

Always
FREE

the Hull Hub

telling your story



Issue 17

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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“The best way to find yourself is to lose yourself in the service of others.” - Mahatma Gandhi



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! See how they're excelling in this new normal, and letting their talents shine across the nation



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

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

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It was his first night out in over a year and Uncle Peter was really looking forward to the Look North Biennial fancy dress party. His police academy outfit had been dry cleaned and his boots had been buffed to a mirror like shine. What a shame that he'd bumped into the swat squad on his way to the party because, as Mr PC explained, it was a criminal offence to impersonate a police officer no matter what your local celebrity status was. It wasn't quite the bunk up Uncle Peter had been expecting after his night out on the town but there was always the year after next to look forward to.



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 big announcement from us...



We're very excited to announce that The Hull Hub has been shortlisted for this year's HEYPIBA Awards. Due to COVID, they're not having an in-person event this year, but will be livestreaming the award ceremony on 9th July!

Your Charity Lottery's 25th Anniversary

Your Charity Lottery is celebrating 25 years on the 31st May, launched by Dove House Hospice in 1996. Your Charity Lottery has raised a staggering £8.6 million to date – money that goes directly back into patient care. Normally making £7000 per week the latest figures are showing it is producing £10,000 per week. This has come at a time when the hospice has relied on a steady income to ensure the hospice has been able to stay open throughout each lockdown.

Did you know that by playing the lottery each week you are helping a nurse spend time with a patient who has just arrived and needs some reassurance when settling in? Did you know that by continuing to support the hospice lottery that you are helping to make hospice and palliative care available to everyone in the community that needs it? There are so many reasons to play Your Charity Lottery, it may also be your way of giving back when Dove House supported you. Whatever your reason, it all helps to sustain the hospice in your community and everyone at Dove House is extremely thankful for your sup-

port over the last 25 years and hope you will continue to show your support in this way for years to come.

Laura Sadler, Head of Fundraising at Dove House had this to say: "I would like to say a huge and heartfelt thank you to players past and present from within the community who have helped to achieve this amazing amount and such a valuable sustainable income source for the hospice. We couldn't have made it without you. By playing the lottery each week, you have contributed in helping us survive and flourish. What a year to turn 25 but a year when so many people have shown their support in playing Your Charity Lottery. To mark the occasion an additional prize each month will be up for grabs with the first one being £250 in the 4th June draw. Thank you again, you are all amazing!"

The rollover is still growing and there is still time to join if you haven't already.

To sign up visit: www.dovehouse.org.uk/lottery or for any enquires contact 0300 330 1500.



Hull researchers in new trial to test mixed vaccines for Covid-19

Hull University Teaching Hospitals are to take part in a new trial to understand what happens when people receive different vaccines to protect them against Covid-19.

The study will follow volunteers over the next 10 months to see if there is any benefit to a person's immunity when they receive different forms of the vaccine.

Researchers at Hull Royal and Castle Hill Hospital are aiming to recruit local people to the trial, particularly those from BAME communities, to take part in the mixed vaccine study.

Priyai Parkinson, Research Delivery Lead at Hull University Teaching Hospitals NHS Trust, said: "We are looking for volunteers to take part in a study to see what hap-

pens in the immune system when a second (boost) dose of Covid-19 vaccine is a different type to the first.

"We are looking for people who have already had their first dose of Covid-19 vaccine through the NHS vaccine roll out programme.

"If you are aged 50 years and over, and have received only one dose of Covid-19 vaccine from the NHS vaccine programme so far, then you may be eligible to take part in the study."

The trust played a major part in the trial of the Oxford Astra Zeneca vaccine last year, one in every 45 participants recruited by the Hull team.

Adult volunteers of 50 years and older who have received one dose of either the Pfizer or AstraZeneca vaccine in the last eight to 12 weeks are being invited to take part in this latest trial, led by the Oxford Vaccine Group, part of the University of Oxford.

Those taking part in the randomised trial will either receive a booster dose which is the same as their initial injection or they will receive the Novavax or Moderna vaccine.



Cranswick awarded tier 1 status from BBFAW for the fifth consecutive year



Cranswick is the only meat processor to have achieved Tier 1 status in the global Business Benchmark on Farm Animal Welfare (BBFAW), proudly retaining this position for what is now the fifth consecutive year. There are only four companies in Tier One; Cranswick, M&S, Noble Foods and Waitrose out of a list of 150 businesses benchmarked. The report confirms those companies appearing in Tier 1 as the global leaders on farm animal welfare.

Adam Couch, CEO of Cranswick plc, said: "We are extremely proud to have received this accolade for the fifth year running. It is a huge result for all involved. Animal welfare is of paramount importance to us and we continue to strengthen our industry leading position in this important area.

"We are increasing the meat sourced through our own farms, enabling us to have a greater level of control over the wellbeing of our animals. We continue to work closely with our suppliers to ensure that the raw materials and ingredients for our

products are ethically sourced through tight and transparent supply chains. Animal welfare is intrinsic to meat integrity and we take our responsibilities in this area very seriously."

The report praised Cranswick for demonstrating a strong commitment to animal welfare across its own operations and throughout its supply chain in the UK and globally. The findings also highlighted the clearly defined processes they have in place for managing the implementation of their animal welfare policy internally and throughout their supply chain. Sustainability has become an expectation for consumers and Cranswick's Second Nature sustainability strategy sets out ambitious commitments, underpinned by their unique integrated supply chain model. They continue to invest heavily in this to offer full traceability from farm-to-fork, and insist on high standards pertaining to ethics and animal welfare across their pig and poultry operations.

Young people get creative as programme gets underway

Local film production company, Nova Studios Ltd, will be starting the first cohort of the creative digital skills programme for young people aged 16 – 25 in June. It will kick off with writing workshops led by writer, Russ Litten.

The young people will conduct research into the maritime history of the city. Each participant will develop a number of short written pieces, one piece from each participant will then be recorded as audio. The participants will also be supported to develop a visual treatment and brief to enable participants from the later audio and digital film production groups to turn each piece of work into a short film.





HELLO AGAIN ALL, HOW ARE YOU DOING?

with Darren Lethem - Freelance Radio & Stage Host

Looking forward to some normality returning into our lives? Yes, me too. I have had my first jab and felt like a giddy little schoolboy sitting there. I was very happy to receive it. I didn't suffer any side effects either so that was a bonus. I know one or two have had headaches or a few shivers afterwards. I hope if you have had the jab you felt fine and if you haven't you suffer no more than a small ache in the arm.



unsafe world of radio. I loved it too much. Summer 1999 I handed my notice in and went to work full time in the radio industry.

I remember calling the boss to tell him I was leaving travel and could do more work if needed. He gave me 5 shows on a weekend, 3 on Viking FM and 2 on Magic 1161, as well as cover during the week. I was working every day again but at least it was in the same place and at least I was having fun and some nights out. It was doing one of those weekend shows on Viking FM, late 1999, that brought me to the attention of some of the other presenters who really hadn't heard much of me. They seemed to like it and I was called into a meeting with the boss and two Viking presenters, JK and Joel. Unbeknown to everyone, except those three, the boss had decided on a gamble. He was going to put JK and Joel together and put them on Viking FM Breakfast from the start of 2000. And they wanted me to be the show's producer. It took me the time it takes you to blink to make up my mind and a new show, and job, was born.



Last time I was talking about how I got into radio and starting on Magic 1161 back in 1997. I was working every night at one stage, doing the late show 7 nights a week as well as holding down a full-time job in travel. I was constantly shattered and needed some time for me too, something had to give. Would it be the sensible option of travel? The safe and reliable industry that I had worked in since leaving school? No of course not, it had to be the unpredictable and very

At first I felt a little intimidated, here was me, a newbie in radio working with two guys who the audience adored and who had a huge following. Although I was the oldest of the three of us I felt very much the junior. I needn't have worried, both Jason and Joel were wonderful to work with and unbelievably supportive. The three of us got on so well, we laughed a lot, we argued a lot but what went out on air was talked about for a long time. In fact I still get people who come up to me nowadays and want to chat about 'Joel's Gran' or the 'Jimmy Nail Calls'. It was over 20 years ago but they still remember it fondly.

We started doing the Viking pub crawls at that time too. We had never done one before so had no idea what to expect. We decided the first one would be in Driffield so we set the date and picked half a dozen pubs that we would crawl around on this night. Flyers and bunting were made, and promotional staff were booked. It could have been a huge gamble as we were venturing into the unknown. Nothing to worry about. We turned up in Driffield to banners flung across the streets and every pub packed to the rafters; we had the best of times and started a new trend that carried on for a few years. Sadly the happy trio weren't to last long. September 2000, after just 9 months, we were split up. The boss left for Key 103 in Manchester and was taking JK and Joel with him. Viking wouldn't let all 3 of us leave so I was staying put to work on the new breakfast show to start in 2001. And I am so glad I did. I shall continue next time.

Stay safe and enjoy the sun.



Follow the White Rabbit and discover Hull's Old Town wonderland

The history of Hull's magical Whitefriargate and Old Town area was celebrated with a new trail inspired by the White Rabbit from Lewis Carroll's Alice's Adventures in Wonderland.

Carroll's family had a strong connection with Hull, with his mother being raised in the city. The trail had locations in the Old Town, all linked to the Carroll family and the work of Lewis Carroll.

The White Rabbit Trail was used to highlight lesser-known stories from the historic Old Town.

Councillor Daren Hale, portfolio holder for regeneration at Hull City Council, said: "As part of the investment and regeneration in the Old Town and on Whitefriargate, we are delighted to be able to shine a light on the historic area and share some of its stories through events and activities.

"The White Rabbit Trail was a fantastic way for families to explore the area and find out how one of the world's most famous children's authors, and his most famous book, are connected to Hull."

Lewis Carroll's grandfather worked in the Old Town in various positions and his grandmother was buried at Hull Minster (formerly Holy Trinity Church).

To celebrate the city's connection with Carroll, local Primary Schools were asked to design a Hull-based interpretation of the White Rabbit character from Alice's



Adventures in Wonderland.

The winning entry was displayed on the trail along with some quirky facts about Carroll and his family.

The project was funded by Historic England as part of Hull's High Street Heritage Action Zone and delivered in partnership with Hull Schools' Library Service.

John Stonard from Historic England said: "We were delighted to fund this fun and fascinating project through the Whitefriargate High Street Heritage Action Zone. The trail was a great way to educate and inspire families about Hull's links to one of our most famous literary figures and his works."

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

A kids view of the 70's



So, last time we'd filled our shoes with sand, got a mild case of frostbite from the sea and we were full of warm Alpine pop, crab-paste and Frazzles and the family were staggering from the beach, laden down with towels, windbreaker, damp clothes and another bucket and spade for the collection. Dad was despatched to find the car, parked 25 miles away to put all this detritus in the boot and meet us in the amusement arcade.

Back in the seventies, the amusements weren't quite the wallet-emptying caverns of eyewatering neon and face-melting sound that they are today. There were no tall imposing cabinets with names like GUN MAYHEM OF BLOODVILLE or similarly alarming titles. No realistic cockpits of Formula One cars which cost more to buy than a modest semi-detached house. Arcade games of today devour your pound coins and deliver just a few seconds of gameplay, whereas a fistful of 1p's would last several hours back in 1977.

Amusement arcades were nearly always limited to seaside towns, usually called "Funland" or "Corrigan's" and forever had that peculiar ozone scent of a hundred gaudy fruit machines and motorised penny nudgers, mini-dodgem cars, sweat and old, stale onions.

The sound of an old arcade was just wonderful to a ten-year-old; the slightly muffled jingles of coin-drops, beeps, sirens and the clattering and bells of a pinball machine. Over all this, you had the bingo-callers with their nasal droning voice and bizarre code for announcing numbers, "Number 11, The dog's gone to heaven", "Five and two, Dad's peed in the stew" or some such random nonsense. I loved it all.

Mum always made a beeline for the bingo, giving me and my sister a handful of coins and instructing us not to come back for more. She would then stack approximately 5 months wages on top of the wonderfully coloured bingo tables with their coloured rows of windows and little black shutters that slid across with a satisfying click when the corresponding number was called out. We knew she was going to be there a while and would usually win terribly dull prizes like a towel, knitted toilet roll holder or a picture of a green lady.

We left her to it as the bingo-caller shouted something like "Eyes down, look in. Your first number, three and nine, the vicar's at the wine" and we headed towards the penny arcade.

Finding the right 'penny nudger' machine was a science. You had to see which coins in the machine were balanced precariously over the edge of the win-zone and would therefore pay out if you timed your penny in the slot. The sound of an avalanche of pennies falling would sound so satisfying, and you had a sense of achievement even though you probably only won 8p. In those days, you could sometimes give the machine a well-aimed kick and get a similar payout, if you weren't spotted.

My favourite game was the 'Wheel 'Em In' machine, made by Streets where you inserted your 2p and it rolled tantalisingly down an ever-moving runway. The coin had to fall between the thick black lines on the runway to be deemed a winner. The winning coins, up to 12p, would then cascade down the glass topped machine into your eager hands before you pushed yet more 2p's into the slot and tried to win more. As with all those kinds of machines, you never walked away with bulging pockets, they always took every single penny from you, leaving your hands black with copper residue and an acrid, bitter smell that reminded you of blood.

Dad usually turned up an hour after we hit the amusements and settled in to play the one-armed bandits. As we'd spent all our pennies on the legalised under-age gambling machines, we stood and watched Dad on the bandits until he won, then we knew he'd pass on some of the winnings, perhaps 50p each with a "Don't spend it too fast, there won't be any more" empty threat.

Delighted, we would take our shiny 50p to the little booth in the middle of the arcade with a bright yellow sign that simply said, "CHANGE". Sat in the booth was always a very sour man or woman who silently took our 50p, pressed a button on his big silver dispenser and a shower of copper coins would tumble down a chute where we would scoop them up and head back to the machines.

The worst part would be when your penny was stuck, or a machine didn't pay out the

promised winnings and you would nervously approach the CHANGE booth and ask the man to help. They would grunt, sigh and pick up a bunch of perhaps 750 keys and head miserably towards the faulty machine. He would then pick a key, open the side of the cabinet, and delve into the guts of the machine and retrieve your winnings, pushing them angrily into your hand as if you'd asked for one of his vital organs.

Finally, we'd spent up again, headed back to mum who had a stack of paper tickets from her bingo winnings, and we'd have to wait at the glass-doored cabinet of cheap prizes while she picked a towel, badly made ornament or a cutlery set with fake ivory handles. If there were a few tickets left over, my sister and I would be allowed to pick one of the imported toys prizes. My sister would always pick a doll with eyes that hadn't been stuck on properly and I picked a colouring set with felt-tips that would always dry up 20 seconds after taking the cap off.

The final part of the ritual day at the seaside would be the visit to the Rock Shop, a wonderful shrine to sugar that had row upon row of brightly coloured sticks of rock, bags of humbugs, boxes of fudge decorated with 30-year-old pictures of Bridlington or other seaside towns and giant sugar dummies. The rock was oddly always mint flavoured, no matter which colour you chose. I loved the sugar-dummies but never actually finished one because of the industrial amounts of sugar that went into them, making them very sickly and so sticky that whatever you touched would attach itself to your fingers and face, including paper, sand and flies. When mum saw my face, the handkerchief would come out and before I could protest, she would spit on the handkerchief and scrub my face raw and throw away the remnants of the sugar dummy. This handkerchief probably contained enough bacteria to combat a pandemic.

Mum would pick mint-rock and Dad would have his favourite chocolate limes which would be secured away for when he sat in front of his beloved "Holiday" programme or "Ski Sunday".

All we had to do next was try and remember where the car was parked.

NEXT TIME: Half term Hijinks.



Maritime outreach activities for people with dementia

Local people who have dementia and their families are to be offered a new maritime themed activity pack.

The Hull Maritime project, funded by Hull City Council and The National Lottery Heritage Fund, will share the new activity packs with the city's Extra Care facilities, and partner organisations working with older people and their family members and carers. An initial trial phase will gather feedback before a wider rollout.

With support from Age UK and project volunteers, these activity packs have been designed specifically to be accessible for people living with dementia and contain photographs, talking points and activities such as word searches, colouring and puzzles. They are suitable for all older people and are available in both digital and hard copy formats.

With limited face-to-face contact due to Covid-19, these bespoke activity packs will aim to combat loneliness, stimulate minds, reminisce, encourage sharing of memories and stave off boredom.

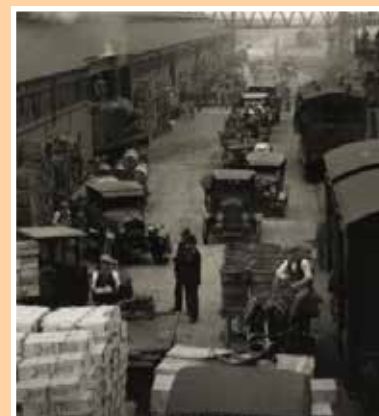
Reminiscence sessions at the Extra Care facilities had begun prior to the lockdown in March 2020, and are planned to resume when it is safe to do so.

Holly Walton, Community Engagement Officer, said: "These packs have been devel-

oped to spark memories and encourage discussions about how life used to be with the people who have created the history we celebrate. We have had to find new and engaging ways to reach families and the care workers supporting those living with dementia during the current restrictions.

"Taking part in creative and reminiscent activities can improve people's wellbeing and mental health and this is more important than ever right now. By offering these activity packs, we are trying to ensure that people living with dementia can benefit from doing something creative and fun."

Ruth Westoby, Wellbeing and Events Coordinator at Redwood Glades Extra Care Facility, said: "We're really excited to receive these maritime themed activity packs and are looking forward to using them alongside residents to complement their care. It's great to have the opportunity to shape how future activities will happen too through our feedback."





Mark Hill

FIGHT THE FRIZZ

Frizz is a common problem which most of us encounter at some time. Your hair could be frizzy because it is dry, brittle, over-processed, fine or thinning or simply because of the natural movement. The weather also plays havoc with frizz – damp, humid or wet weather conditions can make you hair frizzier than ever! But with these tips, frizz doesn't have to be a problem anymore!



“

To keep frizz at bay, give your hair a weekly conditioning treatment. Work your treatment through towel dried hair, concentrating on any dry or brittle areas.”

”



1. STAY HYDRATED

Frizz occurs when dry hair absorbs water from the air. I recommend using a cream-based moisturizing shampoo and conditioner to prevent unnecessary frizz. By making sure your hair is properly hydrated all of the time, it will absorb less water from the atmosphere. Natural oil is also helps prevent frizz, so try to shampoo only when you really need to.

2. CONDITION WELL

To keep frizz at bay, give your hair a weekly conditioning treatment. Work your treatment through towel dried hair, concentrating on any dry or brittle areas. Leave it on for as long as possible, and remember to always rinse thoroughly. The treatment will penetrate your hair, moisturizing deep down and making it feel softer, smoother, thicker and really healthy.



3. DRY THE RIGHT WAY

To keep your waves and curls smooth and frizz free, apply Blow Dry Cream to damp hair, then let it air-dry. Resist the urge to touch your hair as it dries; the more you put your hands through it, the more likely you are to create frizz.

To make straight hair sleek and eliminate any flyaways, point the nozzle of your dryer down your hair from the roots towards the ends and keep blow-drying until every bit of dampness is gone. If you leave your hair even just the slightest bit damp, your style will not last.



4. TOP COAT

There are lots of products available to help protect your hair from frizz. These products, normally serums and sprays, can be used on damp hair to help you style, or dry hair to enhance and add a natural shine. I would not be without my Anti-Humidity Spray – I use it on most of my celebrity clients to prevent their hair becoming frizzy under hot studio lights as well as my salon clients to make their style last longer. It's the last product you should use before you walk out of the door – it's like an invisible jacket for your hair! It never overloads so pop the spray in your bag and spray again whenever it's needed.



5. CUT CORRECTLY

Avoid having too many layers - shorter pieces only stick out and get frizzy quickly. If you have coarse or curly hair, stay away from razor cuts, as they rough up the cuticle and worsen frizz. Blunt cuts can help by giving the hair some weight on the ends, making frizz easier to control.

Master's student Sue Turner has this week received an OBE in the Queen's Birthday Honours List

University of Hull Master's student Sue Turner has received an OBE in the Queen's Birthday Honours List for her Services to Social Justice.

Sue Turner OBE, currently studying for a Master's in Artificial Intelligence and Data Science, has throughout her career worked to improve the lives and outcomes for some of the most disadvantaged people living in society.

Growing up in a small town outside Bolton which was plagued by unemployment, addiction and poverty, Sue was brought up by her Mum, a hard-working nurse,

and became the first person in her family ever to go to university when she studied Law at Bristol University. Sue – who has launched her own company, AI Governance Limited – has now received an OBE in the Queen's Birthday Honours List.

She said: “When I read the letter saying I was going to be awarded an OBE, I was bowled over that someone had noticed that I've been trying to help people have better opportunities in life.

“This award really is for all the amazing people across our area who donate their time and money to give oth-

ers a “hand up”.

“I'm very proud of so many great things about this country but it is shameful that 20% of people in the UK live in poverty – and the gap is growing. There's so much more that we all need to do.”



Family building firm announces streamlining as orders increase

A family firm, which has been building and renovating landmark properties in Hull and East Yorkshire for more than 140 years is streamlining its business in readiness for embarking on new projects worth more than £20m.

Houlton, whose projects include Hymers College built in 1893 and a series of modern secondary school improvements carried out as part of Hull Esteem Consortium, is to consolidate its construction division into its building and maintenance division.

The firm's directors say the move is expected to result in the loss of up to nine jobs but will bring benefits for the wider workforce of around 130 and improve profitability. The decision comes after several years of construction sector challenges compounded by Brexit and the Covid-19 pandemic.

Richard Houlton, Life President of the company which was founded in 1879, said: "Job losses are regrettable, but we have kept them to a minimum and we are confident that these steps will help us improve the profitability and continued longevity of the business moving forward."

"We are busy and expect to be busier, with exciting new projects and repeat business from longstanding clients. By merging two divisions into one and cutting back on some of the overheads we will create a more streamlined company that looks towards the future."

Mr Houlton said costs have been a concern in the construction sector for some time, even before the economic uncertainty of the Brexit referendum caused the cancellation of some large-scale projects. More recently supply chain and customs issues post-Brexit have interrupted deliveries of materials, resulting in some delays on site. Covid brought fresh problems in March 2020 with the closure of most sites including delays in re-roofing council houses for East Riding of Yorkshire Council (ERYC) because occupiers had to stay at home.

But by July 2020 Houlton had about 80 per cent of its staff safely back at work, having initially furloughed around 90 per cent. The company has managed to continue construction work during the second and third lockdowns and has been able to deliver high quality, noteworthy projects under extremely tough conditions, with a forward order book worth more than £20m.

Having completed several projects for Hull Esteem under a Partnering Service Agreement, including the refurbishment of the Ferens Art Gallery in Hull and the renovation of Trinity Market, Houlton has also manufactured the steel, timber and glass for The

Vigil art-project. This cabin is giving 730 people the opportunity, one at a time, to watch sunrise and sunset over the city of Hull from a vantage point on top of Hull College.

Houlton recently completed the £7m Sandburn Hall Hotel near York and the company is now on site at the new ERYC Beverley Business Centre, a £4m project at Grovehill due for completion later this year.

Following the successful delivery of projects for Hull Esteem at St Mary's College and Kelvin Hall School – worth a total of £7.8m – Houlton have received new project requests for the expansion of two more secondary schools in Hull, with work due to start in December for completion September 2022 at a total cost of £6m.

Having completed the renovation of the inside of Hull Minster in 2018, Houlton will return to the historic property to build a £1.7m extension on South Church Side.

Mr Houlton said: "This restructuring will allow us to run a more agile organisation that can adapt and react to our clients' needs in an ever-changing marketplace. These changes will continue to deliver the high quality of work our reputation demands, on time and at a level that is commercially sustainable."

"As well as the 130 people directly employed by the business, we provide work for many sub-contractors, most of them based within 30 miles of our office. We also hope to increase the opportunities for apprentices and continue our support for communities and organisations throughout the city, and surrounding areas."



West Hull Villages Scarecrow Hunt

Well, that's the end of the West Hull Villages Scarecrow Hunt for another year and what a fabulous 9 days it's been.

The weather has been lovely (apart from one downpour) and it's been great to see people wandering around the area clutching a map and a tick sheet, some from our area, and some coming from further afield. We've really enjoyed meeting people over the past few months and seeing the buzz it's brought to the area.

The biggest thanks goes to all the people and businesses that have made a Scarecrow. Without people doing this there would be no hunt, so we are very grateful for all your creations – big or small. We hope you will all choose to do one again next year and talk your neighbours into joining in too.

Thank you to the Lord Mayor, Lynn Petrini and her consort, the Chairman of the East Riding and his con-

sort, and Emma Hardy MP for taking the time to come and visit our communities and join in the fun.

Thanks also goes to the businesses that have sponsored a banner, let us display a banner/poster or printed and given out our free maps. Also, the members of our group that have displayed a poster at their home or delivered leaflets for us. Very much appreciated.

Last but not least, We'd like to thank Neil and Dave for putting up with Scarecrow talk for 5 months, my parents (Brian & Ann) for use of their printer ink, and travelling around every Scarecrow to take a picture for our records. And my Scarecrow partner, Sarah of course, for thinking of this '5 minute' idea. We make a brilliant team.

I'm a little bit gutted that it's all over but I'm looking forward to the next one already!

BUSINESS VIBES

The latest business news from The Hull Hub

Fit-out work begins at Ferensway's 35,000sq ft Cherry Tree Court

Work has begun to transform prominent Hull building, Cherry Tree Court, into a co-working space and business lets. The significant investment in the refurbishment of Cherry Tree Court, which is situated next to Double Tree Hilton, is being led by asset managers FI Real Estate Management (FIREM).

The first stage of the refurbishment, undertaken by Chameleon Business Interiors, will see the fit-out of a new, high-spec city centre co-working space 'FigFlex Offices'

alongside a 6,000sq ft office let.

Harriet Wagstaff, head of sales at Chameleon said: "This is a great project for the city and it is great to see more inward investment coming into the city. FIREM is known for developing and managing mixed-use spaces that nurture businesses. It's a pleasure to be working with the team at FIREM and Garness Jones on such a prominent Hull building.

Phase one of the work is due for completion later this month.



Digital agency adds to the demand for a taste of history in Old Town of Hull

A new office development in the heart of Hull's Old Town has delivered on the high-tech tenant's simple brief to create a home to be proud of after they heeded lessons from lockdown.

Mike Ellis, Managing Director of digital marketing specialists 43 Clicks North, has been rewarded with both style and substance after putting his faith in developers Jenneson-Thompson, who responded by combining two buildings in Bishop Lane to offer character and connectivity.

Alex Jenneson, a partner in Jenneson-Thompson and Managing Director of RFD Interior Architecture, has seen his confidence pay off after pressing ahead with the purchase of the site during the first lockdown and finding innovative solutions to the challenges of integrating two buildings with an age difference of around 100 years.

After renovating the historic Salters House in spectacular fashion to accommodate RFD, Alex set his sights on the property across the courtyard which fronts onto the narrow lane leading to



High Street, the Museums Quarter and the River Hull.

He said: "One of the buildings was constructed between 1870 and 1900 and the other was built in the 1980s on the site of one which was badly damaged in the Second World War. We have managed to connect them architecturally so they speak as one building.

"We knew Covid would bring challenges but we also knew people would return to work. I speak to a lot of business owners and the feeling I'm getting is that people want to be back in the office but at a safe distance, with the option of working from home as well. That approach is being adopted by small businesses like 43 Clicks North and by some of the big employers we work with."

Trinity Market is full – for the first time in its 117-year history



Hull's Trinity Market, home to a range of independent and creative businesses, is at full capacity for the first time in its 117-year history.

Trinity Indoor Market has provided local produce from independent traders for more than a hundred years.

The historic market has changed significantly over the years. Butchers with sawdust on the floor and fishmongers draining iced-fish fresh from trawlers have been replaced with the diverse and all-inclusive community that it is today, which includes tastes and cuisines from all over the world, bike repairs, freshly baked bread and rows of traders selling all kinds of treasures.

Councillor Daren Hale, leader of Hull City Council, said: "Trinity Market is a remarkable success

story, and stands as evidence of Hull's incredible creative and independent community.

"We've seen all types of independent businesses make the market their home and contribute something new, fresh and exciting to the city – and long may it continue.

"It's an incredibly exciting time for the Old Town, with ongoing investment evident all over the area, and Trinity Market continues to play a vital role in the Old Town regeneration."

Trinity Market underwent a multi-million pound investment in 2017 before the new-look market was unveiled in 2018. The refurbishment not only improved facilities and the space for existing businesses, but also enticed new traders to the market which resulted in the diverse community that the market has today. The refurbishment also meant the market could be used as an events space.

Trinity Market works with the National Market Traders Federation (NMTF) and its young trader's scheme which encourages and supports the market trader life for future generations. This year Trinity Market will once again be entering the NMTF's Young Trader of the Year competition.

Hull Trinity House Academy plans approved

Proposals to move the historic Hull Trinity House Academy to the larger site of the former Endeavour High School have moved a step closer.

Delta Academies Trust Chief Executive Officer, Paul Tarn, welcomed the decision. He said: "The Trust will continue working in partnership with Hull City Council to develop the plans. The Academy will be central to a resurgent city, with new jobs and opportunities accessible to the young people of Hull. The aim is for the move to happen in time for September 2022. "Our focus throughout has been on what is in the best interests of current and future students at Hull Trinity House Academy.



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Whitefriargate awarded £100,000 for cultural programme



Hull City Council has been awarded a £100,000 grant from Historic England as part of the Whitefriargate High Streets Heritage Action Zone (HSHAZ) to create and deliver community-led cultural activities on the high street over the next three years.

Whitefriargate HSHAZ is one of more than 60 high streets to receive a share of £6 million for their cultural programme.

The Hi!Whitefriargate Cultural Programme will explore the significance of Hull Old Town's most historic street. Over the next three years, new commissions, performances and exhibitions will reflect the rich heritage of Whitefriargate and celebrate the role that the street has played in the social and political history of the city, and its importance as a centre of commerce and social interaction.

This is part of the four-year-long High Streets Heritage Action Zones' Cultural Programme, led by Historic England, in partnership with Arts Council England and the National Lottery Heritage Fund. The Cultural Programme aims to make our high streets more attractive, engaging and vibrant places for people to live, work and spend time.

Duncan Wilson, chief executive at Historic England, said: "The high street cultural programme is a step change in the way we think about bringing high streets back from the brink. As we start to see these important historic spaces become regenerated

through building work, it is the community-led cultural work that helps people to enjoy their high street again and also have a say in what the future of their high street might be."

Councillor Daren Hale, portfolio holder for economic investment and regeneration at Hull City Council, said: "Whitefriargate is one of the most historic and treasured streets in our city, so it is fantastic to see all the investment and confidence being shown in the area.

"This cultural programme will help shine a light on Whitefriargate's rich history, and invite people to reconnect with and explore one of Hull's most impressive, historic and significant locations."

The funding builds on the success of a series of pilot cultural projects that have run since last August across 43 High Street Heritage Action Zones. In Hull, this included an exhibition on Whitefriargate that highlighted and celebrated the city's black history as part of Black History Month.

In Hull, the Cultural Programme will include commissions and events focusing on the street's significance as a key cultural and historical location.

Whitefriargate has been at the heart of the historical, cultural and contemporary life of Hull's people. Whether this relates to the city refusing entry to Charles I in 1642, its part in the Glorious Revolution of 1688, Wilberforce's role in the abolition of slavery, or the various fashion trends and pop cultures of the swinging sixties, punk rock or house music eras.

A new festival celebrating Hull's silver trade and craftspeople, who created the amazing historical collections associated with the city, will also take place as part of the three-year programme. Using Whitefriargate as the focal point for the Silver Festival, the event will spread light, sparkle, glamour, and fun to the High Street, and bring to life the skills and designs of silversmithing.

More information regarding Whitefriargate's Cultural Programme will be announced in due course.

Rollits raises thousands for Dove House and sets sights on return of golf day



Leading law firm Rollits LLP has handed over thousands of pounds to a regional hospice after revamping its regular fundraising events to offer Covid-safe alternatives.

Rollits is now looking forward to generating more donations for Dove House Hospice by resuming other activities including the return of the firm's annual golf day on Thursday 1 July.

Pat Coyle, Client Relations Director at Rollits, said: "The restrictions of the last year have had a severe impact on all charities and our usual programme of fundraising events has been heavily disrupted.

"We're therefore particularly pleased that we

were still able to raise well over £3,000 to help Dove House Hospice with its work caring for people in Hull and East Yorkshire and we are doubly determined to build on that by bringing back the golf day this year."

In total Rollits raised £3,450 in aid of Dove House Hospice with £1,760 from the virtual charity challenge which replaced the golf day last year and £1,690 from the firm's participation in Make a Will Fortnight.

The 2021 Rollits golf day in aid of Dove House Hospice will take place on Thursday 1 July at Brough Golf Club. To find out more please contact Pat Coyle at pat.coyle@rollits.com

Pint-sized beer garden pulls in the punters during lockdown



Is this the smallest pub beer garden in East Yorkshire? Or even in the UK?

The cosy table for two has formed part of a lockdown lifeline for the Hop & Vine, with landlord Tony Garrett welcoming customers – and dogs – by appointment only to the cellar bar in Albion Street, Hull.

Delivery and collection services have kept things ticking over during the months when customers were unable to call in, and the beer garden – pint-sized in comparison with other venues – reopened from 12th April.

The outdoor facilities amount to a "love seat", readily available from most garden centres and DIY outlets and comprising a single steel frame of two chairs with a table in the middle. Tony confirmed it's an upgrade on the previous accommodation.

He said: "The Hop & Vine has had a beer garden since long before I took over. We kept it on and it's come in very handy. It's tucked in at the side of the steps leading down from Albion Street, out of the wind, a nice sun trap and far enough from the front door to ensure

social distancing.

"Before we got this we had a folding table and a plastic chair, so this is a big improvement. Now I think about it I'm not aware of a smaller one anywhere. There was some media coverage about a place setting up two chairs outside until they are able to open properly, but our beer garden is permanent.

"It's easy to forget about us because people don't get much of a view as they go past but our regulars know we are here and we put the word out that we're available for bookings. If I'm here then I'll serve people but I need to know in advance."

Tony celebrated the fourth anniversary of taking over the pub on Saturday 1 May but admits it feels as though he has only been running the place for three years. He was tempted into the licensing trade after a career in the probation service, drawing on experience gained from his membership of CAMRA and his volunteering at beer festivals.

He said: "I have always been a fan of real ales and ciders so this wasn't really a new thing for me. One of the staff who was here when I took over taught me almost everything I now know about running a pub."

The drinks offer is drawn from breweries in and around Hull, across the UK and worldwide and routinely features a dark beer, a traditional bitter and a lighter, hoppy brew, plus a wide selection of bottles and cans and a good range of spirits.

Sewell on the go Operations Director retires after 25 years



He has seen the business grow from a service station in Sutton to 13 highly successful forecourt and convenience stores serving more than four million customers every year.

Now, Sewell on the go Operations Director David Craven-Jones is retiring after 25 years with the leading forecourt retailer.

David's first contact with the business was as a consultant in 1996, working with his father Bob Craven-Jones in supporting Paul and Dennis Sewell with oil supply agreement deals and other forecourt-related essentials.

After accepting full time employment as Sewell on the go Operations Manager in 2000, David then became a Operations Director a year later, at the same time as Patrick Sewell became Managing Director, and has supported the business to go from strength-to-strength.

David's role includes making sure the business remains profitable and includes overseeing everything from fuel pumps to coffee machines and car washes. Now, as he prepares for retirement at the end of May, David said there is one element of his career at Sewell which clearly stands out.



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

FURTHER ADVENTURES OF MR FLY



“So what have you been up to?” I ask Mr Fly, my interest genuine probably because I have nothing particularly pending, apart from a couple of savoury ducks steaming in the pot.

“I have been headlining in The Cock and Sprocket Theatre Company’s production of ‘The Rabbit Hole’. I played the fly on the wall narrator. An arduous role”. Mr Fly’s affectation is indubitably dominant. During his address, he continuously wobbles his head which is extremely irritating, I suppose it’s to draw my attention to his imposing paisley silk cravat and cubic zirconia spider tie-pin. Lucky for him my ducks have at most another five minutes to steam, not sufficient time to flick the dust off my knick-knacks and so I enquire further, “Who are the other actors?”

“The famous Kay Rona”, Mr Fly replies sneeringly, “who, although her name is on everyone’s lips at the moment, I predict a fall from grace. And of course the infamous Lach Down, a severe authoritarian and most unpopular though I cannot deny his excellence in achieving results and so we tolerated him”.

I am in patronising mood with at least three minutes left to waste so I ask Mr. Fly if he would mind reciting an excerpt from his play (predictably he can hardly contain himself!) Adjusting his mini monocle and emphatically clearing his throat of an Omega gold watch, he takes a histrionic stance and begins...

“The rabbit hole is hard to escape from and as difficult to

observe, unless of course like me you are a fly on the wall”.

I feel I must stop him at this point to ask if he has any concerns about becoming ‘type-cast’ (I mean, a fly? On the wall?). His disdain is apparent (here we go...), “Madam you are confused – what you see when you look at me is an actor who aspires to complete emotional identification with a part” (I’ve heard of ‘method acting’ but isn’t Mr. Fly caught, without knowing, in the ‘type-cast’ web?) He continues...

“Every life should be of significance to its owner, yet some regard another’s as more significant than their own, tragically succumbing to the other’s instinct for physical violence and mental abuse...”

Just as I am catching the rhythm of his expression the timer on my ducks pings. I lift the lid, the steam escapes revealing two collapsed ducks. “Oh no!” I cry (timing is everything).

“Oh yes”, says he, misconstruing my tragedy for his, which allows me to seamlessly interpose a response that suits both mine and his, “What hope is there Mr. Fly?”

“All humans are blessed with the hope that the future will be better than the present but they must believe they have the power to make it so”.

“Are you blessed with the power to make it so Mr. Fly?” I ask.

“Madam, I have been blessed with wings. I can fly away”.

The first UK ‘CCG of Sanctuary’ launched in Hull



NHS Hull Clinical Commissioning Group (CCG) is celebrating achieving the status of ‘CCG of Sanctuary’ during Refugee Week 2021 (14–20 June). On Wednesday, 16 June, the CCG became the first commissioning organisation in the country to be awarded the accreditation from the City of Sanctuary UK.

The City of Sanctuary UK supports the development of groups including towns, cities, universities, and healthcare organisations which welcome people fleeing violence and persecution. Sanctuary status confirms that Hull CCG has a fundamental commitment to support refugees and asylum seekers when accessing healthcare services. Hull CCG has a long tradition of working with migrant, refugee, and vulnerable populations, appreciating health and social difficulties these groups may face when accessing healthcare. An important part of the project is raising awareness and understanding among the frontline staff about the physical and mental health needs of migrants and asylum seekers and ensuring our local services in Hull are welcoming and responsive.



THE HULL MAN WHO FACED DARKNESS DAILY

BY MIKE COVELL

Throughout the years Hull has seen a number of stories from people doing fantastic deeds under difficult circumstances. In this issue we are featuring a man who faced darkness daily, literally and figuratively.

Dr Norman Jennings was from Cockermouth, Cumberland in 1891, but came to Hull in the 1920’s, marrying his wife, Dorothy, at St John’s Church, Newland in February 1922.

In March 1935 Hull was in serious need of a coroner, and after several advertisements, the post was filled by Dr. Norman Jennings. At the time Dr Jennings resided at 135 Princes Avenue and had previous experience working on several ships and for the St. John’s Ambulance.

It was during his tenure as the coroner for Hull that Dr. Norman Jennings experienced some of the darkest days of the city’s history. For it was during this period that Jennings had to sit in countless inquests, including deaths, murders, suicides, and inquests on those killed by enemy action.

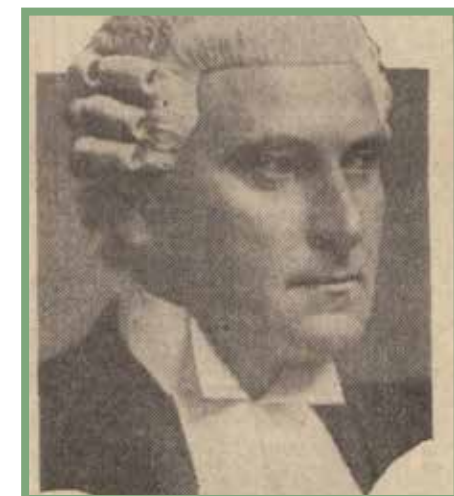
It was the infamous “Blackouts” that would really put Dr. Norman Jennings to work, for he was responsible for overseeing the inquests of over 100 deaths in the city. Jennings spoke out about the Blackouts, stating that more had to be done to protect the people of Hull; he was instrumental in pushing for special lighting, white markings, and posts being erected around docks.

Dr Norman Jennings would later become victim to the blackouts, when he was travelling from Hull on the train. The air raid sirens sounded, and as the train pulled into the station, the passengers disembarked, but as all the lighting had been turned off, the station was in darkness, and Dr. Norman Jennings fell

between the train and the platform! Fortunately, he was ok.

His work in the city was outstanding, and he won many friends, fans and supporters. Jennings, however, was one of the most educated men in the city at the time, he had previously passed the bar and was legally a Barrister at law, he had also a member of several societies, and had studied in Edinburgh, at the University and Royal College. He was also employed as the Medical Officer at Hull’s Trinity House, Medical Officer for Hull, an Admiralty Surgeon, and House Surgeon at the Hull Royal Infirmary.

On August 7th 1951, at the age of 60, Dr Norman Jennings passed away at 135 Princes Avenue. He was cremated and is today resting in the Columbarium at Hedon Road Cemetery.



Council celebrates promotion of Hull City

Hull City Council has praised the success of Hull City Football Club after they secured promotion back to the Championship.

Councillor Stephen Brady, Leader of Hull City Council, said: “After an extremely challenging period for our city, it is fantastic to be able to celebrate the success of Hull City Football Club with their promotion back to the Championship.

“This team has bounced back and secured an important promotion that should act as an inspiration to the people of the city. Their success reflects on this city and this will help to further promote Hull in the national arena.

“We can take pride in their achievement and the council will work to build

on the success of Hull City as we continue to recover from the pandemic and improve the prospects, health and well-being of the people of this city.”



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Sarah Winn – FitSista Fitness Instructor & Personal Trainer

Hormones – They've got a lot to answer for!

No, it's not an excuse, but it is a very valid reason for why things can go terribly wrong in your Diet and Fitness programme if you don't understand how your hormones are affecting your diet and training.

Our hormones don't stop and start. They are constantly flowing through our bodies at fluctuating levels throughout the month and this can mean constant changes to how you feel emotionally and physically during your menstrual cycle.

There's the 'Good Weeks' – When you're full of energy, your skins glowing and your libido is boosted (make the most of it!) Then there's the 'Bad Weeks' – When you seriously can't be bothered to do anything, never mind a Workout! You feel like a fat pig and you could eat everything in sight!

It's not surprising that these constant changes in hormone levels mess up our Fitness and Weightloss goals!

So it really is worth Listening to your body and trying to work WITH your cycle, not against it! By doing this, you may find you don't lose the plot completely while your hormone levels are constantly changing

Read more about How to make your monthly cycle work for your Diet and Fitness goals.....

<https://fitsista.co.uk/news/hormones-part1/>



Is your Health and Fitness a priority?



The No.1 excuse I hear not to exercise is that "I just haven't got the time"

Yes we're all busy, but no matter how busy you are EVERYONE has 20 minutes a day to exercise, it just depends if it's a priority to you or not (and your Health and Fitness really should be a priority!)

If it's important enough to you, you'll MAKE the time!

- Get up 20 minutes earlier
- Use your commute to work
- Exercise in your lunch hour
- Get active with the family
- Take time-out for yourself
- Swap your screentime for a workout

Anyone else had zero inclination to go shopping or to the pub yet?



Much as I like the idea of it, I just don't feel like I really want to brave the crowds just yet....

I'm quite happy as I am, thankyou! There's so many lovely walks around the Hull and East Yorkshire area that until lockdown I never knew even existed and I'm spending my Sunday mornings getting out and about, walking the dog and discovering the local nature – It sure beats queuing for the shops!

Salad season is back!

I love salads
They're Healthy, Quick, Colourful,
Pack-upable, and of course.....
Easy to prepare as there's no cooking involved!
I'm trying to avoid the Lettuce, Tomato, Cucumber combi (nice but boring!) and going to get more creative!
What's your favourite Salad combination?



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

Yoga and Mindfulness

with Tristessa Moore



Let Yoga Therapy Soothe Anxiety with Autism

As Hans Asperger says: "It seems that for success in science or art, a dash of autism is essential." His quotation celebrates and recognises the strengths of this condition with a nod to the incredible achievements of autistic people.

As with the rest of the population, everyone with Autism has their own set of needs, however there are some common features in diagnosis, such as feeling and noticing far too much, which can often result in anxiety.

They may also experience not being able to notice where their bodies are in a space as well as having balance issues, resulting in repetitive behaviours such as rocking, swaying, banging objects, jumping, and spinning to restore steadiness, provide sensory feedback, and to self-soothe.

For others, such as children who walk on their tiptoes, they may appear ungrounded suggesting a state of bodily disconnection to help them deal with sensory overload.

This is where Yoga Therapy for Autism can be useful by helping them reconnect to themselves, feel grounded, develop the ability to self soothe, feel calm, and most of all – to feel SAFE.

So how can specific Yoga Therapy techniques be of benefit?

Helping the individual to move from an awareness of the environment can be a supportive transition at the start and end of each session, for example, being aware of their surroundings: Noticing entrances, exits, windows, shapes, colours, light, textures, sounds, and any part of the body touching the ground.

This may be useful for those who are constantly overloaded with their senses, for example by asking: "Name 3 things you can see, 2 hear, 1 feel."

Deep breathing from the belly encourages a feeling of calmness. Using sounds such as humming, or hissing, whilst placing hands on the body and feeling the vibrations provides sensory feedback and can be self-soothing.

To dial down stress and increase a sense of safety, repetitive Yoga moves, such as rocking on the back holding the knees towards the chest or creating a weighted sensation in the body such as in gentle squeeze and release of the muscles in a guided relaxation may be of help.

Grounding yoga moves where awareness of the body through the legs and the floor may be encouraged. For example, starting with standing Yoga poses and then slowly easing down to stretches, to relieve tense muscle, and floor exercises may help to decrease sensory arousal.

As the balance system in the brain may be compromised with Autism, this can be helped by Yoga techniques focusing on stability. To increase a sense of connection to the body, the individual could be asked to describe and relate to physical sensations, for example, "Sometimes when I reach forward, I start to feel something around my back. Maybe you do too. Or maybe it's a little bit different. What do you feel when you do this?"

But, most of all, any practice should be choice-based, allowing opt outs, or the selection of poses from a deck of Yoga cards. A quiet space with no distractions and effective communication that is steady, regulated, calm, and consistent via voice and body language will also be of benefit.

Tristessa Moore is a registered Yoga Therapist and Trauma-sensitive Practitioner: www.yogatheraphull.co.uk. For staff and pupil well-being in education: www.yoyogasoul.co.uk For more info on Autism www.autism.org.uk



NATURE, MINDFULNESS AND YOU!

Mental health has received increased attention over the past few years. And rightly so, it shouldn't be taboo to express how we're feeling, to talk about our mental health or to acknowledge we're not OK.

Using Nature to benefit our mental health

Mental Health Awareness week — from 10th to 16th May 2021 — has been running for 21 years and offers a fabulous opportunity to acknowledge mental health and its significance in all our lives. Run by the Mental Health Foundation, the focus this year is Nature, in all its glory.

Spring is a beautiful time of year when so much is happening in the natural world. With lockdown restrictions lifting, the Awareness Week offers the perfect opportunity to explore our connections with the outdoors further. To quote Mark Rowland, Chief Executive of the Mental Health Foundation, "Nature is our great untapped resource for a mentally healthy future."

Prevention comes first

One of the Mental Health Foundation's main aims is prevention. It suggests four things that we can each do to stay on top of our mental health. These include: practising mindfulness, getting better sleep, not drinking as much, and being more active. Combined with helping and engaging with others, taking these actions will contribute to better overall mental health.

Be mindful

Practising mindfulness allows us an opportunity to

take a brief step back from the stresses and strains of daily life. It is an excellent tool to help maintain our mental health. It supports our physical health too and contributes to overall wellbeing. It can be practised in a variety of settings, for example, in the great outdoors, in your back garden or a quiet corner of your home.

Mindfulness in Nature

Why not try practising mindfulness and being with Nature at the same time? Do some mindful walking — maybe take a stroll through woodland feeling the soft floor beneath your shoes, or even barefoot over grass. Or perhaps mindful listening; in a natural setting — in a meadow, by a river, or in a local park. And if you can't get out into Nature, why not take care of some house plants?

Take part!

If you want to get involved in Mental Health Awareness Week, visit the website <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week> and for further ideas on how to better engage with Nature, see <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/tips>.

Fran Dunning is a qualified hypnotherapist and mindfulness coach with 20 year's experience. If you'd

with Fran Dunning



like to know more about mindfulness and hypnotherapy, contact Fran on 07973 819867; at change@francesdunning.com, or visit <https://www.francesdunning.com>. Hypnotherapy can help to improve sleep, manage pain and tackle certain types of anxiety.

Please consult your GP for further information and advice if you experience mental or physical health problems.

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PLACE NAMES: THE NORMAN CONQUEST

Part Four: 1066 and All That plus more

What did the Normans ever do for us – well, as far as place names go that is? Not a lot. Indeed, in some respects, they did not want to know us in this ‘neck of the woods’. As punishment for northern resistance to the French invasion, they destroyed Myton and many places north of the Humber. Our region was ‘laid to waste’. They called it “the sack of the North” – that should be ransack and butchery. As well as killing people, slaughtering animals and burning down whole villages, they completely destroyed all farming implements and tools so that if anyone survived, they could not feed themselves thereafter. Some historians estimate that there were around 150,000 deaths due to famine alone during that terrible time (Winter 1069–1070). In effect, the Normans were nasty to the North.



William the First was merely the Duke of Normandy when he stumbled ashore at Pevensey beach (28 Sept 1066). But by Christmas Day that year he was crowned King of England at Westminster Abbey. Courtesy Wikimedia.

town that is now called Battle (East Sussex) – over six miles northwest of Hastings – but it was in 1066 on Sunday 14 October.

Given the lack of local Norman-French place names in our region, I have to go further afield in this article to illustrate how they evolved. The Normans used both prefixes and suffixes. A popular prefix was ‘beau-’, it obviously means beautiful. In Hampshire there is Beaulieu (beautiful place). The English spelling of this same name comes out as Bewley in both Durham and Westmoreland. In Derbyshire, we have Belper (beautiful retreat) and in Leicestershire there is Belvoir (beautiful view).

Then we have Beaumont (Cumbria and various other counties) meaning beautiful hill or mountain. So this now brings us to the popular suffix ‘-mont’. In Cumberland the Normans took over a Danish castle at a place they then re-named Egremont (sharp-pointed hill). Then there is Rougemont (red hill) in various locations. In Yorkshire there is Richmond (strong hill). The Normans built a fearsome-looking castle towering over the River Swale. As can be imagined, castles were built at many strategic places to keep the English down – and especially along the Welsh border (many of which were built on former Roman sites). Apart from York, there are no Norman castles in the vicinity of Hull – the Normans had no need to defend ‘wasteland’ from anyone.

William not only massacred anyone who resisted his invasion, but also set about decapitating the Anglo-Saxon elite. He then replaced them with his Norman buddies and divided up the country for their benefit. To reinforce their grip on power and demonstrate a determination to stay in control, even before 1100, there were around 500 fortified (motte-and-bailey) strongholds. These early, makeshift structures were gradually reinforced to become permanent stone castles that dominated each region.

As with the Angles, Saxons and Vikings, the Normans too liked to name some places after themselves. After they killed off the previous English earls and became ‘lords of the manor’ themselves, they named some places like Bryanston (Dorset) and Walterston (Pembroke – but over time the ‘l’ got dropped and it became known as Waterston). It is interesting to note, however, that the French did not mind adopting the Anglo-Saxon ‘-ton’ suffix.

One example of the French imposing their power over established names was with the previous Viking village of Ashby. This became Ashby-de-la-Zouch to demonstrate that the Zuche Family had the manorial rights to the place. Similarly, when the Monceux Family took control of Herste (wooden hill), it became Herstmonceux (East Sussex). Some speculate that Leighton Buzzard (Beds) is linked to one Theobald de Busar – but this is disputed by others. Overall, then, there are relatively few French-Norman names in British places than would be expected. To a large extent, the Normans tended to accept the pre-existing names established by earlier invaders. Many of these names became fairly fixed with the drafting of the Domesday Book.

A local example of a name that was changed is Melse. This was an Old Norse /

Viking word meaning a lake with a sandy shore or sandbank pool. King William gave this Holderness lordship to someone called Gamel who had been born in Normandy at Meaux on the River Seine and so it was re-named as Meaux. An abbey was founded there in 1151 by Cistercian monks from Fountains Abbey. After nearly 400 hundred years, it was demolished by Henry VIII in 1542 and the stones used in the defence of Hull.

When place names pass from one generation to the next, over the centuries, they evolve. Names are handed on – not like a baton – but by word of mouth (more like Chinese whispers – when complexity and mystery are unwittingly introduced). Added to that, regional and foreign accents injected their own flavour and tone into how the letters are pronounced.

The English tongue, French ear and Norman scribes each jumbled up words and pronunciation. Few place names were written down until the Domesday Book (1086). The conquerors wrote in Latin and so that messed up and misspelt some place names even more. The ‘Great Vowel Shift’ was another dimension as our Mother Tongue transformed from Old, to Middle to Modern English.

CHRISTIAN PLACE NAMES

Although the Normans (Norsemen) were Pagan Vikings when they landed in northern France (Normandy c800 AD), they gradually converted and were fully-fledged Catholics when they invaded and took over Britain.

Christianity in Britain, however, began even in the first century AD, but only in a small way. In 563 the Irish St. Columba and 12 companions began their missionary work from Ireland. They established an abbey on the Island of Iona to convert the Scots, Picts and northern English to Celtic Christian beliefs.

Then in 597, with the arrival of St. Augustine in Kent, the full Christianisation of Britain began in earnest. He had arrived from Rome under the orders of Pope Gregory the Great. Based at Canterbury, Augustine gradually spread the Word from the south to the rest of the island with some mass conversions of the pagans – but there were differences with the Celtic Christians in the north.

Concurrent with his military conquest of Britain, William was also keen to get all the churches under Norman control. Anglo-Saxon churches tended to be only small wooden buildings, but the French soon began to build stone basilicas, especially in London, York and Durham. Interiors were painted with colourful religious images. The Normans soon constructed cathedrals and the top fifteen present-day British cathedrals were built – or at least started – by 1135.

During the Middle Ages (500 – 1500 AD), the Church owned nearly one third of the land – so there was bound to be a variety of place names with a religious dimension (even long before the arrival of the Normans). Therefore, let’s take a look at Christianity overall and how the church impacted upon our place names.

Let’s start at the top with ‘God-names’. He is extremely popular with over 1000 places around the world – including 273 names in the UK (Godalming, Surrey; Godshill, IoW; Godmanchester, Huntingdonshire).

The Son of God – Christ – does not have as many places with around 70 (Christian Malford, Wilts; Christow, Devon), but there are a fair number of places called Christchurch.

There are over two hundred saintly-places around the country (St. Albans;



Dr. Alec Gill MBE



I love maps. So here is one of Norman England. I like the insertion that highlights the language difference: the Norman aristocracy spoke French, whilst the peasants toiling in the fields spoke English. For example, pig in the field became pork on the table.



Goodmanham's All Hallows is a fairly early Norman Church in our area (c.1130). The arched doorway and square tower are a distinct feature of Norman architecture. It was built over a pagan site on a mound in the middle of the village. That crack or fault down the side of the tower does not look too good. Copyright Alec Gill.



St. Andrew is depicted in this Hessle Road mural near the Daltry Street Inter-change. Besides being the patron saint of several countries including Russia, he is the saint of singers, spinners, maidens, fishmongers, fishermen – and the list goes on.... Copyright Alec Gill.

CHURCH HIERARCHY

The dignitaries who run the places of worship are also reflected in some places – starting with Abbot (from the Greek word abbas meaning father). Abbots were influential with dozens of Abbot or Abbey places (Abbotsbury, Dorset; Milton Abbas, Dorset; and even a female gets a quick look-in with Abbess Roding, Essex). Next, we have bishop (Bishop's Stortford, Herts; Bishopthorpe, York). Locally, we have Bishop Burton in the East Riding (an ancient settlement long before the Bronze Age). The Bishop in this case refers to various Archbishops of York who had a manor house in the village.

Lowly friars also left their mark (Friar's Hill, N. Yorkshire; and within Hull there are the streets called Whitefriargate and Blackfriargate – mentioned in detail during Part Three).

Monks or nuns resulted in 38 monk-places and 20 nun-places from Nunneries, of course (Monk Bretton, Yorkshire; Nuneaton, Warwickshire). Locally, there is Nunburnholme, Yorkshire which took its name from a Benedictine Nunnery – the 'burnholme' (ON) refers to the many springs in the area and an island of some sort.

Priest was sometimes corrupted in various forms (Prestwick, Glasgow's Airport; Prestbury, Gloucestershire; and often became Preston with around 20 in the UK). We have our own Preston near Hedon, of course.

Priors also get a mention (Alton Priors, Wiltshire; Swaffham Prior, Cambridgeshire).

Finally, Knights Templars had some indirect links with the Normans throughout Europe and the Holy Land. There are various places in England which are associated with these warriors (Temple Mead, Bristol Station; Temple Newsam near Leeds; Temple Normanton, Derbyshire).

MOTHER NATURE: Trees and Animals

In addition to places linked to religion and invaders, nature also had a big influence on British names. Nature obviously pre-dates both Christianity and the Normans – and thus had a powerful impact. Trees were very good landmarks



Aintree simply means a single tree standing alone. It originated from a Saxon (Germanic) word. It might have begun life as 'ein' – but that is only a wild guess on my part. This lonely tree is on Newington Park off Hessle Road. Copyright Alec Gill.

and so were incorporated into early village names. Added to this, in Pagan times, trees had great religious and symbolic meaning (e.g. the Ogham tree alphabet). Again, I have drawn upon names that go far beyond our area – but let's begin with the hazel tree for Hessle. Actually, unlike many places, there is only one Hessle in the whole world. The hazel is associated with the Nordic god Thor and is seen as a tree of knowledge and wisdom. It is debateable whether the hazel was worshipped by the earliest pagan settlers at Hessle – but I like to think so. Actually, it is noticeable that when Hessle Roaders say the word 'Hessle' it does sound like 'Hezzle' – and not the BBC English pronunciation of HeSSle.

St.Ives; St.Neots). I am, of course, bound to highlight Hull's St.Andrew's Fish Dock – the patron saint of fishermen.

The word church influences a variety of names with 81 places as a prefix alone (Church Fenton; Churchill; Churchtown). Church has also been embedded within other names (Fenchurch; Upchurch; Whitchurch).

Minster also has a good number of places (Axminster; Kidderminster; Leominster; Upminster; Westminster).

Chapel appears in 46 places (Chapelton, Leeds; Chapelbridge, Cambridgeshire; Chapel-en-le-Frith in the Peaks).



Bishop Burton and the college estate has a rich history with its links to the Archbishops of York. The High Hall had a wide range of owners. The final private owner was the traveler-owning Hellyer family. They sold it to the East Riding Council in 1951, the hall was demolished and the college built on the site. Copyright Alec Gill.

Nationally, we have Aintree which means 'a single tree' (for the famous Liverpool race course); Apple (Appleby Lincs; Apple-dore in Devon and Kent); Ash (Ashbourne, Derbys; Ashton-under-Lyme); Cherry (Cherry Burton near Beverley; Cherry Hinton, Cambs); Holly (as in Hollywood,

California – but our Hollym in Holderness is not linked to holly, but derived from 'a homestead near the hollow').

Oak is 'king of the forest' (Oakenshaw, Yorkshire; Oakford, Devon; Sevenoaks, Kent); Pear (Perivale, Greater London); Pine (Pinewood another film studio); Plum (Plumstead, Norfolk); Poplar (East London as in Call the Midwife TV series); and Yew (Ewhurst, Surrey).

Similar to trees we have plants: Beans (Benacrehil, near Killingholme, Lincs); Flax (Flax Bourton, near Bristol); Peas (Peasmore, Berkshire); and Saffron (Saffron Walden, Essex).

Various animals have also played a part in place names. Let's start with a local one – Beverley. The 'Bever' is a direct link to beaver, but historians are uncertain about the '-ley' ending. Some Middle English spellings of Beverlac conjure up the romantic image of 'the lake of the beavers' – perhaps with a reference to the Beck. Some authorities also speculate that the name of Beverley has Celtic roots. Who knows?

A mixture of animals are associated with a variety of places. Let's start with bees or beekeeping (Bickerton, Cheshire) – plus bees' honey (Waxholme, Yorkshire); cattle (Catford, South London is unlikely to be linked to cats, but a place where cattle crossed the River Ravensbourne); cow (Cowbridge, Glamorgan; but not our nearby Cowden on the Holderness coast – its name arose from burning charcoal); goat (Gateshead, Tyne and Wear); horse (Horsey, Norfolk, Somerset and Sussex); oxen (Oxford); pigs / swine (Swindon, Wiltshire; Swinton, Greater Manchester; Swanland?, Yorkshire); sheep (Isle of Sheppey, Kent; Sheepwash, Devon; Shepherd's Bush, London); and wolf (Woolpit, Suffolk is not sheep, but it was where wolves were once trapped).

Then birds: crane (Cranford, Northamptonshire; Cransford, Suffolk); crow (Cromer, Norfolk); hawk (Hawkey, Hampshire); lark (Larksfield, Kent); and wren (Wreningham, Norfolk).

I have already mentioned two 'Burton' villages, but have always been impressed by the number of Burton places we have around Hull: Burton Agnes; Burton Constable; Burton Fleming; Burton Pidsea; or at the end of the name: Bishop Burton; Brandesburton; and Cherry Burton.

The Burton segment is easy to explain as a 'fortified farmstead' – and might account for how they each started up. New invaders-cum-settlers had to defend their property from attack by those they had just kicked out. So let's explore them one at a time – and this brings us back to the Normans (where we began).

Burton Agnes was once associated with someone called Agnes de Percy in the 1100s – so must have been part of the Norman Conquest. Burton Constable is definitely linked to a Norman knight called Ulbert the Constable. His descendant William Constable (1721-1791) re-built the manor house into a grand hall filled with curiosities from around the world and employed Linnaeus to lay out the elaborate parklands.



This brown, heritage signpost clearly shows a link between the Burton name and the Norman takeover of Britain – even in our part of the world. Agnes (1134-1205) was there at the founding of the powerful House of Percy that continues to this day with the 12th Duke of Northumberland. Copyright Alec Gill.

Burton Fleming belonged to the Fleming Family in the 12th century – but I could not find much about them. Burton Pidsea's name origin is uncertain, but Pidsea was perhaps an Anglo-Saxon reference to a mere, pool or fishery.

Bishop Burton has already been mentioned in the context of belonging to the Archbishops of York who had a palace there. Brandesburton is fairly easy to explain: it was a fortified farm belonging to a chap called Brandr – who was probably a Viking Dane. Finally, Cherry Burton

has also been mentioned earlier, but it is such a nice name for a village. Apparently, the land was given to the Knights of St. John of Jerusalem (not to be confused with the Knights Templars). Globally, there are around 89 places linked to the name Burton.

As British seafarers explored the world and set up places themselves, they tended to name them after the towns or villages where they had lived. I love investigating word etymology and would like to continue with more place-name origins. Would you, the readers, be interested to learn about far-away place names from beyond our shores? If so, then please let Hull Hub know. The final article in this series could then take us on a globe-trotting trip to exotic places from Argentina to Zanzibar and who knows where else in the world.

Positive News

from around our city

WIFE BACKS ORGAN DONATION IN HUSBAND'S MEMORY AFTER ACCIDENT



A primary school teacher has told how she was certain her husband wanted to donate his organs to save other people's lives after he suffered a fatal brain injury.

Father-of-three Kirk Jensen, 45, suffered major brain trauma when he fell backwards and hit his head after working outside in his garden.

His wife Leanne agreed without hesitation to donate his organs in April last year when doctors at Hull Royal Infirmary told her all hope had gone.

Now, one year on from Kirk's death, Leanne is supporting the organ donation team at Hull University Teaching Hospitals NHS Trust's "Leave Them Certain" campaign to encourage people to share their wishes with their families.

Leanne, 41, said: "Kirk and I had talked about organ donation before, lots of times. "Our attitude was that we would have taken organs from someone else if we'd ever found ourselves or our children in that situation so we had to be prepared to give."

Despite the agony of their loss, Leanne said Kirk's selfless act brought comfort to her and their three children Keira, 19, Amelia, 15, and seven year-old son Bronnum.

She said: "He was such a special person who always helped others and we are so proud that after his passing he has continued to do what he loved and given the most wonderful gift.

"There will always be a massive hole in our hearts but we will always have this positive thing he did.

"Kirk always was, and still is, our hero."

England's law around organ donation changed on May 20 last year to an "opt out system" to save and improve more lives. Under the new legislation known as Max and Kiera's Law, all adults agree to become organ donors when they die unless they make it known during their life that they don't wish to donate.

Since April last year and almost one year on from the introduction of the new legislation, 13 families have agreed to organ donation after the death of someone they cherished at Hull Royal Infirmary or Castle Hill Hospital.

Leanne, who lives with her family in Lincolnshire, was one of those who agreed to uphold her husband Kirk's final wishes shortly after he landed his dream job as a groundsman at Caistor Lakes.

She said: "Kirk was always building things in the garden and he'd come in to talk to me about something he'd been doing.

"We went outside so he could show me but when he stepped outside and went to close the door, I think he must have got dizzy from standing up and he just fell backwards.

"It knocked him out for a few seconds and when he came round, he was complaining about how sore his head was and he started throwing up."

Kirk was rushed to Hull Royal's Emergency Department by ambulance and he underwent surgery to reduce the swelling and stop the bleeding on his brain.

He was kept in an induced coma and then had more surgery to remove more fluid from his brain.

He was stable for two days but Kirk's condition deteriorated rapidly and Leanne was told there nothing more could be done to save him.

Although devastated, she knew Kirk wanted his organs to be donated and agreed immediately when she was asked by Specialist Nurses in Organ Donation.

Kirk's kidneys, liver, heart valves and tissue and his corneas were used for transplantation and the family received a letter from a woman whose life was saved.

Leanne said: "I'd advise people to talk to each other about this and if your partner doesn't want to talk about it, tell your other family members.

"Even through all this and the darkest of days, we get these moments that shine.

"They have helped us through the "firsts" like Christmas because, even though Kirk wasn't with us, we knew other people were with their families because of what he did."

Fay Turner, one of the trust's Specialist Nurses in Organ Donation, said: "We are so grateful to Leanne and the other families who agree to save lives through organ donation.

"This year, we're asking everyone to make sure your loved ones know what you want to do in the event of your death. It's important that you 'Leave Them Certain' at the worst time in their lives so you can remove that burden from them.

"Please talk to your loved ones today to make sure they are aware of your wishes."

HELPING PEOPLE WITH CANCER AND COVID-19



Hospital staff on a Covid ward have spoken of their work to care for patients with cancer who develop the virus.

Ward 30, an oncology ward at the Queen's Centre, looks after patients with complex symptoms of cancer.

However, during the pandemic, the ward team have been looking after patients with cancer who have also been diagnosed with the virus.

Ward Sister Hayley Butler said her entire team, including nursing staff, housekeeper and hygienist, ward clerks, cleaning staff and caterers as well as members of the multi-disciplinary team looking after patients, stepped up to the challenge.

She said: "Treating patients with Covid-19 and cancer has been really challenging but the team has embraced the challenge and, as always, the patients have

been our main priority.

"The whole team have been amazing and have worked so hard to ensure all the patients received a really high standard of care."

Hayley said as well as dealing with the medical and nursing requirements of patients with both cancer and Covid-19, her team has been looking after the emotional needs of people separated from their loved ones by the need to keep them as safe as possible during their time in hospital.

She said: "The commitment shown by the whole nursing team has been phenomenal and the team have gone above and beyond on so many occasions to ensure the patients received the care they needed alongside addressing their emotional needs because they were parted from their families.

"Coping with cancer for our patients is hard enough but to have to cope with Covid-19 as well is so hard emotionally.

"The whole team bridged the gap for the patients and the feedback from the patients and their families was such an amazing testament to the high standard of care given to all the patients."

The Big Malarkey Festival

Hull's Children's Literature Festival, 'The Big Malarkey', returned for the fourth year in 2021, taking place on Saturday 26 and Sunday 27 June, 10am – 5pm at East Park. Children and families were invited to take a trip into a world of books, stories, poetry, drawing, making, music and performance.

There was maritime themed activities on offer, including two poetry workshops delivered by the Poet in Residence, Rebecca Drake, on the Saturday 26 June.

Visitors were able to hold history in their hands with artefacts from the museum and had the opportunity to get creative with an array of maritime crafts and poetry. Thank you all for coming! For more information visit thebigmalarkeyfestival.com/





THE LATEST WITH LOGAN

Hello everyone! Doesn't it feel so good to be able to get out there again and start some kind of normality back into our lives? What have you enjoyed the most this past month? My favourite thing has to be the re-opening of State of the Arts Academy. I've enjoyed the social side to it and having face to face learning taking place in my drama, singing and musical theatre lessons.



I've been measured up for my costume as I'm playing the part of the witch in the Wizard of Oz. If this had happened last year this would have proved very challenging for me and hard to cope with as I did not like with anyone touching my body unless they were doing it completely symmetrical as I needed everything to be equal. However, now after six lots of therapy, I am doing amazing with some of my rituals! My family are so proud of me and I am extremely proud of myself too! At first, I couldn't believe the changes that were happening, things such as writing with just my right hand and not both hands on the pen at once. Even on the bus I have started to hold on to the rail with just one hand but one major thing that has changed (and this has really pleased my mum) is that I am starting to wear clothes that maybe have a logo or a pocket on one side! I was bought a tracksuit in March and unfortunately, my parents hadn't realised that there was a zip on the left arm but guess what? I wore it on Saturday, and I rather like it.

This is going to make my parents lives easier as

I remember my mum having to get my school uniform altered so that there were two pockets on the front of my blazer. We believe these changes have happened because I'm in the correct environment both at school and at SOTA. My schoolteachers have really helped me realise that nothing bad will happen if things are not equal and if you remember from last month, I wrote about how I wore leather shoes to school for Red nose day and I was very anxious about the creases in my shoes. I'm so pleased to speak more openly about my challenges I face due to my autism. My school, Northcott have been spending some time with me around my rituals that were impacting on my quality of life as they were taking over. I was so pleased to be nominated by my teacher to the Head teacher about the school recognising how hard I've tried to conquer some thoughts/rituals. I'm not going to lie, it was torture at first however, we all persevered and by spending a couple of minutes a day trying not to be

equal it began to build up into hours of being able to continue this. Not all the rituals have gone away but slowly but surely things have begun to improve. I did however have a few setbacks this last week where some of these rituals are starting to rear their ugly heads again and I am not sure if this had something to do with it being my Birthday and me being anxious about having a couple of friends over. I know it's not going to be a quick fix as I have had debilitating rituals for over 3 years which are upsetting and time consuming. Now, myself and my family can start to see a light at the end of the dark tunnel, and they say my spark that was once lost is back, so yes you can say I am really proud of myself! When covid restrictions are over my mum will be invited into my school for me to receive my award.

I was involved in the Centre Stage Door world finals in an online competition on the 11th of April and I placed 6th. I'm really proud of my achievement. I now have dates for The Wizard of Oz which is in September and it is so exciting because it will be the first show, I will have done at SOTA. I have been working hard on my script and getting into a routine to learn it a couple of times a week. I enjoy really getting into the character. I'll let you into a little secret...I've joined a beginner dance class on a Saturday to help with my routines! In musical theatre shows, dance can be physically challenging but with every lesson I do I find it easier and I'm really enjoying getting a sweat on!

It was my sister's Birthday during the Easter holidays, so we hired a hot tub for the weekend. It was so much fun and very, very relaxing. I loved the rippling water brushing against my skin and could have lay in the tub for hours on end! I hope that we will hire another one soon. Friday 30th April was my birthday and I had two friends that came around for a few games and food in the garden so I was praying that the rain held off otherwise they wouldn't have been able to come. This is the first time I've done anything like this, so I was very excited but also a little anxious. I find Birthdays overwhelming but as I'm getting older, I'm finding I can manage more unexpected (different) times. The 30th of April is also Anna Kennedys 10th year Anniversary for Autism and I took part in their Autism dance day over video with a Strictly Come dancing dancer! I found the dance quite challenging, but I tried my best and the main thing was to have fun with it!

I am hoping to progress through these next months are work hard on not trying to have rituals and being so equal with my appearance and just in general everything around me. **Bye for now...**



THE LATEST FROM IAN JUDSON

Authentic History Theatre Company and the Jack Harrison VC MC Charitable Trust are very proud to

bring a special double event in September.

An Ordinary Hero: The Jack Harrison Story returns to Park Street Performing Arts Centre, with a full World War 1 immersive experience for everyone to look around, including a trench, Regimental Aid Post, Officer's Dugout and genuine WW1 antiques, on the weekend of 3rd to 5th September with Lord Mayor Lynn Petrini in attendance on the opening night.

One week later sees the premiere of Hide and Seek, the story of how my Great Auntie Ada, better known as Sister Agnes Walsh, became a British Hero of the Holocaust, with the Lord Mayor in attendance again, with a very special guest in archivist Sister Bernadette, who will be bringing Auntie Ada's British Hero of the Holocaust Medal with her on opening night.

Family of Jack Harrison and family of Sister Agnes Walsh will be joining us as well and will be available for interview beforehand, as long as requests are made in advance.

These very special productions are raising funds for the Jack Harrison VC MC Charitable Trust and educating people about these heroes, who both came from Hull, as well as encouraging people back to the theatre after the lockdown.

Viola trawler calendar collection on display at Holmpton bunker

Two trawlers built more than a hundred years apart are among the ships featured in an exhibition of maritime paintings which has opened at an ex-Cold War bunker in Holmpton.

The underground galleries at the former RAF Holmpton are displaying 14 paintings created by Welwick-based artist Larry Malkin, including some from a calendar published in 2020 to raise money for the Viola trawler campaign, plus new works.

The exhibition, which is open every weekend and then every day during the school summer holidays, also features 12 paintings from the Second World War and the Cold War periods.

Larry, who works from his studio at home, was inspired to create the calendar after being commissioned to paint a picture of the Norland for the cover of a book. He had already decided to paint the Viola – the world's oldest remaining steam trawler with engines intact – and offer the work to the Viola Trust for auction, and he was planning another work showing the visit to Hull by the Royal Yacht Britannia in 1977.

The Viola features on the cover of the calen-

dar and for the month of April. Other featured vessels are the Kirkella, Humber Barges, Norland, HMS Bounty, Lincoln Castle, HMS Britannia with HMS Yarmouth, Manxman, Sea Challenger, Arctic Corsair, Rialto and Diana.

The Norland painting does not feature in the new exhibition, having been delivered to Larry's client. A few days before the exhibition opened Larry also presented the painting of the Kirkella to UK Fisheries, owners of the vessel which is currently unable to work because the UK government has failed to agree a fishing deal with Norway.

To find out more about the Viola campaign please visit <http://www.violatrawler.net/>





THE PUB NOW DEPARTING

WITH SEAN BELL - SCRIPT WRITER, RADIO PRODUCER, VOICE-OVER, DJ, SCOUT LEADER, & OUTDOORS INSTRUCTOR

There's a picture on my kitchen wall, dated 1997, in the style of the London Underground map, but it's called "Hull Overground". It shows all the then pubs and bars across the city, stretching east to west from Holderness to Hessle, and as far north as Skidby and Cottingham. Through the late from the late 70's, then especially through the 1980's and into the early 90's Hull had one of the most vibrant night scenes in the country. Venues employed DJ's every night of the week (I was amongst those DJ's) and it now seems unbelievable that, regardless of the weather, many of these popular bars were so busy that people actually queued outside, waiting for entry on a "one out, one in" basis. Sadly many of those establishments including a large number of the City Centre "fun pubs" featured on the Hull Overground no longer exist – either they've been renamed to now attract a different clientele, or if the building is still there, it now have a totally different purpose.



So "back in the day" if you ever experienced a night "in town" (right now I can't even recall what a "night out" actually is?) then there's a good chance you'll remember some of these somewhat lively venues?

Whichever direction you came from, if you arrived by bus, your first call on leaving the old bus station would probably be either Gingerman, just off the station, or right opposite across Ferensway, The Shire Horse. With DJ Neil Bradshaw mixing up the music four nights a week, from the mid 80's to early 90's, "Shire" could have been your first scrum



of the night to get served at the jam packed bar, and on the Hull Overground map it's shown in its later incarnation, Mr Q's. Today it's recognised as one of the city centres friendliest LGBTQ+ bars, Propaganda.

Bearing in mind this period covered a time when pubs opened at lunchtime, then closed at 3 before reopening in the evening, another popular starting venue was "Star Of The West", in West Street, which was known for opening at 6.45 on a Sunday and they got away with it for as long as I can remember. The pub was demolished in the late 1990's to make way for the Prospect Centre extension. With myself being a DJ (including nightclubs Romeos & Juliets and Waterfront – there's another article for the future – Hull's lost nightclubs... "Tower for an hour" anybody?), I was usually working so had far less nights out than my friends.

Always popular – even more so across Bank Holiday weekends – were the bars around the Marina, the distinctive Green Bricks (now renamed as Humber Dock) and especially both Tropical Knights and the big glass, multi-levelled building that's since been demolished – Pepis.

So from the first drink on the edge of the town centre, perhaps in Mint or Queens (which later became Position nightclub) the crowds gravitated inwards to the likes



of Yates, Chequers, Maceys under the now deserted Portland hotel and the infamous or, perhaps better described as "notorious" Sgt Peppers, with half a Mini body shell fixed to the wall.

Of course, a mention of city centre bars that no longer exist wouldn't be complete without mentioning the mighty Bass House. For nearly a decade Hull's "Sesh" founder Mark Page DJ'd at Bass House, mixing up an ec-

lectic mix of music, whilst also promoting the Mod's "Revival" Tuesday scooter night.

The routes that groups followed would largely be influenced by which nightclub they would end the night in. If LA's (or in the early 80's Tiffany's / Peppermint Park) was your ultimate destination, perhaps you'd stick to the all-now-gone bars across that side of town... Oasis (where I DJ'd for several years), The Institute and Circus Circus.

If Waterfront was your choice, perhaps you'd have dropped in Schnapps Bar for a test tube of something intoxicating?

George Street, with Romeos & Juliets at one end and Bail Hai (which later became KU2) at the other was also a busy location. And it was home to two bars with very specialist yet diversely different music policies – Trog Bar and Biarritz. Tucked away behind the front of The Manchester Hotel, the cave themed Trog Bar was where you



could beat the main queues by buying from their "can bar", whilst enjoying rock and heavy metal. It later became Lasers with a more diverse range of music and at 17 years old it was my first town centre DJ residency (hey, nobody asked me my age and I certainly wasn't going to volunteer it, was I?) before finally becoming Goose And Granite (often referred to as

Wallace & Grommet) which conveniently backed onto the advertising agency I then worked at. Almost next door, built on the site of the former Dorchester cinema and Grand Theatre was Biarritz. Opening in 1987 DJ's Kev Westerdale and Darren Goulbourne quickly established it as THE place for soulful funk and early RNB, and it was the birthplace of the hugely successful "Roadblock" brand.

I appreciate this isn't a comprehensive list of the pubs where people partied the night away, but hopefully it will stir a memory or two?

There's one pub, right in the very centre that requires a hearty mention... THE HULL CHEESE. You might point out that this legendary venue still exists today – indeed it does – but referring back to the "Hull Overground", for a brief period in the 1990's its name was changed to the "Silvester Arms". Having once been a Hull Breweries venue this was a nod to the former brewery down Silvester Street, since redeveloped as the Maltings Business complex. If you ever stepped inside "Cheese" you'll recall it had the stickiest of sticky carpets. It was also the first bar in the city centre to be packed out each Saturday lunchtime with a DJ, and it was THE place to end a boozy Sunday night out around town too.



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:**

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Date

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www.workpensioncompensation.co.uk

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THE SCHOOL SCOOP

Leaving School - by Talia Peters



Leaving School, After starting in 2016, has been one long journey. Over the 5 years I have studied there, I have had the opportunity to visit the following; Berlin (Germany), Krakow (Poland), and a stunning Ski resort in Prato Nevoso, Italy. The school also gave us more chances to travel within the UK, depending on the subjects you chose. For example, in geography there was a 4-day trip to Malham Tarn in the Yorkshire Dales, to work on field work. Also within geography, there were days where you could go to different beaches along the coast to study coastal work. Since starting in 2016, I have had the opportunity to make incredible memories with the teachers on the trips, along with my friends who have also been there.

Reflecting on the whole 5 years I have been studying at the Marvell College, it has certainly had its ups and downs, but other than that due to the current pandemic this year we had teacher grades, as we did not get to sit our GCSE's. This meant that our lessons were adapted to fulfil the in-house assessments. Usually all the subjects had between 4-6 assessments, alongside looking into your class work. But for BTEC subjects nothing changed, apart from not having your exam as you still had to submit your coursework, which goes towards your final grade.

My plan now is that I have 14 weeks until I start college. I am going to be enjoying time with my friends, and also working for the family business Evoke Technologies Ltd, as I am their media and marketing assistant. I will also will be enjoying time in my internship with the Drunk animal creative studio.



University of Hull launches three new PhD projects with Team

The University of Hull has announced it will deliver a new PhD cluster of research as part of its official partnership with Team GB.

The research projects will focus on three key themes - sustainability, social impact and athlete transition into retirement after competition - aligned to the strategic objectives of Team GB.

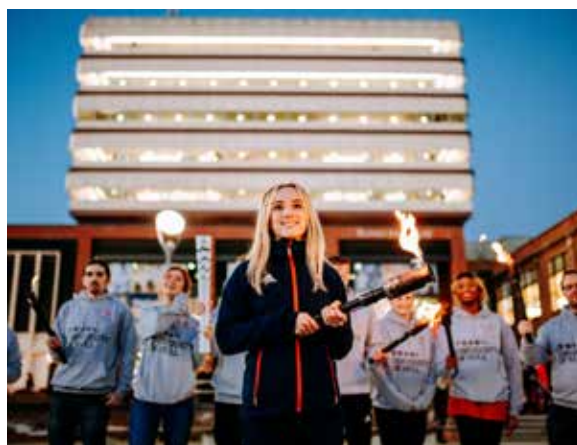
Team GB and the University of Hull are working in collaboration to launch the trio of new research projects.

It comes as part of an exclusive partnership between Team GB and the University, which spans the 2020 Olympic Games in Tokyo, the 2022 Winter Olympics in Beijing and the 2024 Olympic Games in Paris.

Dr Dave Richards, Pro-Vice-Chancellor for Research & Enterprise at the University of Hull, said: "The University of Hull's partnership with Team GB has provided unique opportunities for students and staff right across our organisation, from teaching and learning to research and knowledge exchange. "I am delighted that the University can support Team GB through these three exciting PhD projects, which have been shaped around their strategy for the future.

"Our research at the University of Hull continues to make a huge difference to individuals and organisations right across the world. I look forward to seeing these three projects develop, and the benefits they will bring to Team GB."

Charlotte Thompson, Director of Strategic Planning & Research at Team GB, said: "We are proud



to launch these three strategic PHD opportunities with the University of Hull.

"With the university's research power, expertise and support and our insight and ambition at Team GB we are excited to see what we can achieve."

Earlier this year, Team GB double Olympic Champion Max Whitlock MBE was announced as a new ambassador for the University of Hull.

Max will give students the opportunity to gain insight into the mindset of an elite athlete at the pinnacle of their profession.

Max is the first ever British artistic gymnast to win gold at the Olympic Games - and as one of Britain's great sporting heroes, is set to bring to life the University's ambition to inspire students, staff and the public to find their extraordinary.

Newington Primary expansion works begin

A two-classroom modular unit and a Multi-Use Games Area (MUGA) is being built to enable the school to increase the intake of pupils.

The school currently has a capacity of 350 pupils, and this will increase to 420 once the additional classrooms have been built. The investment is one of several schemes approved by Hull City Council to increase pupil places across the city. Around £50million of investment is taking place across Hull schools; the largest investment since Building Schools for the Future (BSF).

Councillor Shane McMurray, Portfolio Holder for children's services said: "In response to the increase in the childhood population we're working with schools to increase not just capacity and choice, but a choice based around quality provision. We want to provide the best education possible in the best learning environments possible."

Joanne Leighton, Headteacher at Newington Academy said: "We are delighted to have work on this exciting project begin. The addition of a two-classroom modular unit and a MUGA pitch will enable our school to grow and bring increased opportunities for sport and competition for both our children and the wider community."

It is expected the works will be complete before the end of August, ready for use as schools return in September.



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

TEAM GB AND UNIVERSITY OF HULL 'GET SET' TO INSPIRE SCHOOLS

With less than 90 days until the Olympic Games, the University of Hull and Team GB have created a programme to inspire young people to achieve their own extraordinary dreams.

Get Set To Find Your Extraordinary uses the real-life journeys of Team GB athletes and University of Hull students as a springboard for 11 to 18 year olds to reach their full potential.

They'll learn how qualities like perseverance, resilience and having a positive mindset have helped athletes and students to achieve their goals – whether that's reaching the Olympic Games, overcoming the challenges of lockdown or being the first in their family to go to university.

Steven Hewitt, Head of Schools and Colleges Engagement at the University of Hull, which is the official university partner of Team GB, said: “The Tokyo 2020 Olympic Games this summer will provide us all with something truly inspirational to look forward to after the events of the last year.

“We are delighted to partner Team GB on this project which will tap into the excitement about the Olympic Games to help inspire young people on their own extraordinary journey.”

A dedicated website has been created for the project at

www.getsethull.com

Get Set To Find Your Extraordinary builds on the official partnership between Team GB and the University, the longstanding support the University of Hull provides to schools and colleges, and the successful Get Set series – the British Olympic Association's youth engagement programme.

Team GB athletes Bianca Walkden – Olympic Taekwondo bronze medallist, swimmer Luke Greenbank and gymnast Amelie Morgan feature in the education resources, sharing their stories of how they've overcome setbacks and stayed motivated to reach their goals.

Bianca said: “I really believe that everyone has the ability to be extraordinary in their own unique way. I hope that by listening to our stories, young people can realise that by persevering and giving it your all, everybody can achieve their goals.”

Luke's journey forms the basis of an activity for young people to track how their dreams can become a reality. He said: “I wanted to be an Olympic athlete since I first started swimming at the age of nine. But along the way I have had to adopt a positive mindset to develop and adapt. That mindset helped me get over setbacks and come back from criticism when things haven't gone to

plan. But the hard work and determination have paid off and I'm delighted to be preselected to compete in the Tokyo 2020 Olympic Games.”

Amelie, who at 17 is a young hopeful for the Games, said: “This has been such a tough year for everyone and young people in particular have faced a lot of disruption. Sometimes it's hard to motivate yourself when things are tough, but together we can keep looking forward and strive for brighter times ahead.”

Schools and colleges are encouraged to sign up online at www.getsethull.com before 11 May for the chance to win a virtual visit from Olympic medallist Max Whitlock.



HULL GRADUATE ANDY MORGAN-HARRISON SETS SIGHTS ON OLYMPIC GAMES IN TOKYO



University of Hull graduate Andrew Morgan-Harrison has his sights set on the Olympic Games this summer as he aims to be in the 200m starting blocks in Tokyo.

Andy, who graduated from Hull last year with a First-Class degree in Sports Rehabilitation, won gold at both the 2020 British Indoor Championships and Outdoor Championships, and last month represented Team GB at the European Athletics Team Championships in Poland.

The East Yorkshire sprinter is a Talented Athlete Programme recipient at the University, and is now in the final stages of training for the Team GB selec-

tion event for the 2020 Olympic Games.

Andy said: “I started running when I was around 11. I used to always win sports day events at primary school, and one of my teachers said I should get myself in with a club.

“I was coached at Costello Stadium in Hull, and ran throughout secondary school and college. I'd already applied to study at Hull when one of my friends

told me about the Talented Athlete Programme, so I applied for that and was lucky enough to be accepted.

“During my first year at Hull, my running performance had a massive jump up, and I won my first British medal in the 200m event.”

Andy was also last year ranked as the fastest 200m student in Europe, after winning gold at the BUCS (British Universities & Colleges Sport) Indoor Championships.

His time – a remarkable 20.66 seconds – meant he was top of the European standings, and the third fastest student in the world.

University of Hull unveils new £200k Emergent Technology Lab

A new Emergent Technology Lab at the University of Hull will offer students state-of-the-art equipment in Virtual and Augmented Reality.

The new suite, located on the University's campus features a variety of high-tech equipment in virtual and augmented reality and has been supported through a £200k capital grant from the Department for Education.

Forming part of the wider Yorkshire & Humber Institute of Technology (YHIoT), the new lab will offer training in state-of-the-art Virtual Reality (VR) and Augmented Reality (AR) technology and will allow students to develop their own VR and AR applications.

Students will also be able to develop autonomous vehicles and learn about the electronics, mechanical engineering, embedded software development and Artificial Intelligence (AI) that underpins this technology.

Professor Andrew Heyes, Dean of the Faculty of Science and Engineering at the University of Hull, said: “Technology such as virtual reality, augmented reality and artificial intelligence represent the future of manufacturing in the UK, but there is currently a huge shortage of people with the skills to meet industry demand.

“With this investment, students will have access to some of the best facilities and expertise around, so they will be better placed to take advantage of those employment opportunities.

“We want to support local companies by providing them with the skilled workforce they need to be more competitive.

“We also hope that this type of investment will help to widen participation in further and higher education by giving more people from diverse backgrounds access to the opportunities that exist in the manufacturing and technology sectors.”

The equipment in the new lab includes VR headsets with motion and eye-tracking technology and dedicated high performance PCs to drive them, as well as standalone VR headsets and Microsoft HoloLens AR headsets.

Virtual reality is when a person's view of the outside world is completely replaced by a computer generated one, giving the sensation of being inside a different environment.

Augmented reality, in contrast, is when computer-generated items are made visible through a headset and overlaid on top of the existing real world.



THERE IS ONLY NOW

(ANTHOLOGY OF POEMS & SHORT STORIES)

Originally from Kingston Upon Hull, There Is Only Now is Glenn's first anthology, (A rich pick 'n' mix of thought-provoking and humorous contemporary poems and short stories with an anti-consumerism theme...), which, as a London based writer & artist who has lived with his family in Surrey for over twenty years, he not only wrote but also produced the book cover artwork for.

As a proud Yorkshireman with strong family links to Kingston Upon Hull, Glenn describes himself as being 'buried in my creative silo' working on numerous artistic projects since arriving in London in the late 1990's, which includes contemporary abstract artwork for sale to private clients, two documentary films and his writing.

His book, There Is Only Now, is his first and is largely based on his inspiration to capture 'real life' across its kaleidoscope of colours, focussing his creative work on reflecting the world he sees and has experienced.

As an ex pupil of Hull Grammar School, Glenn lived and worked in Hull and area, where his family owned and ran a private hotel, until his mid thirties when he decided to finally travel south to London to 'seek his fortune...cookie' which he had accidentally left in one of 'Hull Trains' first class compartments, ('I swear on my life, your honour!'), after returning to Hull on the direct train from Kings Cross, following a wild, alcohol fuelled, kick ass weekend of shin kicking, reckless abandonment shenanigans in the 'smoke', which included a pub crawl around Soho's more salubrious establishments.

Bumping into his old drinking buddy Oliver Reed in Peter O'Toole's tucked away, Soho back street, private members club 'Arabian Nights', he was literally dragged into a 'winner drinks all' semi naked arm wrestling contest 'lock in' with Olly and his old 'board treading' pals Sean Connery and Richard Harris; all four stood chest deep in a vat of warm frothy beer, after chowing down on steak and eggs! He remembers how... 'we laughed and chortled and heads thrown back, laughed again and again and chortled some more as we quaffed ourselves stupid, whilst beer sodden Richard Harris swung himself by his nipples, (bulldog clipped to the chandelier), to rapturous applause, as we chomped on our delicious Montecristo No. 2 cigars!

Sean Connery, months later, describing himself to the court as... "Shmashed to a pulp and shakenshs not shtirred!"

Unfortunately, the fortune cookie tossed in Glenn's lap across the neon lit, grease stained, prawn cracker crumbed, crumpled tablecloth of the Chinatown Chinese restaurant, in the wee small hours, (as a touching, personal keepsake reminder, from the three late actors, of their dusk till dawn escapades, which Glenn had promised not to open until he was sat in his first class train seat, on the direct return journey to Hull), mysteriously disappeared and to this day has never been found, despite Glenn's repeated, desperate 'sandwich board street walking'

efforts to find it, which at the time, included crawling in an inebriated, 'wet fingers in an electric socket hairstyle', dishevelled, one shoe on, one shoe off, ragged, creased clothes state, searching up and down the train carriages on all fours with a can of lager in one hand and a smoking cigar in the other, as he looked under every seat and in every 'nook and cranny'! As you can imagine, his 'method in my madness' modus operandi behaviour was viewed with some disdain by fellow passengers and on the late, billowing smoke, arrival at Hull's Paragon train station and with all passengers safely evacuated in the 'nick of time' from the flaming carriages,

Glenn was promptly 'pick a window' escorted off the train inferno by Hull fireman assisted British Transport Police and arrested and held for questioning! Bailed three months later by a wealthy local businessman friend for £175,575,480.16, (based on the complete fire gutted destruction of Hull Trains new rolling stock including associated track and platform infrastructure), and hounded out of his Ena's Terrace, Subway Street, semi derelict, Hull City Council 'demolish noticed', graffitied, crumbling bungalow home by eager beaver Hull Daily Mail 'click bait' journalists, (whose front page headline... "That's The Way The Cookie Crumbles!..." was supported by a dramatic front page screenshot photo, taken from from one of Hull Trains in carriage CCTV cameras, of Glenn rudely rummaging indiscriminate, smoking trouser legs - video link at end below), Glenn was determined to turn his life around and so reconciling himself to the disappearance by viewing it as an opportunistic, positive sign that London was calling and in the interest of tying up all loose ends, he agreed to pay county court threatened alimony payments of £5,800 PCM for his fourteen children to eight different Hull lasses and packing his plastic bag, he prepared to uproot himself from his beloved home city, finally completing the £35.00 cash sale of his mint condition, cherry red, personal registration, (GDW 1), 1962 Silver Shadow Rolls Royce with cream, full leather interior and only 1,978,324 miles on the clock, (proudly retaining the GDW 1 plate without the new owners knowledge), and with carrier bag in hand and cash in pocket and the car plate under his left arm, he hitch hiked to London, hidden under the tarpaulin of a flatbed coal lorry, where his artistic journey began over twenty years ago.

When later questioned about the unfortunate disappearance, Sean Connery apparently commented...

"Sho shorry choo hear aboutch Glenn'sh lostch fortunesh cookie, butch all I can shay ish double 'Oh dearsh!'"

Oliver Reed, Richard Harris and Peter O'Toole were allegedly too intoxicated to comment.

Fortune Cookie Appeal:

If you have found Glenn's fortune cookie or you know it's whereabouts, please telephone: Hull (01482) 315350 to report find and collect your reward.

Thank you.

Note: Please read a large proportion of the above with a generous sprinkling of salt.

Glenn is presently working on his next book.

There Is Only Now by Glenn D. Webster

A rich pick 'n' mix of thought-provoking and humorous contemporary poems and short stories with an anti-consumerism theme, assessing the human condition through eyes that have watched a society lose its innocence in the pursuit of technological advancement,

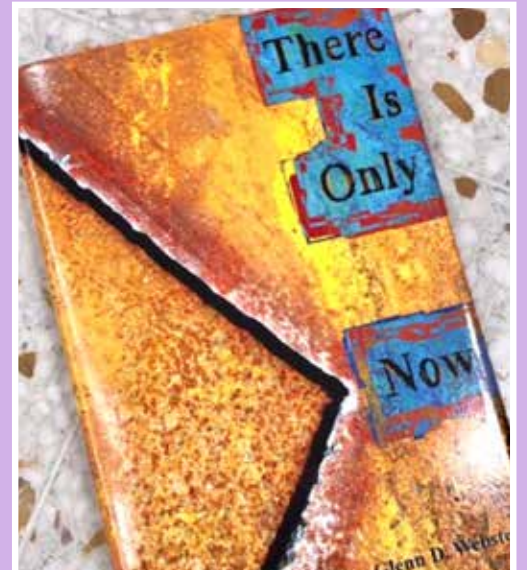
There Is Only Now utilises a broad range of literary genres and writing styles to force readers to confront the question of whether or not the juice is truly worth the squeeze.

'If art dramatizes the reality of the world, then words define it.'

A snippet from the latest Amazon.com review of my book:

'...My partner and I began reading it separately, then together, and at last we took turns reading it aloud because the words were so delicious to recite and hear....'

Find 'There Is Only Now' on Amazon.co.uk



**There Is Only Now
by Glenn D. Webster**





HYDRATION

WITH DAWN O'DONOGHUE

As part of my role as a health provider, I often advise people about their life choices and how they can improve their general health. There is one aspect that is simple to introduce but often hard to consider when it's raining outside and, let's face it, there has been a lot of rain lately. However, the summer is approaching (and hopefully warmer weather) and we must give serious consideration to something that will ensure good, overall health. I'm talking about something that has zero calories, is reasonably priced and available for you 24/7. I'm talking about the importance of hydration, the health benefits and how you can become healthier from the comfort of your own home with the minimum of change and very little effort.



We live on the junction of two famous rivers. The river Hull, which gave our City its name and The Humber complete with iconic bridge. And yet, despite being surrounded by water, we have a problem with the actual process of keeping ourselves hydrated.

I first noticed this whilst working in an international school. The school was huge and had water dispensers positioned in every corridor, open space, and meeting area. The school consisted of children, young adults, and teachers from many different countries around the world and they all used the water fountains without thinking with one exception. British children simply walked past the water dispensers and only seemed to have a drink at lunch time despite that summer being uncomfortably hot. As the temperature rose some of the UK children became poorly. The school doctor diagnosed dehydration – basically when we use more fluid in the body than we take in – and, when questioned, the children confessed it didn't occur to them to get a drink. In a similar way, my mother (aged 91) was reprimanded in Rome by a lovely Italian lady for not carrying a water bottle with her at all times. She made my mum sit and she brought out a flask of water before lecturing mum on the need for hydration when it is hot. My mum explained that she drank at mealtimes but rarely in between. This is a problem she and many others continue to have.

Thankfully, things are changing, and water facilities are obvious in our schools now. Plus, most people carry bottles of water with them especially when out walking or exercising as this has become a 'new norm' especially during lockdown when cafes and bars were closed. Hopefully you already have a hydration routine but if not, read on.

So, what does a regular drink of water do for you and are you drinking enough?

Our bodies consist of 60–75% water with our brain, heart and major organs roughly relying on receiving 70% of our overall intake. The Eatwell Guide recommends around 1.2 to 1.5 litres of fluid per day but have included low fat milk, tea, coffee, and sugar free drinks as well. Personally, I opt for regular drinks of water with added lemon juice or sugar free dilute juice. However, your job may restrict your intake, or you might simply not have the routine of regular healthy drinks and you run the risk of dehydration which will ultimately stop you from functioning correctly.

So what symptoms does dehydration have; how can you improve your general health and what is a good hydration routine?

- You may experience fatigue (especially in the afternoon) as your blood volume level will significantly reduce resulting in your heart working harder to pump oxygenated blood around your body. This will impact on your other internal organs and prevent

them from being to work efficiently. Your brain, always trying to protect you, may make you feel sleepy or dizzy in an effort to make you lay you down to repair. A glass of water or healthy drink, can improve your day, stop those 4pm slumps and generally make you more awake.

- If dehydration continues, you may experience mood swings or become irrationally irritated. This will probably combine with headache as your brain, essentially a fatty organ, literally shrinks as it begins to 'dry out'. This will coincide with a reduced capacity to think, but with sufficient water your brain will become more alert, short term memory will improve and the electrical signals within your body will be more active making you feel fitter, healthier and more energetic.

- Over time, dehydration may make your digestive system sluggish. Your bowel movements may become difficult or irregular as the body will simply not have enough water to eliminate and process waste. By drinking more water, you will assist the intestines to detoxify reducing heartburn, bloating and constipation.

- When you drink water, you may initially urinate more frequently. This does tend to reduce as your kidneys become used to the raised level of fluid. Increase fluid intake will effectively dilute harmful salts, minerals and potential kidney stones thus enabling you to have a healthier body. A good test that you are drinking enough water is to note the colour of your urine...the lighter the colour, the more generally healthier you are.

- A good hydration routine will also support the fight between antioxidants and free radicals, allowing them to replenish cells throughout the body and repair damage. This will be particularly noticeable when you look in the mirror. Your skin (the largest organ in the body) will regain some elasticity. It will stop looking dull or appearing dry. The better your level of hydration, the more improved is your blood supply to your skin. Let's face it...creams are great but a natural, healthy glow from within cannot be bought over the counter but can be achieved through developing the habit of keeping your hydration levels up.

- Often, when our body signals a need to replenish its water supply, we mistake thirst for hunger. Reaching out for those snacks might not be necessary, it could just be a simple case of having a glass or two of the recommended liquid. Experts confirm that drinking water before, during and after your meal will not only reduce your appetite but will also help your body digest your food more efficiently. This can support long term weight loss as the water fills your stomach but also boosts your metabolism so that fat cells are broken down and the body's capacity for burning fat is increased. Bear in mind that normal water is calorie free!

- The use of water is also beneficial for those people suffering aching muscles, cramps or joint stiffness and current research suggests that water cushions the joints, spinal cord, and associated tissues. Water makes your muscles looser (avoiding cramping) and lubricates your joints. There is evidence to suggest that increased hydration may also lessen the discomfort caused by conditions such as arthritis.



- Increased hydration also improves the function of the immune system and the body finds it easier to fight off some bacteria and viruses.

- Exercise regimes may become easier as increasing the intake of water enables the body to sweat, releasing toxins, increasing energy and keeping the body cool. It also ensures that body temperature is better regulated and that we balance the amount of sweat we excrete. Too much sweat without hydration can lead to the loss of electrolytes and plasma which can lead to complications.

How can you create a good hydration routine?

- Invest in a good water bottle that you can keep handy throughout the day. Ideally, choose one that shows the volume of water you are drinking (remembering the guidelines above from Eatwell) as we want to hydrate but not take in more than the recommendations which can lead to an electrolyte imbalance, cause dizziness and nausea.

- Carry your bottle with you at all times. It will remind you to take a drink.

- Sip before, during and after you eat or snack.

- Don't attempt to drink your total water allowance all at once (you will just feel sick) but pace yourself throughout the day. I would avoid drinking before bedtime however as numerous trips to the toilet will interrupt your sleep pattern and you may end up visiting my Sleep Clinic.

- Set a reminder on your phone...there are plenty of water break apps out there.

- Flavour your water if you need to with sugar free juices or fresh lemon. Water is plentiful (we all have a tap), calorie free and cheap. So if you can manage to drink good old Yorkshire water then you are looking at benefits.

- Start your day with a glass of water as soon as you wake up.

- Reduce your intake of fizzy drinks or drinks containing caffeine which are diuretic and literally adds to your dehydration. Stick to simple water if you can.

- Show others how you hydrate (especially the young and elderly) and help them develop their own healthy hydration routine.

Let's get our hydration levels up, start your routine today and reap the benefits of becoming a fitter, healthier person.



KIDS

ACHIEVING

Our local kids making a difference.

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

Seven-year-old Isaac tackles the Three Peak Challenge to support WISHH



Isaac has always enjoyed family walks with his dogs. During the first lockdown, daily walks became more important and Isaac was soon walking between 4-6 miles each day. During the summer, he took part

some bigger challenges walking between 8 and 10 miles in North Yorkshire; Isaac was always determined to climb one more peak.

Massively inspired by the late Sir Captain Tom Moore, he asked his family how he could do something to help his local NHS. This is how his idea of a sponsored Three Peak Walk was born. Isaac has challenged himself to walk all three peaks during May. He will be taking on the final peak, Ingleborough, on Monday the 31st!

Here's details of Isaac's challenge so far:

On 2nd May Isaac completed Pen-y-ghent in some of the most challenging weather conditions facing a blizzard when he and his family reached the top. He stuck with it and finished in 3hrs 20 minutes.

15th May, Peak number 2, Whernside 8.7 miles was completed in 4 hours. Very windy and cold this time, thank-

fully no blizzard.

Isaac said, "I really love walking and I wanted to help my local NHS. Doing the Three Peaks has been a fun challenge. I haven't let the weather put me off reaching the top; plus, the thought of a big ice cream when I the top too keeps me going! It's been good fun walking with my family and dogs knowing that I am helping my local hospitals too, just like Captain Tom did; it feels really good."

Lisa Whitton, Charity Manager for WISHH said, "We can't thank Isaac enough for taking on the Three Peak Challenge to support Hull Royal Infirmary and Castle Hill Hospital. We are so impressed with Isaac's sheer strength and determination; the weather never stops him reaching the top of each peak. The sponsorship Isaac raises will help us make a great difference to patients and loved ones cared for across Hull Hospitals. Making their time they spend at the hospitals more comfortable. It's a great challenge you are doing Isaac. Very well done from us all here at WISHH."

Isaac initially wanted to raise £100 for the WISHH Charity. He has now reached £425! If you would like to support Isaac in his challenge his just Giving page can be found at <https://www.justgiving.com/fundraising/isaacdoesthe3peaks>

To find out more about the work of WISHH and how you can get involved and support Hull Hospitals, please get in touch with Lisa Whitton, WISHH Charity Manager on 01482 622299/07827 881766 or email HelloWISHH@hey.nhs.uk

Martha White

Introducing Martha White. Who has recently had some of her work published. A selection of children from Malet Lambert were chosen to produce some creative writing at Malet Lambert and they spent time developing pieces of work which made it into a book called "Late Bloomers". The very talented Martha



loves to write, draw and create. To keep active, she counts street dance, dodgeball and gymnastics as her favourite activities. As if that wasn't enough to keep her occupied, Martha also loves the countryside and walking.

Here's one of Marvellous Martha's poems which made it into the book:

MY MUM

*My mum is a button, holding everything together
My mum is a jumper, she warms us up forever
My mum is a piece of paper, she takes all of my ideas
My mum is a sponge, she absorbs all my fears
My mum is everything, she takes over my world
Even when I never cared.
My mum is rare.
My mum is a button, holding everything together*

Sophie Hickman

An accomplished all round actor, singer and musician, Sophie has just passed her Grade 2 harp examination from the Associated Board of the Royal School of Music with a Merit!

Sophie is also a student from Park Street Performing Arts who are hoping that Sophie will agree to a

recital when the theatre opens again. She will be appearing in the production of "Pinocchio" in July, having been in several other shows in her time with Park Street.

In her spare time, Sophie loves swimming, has a passion for reading and has found a new love - cheerleading!

Travis Greenley

Returning to school after lockdown has affected many teenage students in different ways. For Travis Greenley, however, this was all taken in his stride and to the delight of his mum, he is being recognised by his teachers for



the hard work, dedication and pleasure he takes in his classes. At St. Mary's College, Travis has been nominated for "Good News" awards in Geography, Science and Drama. His mum regularly receives these text updates from his teachers and is extremely proud of his progress. The talented young lad is also a student at Park Street Performing Arts Centre and successfully auditioned for a principal role in their upcoming production of "Legally Blonde". For relaxation, Travis is a very keen gamer.

My month has been very busy - With Louisa Whittles

I have of course loved this month because chocolate was involved! Easter is one of my favourite holidays (I don't love it as much as Christmas though) because it's when Jesus came back to life. I also had a amusing time at go ape for my sister's birthday, It was scary but then once you went on once it was so fascinating. The one thing I loved the most though was Easter, I had so much fun, don't tell anyone but I've nearly eaten all of my chocolate eggs. Oops! Something that is impossible to not like though is my mums Sunday lunch on Easter we had the most appetizing dinner but I'm telling you now if you don't like roasties we can't be friends! I'm not kidding! Sometimes I wonder if anyone can do a better roast dinner than my mum but then I know for definite it's not possible. Over the month I've done some baking to not roast dinners (because my mums will always be the best) but buns or brownies or cakes, I'll tell you something my mum found some weetabix cupcakes on the internet and I'm telling you not they are gorgeous for something healthy (I know right! Me liking something health?!) just look it up on the internet and you can find all sorts! I also love being at school connecting with my friends once again online learning has helped me achieve a good report this term but as my sister said it's no time for relaxing. Trying to follow my sister's footsteps at school is going to be tough, but I love learning just like her! Have a good month all of you and I look forward to sharing my next months events! Stay happy, stay safe.



Community *and* Services

WASH HANDS · COVER FACE · MAKE SPACE

New Humber wide 'Say No To Fraud' Campaign



A campaign to raise the awareness of Fraud, how to spot the signs and avoid becoming a victim, has been launched today (Thursday 20th May) by the Police and Crime Commissioner for Humberside.

Nationally, fraud cost £2.3 million with 822,276 victims, while in the Humberside Police area 7471 victims lost £13.8 million in 2019/20. The impact on a victim of fraud can be considerable and have a huge impact on their confidence and wellbeing as well as their financial situation.

The new campaign, Say No To Fraud, developed by the PCC's Community Engagement Team, features the real stories of local victims of fraud and aims to reduce the number of victims by committing to increase knowledge of the types of fraud, the methods used by the criminals and advice on how to protect yourself and those you love from becoming a victim of these crimes.

The ultimate mission is that nobody becomes the victim of fraud due to lack of awareness. Since 2019, the Engagement Team have been hosting local Fraud Forum meetings in partnership with Humberside Police and other agencies, which has been hailed as best practice at recent National Fraud Forums. The purpose of the forums has been to raise awareness about the crime of fraud and try to identify emerging issues of the crime developing in our local area.

Recognising that the people of Humberside are fundamentally polite and friendly people, the team wanted to 'give permission' to our local residents to 'Say NO to Fraud'. That might mean closing the door on a person while you check their credentials, putting the phone down mid-conversation to ring your bank yourself, saying NO to anyone asking for money or bank details that you may have befriended online. It may seem rude at first, but these are serious organised criminals who will be pretending to be someone or something they are not, they are 'wolf in sheep's clothing' at your door, on the phone or online and it won't matter if you offend them. Genuine agencies will always understand and appreciate your caution.

Based on the national Take 5 to Stop Fraud campaign, the Engagement Team have been developing a set of resources that are specific to our area. Taking the top 5 fraud crimes reported in Humberside and developing resources which are targeted at the members of our community most likely to become victims of each type of fraud using the same methods the criminals use to target them, but to raise awareness instead.

New Community Beat Manager for Cottingham



Cottingham and the surrounding villages will now have a designated police Community Beat Manager (CBM).

PC Tamsin Hartley will be based at Kirkella police station and will be helping the existing local policing team to tackle the issues in Cottingham

and the surrounding area.

We asked Tamsin about her new appointment and started by asking her about her police career so far.

PC Hartley said, "I joined Humberside Police in 2016 as a PCSO based Hedon and Withernsea and really enjoyed working with the local community. So much so that I applied and became a police officer in 2018 and began to work as a member of the patrol team that covers Bridlington and the East Riding of Yorkshire north. "I was brought up in the Willerby and Anlaby area and live in Holderness so I know the area well and want to support my local residents and make this area as safe as possible.

"I am really looking forward to getting in amongst the community. Intelligence based policing is very much the best way to tackle local issues so hearing from the public directly and establishing those relationships will help us tackle any problems.

'Drink driving is completely unacceptable.'

As restrictions have started to be lifted, Humberside Police are asking for all drivers to carefully consider their mode of transport before and after a night of drinking.

Roads Policing Inspector Heather Cawson said: "Drink driving is completely unacceptable, with not only the drivers life threatened but also innocent drivers and pedestrians who share the roads with these offenders.

"Drink drivers can face an unlimited fine, a 12 month ban from driving, a criminal record and time in prison, as well as the guilt of potentially endangering another person's life.

"If you are out drinking with friends, catching up with a loved one, or celebrating with family,

book a taxi or arrange transport home which doesn't involve you behind the wheel.

"You also have to consider your alcohol consumption if you plan on driving the next day. It takes an hour to process a single unit of alcohol and whilst you may try to sleep, eat or shower the alcohol off, the only thing that can sober you up is time.

"If you are caught drink driving it's not just your licence that you risk – it could be your whole future."

We are asking for people to call 101 to report any people suspected of drink driving in your area, or call 999 if a crime is currently taking place.

That call could quite easily save lives.



Hull hospitals contribute to major study of patients with Inflammatory Bowel Disease

A Hull hospital team has made a major contribution to research indicating that patients with Inflammatory Bowel Disease on a commonly used medication may not mount adequate immunity and immune memory if they contract Covid-19 or following their first dose of the vaccine.

Professor Sebastian and his team at Hull University Teaching Hospitals NHS Trust co-led the CLARITY study of 7,200 patients with Crohn's disease and ulcerative colitis from 92 hospitals in the country.

The study discovered fewer than half who receive the drug Infliximab had detectable antibodies after catching the virus, suggesting the treatment had blunted the immune response to infection. In a second paper, currently in review, they describe the same

effect following vaccination for Covid-19, particularly if patients were being treated with Infliximab as well as an immunosuppressant such as azathioprine. Professor Sebastian, the lead consultant in Inflammatory Bowel Disease (IBD), said CLARITY was the first study involving these clinically vulnerable patients which has raised some concern about their immune response.



Even More Good News

From Our Community

Hull Royal Infirmary introduces new system to get patients back home more quickly

Patients are to be discharged home or to a community facility as soon as they are well enough to stop them spending too long in hospital.

Hull University Teaching Hospitals NHS Trust is introducing the new "Discharge to Assess" system so people can leave Hull Royal Infirmary as soon as they are well enough instead of spending longer than necessary in a hospital bed while their future needs are assessed.

Trust staff are working with Hull City Council, East Riding of Yorkshire Council and City Health Care Partnership (CHCP) to introduce the new scheme, initially for elderly patients treated in hospital for medical conditions.

Emma Smith, Head of Discharge Liaison Services at the trust, said: "This new system means patients will get the very best care in the most appropriate place for them because they will no longer be kept

in hospital once they are well enough to leave.

"Research proves people, particularly the elderly, can suffer muscle wastage causing problems with mobility and leading to future hospital admissions, all of which affect their ability to live independently, if they spend too long in a hospital bed.

"Now, they will be moved into temporary facilities in the community or back home as soon as they are well enough so full assessments are carried out by social workers and therapists to make sure they get exactly what they need."

Christy Francis, Deputy Chief Operating Officer at CHCP, said: "The local health and care system has worked collaboratively with all agencies to ensure that everyone who leaves hospital after an illness or injury is provided with the right level of support.

"This will ensure good recovery after discharge and help regain independence and remain at home. Together, we will work to ensure that everyone who has been admitted to a hospital bed has the opportunity to return back to their own bed at home."

New guidance and funding has been introduced by the Government to speed up the process and remove some of the barriers involved in discharging patients efficiently from hospital.



Hull Maritime Foundation awarded £50,000 to support ships' restoration

Hull Maritime Foundation, a charity dedicated to supporting the Hull Maritime project has been awarded £50,000 to contribute to the conservation of two of Hull's historic ships. The Headley Trust recognised the need to support the conservation and restoration of both the Spurn Lightship and the sole survivor of Hull's once 150+ strong distant water, side-winder fishing fleet, the Arctic Corsair, because of the significance that the much-loved ships have in Hull's recent maritime history.

The conservation of both ships is a key element of the Hull Maritime project.



Multi-million pound investment in new Intensive Care Unit for Hull



A multi-million pound Intensive Care Unit (ICU) is to open at Hull Royal Infirmary this summer for critically ill and injured patients from all over Yorkshire and Northern Lincolnshire. Hull University Teaching Hospitals NHS Trust is a Major Trauma Centre for the region and the ICU at Hull Royal Infirmary will provide patients with some of the best critical care facilities in England.

The three-storey building, close to the hospital's Emergency Department, will also feature modern isolation facilities to "future proof" the trust against a further wave of Covid-19 or another pandemic.

Chief Executive Chris Long said: "It is testament to the hard work and dedication of our critical care teams that we will be able to take our place at the forefront of critical care in the country and to our Estates team for driving this project in these challenging times. "This new unit will be a very welcome addition to the outstanding care we can provide people in critical need of emergency treatment, not just here in East Yorkshire but across our wider region.

"It will enable us to save more lives, provide patients and their families with better facilities and ensure we are in the best possible position to deal with any future waves of the virus or, indeed, any other pandemic in the future."

The foundations for the new 24-bedded ICU were poured in the first week in January with critical care teams ex-

pected to move into the new building ahead of the arrival of the first patients in August. The final cost of the unit is expected to be in the region of £8m.

The new ICU is being constructed in line with the trust's Green Plan and will be as energy efficient as possible with its own heat pumps, air conditioning, chillers and heat recovery systems. This means the unit will remain cool enough for patients and staff in the summer but warm enough in the cooler months.

Patients will undergo life-saving treatment in glass-front cubicles, double the size of the cubicles in the two existing ICUs in the tower block, on the first two floors. Each floor will be split into two identical halves, with a staff observation area in the centre. Cubicles will be fitted with negative air extraction systems to assist infection prevention and control, with six cubicles on each floor being fitted with donning and doffing anterooms to enable staff to care for patients with Covid-19 or any other infectious disease.

Every cubicle will be fitted with a Draegar ceiling pendant for essential services including medical gases to maximize the floor space to allow doctors, nurses and other health professionals to perform their tasks. Electric hoists will also be in place to allow staff to lift patients safely, reducing the risk of musculoskeletal problems in the future.

A dedicated bed lift will connect the ICU to the theatre complex in the main Hull Royal Infirmary tower block via a link bridge over Lansdowne Road. This will also be used to take patients from the ICU for MRIs or scans, preventing the need for them to be wheeled outside to the MRI suite.

A staff-only link staircase will also be created to ensure teams can access the tower block without having to leave the building.

While plans are still awaiting final approval, the top floor of the unit is likely to include two new trauma theatres, with six to eight recovery beds to monitor patients in those critical first few hours after surgery.



DANIEL IN THE LION'S DEN

Welcome back to Turning Disability into Ability, the story of Hull's own entrepreneur, Dom Smith. In the finale of this interview, we discuss the importance of creating a support network and Dom's personal connections with alternative and heavy music. I hope you enjoy!

Turning Disability Into Ability Part Two

Growing up with a disability and the importance of support:

We began this discussion by referencing a recent interview between Dom and Prelude podcast. In this podcast Dom spoke of how he adopted elements of his parents and that makes him who he is. This struck me as I could relate to this concept and I also believed in the same theory of adoption. On the subject, Dom said, "My parents were very supportive. My mum took me to all my operations and my dad was working to afford for us to do these things." Even though Dom has been very fortunate in these respects, he is also very aware of the people who may not have, or come from, a supportive background. "As I got older, I realised just how lucky I was compared to so many others." Dom has experienced first-hand the people who don't have these kinds of support and the toll it takes on their wellbeing. When asking about this topic, Dom said, "My biggest inspirations are the ones who didn't have the luck that I did, as they are the most hard-working people – they are the ones that motivate me on my hardest days."

"If you don't have family support then you can find it in your community" – Dom Smith on creating a support network.

As previously mentioned, Dom grew up within a community that welcomed "outsiders". It was the surrounding of those people that helped build confidence in social situations. This assistance has given Dom the strength and ability to create a stable career for himself, and for many others like him. Dom spoke with pride for his creations and recommends finding something similar that will bring out the best in you. Dom offers this advice, "Work hard and take the time to do something you love", and I highly recommend taking it.

This career has allowed Dom to meet many inspiring people, attend glamorous after-parties for bands and businesses, go to clubs, and everything in between. Even though being enveloped by these environments can make you happy for a time, it is important to take a moment for your own self-care. It is the foundation of your own well-being which must be tended to. You could read a book; listen to music; play games, for example.

Heavier music and personal connections with it:

I asked Dom, "Do you believe that the alternative culture has aided you and impacted your life?" to which he replied with, "100 per cent." Adopting that culture was very beneficial to Dom in his teens and became a stepping-stone to being able to experience a 'normal' life. Discovering Spiders (Hull's local alternative nightclub) was a huge game-changer for Dom and gave him the ability to express himself

without fear of ridicule by opposing cultures. Growing up listening to his favourite band Nine Inch Nails, Dom took inspiration from their image to re-invent himself. "Going out to Spiders when I was younger, honestly was a massive gateway to building a network of people, that have stayed with me, my entire life. "I was always told at a young age that I'll never have a girlfriend, never have sex, never get a job, but it has all changed now, for me and many others like me. Opportunities, and perceptions are better today."

Dom has spent a lot of his time away from Hull over the last ten years, but at home is where he is truly the happiest, he has ever been. He shared a story of the first time he felt comfortable dancing in public from back in his younger days: "The first song I remember dancing to, was the song 'Alive' by POD [Paya-

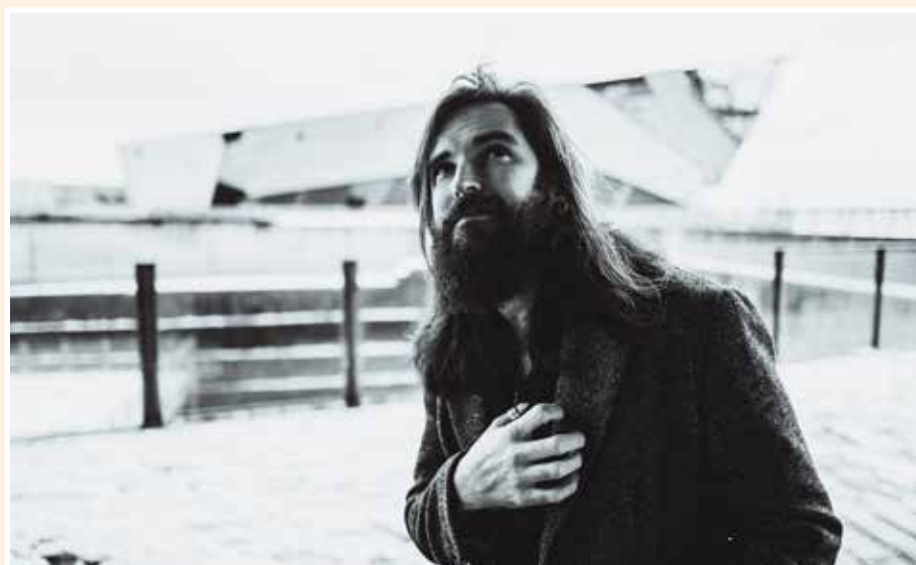
ble on Death] in Spiders. I just dancing to this song and realising that I was able to move in that way while using my sticks. I was the guy with sticks that was able to dance, and people loved it! I got to tell the vocalist Sonny [Sandoval] that years later in an interview, that was an awesome moment for me." From these experiences, he then went on to meet the partner he is with now, over 14 years ago; gave him the confidence to attend live music events; and interview personal heroes. "Spiders and Yorkshire Tea and my greatest influences, ha-ha," – Dom laughs.

"What drew you to heavier music?"

"It's the beat. Anything you can mosh to. There are some incredible bands out there. From heavy metal to industrial, it's the loud guitars and heavy beats for me personally." In his life, Dom was very inspired by grunge and alternative rock music and that inspiration grew through a wide range of genres. Metal isn't just one genre. Rock isn't just one genre. There are many variables that change the sounds we listen to and label music by that restrict a person's perspective of



By Danny French



the music and the culture. In Dom's case, heavier music allowed him to pursue endeavours in the industry and has even been able to tour around the world as a drummer for his band, The Parasitic Twins, along with his studio project, 'Mary and the Ram'. "Touring and going to gigs over the years has been a great way to meet new people. My friend, Anthony went with me to see Marilyn Manson in London so many years ago, and then years later we created 'Gimme a Hull Yeah podcast' – that friendship was created by our love for alternative music." Dom knows that he wouldn't be where he is today without the people around him and, from the previous quote, you can see the life-long connections that can be found in the mosh pit.

"What advice can you provide to the disabled community from your life experiences?"

"Do cool [stuff], and things will happen." (He didn't say 'stuff')

"I've known people who have the same feelings as me, that can barely move [because of their disability] or have to use technology to help them, but they have found ways around it to create their own respective careers. People will always find ways to do incredible things with passion to find ways to live."

"You will have to work hard; you may have to work harder [than everyone else]."

"People may have assumptions and say things like you can't do radio or TV [because of the disability], but I've done it!"

And finally, my personal favourite quote from Dom, "Don't be a dick!" – This is coming from a man who once was voted one of the happiest people in the country! Ha-ha!

I would like to personally thank Dom Smith for giving me the honour of speaking with him and trusting in me to write this piece. I hope you all enjoy reading it, as I have enjoyed writing it. What a story, What a guy. Dom Smith. Join us next issue when we have a more personal article on my own difficulties with Tourette's Syndrome and Anxiety.

Thanks for reading!



Little Monkeys (of Active+) join Bundles of Joy to help disadvantaged families

Little Monkeys, the indoor soft play centre which is part of Hull's Active+ sports and leisure facility has partnered with family crisis intervention charity Bundles of Joy to help disadvantaged families enjoy some fun and normality, following what has been a very challenging year.

Little Monkeys has donated 100 vouchers to Bundles of Joy, which will be distributed to the vulnerable families and children it supports in Hull and the East Riding through referrals from health care professionals.

The partnership will give families who are experiencing severe hardship an opportunity to enjoy Beetle's Sensory Den, a room that is specially dedicated to developing cognitive, motor, language and problem-solving skills in babies, toddlers and children with special educational needs.

The Den which was opened in 2019 with the support of the charity Aim Higher, is an ideal space for children who struggle with sensory overload. It can accommodate two adults and three small children, creating a calming space to relax and play.

Active+ has a proven track record of supporting the local community and charities. "We're always looking for different charities to work with," said Active+ Operations Director, Dawn Sedman.

"In the last 20 years we have worked with many local charities and we felt Bundles of Joy was an excellent charity to support. We know how tough the last year has been for everyone, particularly families with new babies who are struggling financially and we wanted to do our bit to help. We're looking forward to working with Bundles of Joy in many other ways in the future."

Claire Raper, founder and manager of Bundles of Joy said: "Thank you to the wonderful team at Active+ and Little Monkeys for such a generous donation. The sensory room provides the kind stimulation that is critical for cognitive development, social interaction and skills-based learning, but when families are struggling to make ends meet this kind of activity is a luxury they simply cannot afford."



Daisy Appeal supporters can dress to impress



A charity which is working to improve accuracy and detection rates for cancer, heart disease and dementia across the Hull and Humber region is encouraging its supporters to dress to impress with a new range of fundraising merchandise.

T-shirts, hoodies and face masks all displaying the new Daisy Appeal logo are already proving popular among shoppers who are snapping up the stylish selection on the charity's new-look website.

Other clothing aimed at fitness and fundraising includes Daisy Appeal cycling jerseys and running vests, and the charity has also covered refreshment and refuelling by offering branded water bottles and mugs.

Daisy Appeal pin badges and packets of seeds complete the current product range and the charity's Fundraiser, Claire Levy, said the hope is that more items will be added as demand builds.

Claire said: "All of the products have been introduced as part of a complete overhaul of the Daisy Appeal brand which includes a striking new logo, a brighter and more informative website and a sharper strategy for building community and corporate support."

"The items will enable people to show their support for the Daisy Appeal with

pride. They are all excellent quality and are a good fit with fundraising activities, from charity runs and bike rides to leisurely coffee mornings!"

The range, which includes children's t-shirts, can be ordered from the online store at www.daisyappeal.org for delivery or for collection from Guest & Phillips jewellers in Saturday Market, Beverley.

The Daisy Appeal, is preparing to take ownership in the next few months of a £8.5-million radiochemistry and cyclotron unit at Castle Hill Hospital, Cottingham.

Since it was established in 2000 the charity has raised £20m to fund cutting-edge research and state-of-the-art equipment and facilities. The £8m Daisy Appeal Medical Research Centre opened in 2008 and was followed in 2014 by the £4.5m Jack Brignall PET-CT Scanning Centre.

The charity has now raised £7.5m towards its target for the new centre, which is currently being built right next to the Jack Brignall Centre and will enable the delivery of radioactive tracers to individual patients quickly and effectively.

To find out more about the merchandise and the fundraising campaign visit <https://daisyappeal.org/>

Why not join the WISHH Charity in a national outpouring of love to raise funds for your local NHS heroes

WISHH, the official charity of Hull Hospitals is encouraging people across Hull and East Yorkshire to join the nation's biggest tea break on the 5th July to raise funds for the incredible people in our NHS who've done so much to help everyone get through the pandemic.

Following a year like no other, the WISHH Charity wants as many people across our communities, schools and workplaces to get involved in a national outpouring of love and thanks for NHS staff and volunteers on the NHS 73rd birthday by hosting or taking part in a NHS Big Tea Party on the 5th July.

Each event can be in person or virtual, with the community, friends, family or at work, in school with a non-uniform themed NHS day or rainbow dress up. It's a chance to reflect and say thank you for everything that NHS staff and volunteers have done and continue to do, by taking part in the nation's biggest tea break to raise funds for the WISHH Charity.

Lisa Whitton, Charity Manager of the WISHH Charity said, "We've been proud to support staff and patients across Hull Royal Infirmary and Castle Hill Hospital throughout the pandemic in one of the most challenging years in the history of the NHS. Funds raised from NHS Big Tea will enable us to enhance staff, volunteer and patient facilities across Hull Hospitals making a difference to staff, patients and their loved ones to enhance the overall patient experience."

Ellie Orton, CEO of NHS Charities Together, which is behind the NHS Big Tea said, "Many of us have a lot to be grateful to NHS staff and volunteers for following the year we have had. They have been at the forefront of the response to one of the biggest challenges our country has ever faced. NHS Big Tea is chance to show our support for them by joining a national outpouring of thanks this July. For many, this will be an outpouring of joy, celebrating the vaccine and all that it is allowing us to do again. For others, it will be an outpouring of thanks, for everything that our NHS champions have done for us. For some, sadly, it will be a moment of reflection for the loss of loved ones. Whatever the emotion, please join the nation's biggest tea break to raise money for the incredible people in our NHS."

For further information of the work of WISHH and to find out more about how you can get involved and support Hull Hospitals, helping make a difference, please get in touch with Lisa Whitton, WISHH Charity Manager on 01482 622299/07827 881766 or email HelloWISHH@hey.nhs.uk



HESSLE

HESSLE

The town of Hessle dates back to around the sixth or seventh century and was called Hoesellea in Saxon times and Hase in Norman times. It was once a more important and larger settlement than Hull.

Hessle All Saints' Church is located on Southgate just off Hessle Square and dates back to before the Domesday Book. In the early 19th century, stocks stood in the corner of the churchyard and were used to punish law breakers. Nearby were three small cottages and a pinfold or pen for stray sheep or cattle. Hessle Square was created when some buildings were demolished in 1921.

Hessle had a population of a few hundred people at the beginning of the 18th century but this grew with the opening of a railway station in 1840 and the improvement of roads. Wealthy Hull merchants began to move into rural Hessle and built large expensive houses such as Hesslewood Hall and Hessle Mount. By 2011, the population of Hessle had increased to 15,000.

THE HESSLE FERRY

There was a ferry across the River Humber from Hessle Haven to Barton from around the 7th century. In 1300, it was recorded that King Edward I used the ferry and it took two days for his royal party to cross the river. Pilgrims also used the ferry as it linked Lincoln Cathedral with Beverley Minster.

The ferry catered for passengers, animals and goods in the 19th century and it was dependent upon the state of the tides for the timing of its sailings. Crossing the Humber could take up to four hours on a stormy day. The minimal shelter provided on board, had to be shared with the animals. Passengers from out of town were charged more than local people for a trip on the ferry.

In the mid 19th century, the ferry moved from The Haven to a new location almost directly under where the Humber Bridge tower now stands. It became less popular by the 1860's, as more people began using the Hull to New Holland ferry with its superior boats. The Hessle to Barton ferry is thought to have operated until the 1890s.

THE HAVEN

The Haven at Hessle was known as Fleet before the nineteenth century. It is thought that Saxon and Viking invaders used Fleet and the nearby foreshore when they sailed up the Humber. From around the seventh century there was a ferry boat there that crossed the River Humber to Barton.

In the 19th century, The Haven became a centre for shipbuilding. Warehouses were built and docking facilities were used for trading vessels such as the keels. Wooden boats were built at the shipyard up to 1897 and Henry Scarr produced iron and steel ships there until 1932 when Richard Dunstan took over the yard. Dunstan's closed down 62 years later in 1994.

HESSLE QUARRY

A chalk quarry once lay on the site of what is now The Humber Bridge Country Park and part of this area is known locally as Little Switzerland. Records show that there had been chalk quarrying in Hessle for centuries. Hessle chalk was used as a foundation for buildings and for roads such as Southgate in Hessle, Anlaby Road in the early 14th century



Southgate, Hessle



GET TO KNOW YOUR CITY

by Catherine Derrick

and the Hull to Hessle Turnpike Road in 1826.

In the early 1800s, horse drawn carts transported the chalk to Hessle Whiting Mill to be processed but these were later replaced with a tramway and then a railway. The chalk was mainly used to manufacture cement in the 20th century. Most of it was transported by train to Earls Cement Works in Hull but some was shipped to the USA. Chalk extraction continued until the middle of the 20th century. The quarry was left to go back to its natural state until the 1980s when it was developed into The Humber Bridge Country Park. This is now a popular tourist attraction, set amongst woods, meadows, ponds and cliffs.

HESSLE MILL

Hessle Mill lies on Hessle foreshore close to The Humber Bridge and was built between 1810 and 1815. This rare whiting mill replaced an earlier horse powered one and was used to crush chalk from the nearby quarry as part of the production of whiting. This was a purified powdered form of chalk which was mainly used to make putty, filler in paint and whitewash during the 19th century. In 1925, its five sails were removed and in the 1930s an electric motor was installed to help crush the chalk. The mill has now been refurbished and has opened to the public for the first time since 1996. It is a Grade II Listed Building.



THE HUMBER BRIDGE

The Humber Bridge opened to traffic on June 24, 1981 and was the longest single span suspension bridge in the world until 1998. It was built at the narrowest point of the estuary known as Hessle Whelps and links Hessle in East Yorkshire to Barton in North Lincolnshire. The Humber Bridge replaced the Hull to New Holland Ferry run by British Rail from Hull Victoria Pier.

THE FERRY BOAT INN

The Ferry Boat Inn stands on the west side of The Haven and is probably the oldest hostelry in Hessle, although the original building no longer remains. The inn was named after the ferry boat, which once operated at The Haven and provided refreshment and shelter to travellers crossing the Humber on the Hessle to Barton ferry. The ferry was relocated during the nineteenth century but The Ferry Boat Inn still remained popular as there was a shipyard and several small businesses nearby.



A steam-powered excavator in Hessle chalk quarry



OUR CITY'S HEROES

University of Hull graduate tackling plastics pollution with silicone straw business

University of Hull alumnus Charlotte Walsh is leading the charge against single-use plastics through her innovative silicone straw business.

The graduate, who has worked for several international medical device companies since leaving the University, has now founded The Silicone Straw Company.

After growing disheartened at seeing the rubbish left behind by visitors close to her home in the Yorkshire Dales, Charlotte decided to take a stand.

The Medical Engineering graduate has developed her manufacturing process, which enables the silicone straws to be made in the UK, in an eco-friendly, cost-effective way.

Charlotte said: "I live with my family in a picture-postcard village in the Yorkshire Dales, and feel so lucky to live somewhere that other people come on holiday.

"It's beautiful, but sometimes the aftermath isn't. Plastic bottles, coffee cups, sandwich wrappers and plastic straws wash downstream, a reminder of the everyday single-use plastics that we use and discard on a daily basis.

"Seeing the impact these have on our beautiful area got me thinking – how could I use my 15 years of manufacturing experience to make being green that little bit easier?"

The Silicone Straw Company's products provide a more sustainable, environmentally-friendly alternative to the common single-use plastic straw.

Designed and made in the UK, the products are better for both the environment and the local economy – helping to promote sustainable living while also considering ethical impact.

Over the last 50 years, plastic has revolutionised the way people, live and is now an essential part of our lives. But today, we generate a staggering amount of plastic waste, with an estimated 12 million tonnes entering the world's oceans each year.

It has been predicted that by 2050, unless drastic action is taken, there will be more plastic than fish in our seas.

"It was important to me to manufacture in the UK, so I can ensure product quality and also support the UK manufacturing industry," Charlotte said.



Urgent call for Hull-based COVID sufferers to volunteer for unique genetic research study

Scientists working on a ground-breaking COVID-19 research study are urgently calling for more people from the Hull region who caught the virus to donate a small amount of blood to their project.

To help encourage as many people as possible to join the study, volunteers are now able to quickly and easily book an appointment for a nurse to visit their home and donate a sample. The unique GenOMICC COVID-19 Study analyses the genes of people who have had the virus to discover why some experienced mild or no symptoms while others became extremely ill and needed hospital treatment. The study is already contributing to the fight against COVID, with preliminary results helping identify possible new treatments.

However, for the study to continue to make progress the scientists urgently need to recruit more volunteers from all backgrounds and are appealing to those who had the virus but didn't require hospital treatment to sign up to the study. Along with seeking the help of members of Asian and Black communities, they're also keen for more men to volunteer.

"The virus' effect has been more widely felt among ethnic and minority communities, so it's important we help those who are making such an important contribution in the fight against COVID", said Aman Ali from Muslim Engagement and Develop-

ment (MEND).

"We're encouraging everyone to take a minute to see if they're suitable to volunteer for the study. The results will be shared internationally and offer more protection to some of the most vulnerable groups of people around the world."

The home appointment system has already proved popular when the scheme was launched in other cities earlier this year – and organisers are hoping for a similar response from people in Hull.

"We're issuing an urgent appeal for more volunteers – and in particular for men and people from ethnic minorities – to come forward and register as soon as possible," explains Dr Kenneth Baillie, the study's Chief Investigator.

The research study is open to anyone who tested positive to COVID but experienced mild or no symptoms and didn't require hospital treatment. Volunteers can register online and arrange for a blood sample to be taken by a nurse at their home or book an appointment at a local collection centre.



Little Owls Nursery's 5th Birthday!

Little Owls day nursery is turning five at the end of this month and with lots of exciting things planned to celebrate, Dove House want to take this opportunity to express thanks to everyone who has supported Little Owls over the past five years. The nursery has been a huge success and has been a life line for the hospice throughout the pandemic. Using the Little Owls Nursery is a great way to support the hospice. Set up by Dove House it is the only one of its kind in the UK and money raised here and it's sister site at Ainthorpe is fed straight back into the hospice to support terminally ill patients and their families.

here and its sister site

To mark the celebration the nursery has arranged for a circus themed extravaganza for the children that attend the nursery and their family. The on-site field next to the nursery and behind the hospice will be filled with bouncy castles, candy floss stalls, popcorn, fairground rides, stilt performers and hook a duck. Operating on a reduced capacity and with social distancing in place the birthday celebration is set to

be an amazing day for all.

Kerry Farquhar, Nursery Manager had this to say: "Children who attend the nursery and their parents have each been invited to timed slots during the day and the take up on that has been fantastic. We cannot wait to celebrate with our children and their parents and are very thankful that restrictions are starting to be lifted just in time for us to go ahead."

Coral, whose daughter attends the nursery had this to say: "Little Owls is such a wonderful nursery! It has a really friendly and caring atmosphere. My little girl loves going, it's clear she has a lot of fun and she always tells me how lovely the teachers are. We cannot wait for the birthday party; my little girl can't stop talking about it. It feels nice to celebrate when a lot of the littles haven't been able to celebrate their own birthdays with the lockdown so it's nice to have one big party."

Places are available from September, to make enquires about booking your child in please contact 01482 501550 for Ainthorpe or 01482 785778 or Chamberlain Road.



Special Stars

Special Stars are the latest team to join our army of Carers Champions. Its fantastic to have them on-board. This will certainly support our partnerships working when supporting parent carers #CarersChampions



Hull Royal Infirmary

Huge congratulations to Hull Royal Infirmary porter Paul Gale, sister Anne Littlefield and her team from Ward 37 who all won awards at the Hull Live Health and Care Awards earlier this week. All nominees were put forward by members of the public.

Paul was named as Unsung Health Hero of the year for the extraordinary care and compassion he showed towards a patient with learning difficulties who was becoming anxious while in hospital.

Anne was named Nurse of the Year, while her team on Ward 37 – one of three new Covid wards set up during the pandemic last year – scooped the Team of the Year award. Judges said "Hats off to Anne managing a team through the pandemic. This award is only a small recognition of our appreciation for all the work that has been given during a difficult time. What a team, but made even better by a good leader."



The Soup Kitchen

The Lord Mayor visited our soup kitchen tonight. Whilst at the kitchen the Mayor spotted Our Harry Hartley and decided he must have an award for all of his hard work.. Well Done Harry



Scarecrow Hunt

I'm not usually one to post on here, but this deserves it. A huge achievement by my wife. I don't want to go into too much detail, but what Helen and Sarah have done is a great accomplishment and the main reason behind all of this is to make the children happy, which I take my hat off to these two for doing. WELL, DONE LADIES!!! And Helen, I am so PROUD of you xx, and Sarah, what a fantastic idea this was. Helen Percy, Sarah Anlaby – Hunt West Hull Villages Scarecrow Hunt



Waterstones, Hull

If you are the lovely customer who anonymously left a gift card for the boy who was excitedly discussing books in the shop today, he was absolutely speechless and quite emotional when we gave it to him, as was his mum.

He bought the Wind in the Willows, and Treasure Island.

Thank you for your kindness, and thank you for the welcome reminder that there are really good people around.



Hull Champions

This week is volunteers week and we want to put the spotlight on the incredible volunteers who give their time to ensure the covid vaccination programme in Hull runs so smoothly.

Thank you for everything that you do – here are some of our CCG staff, who not only work tirelessly through the week, but also volunteer their spare time to support the vaccination centre and Hull City Hall.



Sewell on the go staff and customers join forces to help families in poverty

Thanks to our Sewell on the go Big Local Harvest Campaign in October 2020, more than 250 vulnerable families experiencing hunger and poverty received a vital food parcel, with donations raised from both our customers and staff.

We launched the four-week Big Local Harvest campaign after recognising how busy essential food banks in Hull and the surrounding areas had become, particularly during the Covid-19 pandemic.

Teaming up with East Hull and Beannie Street Food Banks, we encouraged customers and staff to buy an extra non-perishable item while shopping and place it in the donation basket at any one of Sewell on the go's 13 stores across Hull and the East Riding.

More than £1,200 worth of items were donated, with a further £500 worth of items donated in-kind by Sewell on the go and a financial donation of £800 from the business to be used towards running costs, keeping the food bank vehicles on the road

and buying additional supplies. Robbie Keane, who founded the food banks three years ago following his own personal experience with homelessness and his desire to give back to the community which supported him, said: "This generosity has touched my heart because this will be life-changing for some families, some of whom haven't had food for two weeks. Sewell on the go and its customers have done so much to support us and without them, those families would have to go without food."



WHY DON'T YOU
NOMINATE YOUR OWN
HERO of HULL

AND SEE THEM
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IN THE NEXT
EDITION!

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INFO@THEHULLHUB.CO.UK

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