with the forbidden fruit (Waring, 1978) – but how anyone on earth worked that out is a mystery to me! Did the Garden of Eden have a calendar pinned to a tree?

My view, however, centres upon Pagan beliefs that worshipped goddesses. Friday is the only day of the week named after a woman. She is the Nordic goddess Freya or Frigg (Guerber, 1908). This Queen of the Gods "possessed knowledge of the future"; had a palace by the sea where she wove long webs of bright coloured clouds; and had special attendants who were magical maidens.

In German mythology, Freya presides over the weather. Mariners from time immemorial, therefore, have strong cause to be wary of her and be careful not to set sail on the day dedicated to her. Guerber mentioned that "when Christianity was introduced into northern Europe...Freya, like all heathen divinities, was declared a demon or witch". When this female Friday falls on the thirteenth day of any month, then there is increased danger for those who are superstitious.

If Friday has a female dimension, then No.13 adds an even more powerful feminine link.

'The Last Supper' is the popular answer to the question: "Why is 13 unlucky"? This was when Jesus ate with his twelve disciples – thereby a link between 13 and his death has been formed. Indeed, it is considered a serious blunder if a host has thirteen guests at one table. The Last Supper view is interesting, but does not stand up to close examination. Whenever Christ did anything with all of his disciples, there were thirteen of them (e.g. Sermon on the Mount – Matthew 10:1-4). No one claims that climbing a mount is unlucky because Jesus and the disciples did it over 2000 years ago.

Moreover, to seriously suggest that The Last Supper is unlucky is surely to undermine the whole bedrock of Christianity – the Crucifixion. Had Christ not died on the cross, Christianity would not have progressed – and is that an unlucky development? The same logic can also be applied to Friday – after all, Christians call it 'Good Friday' – not Black, Unlucky or Bad Friday.

Now, what about my female focus around No.13 and the pagans? Unlike our twelve calendar months, there are thirteen lunar months per year. The moon cycles control the turbulent seas of our planet. Every tide-time seafarers are reminded of the power of the moon which controls their fate. Freya was also a Moon Goddess. The mysterious moon also controls the female menstrual cycle and is associated with lunacy. Ancient fishermen feared local witches who gathered together in a coven of thirteen women. So when this female number falls on the only feminine day of the week – Friday – there is "Double, double toil and trouble" (Macbeth 4:2).



'To my mind, the fact that 'The Last Supper' is often cited as the origin of the Friday the Thirteenth taboo is perplexing and contradictory. Christians themselves harbour superstitions. At the heart of many omens is divination. The Bible firmly warns against "looking into the glass darkly" (1 Corinthians 13:12). It is bad to try, see and predict what the future might hold. I took this image at St.Mary's Loxgate Church in Hull's Old Town. It is the triptych by Bernard Robinson 1938 and depicts the Last Supper with thirteen guest squeezed around a tiny table.



Dr. Alec Gill MBE



Cordelia Jones was a wonderful interviewee when I began researching Hessle Road superstitions. She knew more than most and even added little rhymes to accompany some taboos. I liked the one: "Friday night's dream on a Saturday told / is sure to come true be it ever so old". So if it was a bad dream, better not utter it to anyone for 24 hours. Another ditty went: "Never cut nails on a Friday or you'll nail Christ to the Cross for a second time". Cordelia was born in 1912 and this picture shows her in 1935 playing her accordion. Courtesy Marion Toffolo.

Psychologically, some people have high expectations that things will go wrong on that dreaded date (e.g. stormy weather, ill health). If something dreadful happens, they make a big fuss and illogically attribute the cause to the ominous date. If nothing negative happens, it is ignored and discreetly forgotten.

We look for confirming incidents of our pre-held beliefs, whilst conveniently overlooking anything that does not fit our expectations. Simon and Garfunkel sum it up well in their lyrics: "A man sees what he want to see and disregards the rest" (The Boxer, 1970).

Well, for my part, I am looking forward to bringing you more seasonal superstitions in the months ahead – thanks to the Hull Hub.



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

A TRUE STORY

Little Girly Bobs imagined, the day she saw her swashing the decks that Mamma was pretending to be one of the pirate crew from Peter Pan. Mamma was always pretending.

That precise day, Auntie Sophia Pearl Necklace, had promised to take Little Girly Bobs to see the Red Windmill at The Langham Picture House, but something occurred that had the potential to scupper intentions. A pandemonium. Little Girly Bobs prayed to the Little Lord Jesus that Mrs Tiplady would not be as long winded as usual in her berating of Mamma. For if she missed The Red Windmill she would surely die.

It began with Mrs Tiplady furiously banging her tailor's clapper on the ceiling, summoning immediate action from The Harribobs. Unfortunately 'immediate' was something Mamma Harribobs had never quite got the hang of. A cup of tea came before everything, immediate or otherwise. Little Girly Bobs had once believed that Mamma was 'Hatter'. But unlike him Mamma could not make time stand still.

'Put kettle on.'

The Mystery.

Why, when Mrs Tiplady's shop was on the other side of the boarded up door at the bottom of the staircase, did all The Harribobs brood have to traipse out of the back door, through the garden gate, along the terrace, down Manchester Street and up Hessle Road to reach her shop. Just to be given a piece of her mind?

When finally they reached the shop that day and the door was opened to them, there inside it was raining dogs and polecats, 'So this is what the brouhaha is all about!' thinks Little Girly Bobs. Mamma was admonished severely and made to promise she would never swash the decks ever again.

That night Little Girly Bobs, with the other Little Bobs, falls to sleep in the big lumpy bed, in the room above Mrs Tiplady's shop. The redolence of Dettol permeating.

Transmuted there is a feeling of floorboards, damp under bare feet. Of descending a dark rickety staircase to a door. No longer boarded up. Touching to open. Spectacular music.

'The Moulin Rouge'.

Can-can ladies high-kicking long tiered iridescent skirts. Layers and layers. Frilly petticoats. Black stockings. White lacy knickers.

Jane Avril and Monsieur Henri de Toulouse-Lautrec sit together at a small round ornate table. They lift their absinth filled cut reservoir glasses to toast Little Girly Bobs and then both throw back their heads and laugh about nothing.

Little Girly Bobs boldly approaches Monsieur Lautrec, keen to share something that has been troubling her. Of course she understands he is really Mr Hose Ferrer and that she can't be dreaming because she remembers Auntie Sophia Pearl Necklace telling her this earlier. After choreographing a most confident curtsy, Little Girly Bobs launches her concerns with sweet sincere commitment and conveys to Mr Ferrer of her heartfelt hope that he hadn't been too uncomfortable with his legs bent backwards and tied up behind him all day. For the sake of his art.



IT'S NOTHING TO BE ASHAMED OF

I remember the day like it was yesterday.

I was 12 years old, and it was the day I found out my eldest sister had had her baby. My mum woke me up, told me the news, then I went to the toilet.

And there it was. My first period.

I knew what was happening, because I'd found out from the other girls at school, but my mum had never spoken to me about them despite me having 3 older sisters. She was quite old fashioned, born in a different era when they didn't talk about things quite so openly.

It was probably about another 3 or 4 months before I told her I'd started my periods. I was using toilet paper, and bits of fabric. Any soiled underwear I'd dispose of secretly.

Eventually a lady came to our school to give us 'the talk', and she gave us all a leaflet.

I remember just taking it home and mumbling, "A lady came to school today to talk about this", and handing the leaflet to my mum.

Then I quickly said "I have started my periods", to which my mum replied "Well I'd better get you something then hadn't I".

And that was that. That was all that was ever mentioned.

Why am I telling you this?

Because this is how normal it should be to talk about periods. There are too many women nowadays who are struggling to access the things they need, but they're too embarrassed to talk about it. There's still a huge stigma attached to menstruation, and many women still feel a sense of shame about being so open.

It's a lot easier to go to your family and say, "I've got nothing in for the kids to eat", than it is to say "I don't have any sanitary pads" or "I've run out of tampons". It wasn't something I ever gave much thought to when I was younger. I have a vague recollection of some girls picking on someone at school because she was on her period, but it never affected me.

I can't even remember if I ever had the talk with my

own daughters.

I suppose that embarrassment was a part of my own psyche as I was growing up too.

There have been times since I've got older when I've been down to my last 50p, but I only had myself to look after, so it was easy for me to skip meals or just eat bread and butter for a few days.

I work in city centre retail, so I made a plea to any last minute shoppers to buy a packet of pads and drop them into me at work at any time during the next two days.

I was truly overwhelmed by the generosity of people who dropped off donations- from the odd single packet, to carrier bags full. I had anticipated maybe gathering a bagful, but by the Wednesday evening I had the equivalent of 10 large carrier bags full in my kitchen. I had absolutely no idea how I was going to get these to where they needed to be!

The response online was also more than I could have ever imagined. Some people asked if they could send money so I could buy on their behalf as they lived out of town. One person suggested a gofund-me. Someone else suggested an Amazon wish list.

I was originally resistant to the idea.

I mean....it was just a two day donation drive and it was over now!

That is how the Facebook page 'Andie's Period Poverty Support' was born.

More and more people have been living close to the breadline because of furlough, redundancies and pay cuts due to the coronavirus pandemic. Families who were previously very comfortable in their lives finding they were having to balance mortgage payments and paying bills with feeding their families. People who would have never had to ask for help were struggling, but possibly didn't see themselves in the same situation as those 'less fortunate'.

A short term blip in your finances may mean you eat supernoodles or toast for a few days. No one needs to know! You've run out of gas? pop an extra jumper on until you get some more. No money for bus fares?

'It's ok, I'll walk. The exercise will do me good,....'

These are all ways of hiding the fact that you're struggling, but what happens when your period comes? There's no escaping that. You can't hide it. You can't avoid it. It happens. Period.

Since the middle of November, I have developed a team of 20 ladies who hold a supply of sanitary products all over the city, from Hessle in the west, to Kingswood in the north, to Greatfield in the east. Thanks to a meeting with Sarah and Nevenka at Evoke Technologies Ltd, I was able to establish a donation drop off point within their building at Craven Park.

Besides my own home, we also have donation drop points in Newland Avenue and Swanland.

Anyone who needs help accessing products is encouraged to contact us via the page, where they will be discretely put in touch with the volunteer who lives nearest to them. A mutual arrangement can then be made regarding the handover of products.

I wanted it to be less like receiving charity and more like asking a neighbour for a cup of sugar. It is purely mutual aid- people helping people.

No one should ever feel embarrassed or ashamed asking for help with such a basic need.



Positive News

from around our city

THERAPIST BOOSTS DAISY APPEAL WELLBEING WITH LONG-DISTANCE CAMPAIGN



A holistic therapist has boosted the wellbeing of a leading local charity by raising funds and awareness from a campaign which reached customers the length and breadth of the country.

Karen Engstrom, who runs her holistic therapy business and her Neal's Yard Remedies Organic online shop from her home in Ackworth, West Yorkshire, contributed her commission from a week's

worth of sales to support the Daisy Appeal in memory of her late uncle, who lived hundreds of miles away in Cerne Abbas, Dorset.

The Daisy Appeal, which is based at Castle Hill Hospital, Cottingham, and is pioneering research into cancer, heart disease and dementia to help patients in the Hull and Humber region received £500 and spread the word of its work as far afield as Lancashire, London and Dorchester.

Karen said: "I'm absolutely overwhelmed at the generosity and support from family, friends and clients during the week-long campaign.

"Orders were placed through the special link for my online Neal's Yard Remedies shop dedicated to the Daisy Appeal and the week ended with a fabulous virtual spa with a group of wonderful ladies from Lancashire who supported the appeal and brought the link to a close with the total commission raised amounting to £300!

"In addition to the orders received, cash donations have also been coming in which has brought the total to an amazing £500! I would like to take the opportunity to thank everyone who supported this amazing charity during the week.

"It has also been a fitting tribute to my Uncle Keith as the anniversary of his passing approaches and I would like to thank the Daisy Appeal for all their help in promoting the fundraising event and allowing me to help this wonderful charity."

Karen worked as a secretary at banks in Pontefract and Castleford and for KMPG in Leeds but retrained to launch a new career as a holistic therapist 14 years ago.

Her uncle, Keith Godding, worked as a contracts engineer in the oil industry and lived in England, Scotland, Norway and the United States before retiring to Cerne Abbas. He'd had surgery and treatment for cancer of the oesophagus after being diagnosed in 2006. In February 2020 Keith was diagnosed with liver cancer and he died the following month.

Karen wanted to raise money in his memory and selected the Daisy Appeal – even though it is based 300 miles from Keith's home – after reading online about the charity's work with cancer and dementia, which have both affected her family and friends.

To find out more about the Daisy Appeal please visit www.daisyappeal.org

To find out more about Karen's business visit www.uk.nyrorganic.com/shop/karenengstrom



THE LATEST WITH LOGAN

Hello everyone and how are we all? Did anyone do anything for Autism Awareness week? I took part in the #Iwantcampaign. It's a campaign to tell everyone what we would like to see more of as in terms of inclusion within our society. My memo was #Iwanttobemyself. I chose this as it means a lot to me to be able to express myself.

I have struggled a lot this month. It has been hard settling back into the school routine for various reasons. I really did struggle with home learning and then a reduced school timetable and in turn found it difficult to get up in time for the school bus which now picks me up at 7:30am. Another thing I found hard was adapting back to the other children on the bus as we all have differences in terms of needs so it's more unpredictable times when there are more of us on the mini bus. I am very sociable and like to chat to the driver but this can sometimes be distracting for them so I will have move to the back of the mini bus. I often try to think and talk about positive times with one of my friends on the bus to lower my anxiety levels. My teacher noticed that I was a bit more anxious than usual on the first week back and created me a social story and some visuals as well as my sensory wall and as the week passed by I started to feel a lot more at ease. My main concern about going back to school was the Covid testing we have to do twice a week. I had a few questions going around my mind and was anxious to find answers. I need

to have everything equal so clothes with logos are a no no, numbers have to be even, how something is placed has to be equal, I even write with both hands on the pen so the question was 'Am I able to carry out the test by inserting it in each nostril?' This is something that may not bother other people but for me it was a big deal so you can imagine my relief when I was told it was ok to do this.

I have been raising some money for Red Nose Day. This is something I do every year and really try and get involved in the whole spirit of this charity. This year I wanted to express myself by dressing up as character called 'Lucy'. This would involve wearing a red dress, a red wig and any red accessories. Due to covid restrictions I hadn't realised that I couldn't wear my costume to school and I was quite upset about this as I had been preparing how I would walk and talk for a few weeks because as you know I love to act! I really surprised my mum and myself though because the more I thought about it the more I thought about other things I could wear so the next day I wore smart trousers and a dark shirt and put on my

amazing sparkly red waistcoat and I went to school as 'Logan'. My mum said she couldn't believe how mature I had been. One child said 'Wow that looks so cool!' and by this remark it made me feel really good about myself for the rest of the day. I did however, get stressed when I looked down at my feet and saw that my shoes were no longer equal. This was due to the fact that the leather had creased from the walking I had done in them. One of the teaching assistants at school reassured me that this was absolutely fine so I took a deep breath and went back to the social area and was fine all day. When I got home from school I changed my outfit to my 'Lucy' one and set of walking down the road to my local shop. It was so funny because I had lots of cars beeping at me, people cheering and it just made me feel brilliant about myself.

As usual I have been keeping myself busy with lots of online competitions and gained two places in the grand final of Centre Stage Door where I will be performing a monologue and vocals next month. I took part in a poetry competition run by the Hull City Council and won! I received a book token and a



selection of stationary! I am continuing with my flute lessons and have written my own piece of music named 'My baby child' and have enjoyed this experience. As you can tell I keep myself really busy by doing lots of activities otherwise I get wrapped up in my own thoughts and it just makes me feel very anxious. I absolutely love performing and hope to go to drama school when I am older to pursue a career in acting. Hope you enjoyed reading

HULL PLAYS MAJOR ROLE IN GLOBAL RESEARCH TO FIND SOLUTIONS TO COVID-19



Researchers at Hull's hospitals have been congratulated for their major contribution to the global effort to find solutions to Covid-19.

Hull University Teaching Hospitals NHS Trust has undertaken 27 Covid-19 studies since the start of the pandemic, including trials of potentially life-saving treatments, ways to ease the severity of symptoms, rehabilitation after infection and vaccination.

The trust played a major role in the global trial of the Oxford/AstraZeneca vaccine, with one in every 45 participants recruited by the Hull team.

James Illingworth, the trust's Research and Development Manager, said: "Over the last 11 months, healthcare organisations across the world have turned to research for answers in the fight against the Covid-19 pandemic. Our trust is no exception. "We want to acknowledge the immense efforts of our research and non-research colleagues who have worked hand-in-hand in often challenging environments to ensure patients get access to new treatments and the best possible care."

The trust's Research and Development team was asked to prioritise National Institute for Health Research (NIHR) Urgent Public Health research

and Covid-19 trials at the start of the pandemic. Since then, more than 2,500 participants have been recruited to trials to help find answers to how the virus works and the progression of the disease.

Trials, such as the national RECOVERY study, have also been started into potential treatments, such as Dexamethasone, and the trust was one of the first hospitals in the UK to offer Remdesivir to patients with moderate or severe cases.

The team has also been focused on longer-term research projects to examine the rehabilitation of Covid-19 patients after stays in hospital and how people recover from the virus.

Other trials include work to understand the nature and impact of the disease and Public Health England's SIREN study, investigating antibody protection in health care staff who have already contracted Covid-19, for which our trust was one of the top recruiters.

The trust is the top recruiter in the country in the CLARITY-IBD study which is looking at the development of antibodies to Covid-19 in UK patients with Crohn's and Colitis.

Hull researchers are currently teaming up with others across Yorkshire and Humber to tackle misinformation around the virus – and, in particular, the vaccine – to ensure people in Black, Asian and Minority Ethnic (BAME) communities can make informed decisions based on the facts.

Despite the necessary focus on Covid-19, trust researchers have recently resumed studies involving non-Covid research as the NHS starts to look to services beyond the pandemic.

Details of the Research and Development work undertaken at Hull Royal Infirmary and Castle Hill Hospital will be outlined at the meeting of the Trust Board on Tuesday.

HULL SECURES £640,000 FROM NATIONAL LEISURE RECOVERY FUND

Hull City Council, working in partnership with Hull Culture and Leisure Ltd, has been successful in an application to Sport England's National Leisure Recovery Fund (NLRF) and has been awarded £640,000 to support the reopening and recovery of leisure services.

Councillor Denise Thompson, deputy chair of Hull Culture and Leisure, said: "This is fantastic news for our leisure services. We know how much residents value our brilliant gyms, pools and sports facilities, and this money will not only help us reopen them promptly, but also ensure that we continue to build on the quality of the service that we can offer."

The grant will be used to support the reopening of facilities, as well as being used to rebuild the customer base and attract new customers to leisure services in Hull.

Some of the money will be used to install a temporary link corridor at Ennerdale Leisure Centre to enhance swimming changing capacities.

The funding will also be used to develop and improve Hull Culture and Leisure's digital offer, which includes the development of a new app.

Councillor Dave Craker, portfolio holder for leisure and culture at Hull City Council, said: "We welcome this financial support for our leisure services. Our leisure facilities are vital to many of our residents, supporting both their physical and

mental health.

"Our leisure services will be vital in encouraging people to get active and healthy as we recover from the pandemic."

Hull is also receiving £1,542 as part of a monitoring and evaluation grant. This funding is being provided by Sport England, in addition to the NLRF grant, to help build richer and stronger insight for the sector.

This data will help local authorities, leisure providers and policymakers to support the recovery of public gyms and leisure centres and will provide new evidence of the sector's performance, sustainability and social value.

The Government's £100m National Leisure Recovery Fund was created to support publicly owned leisure facilities through the coronavirus crisis.



THE LATEST FROM IAN JUDSON



Welcome to my new column for this month, I hope both of you who read it are very well and staying safe as we start to emerge from lockdown, again.

The big news this month is regarding a very special double event that will be happening in September, for which you can buy tickets now!

Both events are raising money for the Jack Harrison VC MC Charitable Trust, as well as being aimed at educating people about not one, but two local heroes, one of which is Jack Harrison, the other being a member of my family.

When speaking to solicitor Gerry Morrison at Rollits, I said to her that the aim of the charity would be to educate people, with the primary aim still being to have a statue of Jack Harrison VC MC placed in Trinity Square, but also to remember other people from Hull and East Yorkshire who have done astonishing things. The first event, which is taking place at Park Street Performing Arts Centre on 3rd, 4th and 5th September is the original play I wrote about Jack Harrison, An Ordinary Hero, for which some tickets have already been sold. However, for those of you who saw it in 2019 there are now some big differences, particularly the whole new cast and director, along with an immersive World War 1 trench experience, which will include dummy weapons, uniforms, genuine World War 1 antiques etc, officer's dugout, regimental aid post and No Man's Land display.

Exactly one week later, which is why I'm going to be extremely busy over the next few months, we are staging the play I am currently writing called Hide and Seek, which tells the story of how my Great Auntie Ada, better known as Sister Agnes Walsh, became a British Hero of the Holocaust, by taking huge personal risks, hiding a whole Jewish family, teaching them English and Art, supplying the provisions they needed to stay in hiding, and doing all of this in occupied France, right under the noses of the Nazis, for which she was eventually remembered in the Garden of the Righteous at Yad Vashem, named on the List of the Righteous Among the Nations and posthumously awarded the British Hero of the Holocaust medal by then Prime Minister Gordon Brown.

The extra excitement for myself and my family, is that on opening night on 10th September, archivist Sister Bernadette Ryder is travelling from Auntie Ada's old convent in London, where she lived out her final years, and will be bringing the British Hero of the Holocaust medal with her.

Once again, I have to thank my fellow columnist Shaun French for making all of this possible, as I told you last time, we have had many discussions about what we're both doing moving forward, now you know what some of those discussions have been about. If you wish to buy tickets for either, or indeed both events, they are available to purchase online at the Park Street Performing Arts Centre social media accounts, or indeed contact me on my personal Facebook page or the Jack Harrison VC Statue Campaign Facebook page, or email me at ian.judson123@gmail.com and I will gladly send you a link which will take you straight to the ticket site.

Thank you very much for reading this month's column from me, I hope to speak to you soon. Kindest Regards, Ian.

University of Hull to re-launch legal Mediation Centre in new partnership with Hull City Council

The University of Hull has announced the re-launch of its legal Mediation Centre in partnership with Hull City Council.

The Mediation Centre will be available to local businesses and individuals in need of mediation services to solve civil law disputes such as consumer, tenancy or employment problems.

Re-launched through a foundational contract with Hull City Council, it will provide final-year law students at the University of Hull with real-world experience of mediation to accompany their studies, helping them to stand out from the competition after graduating.



Health Care Assistant Neil back at work after two months in Intensive Care



A health care assistant who spent almost two months fighting for life in his hospital's Intensive Care Unit after contracting Covid-19 is returning to work.

Neil McDonald will return to the Endoscopy team at Castle Hill Hospital later this month after making a full recovery from the virus.

As he prepares to return to a job he loves, Neil said: "I feel brilliant now, back to my normal self. I cannot wait to come back to work, to see my team and get back to some normality."

Neil was diagnosed with Covid -19 shortly after he began to experience symptoms of the virus at the end of April.

He said: "My symptoms became rapidly worse when I was first diagnosed. I was admitted to hospital three days after finding out my positive result. Everything after this happened really quickly."

He was admitted to Hull Royal in May but his condition got so bad, he was rushed to the hospital's Intensive Care Unit two days later.

And he stayed there for 60 days.

He was put on a ventilator and sedated as the Intensive Care team battled for five weeks to save his life. His family and workmates and friends were told to prepare for the worst more than once as his condition worsened time and time again.

He said: "I remember everything about my time in hospital apart from the time I spent on the ventilator in ICU.

"I remember feeling extremely frightened - it's a daunting place to be.

However, Neil's condition finally improved enough for him to move off the intensive care unit at the start of July to continue his recovery on Ward 5.

He spent a week on the ward before moving to the Complex Rehabilitation Unit on Ward 9 at Castle Hill to build up his strength before he was able to go home to continue his journey, cheered out by his friends and colleagues who had looked after him.

Neil is now back to full strength, with no lasting effects from his illness.

"I want to say a massive thank you to everyone who looked after me," he said. "Without the staff in this trust, I would not be here today.

"And to my own team - I'm really looking forward to coming back to annoy you all again."

Endoscopy Sister Lucy Holgate said she and the rest of her team were delighted to be welcoming Neil back to work.

She said: "We were so, so worried about him and there were many times when we braced ourselves for the worst, thinking he wasn't going to pull through.

"But he did and I can't tell you how glad we'll all be to have him back with us."

Oncology staff praised for supporting cancer patients and families throughout Covid-19

Hospital staff caring for people with cancer have been thanked for their efforts to support patients and families throughout the pandemic.

Nursing, medical and support staff on Ward 31 at Castle Hill Hospital have continued their work to look after people undergoing treatment and living with cancer since the start of the pandemic last March.

Now, Deborah Leadley, Junior Sister on the oncology ward within the Queen's Centre, has praised staff for supporting people dealing with serious illnesses during Covid-19.

She said: "I am so proud of the team. We work in a very difficult speciality and help patients every day who receive bad news and this, of course, impacts on everyone emotionally.

"The staff always have a smile and are ready to help everyone." Ward 31 has remained an oncology ward since the start of the first lockdown and throughout

the pandemic as part of Hull University Teaching Hospitals NHS Trust's commitment to protect cancer services despite the pressures caused by the pandemic.

However, staff on the ward had to adapt to new ways of working to support other wards and teams in the Queen's Centre which were reassigned to look after people with the virus.

Ward staff worked with staff from other parts of the hospital as a multi-disciplinary team to ensure patients could go home and back to their families with appropriate support and treatment in place.



Top Coach's Quest for a Hull Olympian!

Russ Barber, one of the UK's most successful performance swimming coaches, is returning to his home ground of Hull to become Director of Swimming at Kingston Upon Hull Swimming Club. Barber has produced multiple Olympians, Commonwealth Games champions and hundreds of national champions. He has coached on over 30 Great Britain teams including the Olympic Games in Beijing, London and Rio, World and European Championships as well as 2 Commonwealth Games.

Born and bred in Hull, Russ Barber played a crucial role in the merging of City of Hull and Hull Olympic swimming clubs to form Kingston Upon Hull Swimming Club (KUWSC) in 1996. The following year he moved to City of Leeds Swimming Club as age-group coach before progressing to Sheffield as Head Coach in 2001.

Prior to returning to Hull, Barber transformed City of Sheffield Swim Squad (COSSS) into the elite club it is today, from being the 6th best club in Yorkshire 20 years ago, to it now being regularly ranked in the top 5 clubs in Great Britain.

Under coach Barber's guidance, swimmers have been selected to represent Team GB in the last 3

Olympics, with Max Litchfield coming 4th in the 400m Individual Medley in 2016. Barber brings a wealth of experience and expertise to his new role at Hull and is enthusiastic about building new links with the community and supporting the clubs's new committee.

Primarily, Barber will be pool-side, coaching swimmers of all ages from the youngest 'Tadpoles' squad through to the National squad, encouraging them to 'think big' and reach their full potential, and he sees no reason why Hull can't produce another Olympian!

If you are interested in joining Kingston Upon Hull Swimming Club, or would like more information, please email kuhsc-headcoach@gmail.com



Wescot team members secure spot on Hull's Top 30 Under 30

Two team members from Wescot Credit Services, the largest debt provider for the UK retail market which is part of Cabot Credit Management, have secured a place on this year's list of Hull and the Humber's Top 30 Under 30.

Recognising rising stars in business, Emma Hardy and Jack Reger - who work at Wescot's head office in Hull - have both earned a position on the prestigious list, which reveals the very best of young business talent across the region.

Hardy, who joined Wescot in 2018 and works as an accounts executive, secured her place on the list after taking the opportunity to increase her responsibility, which involved taking over the management of key clients within the business.

Introducing an improved training process that proved vital during the pandemic, and helping her team to perform above expected levels, Hardy's thirst to continuously improve her skills and knowledge is clear to see, and her invaluable contribution has been key in supporting Wescot to navigate through 2020 successfully.

Reger, who works as a senior trace administrator and joined Wescot in 2015, was quickly

trusted to manage the portfolio of one of the business' largest and most complex clients, demonstrating an expert level of competence.

With an open and supportive nature, he has a crystal clear focus on what needs to be achieved to meet business objectives, and embodies all of the qualities expected of someone that will be a future senior leader. Now in its fourth year, The Hull and Humber Top 30 Under 30 aims to highlight and recognise rising stars in business across the region.

For more information on these roles, and how to apply, visit www.careers.wescot.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 >>

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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

Hull schools invited to get involved in Rugby League World Cup competition



Rugby League World Cup 2021 (RLWC2021) has launched a competition giving schools across England the chance to win an exclusive trophy visit and tournament merchandise.

Pupils from schools across Hull have been challenged with showcasing why their city is the perfect host for this year's tournament, which will see 21 nations arrive in England for what is set to be the biggest and best Rugby League World Cup in history.

RLWC2021 is asking teachers to work with pupils to produce a short video of up to two minutes, talking about the best attractions and activities where they live. This could be anything from museums, cinemas, and theatres to swimming at the local pool or a day out at The Deep.

The best entries from schools in Hull and the other hosts will be selected to be a part of the official promotional activity for their town or city. Videos from non-host areas will also be compiled in a special montage showcasing all the other amazing places to visit and things to do across England in preparation for the tournament.

As well as the opportunity to be part of the official RLWC2021 promotional activity, a grand prize winner will be selected to receive a trophy visit to their school with one of the official RLWC2021 ambassadors and some exclusive goodies.

Tracy Power, Social Impact Director of RLWC2021, said: "This year's tournament will be a real celebration of communities, culture and inclusivity, and we

are so excited to witness the different atmospheres that each of our host cities and towns will bring to the RLWC2021.

"We believe the best way to showcase and illustrate the diversity and heritage of each city/town is through the voices and expressions of the next generation. This competition is a perfect example of bringing the tournament strapline of "The Power of Together" to life through this exciting opportunity for schools up and down England.

"We hope that this competition will take RLWC2021 into as many classrooms as possible and continue to deliver on our mission to leave a long lasting legacy."

To get involved, all schools need to do is upload their video to a platform like YouTube or Vimeo, ideally a private link, and share this in an email to education@rlwc2021.com, including their town/city area in the subject title and school's name and address in the email body. Submissions open until now and will close Friday 28 May.

For inspiration on what the video may look like, check out the RLWC2021 Education resources for exciting lesson plans and ideas here.

All competition terms and conditions can be found on our website at rlwc2021.com/competition-terms

If you have any questions or queries in the meantime, please don't hesitate to contact us at education@rlwc2021.com

New NHS teams introduced in schools and colleges across Hull to support children and young people's mental health

As children and young people make their return to school after almost a year of home-schooling, the local NHS are introducing two Mental Health Support Teams (MHST) to support pupils in Hull with their mental health and wellbeing.

The new service, which is being delivered in partnership between NHS Hull Clinical Commissioning Group, Humber Teaching NHS Foundation Trust and Hull City Council, will see mental health professionals integrate within schools and colleges to provide early intervention mental health support for children and young people aged 5-18. This is part of a national NHS England programme which aims to roll out MHSTs to between one-fifth and a quarter of the country by the end of 2023.

Dr Amy Oehring, local GP and Member of Hull Children, Young People and Families Board, said: "I'm so pleased that we will soon be able to offer this service to children and young people in Hull. This is even more important now as we know some of our young people in Hull have found Covid-19 restrictions really difficult and, sadly, in many cases it has had a negative effect on their mental wellbeing."

The NHS are currently supporting schools, colleges, parents and pupils to fully design the service, ensuring it reflects their needs and works to suit those who will be accessing it. As part of this process, people



are taking part in virtual focus groups, completing online workbooks and will be giving feedback on every element of the service along the way. There is also a direct focus to work with individuals representing vulnerable groups, including LGBT, minority ethnic groups and those with disabilities.

The teams in Hull will be made up of two Senior Practitioners and four Education Mental Health Practitioners (EMHPs), as well as being supported by professional and clinical leadership. They will work across education, health and care and, in collaboration with existing services (e.g., HeadStart Hull), will support schools and colleges to identify and manage issues relating to mental health and wellbeing, as well as delivering high quality evidence-based interventions for children, young people and families who experience mild to moderate needs, and requesting specialist support as necessary.

University of Hull PhD student Dr Jazmin Scarlett wins coveted Geological Society award

PhD researcher Dr Jazmin Scarlett winning a prestigious President's Award from the Geological Society.

Dr Scarlett's research saw her explore peoples' perceptions of living in close proximity to the volcano La Soufrière on the Caribbean island of Saint Vincent and the Grenadines. The study spanned three separate eruptions of the volcano, between 1812 and 1979, and looked at the wide-ranging, complex issues of colonialism,

racism and slavery.

Dr Scarlett has now been awarded a President's Award from the Geological Society of London, becoming the first black woman to receive the accolade.

The President's Award is given to early career geoscientists who are within eight years of their first degree in geoscience or a related subject, and have potential to be future leaders in their fields.



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- Roald Dahl

EVERY CHILD IN HULL TO BE CONNECTED AND STAY CONNECTED

Hull City Council's ambition that every child in the city is connected has moved a big step forward as local food company Cranswick donates 1156 laptops to children in the city.

The council has been working with Academy Trusts to understand how many pupils don't have access to a laptop or the internet. The data has shown around a third of pupils over the age of seven, don't have access to a laptop and the internet.

Councillor Peter Clark, Portfolio Holder for learning, skills and safeguarding children said: "The ambition is for every child over the age of seven, to be connected and to stay connected. This is a key project within our Covid recovery plans, which will help pupils catch up with their education.

"I am very thankful to Cranswick for this generous donation. It will mean that a quarter of children who currently don't have a device, will now have one.

"I would also like to take the opportunity to encourage any other businesses that are able to help us further bridge the digital divide."

The laptops will be owned by the schools, and loaned to pupils until the point that they leave the school.

The Hull Learning Partnership, represented by all Academy Trusts, has considered the best way to distribute the laptops across the city, and working with Cranswick have agreed to provide the laptops to primary schools in the east of the city. The donation will mean there will be no primary aged children in the east of the city without access to a laptop.

Adam Couch, Chief Executive Officer at Cranswick plc said: "It was brought to our attention that there was a significant shortfall in the number of laptops available

for local children. Education is vital to ensuring the growth and development of the next generation and it is proven that learning in the early years can dramatically shape the progress of a child.

"We have worked with Hull City Council to understand where provision could make the most impact and make a real difference to combat the digital divide. This will help to have a positive immediate impact for the children and families of those who will benefit from the laptops, and this need continues as children return to school." Schools will be distributing devices to pupils from early March.



REACTION FROM THE UNIVERSITY OF HULL, TO A REPORT RELEASED LAST WEEK BY THE OFFSHORE WIND INDUSTRY COUNCIL



Experts at the University, including Aura Director Louise Smith and Energy & Environment Institute Director Professor Dan Parsons, welcomed an announcement that direct and indirect jobs in the UK's offshore wind industry are set to rise from 26,000 to almost 70,000 by 2026.

The report also anticipated that the private sector will invest £60.8bn for offshore wind projects across the UK over the next five years.

The University of Hull is actively supporting the expansion of a skilled workforce through its postgraduate training portfolio in low-carbon and renewable energy.

This includes Masters programmes in Renewable Energy and Offshore Wind Energy & the Environment. The Aura Postgraduate Degree Apprenticeship in Offshore Wind Energy Engineering is additionally delivered through an innovative partnership with Siemens Gamesa Renewable Energy.

The University's Energy & Environment Institute also leads the Aura Centre for Doctoral Training, in partnership with the universities of Durham, Newcastle and Sheffield and key sector organisations including the Offshore Renewable Energy Catapult and Siemens Gamesa.

Two secondary schools given go-ahead for expansion

Boulevard Academy and Malet Lambert expansion plans have been given the go-ahead, by the Regional Schools Commission and the Department for Education.

Proposals to expand the city's secondary schools were discussed at the council's Cabinet in December and consultation has since taken place by the academies.

The school expansions will mean an increase in pupil places of –

Boulevard Academy: expansion from 660 to 900 places, with 720 places being available from September this year

Malet Lambert School: expansion from 1,600 to 1,750 places from September 2021

Councillor Peter Clark, Portfolio Holder for learning, skills and safeguarding children said: "The expansion of these secondary schools will see an additional 300 pupil places in the city, which is excellent news.

"We continue to work with Academy Trusts to ensure we can accommodate the rising numbers of children needing school places, whilst working to ensure as many children as possible have access to their preferred schools, providing the best education possible in the best learning environments possible."

At Boulevard Academy, the expansion will include new dedicated rooms for food technology and textiles, meaning the school will be able to offer courses in these subjects for the first time. There will be an additional multi-use games area, improving the outdoor exercise spaces for students and enhancing the PE provision. Two special-

ist music rooms, a library, art rooms and STEM (science, technology, English and maths) spaces will be added, and computer science facilities will be improved.

At Malet Lambert the expansion will include a new large indoor multi-use area, to assist with capacity during lunchtimes and exam periods, along with an increase to indoor sporting facilities, allowing pupils access to more sports. There will also be five new classrooms to assist in accommodating more pupils.



Former Secretary of State for Education issues levelling-up rallying cry to Humber businesses

Rt Hon Justine Greening has underlined the opportunity for local businesses to deliver the levelling-up agenda through developing the Humber's skills capabilities in partnership with education providers as the region recovers from the impact of COVID-19. Ms Greening, who was Education Secretary between 2016 and 2018, founded the Social Mobility Pledge; a coalition of 550 businesses globally employing over 5 million people, as well as more than 50 universities representing almost 2 million students. It encourages organisations to being a force for good by putting social mobility at the heart of their purpose.



Boxing champ knocks out heavyweight competition to land health and wellbeing contract with Siemens Gamesa

Workshop warm-ups and canteen smoothie stations are helping to transform the lifestyles of hundreds of staff at one of the region's major employers after bosses invested in putting the wellbeing of workers first.

Management at Siemens Gamesa in Hull say the programme is bringing benefits for its team of more than 750 people from wind turbine assembly lines to office staff. Now the company has agreed a new four-year deal with the man who devised the initiative, Commonwealth boxing champion Tommy Coyle.

Andy Sykes, Plant Director, Siemens Gamesa said: "Prior to launching our programme, we looked at several national health and wellbeing providers. Tommy's offering stood out as he was relatable and our workforce immediately connected with him.

"His presence has really been felt. Coyle Health and Wellbeing have inspired and engaged our people to make small, healthy lifestyle changes. They have provided the wellbeing education, support and tools our employees need.

"We know that good health and wellbeing is linked to employee engagement and organisational performance and we see that it is well worth the investment. We are looking forward to developing the programme with an even greater focus on personalised support and resilience this year."

Tommy, who won the Commonwealth

lightweight title in 2018, retired in 2019 to launch his Boxclever community project and focus on the transition from boxing to business.

He will be back at ringside next week having been recruited to assist in Carl Frampton's corner as the Belfast boxer contests the WBO world super-featherweight title in Dubai on Saturday 3 April.

After the fight, Tommy will re-join his team of 30, building a business portfolio which includes three gyms, the contract with the global renewable energy giant – and the ambition to do more.

When Tommy heard that Siemens Gamesa wanted to set up a wellbeing programme befitting a world class business he spent 18 months researching the company and its employees.

The solution is the Coyle Health and Wellbeing programme, which is built on the pillars of move well, eat well, think well and sleep well. It is led by Joel Shortland, Tommy's Corporate Wellbeing Manager, and will be developed further during the life of the contract.

Tools and techniques include resistance bands for the work-outs, wellbeing planner boards around the site and regular health checks for staff. The innovative approach brings inspirational surprises such as smoothie Fridays in the canteen, and head-clearing jigsaw puzzles which colleagues complete jointly, adding pieces when they are passing.



Starring role for Hull's independent businesses as the Hideout Hotel wins Channel 4's "Four in a Bed" challenge

Management of Hull's first boutique hotel are flying the flag for the city's independents after emerging as the surprise package to win a TV hospitality challenge.

The Hideout Hotel overcame tough competition from tourism heavyweights including North Yorkshire and Edinburgh to win the award for best bed and breakfast in Channel 4's "Four in a Bed" show.



Jodie Richardson and Enya Donohoe, who manage the Hideout Hotel, said they entered because they wanted to show the charm of Hull and its array of independent businesses to a nationwide TV audience. Two of the businesses which featured in the coverage – Hotham's Gin School and Thieving Harry's café and restaurant – said the coverage highlighted the level of collaboration which has become routine between Hull's independent businesses.

"Four in a Bed", which ran on Channel 4 from Monday to Friday during the last week, showed representatives of each destination visiting their rivals for an overnight stay between lockdowns during 2020, running the rule over the facilities and sampling activities in the local area.

Guests gave their feedback on each location and the Hideout Hotel was announced as the winner on Friday after visitors revealed how much money they thought each experience was worth.

Jodie and Enya visited the Juniperlea Inn gastro pub at Blackshiels near Edinburgh, Starshinezzz farmhouse B&B at Trimdon Grange near Durham and Hideaway cabins and camping at Baxby Manor, near Thirsk. [all names correct]

They ranked each venue based on cleanliness, comfort and overall

quality after staying overnight and taking part in activities which included a forest walk, kayaking and apple picking.

The episode focusing on the Hideout Hotel challenged the preconceptions of the guests as they arrived to discover the mid-century style and luxury furnishings of the accommodation, the fun of making their own gin at Hotham's Gin School and the unique dining experience at Thieving Harry's after a walk through the Old Town and round the Marina.

Other contributors in the background included Marla's sandwich shop in Paragon Arcade, The Blending Room coffee roasters and traders in Trinity Market.

Emma Kinton of Hotham's Gin School said: "It was a great showcase for Hull and it made us realise that you can come here for a short break and have a great time purely by enjoying the independent businesses rather than the big chains.

"They are businesses run by people who are passionate about what they do and about collaborating with other independents. It's just the norm for all of us."

Jodie said the appearances on Four in a Bed prompted glowing feedback from the other participants, from friends and business contacts and from prospective guests.

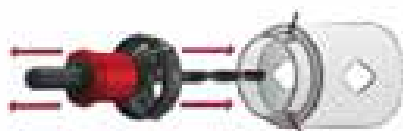
She said: "We've had some lovely messages on our social media and there was a big spike on the website which is great to see. Occupancy has been surprisingly good during the last year. It was strictly NHS workers during the first lockdown and more recently we've had contractors and other people visiting the city with their work.

"We were thrilled to win but the whole point of entering was to show off Hull and the other independent businesses, because we have both worked in so many of them and the city is so unique."

Enya said: "All the guests on the show were pleasantly surprised. We took them to some of our favourite places and nobody expected the experience they got. If you do not like Hull you are not doing it right. People who hate Hull have either never been here or have never left."

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SLEEP...THE HOLY GRAIL

WITH DAWN O'DONOGHUE

More and more clients are visiting me suffering from insomnia or sleep related issues including anxiety, stress and the inability to relax. I've been there myself and know how debilitating it can be so I decided to investigate the processes of sleep, health implications and why it has now become the twenty first century quest to achieve the 'Holy Grail' of a perfect nights sleep. I've also done some personal training on Polysomnography (sleep study) and am now offering a Sleep Clinic in my hypnotherapy practice.



We all know that the process of sleep is fundamental to the health and well-being of all living things and, in reality, sleep generally accounts for 66% of our life span. It is a natural process necessary for health, recover and general regeneration (or physical repair) involving

every tissue and system in the body. We need sleep to enable our cells to replenish at a faster rate than during our waking hours. Sleep allows toxins within the brain to be removed and chronic sleep deprivation contributes to our body's malfunctioning. Current research suggests that common ailments e.g. hypertension, diabetes, cardiovascular disease and obesity, are as a direct result of not getting enough quality sleep. There is also evidence that being sleep deprived has a negative effect on our mental well-being and this deprivation can lead to us developing depression, psychosis and cognitive diminishment. I'm sure we've all experienced those 'groggy' days following a restless night – when we find the simplest of tasks difficult.

We do, of course, live in a time when life is basically 24/7...the constant possibility for 'not switching off' becoming more apparent as we can access 'entertainment' via our computers or smart televisions. That fast food can be delivered to our door or cooked within minutes in a microwave; that conversations across the planet can take place in an instance; that going home from work is not a modern concept as we continually access our emails. Our fear of missing out is preventing us from achieving the condition of sleep.

Lets remember that sleep consists of four different levels.

Initially, everyone enters the state of light sleep – a transition between being awake and sleeping very similar to those experienced during hypnosis. This accounts for 75% of our sleep period and this is when our body systems begin to slow down. Occasionally our electrical systems make us twitch but generally, our breathing becomes deeper and our brain reduces its activity. However, if you are finding it difficult to 'drop off' this stage can feel unachievable as we 'replay' our days, conversations or simply allow our worries to continue from day into night.

If we do achieve this first stage, then we continue our recharging journey by entering a deeper level of sleep. Overall muscles relax and our body temperature reduces. Our neural (or brain) activity slows further as we continue to enter into the sleep required to awake refreshed. At this point, we enter a state where our glands release hormones to help with our overall repair and regenerate process. This is also a time when we produce prolactin and cortisol – being deprived of these essential hormones is now linked to conditions of obesity. Simply put, it is impossible to achieve a healthy weight if you do not achieve this period of sleep.

So, how much sleep do we actually need?

Margaret Thatcher once stated that she only required four hours sleep per night (Trump went one better by claiming he only slept three hours) but they achieved the status of power nappers. I would argue that our sleep requirements are related to our age and circumstances and these will change over time.

Babies and young children require approximately 66% (or 16 hours per 24) sleep although I'm sure parents of a new baby may find this difficult to believe. Youngsters need their sleep to process the sensory information encountered during the day and achieve growth. And, only a child can achieve instant sleep – any where, any time.

As we age we require less sleep with an anomaly occurring during puberty – when teens encounter the 'swing shift' where natural sleep cycles are disrupted by the pressures of social media, education or the workplace combined with an increase of hormonal activity. To compensate for the reluctant risers (and parents this is a real phenomena), Universities are restructuring their days to include later lectures etc.

As adults however a healthy sleep is considered to be between six to ten hours per twenty four.

So what are the benefits of a healthy sleep pattern?

Prevention of weight gain. Sleep assists the production of cortisol. Plus if you are awake you use more energy therefore you will inadvertently over eat as your body requires more fuel.

Improved attention and concentration span. Sleep deprivation causes 'brain fog' making it difficult to focus on tasks and the incidence of accidents increases.

Learning and memory. Sleep allows us to process short-term memories into long term memories e.g. if sleep is deprived then the data of the day (short term) is lost because it hasn't been put in the filing cabinet (long term memory).

Maintenance of healthy body systems. The chances of hypertension and cardiovascular disease decrease if you sleep well. Whilst awake the body maintains an increased blood pressure and physical stresses impact on the cardiovascular system.

Insulin levels are more regulated and diabetes can be reduced.

Immune systems are improved. We repair during sleep. Proteins and cells, within the immune system, are more likely to detect and destroy germs and viruses when sleep has been achieved. Great news in the middle of a pandemic!

Emotional wellbeing and mental health is improved. Stress hormones are reduced during the relaxation period.

Greater creativity and problem solving abilities as the brain has had time to process information.

So what can you do to help you achieve healthy sleep and ultimately a healthier lifestyle?

1. Set yourself a reasonable time to sleep. If you currently go to bed at 11.30 pm, change it to 10.30 pm and see how that feels. Once you have established this (and it could take a few attempts) you can adjust your times to aim for about eight hours per night but keep it regular.

2. Create a 'sleep worthy' environment. Ideally, remove



electronic devices (think TV, tablets, phones, etc) from your sleeping area. This reduces blue light, which tells our brain it is daytime, and alters our perception of night.

Maintain a reasonable temperature (neither too hot or too cold), wear something comfortable, if necessary adjust the weight of your duvet.

Make going to bed a pleasurable, comforting experience.

3. Stop watching TV etc., at least thirty minutes before bedtime. Over stimulation (if you watch Line of Duty) tells the brain it is needed and it will overthink.

4. Avoid caffeine (that includes tea) and alcohol. These are stimulants not relaxants. I personally recommend not to drink coffee after 4pm.

5. Exercise during the day but not just before bed. Exercise is great at tiring you out but that rush of hormones can create a restless night. Likewise, avoid a lack of activity and napping during the day.

6. Bad day? Worrying? Write down how you are feeling. If the overthinking continues (recycling events, conversations and 'what ifs') try a little meditation. This can be as simple as focusing on your breath, listening to a meditation podcast or some slow, mindful music. Convince your brainwaves to slow down. Sleep will follow.

7. A warm, but not hot, bath can often help. I find the use of lavender or chamomile in the water helps. Equally useful, using essential oils – once your brain associates the smell of an essential oil on your skin, it recognises it is time to sleep when used again.

8. Allow your 'prehistoric' brain to recognise the pattern of sleeping. Close your curtains and turn off the light. Mimic night if necessary, the mind reacts to circadian rhythms of life. Wear an eye mask if you need to.

9. Still not sleepy? Don't worry. Lay quietly, set your mind a task like counting backwards from one thousand in threes, saying (in your mind) a multiplication table or the alphabet backwards. This focuses your attention on something other than your daytime problems and allows the brain to alter its brain patterns.

And finally...

10. Consult with me (07775429575)...attend my sleep clinic, join one of my relaxation workshops or have a hypnotherapy session. Don't worry alone, let me help you learn how to sleep like a baby and awake ready for a new day.



Sweet dreams!

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

Skye is aiming for the stars



Skye is a pupil at Eastfield School and has a Educational Care and Health plan so has continued to stay in educational during lockdown and has still had her struggles but really looks forward to the extra curricular activities she participates in on some evenings and at the weekend. Throughout all lockdowns Skye has continued to take part in her dance lessons and also has taken up two new hobbies which include drama and piano lessons. These are subjects that are really beneficial as Skye has SEN and we are always looking at ways to help her with things that don't come naturally to her. The drama lessons have really helped Skye with her reading in the sense of firstly wanting to read the monologues that's she's been given and then also using facial expressions, gestures and her voice to portray the characters given to her. This is something completely new to her and out of her comfort zone. Last month Skye took part in her first ever Drama com-

petition that was done online and achieved 1st place with a whopping score of 91/100! This was an absolute huge achievement for Skye. In her piano lessons Skye has been able to demonstrate her creativity whilst using skills such as maths and trying to improve her memory.

Skye has been rather busy over the last year and took her Grade 1 tap exam remotely and gained a distinction with a great score of 95/100 marks. She has also just had a short story published with the company Young Writers something we'd never thought would be possible for her. After gaining a place on an associated ballet programme during the first lockdown, Skye has completed her first assessment which was quite nerve wracking for her wondering if she was going to be good enough. Skye really enjoys these lessons and has gone on to gain another place on an associate performing arts program with Denman Theatre! We have been impressed with the opportunities Skye has taken up by learning new dance styles such as commercial and hiphop. She has not found it easy on Zoom but continues to push herself and keep motivated with her dance and fitness lessons. She has missed being in the studio with her friends though!

Skye attends State of the Arts Academy and has enjoyed taking part in all the lockdown challenges they have set. She also attends Goldstar gymnastics and Michelle Kent school of dance and she cannot wait to get back to face to face lessons. We have to say, she has really tried her absolute best and has given all these opportunities her whole and we couldn't be more proud of her.



with Louisa Whittles

My month has been very interesting...

I've been back to school and my stress levels have gone down. The first day back to school I was really excited just for the social part of it, we've all been less social with people because we can't see them, but we kept texting them and calling them. I don't know about you but when I went back to school it was a bit of a shock

because I wasn't keeping to my new normal school morning routine, I'm now about 2 weeks back into it, even though I've been into my routine for that long now I still struggle getting up as soon as my alarm goes off and manage to only get changed until 5 minutes before I go out the door! I also have 2 sisters one of them lives far away (you might recognize her from my last article) but even though she lives far away I still keep in touch with her, and she is still a big part of my life. Some people take things like sisters and parents for granted but then when you see people that don't even have a sister, brother or one of their parents you realize how hard it must be for them, I take my sisters for granted (even though I shouldn't) they make me laugh, we have girly nights and even though we fight were still always there for each

other. I'm writing this now saying some people don't have this stuff and I do but I still don't know what it feels like to not have those things because I've never not had them, (I'm thankful for this). I just know that it must be hard for the people that don't have a mum or dad or a sister and brother because I can't even imagine my life without even some of my family members yet there are people that only have a couple of family members left and I'm saying family but people sometimes don't have friends either and yet I don't know what it feels like to have only a couple of family members but I have an understanding of having no friends because it happened to me at one point in lockdown. Some people say that they don't take anything for granted and they're the ones that have everything but then once they actually come one of those people that takes even one sandwich for granted (maybe not even that) they wish they hadn't have said that. Me and my family go on holiday every Christmas obviously we couldn't go last year but every time we went, we always bought about 3 or 4 sausage rolls and handed them out to the homeless now that may not seem a lot to you but when I gave it to them, I felt their excitement their relief and it made me feel better as well as them!

Cleeve Primary School

Here are some of the children from Cleeve Primary School's World Book Day. You all look amazing!



Community *and* Services

WASH HANDS · COVER FACE · MAKE SPACE

New Cutting edge rehabilitation ward for Covid Heroes



They've played a crucial role in the recovery of patients struggling with the post-acute effects of Covid-19. Now Hull University Teaching Hospitals NHS Trust's rehabilitation medicine team, which incorporates nurses, doctors, support staff and therapists, is to benefit from new purpose-built facilities to enable them to continue their life changing work.

The rehabilitation team came into the public eye in the summer of 2020 as patients were seen being clapped off their ward after recovering from coronavirus, but the team has been carrying out its vitally important work for many years prior.

More used to supporting patients after prolonged hospital stays, accidents and acquired brain injury, this multi-disciplinary team provides assessment and support to prepare people to return home, to restore independence and manage the tasks of daily living.

The new 12-bed ward will also incorporate a gym, a therapy room and a garden area, and make use of virtual reality technology.

Dr Abayomi Salawu, consultant in rehabilitation medicine for the trust explains:

"Rehabilitation aims to support both patients and their families as they recovery from injury and ill-health. We see a full range of patients, from those who have suffered brain or physical injury in an accident, for example, to those who have experienced a life changing illness and others whose function and condition have deteriorated following a prolonged stay in intensive care.

"Our role in rehabilitation is to help restore function and enhance quality of life for people with complex health needs so that they may go on to live fully and meaningfully, not just exist. Normal hospital ward environments aren't generally suited for this purpose, especially in the case of patients with acquired brain injury or physical and cognitive deficits.

"This new ward will give us the space and the facilities we need to provide specialist rehabilitation input to the highest level, and will also deliver an environment which is more conducive to patient recovery and one in which our staff are rightly proud to work."

The new ward is the first purpose-built NHS specialist rehabilitation centre across the Humber, Coast and Vale area and into neighbouring Lincolnshire. It will be the first NHS inpatient rehabilitation unit to incorporate digital technology such as virtual and augmented reality into its rehabilitation programme, after Hull also hosted the UK's first successful clinical trial of the GEO robotic gait trainer in 2017.

SMART lighting for Hull's hospitals to improve air quality

More than 20,000 light fittings are to be replaced at Hull's hospitals as part of an environmental quest to reduce deaths caused by air pollution.

Hull University Teaching Hospitals NHS Trust has declared a Climate Emergency, signalling its intention to become carbon neutral by 2030.

Now, every light fitting at Hull Royal Infirmary and Castle Hill Hospital as well as the trust's smaller hospital sites around the city is to be replaced with SMART LED lighting after the trust was awarded a £12.6m grant to support its major green agenda.

Marc Beaumont, Head of Sustainability, said: "This scheme will have a major impact by saving energy and carbon emissions.

"In Hull alone, air pollution causes 128 deaths each year. These are our people – our friends, our neighbours and our loved ones – and we must take steps to do what we can to prevent these unnecessary deaths.

"As well as reducing our emissions, this replacement project will improve lighting levels throughout our buildings, benefitting patients, visitors and staff."



Humberside Police shortlisted in Final 3 for UK Police Service of the Year



We're delighted to announce that as part of The Public Sector Transformation Awards 2021 Humberside Police are successfully shortlisted as one of 3 finalists for the award of UK Police Service of the Year.

The iESE Public Service Transformation Awards celebrate the best in local public services. They accept nominations from public service providers who demonstrate true innovation and have delivered the biggest improvement for the lives of residents and local businesses.

Chief Constable, Lee Freeman said: "Over the past few years we've made significant improvements across all areas of the organisation and from the moment I took over in 2017, I was very clear that the talent, professionalism and commitment of the officers and staff of Humberside Police was never an inhibiting factor to making improvements quickly"

"This award recognises the sheer hard work of our staff over the last 4 years, from across every area of the force, contributing to Humberside Police being recognised as the most improved force in the country and now being a finalist in this prestigious award."

Chloe's Story: Interactive film launched to raise awareness of child exploitation

Now in its sixth year, Child Exploitation Awareness Day is being marked by activities throughout the UK to raise awareness of the risk of exploitation to children and young people.

Here in East Yorkshire and Northern Lincolnshire a new interactive film exploring the risks of on-line grooming has been launched.

The hard-hitting film, which follows the story of Chloe, was commissioned by North East Lincolnshire Council's Young and Safe & GRAFT teams and was delivered through Not In Our Community on behalf of the Office of the Police and Crime Commissioner for Humberside.

Local actors and officers from our Protecting Vulnerable People Unit star in the film which was co-written and produced by John Gilbert, Managing Director of Eskimosoup. The soundtrack which features in the film was made by young people with the help of Beats Bus.

In the film, Chloe and her best friend are contacted by an online predator, and viewers can make choices on behalf of the central character. The

storylines are based on real life experiences of young people in our area and the writing team, including our own officers in the Protecting Vulnerable People Unit.

Detective Chief Inspector, Phil Booker said: "It's absolutely vital that children, young people and the wider community are able to recognise the signs of grooming and child exploitation. The hope is that Chloe's Story will do just that and give young people the knowledge and confidence to speak up and get help."



Even More Good News

From Our Community

Labour Ward team thanked for supporting women giving birth in a pandemic

Staff on Hull's Labour Ward have been thanked for their work to support women giving birth during a pandemic.

Labour Ward Matron Angela Rymer is thanking midwives, midwifery assistants, medics, housekeeper, hygienist, cleaning and health care staff on the Labour Ward at Hull Women and Children's Hospital for providing the best possible care to women and their families since the start of the pandemic.

She said: "The team on Labour Ward have always been flexible, supportive and professional but the pandemic has demonstrated just how versatile, caring and dedicated to the women and their families they truly are.

"Saying thank you doesn't come close to reflect how proud I am and how grateful I feel to them all for how they have all conducted themselves in these very difficult months. Each and every member

of the team has gone above and beyond." The team has helped women in labour and their partners, supporting them as they deal with the added anxieties and stresses of bringing a new baby into the world during a pandemic.

They have worked round-the-clock for more than a year to support the women in their care as hundreds of babies have been born into the safest possible environment despite the risks associated with the virus.

As well as supporting each other in their working environment, the Labour Ward team has its own "Support Your Colleagues" group on social media where they swap tips, arrange and flex their shifts to help each other and have games and quizzes to build on their relationships when they're not on duty.

Angela said: "They are a true credit to this organisation and to each other and I'm proud to be a part of the team.

"The work has continued throughout the entire pandemic and the staff have embraced this to continue to deliver high standards of care to our women and their families dealing with new challenges along the way with grace and professionalism

"I would like to thank them all from not only myself but from all the women and families they have helped and cared for during these difficult times."



Spaniel reunited with grateful owner

Last night we shared the news that three dogs had been recovered following the arrest of a man in connection with theft and stolen vehicles in the East Riding of Yorkshire.

All of the dogs were scanned for microchips and one, a spaniel, was found to have been stolen in January 2021 from an address in Northampton.

The owner was contacted by our officers straight away and last night, having made the journey to collect her dog, Cressy and her owner were finally reunited.

We are pleased to hear that Cressy was checked over by the vet today and, although was a little underweight, was in good health.

Three dogs being checked over after being seized. With regards to the other two dogs found and checked last night. These

have had to be returned as neither one was microchipped and there is no way of knowing if the dogs are with their legal owners or not. Both dogs, a puppy lurcher and a seven year-old Chihuahua, were well looked after and in good health and the present owners gave full accounts of their ownership.



Tracey back on frontline after Covid-19 vaccination

She spent five months inside her home, not able to even step outside, because she was so vulnerable to Covid-19.

But Perioperative Support Worker Tracey Dennison was desperate to be part of her team helping patients undergoing surgery at Hull Royal Infirmary.

Now, after becoming the first member of staff at Hull Royal to receive both doses of the vaccine, Tracey is back where she wants to be, helping her team and looking after her patients.

She said: "I'm over the moon and just so grateful to have been given the opportunity to have the vaccine.

"It was so difficult to shield for all that time and it was really hard for my own mental health. Being back at work is just fantastic and I'm so happy."

Tracey, a 43-year-old mum-of-three, has rheumatoid arthritis and requires weekly injections and medication to slow down her immune system and reduce inflammation. She also has severe asthma and mild Chronic Obstructive Pulmonary Disease (COPD). When Britain went into its first national lockdown last March, Tracey was already off work because of a severe flare up in her shoulders and knees which had left her unable to walk and use her arms.

She was then one of 1.5m people in the country identified by the Government as Clinically Extremely Vulnerable (CEV) and was asked to stay at home, meaning she couldn't return to work in the Post Anaesthetic Care Unit (PACU) on the third floor of Hull Royal Infirmary.

"I was devastated," she said. "Five months I'd to stay at home shielding and I wasn't allowed to take exercise or even take my bins out.

"My Dad has died of cancer not long before so it was really tough to be inside, not able to go anywhere or see anyone for all that time. I've always been the one in my family to go and help the others but I couldn't do anything or see anyone for months and months.

"My sister's husband has Motor Neurone Disease and he was shielding too but I couldn't even help my sister. And I knew how hard my team were having to work and that some of them had



been redeployed but I couldn't help them either."

In August, as the first wave subsided, Tracey was able to return to work. She was given enhanced PPE, including a special valved mask and goggles, to offer her the best protection against the virus.

However, in November, as cases of infection began to climb once more, Tracey was asked again to shield, this time for four weeks.

She was able to return to work at the start of December and then received the call to go to Castle Hill Hospital to receive the first dose of the vaccine under the JCVI priority list to vaccinate frontline health care staff and those most vulnerable to the virus.

"I didn't hesitate because I knew the vaccine was my best chance at staying at work in a job I love," she said.

As soon as she received her vaccine, Tracey was back at work, walking in the door with 50 McDonald's cheeseburgers – a gift from her husband John – to celebrate with her team.

"I'm known for bringing chocolate and sweets in because it's amazing how chocolate can put a smile on people's faces but walking in with 50 cheeseburgers went down well," she said.

She's now received her second dose and, thanks to the support of the trust's Occupational Health team, she's back at work, collecting patients from the wards ahead of their surgery and looking after them as they recover from their procedures before taking them back to their wards.



DANIEL IN THE LION'S DEN

Another week, another instalment of Daniel in the Lion's Den. This time I was joined by the Editor of Soundsphere magazine and respected Journalist, Dom Smith. We discuss his journey and the many opportunities that Dom has been able to receive in his life to help create his vision, and provide a career path for young people, in journalism.

Turning Disability Into Ability Part One

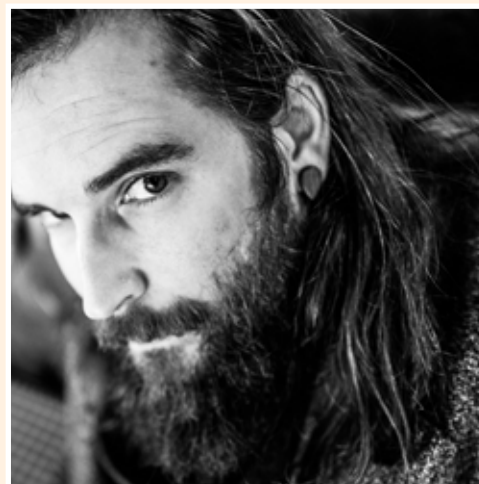
About Dom:

At a young age, Dom was diagnosed with Cerebral Palsy (CP), a group of disorders that affect a person's mobility and make it very difficult to maintain balance and posture. This presented barriers from the social aspect of childhood and restricted most of his youth to a hospital bed. Numerous surgeries later, Dom had to endure further confinement to his bedroom, due to lack of confidence – his parent's didn't ever believe (at first) that he would leave the house. Dom said that, "We had painters come in and paint superheroes [Wolverine], and footballers [Eric Cantona] that inspired me, on my bedroom walls. I had all these things in place to prepare for not ever going out," and these instalments cultivated a lifestyle that allowed Dom to survive within the four walls of his bedroom. During this time, Dom mentioned he was a "massive gamer", and had an "addiction" that he still struggles with at times. Overall, Dom spoke of the supportive nature of his parents and credited their efforts to the man he has become. More about the importance of support will be available later in the article.

In the later years, Dom adopted the goth and alternative lifestyle and all its elements: from leather pants to painted fingernails and went on to describe the goth culture as very welcoming and supportive. From what I gathered from our time together and Dom's words, the culture welcomed any and all (and still does), regardless of disability, sexual orientation; gender; or diet. There's room for everyone. Dom felt relief from his experiences within the culture as it helped him appreciate social gatherings and assisted heavily in self-development going forward. Accompanied with a diverse music taste, Dom began appreciating the style of music and listed the culture as one of the reasons he got into the music industry.

Born in East Yorkshire, Dom has achieved many accomplishments in his career which include completing a master's degree in Magazine Journalism from the University of Central Lancashire; being the recipient of the National Diversity Award for Entrepreneurial Excellence in 2012; carrying the Paralympic flame for the city of York; and has been voted one of the happiest people in the country according to the Independent on Sunday.

At the start of his career, Dom was offered the opportunity to move to London for 6-12 months to participate in a series of journalism internships (with the likes of Metal Hammer, T3 and Rock Sound) and, from there, life began to elevate to new heights with Dom able to go after paid work in music journalism, and the media on a national, and international level. Being offered another huge milestone in his career more recently, Dom travelled to the Boston in the United States and got a gig working as a Journalist in Residence within the highly respected college, MIT (Massachusetts Institute of Technology). In a fun story he tells, one night during this time, whilst at the legendary Muddy Charles bar in Cambridge, Massachu-



setts, Dom was confronted by a renowned lecturer (who'd had more than a few beers at this point) who simply asked, "What do you really want to do with your life, what can you get from being here...?" Dom proceeded to tell this anonymous individual about Soundsphere Magazine and how his disability has played a huge part in his life, but that there was more of a desire to work in and around mental health. So came the question: "Why don't you do more with mental health and disability, as there's clearly more you can do than just music...?" This simple thought struck



a chord with Dom and he realised that there is so much more to life that he could reach. This began his journey to creating Wobbling About and Rocking Out. **Wobbling About and Rocking Out (WARO)**

After being in the US, even though he had put this country on a pedestal for most of his life, Dom realised that he wasn't as happy as he thought he would be, being able to live and work there. He then set out to become a counsellor and, being the "workaholic" that he is, while still in America, he applied for a course in counselling. Unfortunately, Dom knew that this type of education wouldn't be obtainable in the United States at this time, as it was a breach of his I-1 media visa, which is restricted to working in Journalism. So, Dom came back to the U.K very motivated and set out to further develop his skills in counselling, but even though Dom grew up in Beverley, Kingston Upon Hull always had a special place in his heart, and that is exactly where he wanted to introduce his latest initiative: Wobbling About and Rocking Out.

"WARO is a new platform that helps create opportunities and raise awareness for individuals with disabilities and mental health issues". WARO is also an entrepreneurial network, devised by Dom, to inspire young people with disabilities and mental health issues to help start a career in journalism, whilst also receiving a paid wage wherever possible – creating opportunities that may seem out of reach for some. WARO has had the privilege of working with some of the world's most well-known musicians, including Frank Turner and Mystery Jets. Ever since then, Wobbling About and Rocking Out has blossomed and grown into a larger online network and, in Dom's words, "become more relatable to more people".

According to waro.co.uk, "Through articles, digital content and interviews, WARO actively promotes creative talent, whether you are a musician, artist, designer, developer, or entrepreneur", which further illustrates the pathways that people can take advantage of this platform and turn their own creativity into a career. Motivating people is what Dom Smith does best and, accompanied by his life experiences, he shows great will and determination to make sure every individual has a chance to experience life to its fullest.

Soundsphere Magazine

Soundsphere is currently a music publication based in Hull, England. Previously holding residences in Preston, Manchester, Chester, and York before comfortably settling in Hull. They run on funding from many institutes and businesses looking to run work placements, as well as advertorial from brands.

Soundsphere was a concept created to show that publications don't just work in London but can work anywhere. Dom wanted to implement this notion across the United Kingdom and said that he wanted to "create a change in the perception of being up north and working in the media". And that he did. Just another brilliant strategy to aid young people in journalism and generate opportunities to those who may not be able to reach for it or afford it. Dom finds humour in his ability help people advance in a career and laughed about the fact people who started with Soundsphere, now earn more money than him for other companies. You'll get there one day Dom, ha-ha, just kidding!

Before the COVID-19 pandemic they were able to run regular live music showcases whilst promoting national, and local charities such as The Campaign Against Living Miserably (CALM), Samaritans and many others. Now, the digital age has come around and with the added restrictions of isolation, it became more cost-effective to take advantage of the online aspect of journalism in music and advertising.

Soundsphere has proudly worked on festivals including Leeds & Download in the U.K, as well as festivals in Hungary, Serbia, and America. Not only festivals, but they have also had countless interviews with some top artists including members of Placebo, Asking Alexandria, The Prodigy, Slipknot, and so many more. They've also conducted interviews with some of wrestling's greatest superstars and even Dom's childhood hero, Mick Foley. "It started out as just music, but it has branched out to mental health, disability, wrestling, gaming, etc." – It's just a free space to be creative.

Stay tuned for part two of our interview where we discuss growing up with disability, the importance of support and Dom's experiences with heavier music – Thank you for reading!

Find me on:

Twitter: @ITLionsDen / @DjTwitchx98

Instagram: @ITLionsDen

Photo Credits to Stewart Baxter/Dom Smith



By Danny French

SHINING A SPOTLIGHT ON OUR CITY OF HULL

by Trish Shelbourne

"MONEY MAKES THE WORLD GO ROUND"

The Pease Family

At the beginning of the eighteenth century the Pease family were wool producers, dyers and weavers in North Yorkshire. Most of them were Quakers, a religious group of 'Friends' who stood for 'Peace, equality and sustainability', they dressed simply and their families tended to be inter-connected through marriage. A century later they were prominent Quaker merchants and industrialists, who played a key role in a number of businesses including the development of railways. The Pease family put up much of the capital that enabled George Stephenson to build his locomotives. The Darlington to Stockton line became the first public steam railway in the world.

History

Joseph was a popular name in the Pease family. First generation Quaker, Joseph Pease (1665 - 1719), here called Joseph I, was in the business of buying and selling wool in the Darlington area in Yorkshire. In 1711 he moved to Hull where he introduced a new industry of linseed crushing. Joseph II (1737-1807), his grandson, began in this business too. However he was so well liked and respected by his customers that it was not long before they turned to him for advice and help with financial matters. Many asked him if they could leave their money and valuables with him for safekeeping. This eventually led him to establish the very first bank in Yorkshire, in Hull, in 1754 and remained so for ten years. Pease established a number of branches, with local partners, in Beverley, Barton-upon-Humber, Brigg, Malton and Whitby. It was known as Pease Partners Bank. Pease Partners bank (later J and J. W. Pease) continued until 1902, when it became insolvent and was taken over by Barclays. The Barclays family at the time were also Quakers.



They also produced the first Quaker Liberal MP, Joseph Whitwell Pease, born in 1828 (died in 1903). MP for south Durham and later for Barnard Castle 1865 to 1903. He was also President of the 'Peace Society' (history buffs will find his story fascinating). Business and Politics were of particular interest to them...sound familiar? Peases' early bank notes were simply private 'promissory notes', similar to those any merchant might give to a creditor, but they had the advantage of creating credit to stimulate the local economy. No more than £8,000 worth of notes appear to have been issued by Pease in 1758, when the notes still bore their individual names and values, written by hand. It is not clear when a printed circulation began, but it was probably before



1764, when Pease put almost £46,000 in notes into circulation.

By the end of the century, when Pease's note issue exceeded £100,000, Smiths & Thompson's note was probably a little larger. Smith and Thom sons bank was Hull's largest at the time, the third in Hull to be opened in 1784 on the basis of the great 'Wilberforce' and 'Smiths' reputation as land owners and businessmen. Bank notes were firmly established as the media for all local payments of any significance, and in the financial crises of 1793 and 1797 all the local merchants and gentry rallied behind the bankers and declared their willingness to accept notes issued by any of the Hull banks 'in all payments whatsoever'. It was in the interests of the community and because notes had become an indispensable part of commercial life.



Like other Hull merchants, Joseph II lived in a property on High Street, on a plot which provided a river frontage for his ships and warehouses for his goods. He was also drawn to the Hesslewood estate, which eventually became the family seat, the chalk quarry provided an ingredient for his paint and whiting business. With his grandson, the emphasis changed. He executed substantial extensions at Hesslewood House and built a large town house in the fashionable Charlotte Street. He also bought several parcels of land in and around Hessle in order to create a landed estate.

He executed substantial extensions at Hesslewood House and built a large town house in the fashionable Charlotte Street. He also bought several parcels of land in and around Hessle in order to create a landed estate.

The Companies Act 1862 introducing Limited Liability

Companies had been liable for all their debts meaning a failure could bankrupt them, but with the Companies Act 1862, (and other new laws around the middle of the century) many private family firms, including the Pease family, had become joint-stock companies owned by a large number of shareholders. 'Share' ownership became more attractive by establishing the concept of Corporations and awarding them 'limited liability', so that shareholders were liable for a company's debts only up to the value of their investment. Until then, a company's owners had been liable for all its debts, meaning a failure could bankrupt them. Oh, those clever bankers!



ANLABY & ANLABY COMMON

ANLABY

Anlaby was recorded in the Domesday Book as "Umlouebi" or "Unlouebi" and was inhabited by 19 people and a priest. It is said to have been named after a Dane called Analf who made his home there in the 9th century. The hamlet later became known as Anlauebi and then Anlaby.

Royalist troops were based at Anlaby during the English Civil War and fighting took place there during the first siege of Hull in 1642 and during the second siege in 1643. The Royalists were repelled by those defending Hull and the King then abandoned the siege.

TRANBY CROFT

Tranby Croft was built by ship owner Arthur Wilson of the Wilson Shipping Line. It was completed in 1876 and had a 72 feet high tower where Arthur used to watch his ships sailing into the Humber Estuary. It had a boating lake, a cricket pitch, a large private swimming pool and stabling for 19 horses. After Arthur Wilson died, his elder son Arthur Stanley Wilson inherited Tranby Croft and it became the headquarters of the family business The Ellerman Wilson Line. Tranby Croft was sold in 1944 and converted into Hull High School for Girls. In 2005, it became The Hull Collegiate School when it merged with Hull Grammar School.



THE ROYAL BACCARAT SCANDAL OF 1890

Tranby Croft was the location of the famous Royal Baccarat Scandal of 1890. This involved accusations that 4th Baronet, Sir William Gordon-Cumming had cheated at the card game baccarat when The Prince of Wales who later became King Edward VII, attended a weekend party there. This resulted in a famous libel case with damning press coverage and the prince was forced to give evidence in court.

THE SPRINGHEAD INN

The original Springhead Inn on Wolfreton Road was built around 1690 and is one of the oldest buildings in the area. It has some spire tops from York Minster cemented in the back garden which were acquired by the landlord whilst visiting York. They had been damaged in the war and were about to be thrown away when York Minster was being repaired. A pub called The Springhead was built nearby on Aston Road some years ago and the original Springhead Inn is now a chiropractors.



SPRINGHEAD PUMPING STATION

Springhead Pumping Station was built and completed in 1864 to provide the best quality drinking water to the Hull area following cholera outbreaks in 1832 and in 1849. 1,860 people died in the 1849 outbreak and an inquiry found that water taken from the River Hull at Stone-

ferry Waterworks was the main cause. Poor drainage and sanitation were other factors.

Water was extracted at Springhead Pumping Station via two boreholes sunk into an underground bed of chalk beneath the surface. William Warden, a cooper's son from Anlaby developed the idea and designed the original test borehole now known as "Warden's Well."

A V1 doodlebug bomb fell in a field to the west of the pumping station in December, 1944 causing damage to the building and to some houses in the area. The Pumping Station later served as a museum and is a Grade II Listed Building. In 2016, it received a £2.6 million overhaul and it still transfers water to Keldgate Water Treatment Works before supplying most of Hull and the East Riding with drinking water.

SPRINGHEAD HALT

Springhead Halt was on the Hull to Barnsley Railway and opened on April 8th, 1929. It stood on Wolfreton Road and served the village of Anlaby. It was known locally as Forty Nine Steps as this was the number of steps needed to climb up the embankment to the two 25 feet wooden platforms. It had no fa-



GET TO KNOW YOUR CITY

by Catherine Derrick

cilities but books of paper tickets could be bought from local shops. The Halt closed to passengers on August 1st, 1955 but the bridge was not demolished until the 1970s.

THE DEMOLITION OF THE BRIDGE OVER WOLFRETTON ROAD

This bridge which carried the railway line over Wolfreton Road was demolished in the 1960s. Springhead Halt was to the immediate right of the bridge. The embankment was removed on both sides of the road and houses were built on the site.



ANLABY COMMON

Anlaby Common was enclosed land in open countryside to the east of the village of Anlaby. In the 1850s, the area included a number of farms and two large houses, Spring Villa, built in 1840 and East Ella built in 1842.

SPRING VILLA

In 1840, Hull merchant John Hudson, an importer of leeches and sponges built Spring Villa on the border of Hull and Anlaby and large leech ponds were built alongside the house. The house was later demolished and Anlaby Park Garden Suburb was built in the former grounds of Spring Villa. The houses were built in a variety of styles and sizes and there was a central green area where Anlaby Park Community Library now stands. There were also some tennis courts.



SPRING VILLA LODGE

The former gatehouse or lodge to Spring Villa can be seen at the entrance to The Greenway and is now a private residence. Dating from 1840, it has been used as an es-

tate office, a newsagents and a Post Office.

EAST ELLA HOUSE

East Ella House was built in 1842 by solicitor John Galloway. Robert Jameson acquired the house c 1857 and remained there until 1900 when the house fell into disuse. Its two former lodges, situated at the Calvert Lane entrance, remained occupied until 1920. East Ella House was sold at auction intended for demolition in 1909 but in 1920, the house and land was purchased and converted into the popular White City Pleasure Grounds.

WHITE CITY PLEASURE GROUNDS

This was a huge and popular entertainment complex bounded by Anlaby Road, Calvert Lane and East Ella Drive. Dance and concert halls were added and the old house was used as a bar and recreation area. A skating rink and stadium were later built and activities included boxing, roller skating, dancing and wrestling. There were also motorcycling races and exhibitions. A large fire quickly destroyed the White City Stadium in August, 1938. The Fire Brigade had been held up at the railway crossing on Anlaby Road and the firemen had to sit and watch helplessly as the flames and thick smoke filled the sky. The remaining parts of the pleasure ground were demolished in 1945 and post war prefabs were quickly erected in 1946 on the new Arcon Drive which was named after the Arcon prefabs there. East Ella House and its two lodges were demolished in the early 1950s. Calvert Lane Fire Station was built in 1962 and high rise flats were built in the grounds in 1964.



ANLABY HALL

Anlaby Hall now called The Old Hall lies on the corner of Pryme Street and is a Grade II Listed Building. It was built around 1680 and extended in the early 18th century with modifications in the 19th century. It was once owned by the Legard family who came to live in Anlaby after the Norman Conquest. The Legard's possessed the



lordship of Anlaby for about 800 years after they gained it through marriage in 1100.

GOUGH BLACKSMITHS IN ANLABY

Gough blacksmiths stood where the car park of the Red Lion Hotel is today.

OUR CITY'S HEROES

Frontline team carrying high-risk procedures thanked for dedication

A hospital team carrying out high-risk medical procedures during Covid-19 has been thanked for their dedication to patients.

Members of the Endoscopy team, based at Hull Royal Infirmary, have been wearing PPE offering the highest protection including full face visors, goggles and coveralls for a year to keep them and their patients safe from harm.

They also faced the trauma of one of their own, Neil McDonald, contracting Covid-19 and spending 60 days in Intensive Care before he was well enough to go home.

Today, Lucy Holgate, Sister in Endoscopy, said: "The team carry out what are known as aerosol-generating procedures (AGPs), which carry the risk of generating droplets of the virus if someone is infected, so every member is required to wear high level PPE on a daily basis.

"Obviously, this makes their job more difficult as they get very hot underneath their PPE. But everyone has taken it in their stride.

"I am so proud of what we have achieved. Thank you for being the most amazing, resilient team ever."

When the country went into its first lockdown last March, most of the Endoscopy team were redeployed to the frontline of Hull University Teaching Hospitals NHS Trust's response to the virus because of their high level of skill.

Some worked on Ward 36, the newly-built assessment unit while others were asked to work in the Emergency Department or the Intensive Care Units as well as other wards assigned to look after patients diagnosed with Covid-19.

Lucy said: "The team went with grace and humility in such daunting times."

As the number of infections began to fall during the summer, the Endoscopy team returned to their normal duties, carrying out procedures on people suspected of having cancer or other serious illness.

"We have continue to support patients, particularly when they are facing a cancer diagnosis and uncertain of their treatments with services affected by the pandemic.

"The Endoscopy team have excelled and are going above and beyond to provide a service out of hours, evenings and weekends."



Hobson & Porter starts work on new NHS health centre

Work is underway on construction of a long-awaited NHS medical centre which will provide a hub delivering specialist services to the growing communities in villages to the west of Hull.

Hobson & Porter, the Hull-based business which marks its 50th anniversary this year, has been awarded the contract for the project by Lovel Developments and started work this week.

The centre is a significant piece of the jigsaw at the 25-acre site in Lowfield Road, Anlaby, which has so far brought completion of 243 new homes as well as a clinic built by Hobson & Porter for the Spire Hull and East Riding Hospital and opened in 2016. Lovel Developments, held its first consultation on the proposals for

the wider site in 2014 and acquired the land the following year. But the initial proposals for the NHS facility date back 15 years, when health professionals first identified a need for more space.

Philip Lovel, Managing Director of Lovel Developments, said: "This has been on the agenda since around 2005. The idea for a new facility first gained approval from the Primary Care Trust in 2008 but they couldn't find a suitable site."

With land earmarked for the project as part of the Lowfield Road development, Willerby and Swanland Surgery put together a strategic case which was approved by the CCG in December 2018. Funding was finally approved by East Riding of Yorkshire NHS Clinical Commis-

sioning Group (CCG) in September 2020.

Mr Lovel said: "The new centre is designed to meet the need of the Harthill Primary Care Network for a hub which will enable them to bring in specialist services and better access, providing something that isn't available elsewhere.

"We are delighted to announce the appointment of Hobson & Porter to build the centre having worked with them very successfully on the new facilities for Spire Hull and East Riding Hospital. "Work has now started at the site and the building will be handed over in January 2022. By then we also hope to have started work on the final phase of land allocated for housing, which will provide up to 55 homes."



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.



Throughout the pandemic we have continued to provide our services online, and will safely resume in-person when restrictions are lifted. We always aim to go above and beyond to get engagement and wedding rings out for those special moments.

We can't wait to see you all soon!

Find all of our stock online at:
www.segalsjewellers.co.uk

Bundles of Joy

Bundles of Joy delivered another bundle of essential items for women who have nothing when they are on the labour ward. They try to support and help where and when they can. These packs contain....

- Baby grow vest mittens hat and cardigan
- Maternity and breast pads
- Toiletries for mum and baby
- Nappies

And all packaged with love xx

Hull Women and Children's Hospital



Emmaus house

A MASSIVE thank you to Mrs Crowder who went on a knitting frenzy and has knitted lots of scarves for the people rough sleeping in Hull! What a kind and generous lady!

If you are looking to donate, we are currently in need of men's new underwear (no used please), men's shoes and some more men's trousers small or medium size. Also we have a few people in need of reading glasses if anyone would love to donate some glasses of various different strengths?

Thank You to all the kind people out there! Thank you Mrs Crowder!



Special Stars Foundation



55 families caring for someone with a disability received a well-being parcel last week containing sensory toys, games, arts and crafts equipment, Easter eggs, and more!

We had over 250 applications this round alone and have already started planning our next round! We know how vital it is to keep boosting each other's mental health and spreading a little piece of happiness in such difficult times is so important right now

Santander Hull

Santander Hull Branch doing their bit for Red Nose Day



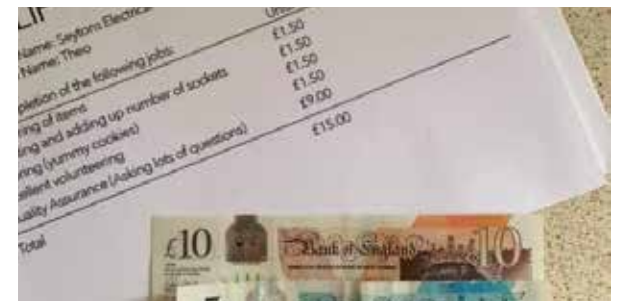
Quite possibly the sweetest act of kindness I've ever seen!!!!

We have had the electricians in every other week for the past 6 weeks and Theo has been obsessed with them!!! He has hounded them with questions, kindness and constant offers of help!!

I laughed that they would be the sick of the sight of us and happy when the work was finished.

One of them popped over today to finish something quickly and surprised Theo with this!!!

His first ever job. Thank you Seytos Electrical!!!! You have made Theo's day!!



KIDS Yorkshire are committed to supporting families at this difficult time and we are adjusting our services

We have a range of information for families on our website at www.kids.org.uk/news/coronavirus-useful-information-for-parents-and-carers which is being updated daily. Keep an eye on our Facebook page and please see below for information on your local service.

Support for Parents of Disabled Children and Young People

We currently provide Parent Forums & Engagement, Parent Support Groups and Befriending services. We have listened to the government advice for parents and, at present, this work will be supported by a telephone and an online offer.

- Our Hull Sleep Service and HeadStart Parent Training have cancelled their training dates until the end of the month. We will review our next dates after the Easter break. Our team will be on hand throughout to take your calls. Until then, we have set up a private Facebook Group for parents to join for information, advice and support:

'KIDS Hull Training for Parents and Sleep Support'

This group is for those families who have been referred to and/or are accessing support through either our Training for Parents or Sleep teams. It has been set up to help us communicate with families and share information, ideas and strategies to support them through this period of isolation.

This group will be used to share:

- Information on activities you can do at home
- Ideas to manage behaviour and support good sleep hygiene
- Group discussions
- Ask a Question sessions
- Group votes for future activities
- Facebook Live sessions

- Hull SENDIASS will be operating a telephone and online offer at present. You can



contact our advice line on 07711 765903 – Monday to Friday 9am-5pm

Please follow their Facebook page 'KIDS Hull SENDIASS'

Direct work with Disabled children

This includes 'Early Years' specialist playgroups within the children's centres and out of school activities for children & young people and their families through our 'Family Activities'. At present we are not able to offer group sessions but all families have been contacted and we will be sharing information and support on keeping children entertained and supporting their development through our new private Facebook Group for parents: 'KIDS Hull Early Years Group'

The Early Years team in Hull have been trying to provide a 'lending library' of toys and equipment. We have so far cleaned, prepped and delivered 7 boxes of toys and resources for the most isolated families. They've been really greatly received so far and we will endeavour to continue with this depending on circumstances.

We have got plans to make 2 other packs of sensory song resources after Easter/half term, and to post them out, as long as it is safe to do so.

Direct work with Disabled young people

Our Young People's Engagement group ['The Loud Mouths'] is not running groups at present and we have been in touch with all the young people who attend. We are doing things a little bit differently to support with continuity. Again, we have set up a group page for Young people to continue to connect with us 'Laura Beech Loud Mouths'

Our Advocacy Service will be providing essential face to face support only at this time. We will be adaptable as things change.

The majority of our staff are working at home and our KIDS Hull offices are now closed but you can continue to contact us by calling the main number on 01482 467540.

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