

Always  
**FREE**

# the Hull Hub

*telling your story*



**Issue 18**

**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

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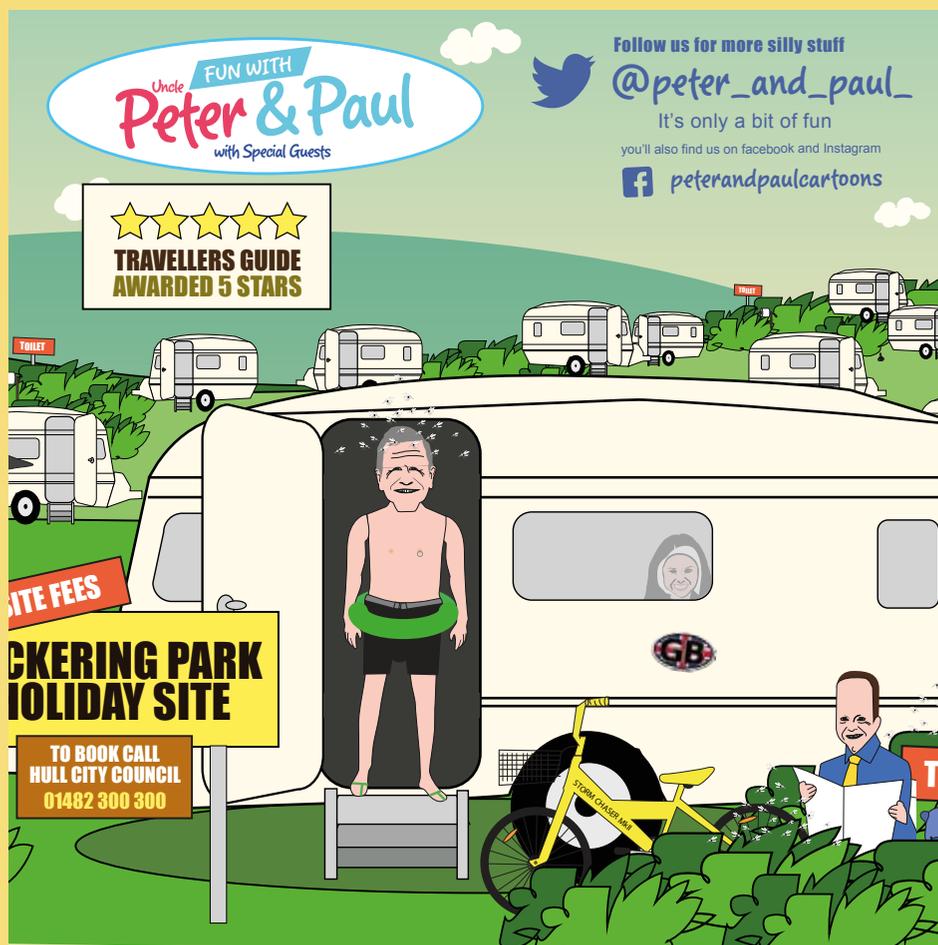
## Contact Us

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

 call: 07900 265 283

 email: [info@thehullhub.co.uk](mailto:info@thehullhub.co.uk)

 web: [www.thehullhub.co.uk](http://www.thehullhub.co.uk)



With their flight to Magaluf cancelled Uncle Peter, Paul Hudson and Keeley Donovan had decided to holiday in Pickering Park in Hull instead. Although the night life wasn't quite as lively there were lots of daytime activities and fairly sizeable duck pond. The park had a basketball ring, a choice of paddling puddles an aviary, a nature walk and a kids playground, which was ideal for Uncle Peter's friend Paul Hudson. With so many free activities available on site it was clear to see why the park had received such good reviews on the Travellers Guide website.



**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.

### Where to pick up your own copy

Please go to our Facebook page, or website where you will see the full list of where you can find copies of The Hull Hub. At a glance, you can collect them at all Aldi stores • Castlehill Hospital • Hull Royal Hospital • Red Sails • Elliott Chappelle Medical Centre • Wilberforce Medical Centre • Jean Bishop Integrated Care Centre • The Orchard Medical Centre • Bransholme North Medical Centre • Village Hotel • Hallmark Hotel • Hilton Doubletree • Cheval • Warners Gym • Craven Park Training & Enterprise Centre • Haltonprice Leisure Library • Little Monkeys • Kinderland • City Box Office • Welcome Information Centre Paragon Station • Trinity Minster • Hull History Centre • BBC Studios • Reel Cinema • Superbowl • Age UK Porter Street • Central Library • Woodmansey Garden Centre • East Park Library Central Pavilion • Pavilion Cafe • Freedom Centre • Iceland Warehouse • Costa Coffee • Big Fun • Monkey Business • Ignition Cafe • Carnegie Heritage Centre

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## Hull hospitals launch its “Zero Thirty” plan to lead UK hospitals on climate change

Hull’s hospitals have declared their intention to be a UK leader in tackling the NHS’s impact on climate change.

Hull University Teaching Hospitals NHS Trust (HUTH) is setting the ambitious target of becoming the first hospital trust in England to achieve net zero carbon emissions by 2030.

Now, the trust – which runs Hull Royal Infirmary, Hull Women and Children’s Hospital, Hull Eye Hospital and Castle Hill Hospital – is outlining its “Zero Thirty” plan.

Chief Executive Chris Long said: “Our target is ambitious but we are sending a strong message to the rest of the world that we intend to do whatever is necessary to overcome the climate crisis.

“The Humber is one of the coastal regions officially listed as high risk due to rising sea levels and increasing flood threat. Ninety per cent of our city lies below the high-tide line and the devastation caused by the 2007 floods is fresh in all of our memories.

“We will not stand by and do nothing. Our plans have already begun and we’re deter-

mined to do whatever it takes to accomplish our aims.”

The NHS has a massive impact on the environment and is responsible for more than five per cent of the UK’s total emissions, the same as emissions from 11 coal-fired power stations.

Net zero will be achieved when the amount of carbon emissions produced by the trust is balanced by the amount the organisation removes from the atmosphere.

The trust was awarded a £12.6m grant recently and has already started projects aimed at offsetting its carbon footprint.

Emissions from energy use have been reduced by 25 per cent already through energy efficiencies and 20,000 light fittings are currently being replaced by SMART LED lighting at Hull Royal and Castle Hill, as well as other hospital buildings around the city.

A ground-breaking solar panel field in Cottingham, expected to generate all of the hospital’s day-time energy needs during the summer months, is awaiting planning permission.



## University of Hull scientist explores how climate change may have shaped humanity’s migration across Earth

University of Hull scientist Dr Jonathan Dean has joined a team of international experts to explore how climate change may have impacted humanity’s migration across Earth.

Homo sapiens – our species – are thought to have evolved in eastern Africa sometime before 200,000 years ago.



Reconstructions have now shown how climate in eastern Africa has evolved over the last 200,000 years, and could have enabled the migration of mankind out of the continent and across the planet.

The team of scientists, including Dr Dean, examined hundreds of metres of sediment cores drilled into the bed of a lake called Chew Bahir in southern Ethiopia. They were then able to work out how the climate changed going back through time. Dr Dean said: “We’ve always wanted to know how climate changed in the region where Homo sapiens evolved, so we can work out whether climate change could have influenced the course of human history.

“But until recently there haven’t been any records of climate change that spanned the entire history of our species. Our long record of climate change has been years in the making.

“While working at the University of Hull, I have collaborated with the British Geological Survey to analyse some of the data for this study.”

## Ramblers partnership launched with Hull Culture and Leisure



Hull Culture and Leisure are teaming up with The Ramblers for a two year project that aims to encourage more people to start walking to support health and wellbeing.

Free Ramblers Wellbeing Walks are now taking place at East Park, meeting at 9.30am on Mondays, where participants can walk for 15 minutes up to an hour. No booking is required and anyone can take part.

Now the team behind the project are now on the lookout for volunteers to help expand the Wellbeing Walks to more parks across the city.

Councillor Marjorie Brabazon, Chair of Hull Culture and Leisure said: “Ramblers Wellbeing Walks are a fantastic and easy way to introduce light exercise to people of all ages, without the need for any specialist equipment. It also offers a chance to meet new people and make new friends.

“We’re really pleased to have The Ramblers on board providing their expertise to this programme.

“We are keen to expand our timetable of walks in the city and need more volunteers to become trained walk leaders. We would love to hear from anyone interested in becoming a volunteer and being part of this great project.”

Ed Nicholas, Wellbeing Walks Programme Manager at The Ramblers said: “Ramblers Wellbeing Walks are a fantastic way to get into walking and the groups are friendly and supportive to anyone new to getting out for a stroll.

“We know that the last year has been really tough for us all and now is a chance to get out and meet new people and connect with nature (plus getting fitter too!).

“Our huge thanks to Hull Culture and Leisure for their support and to all the volunteers for their help in leading the walks.” Walking is proven to improve general health, and physical and mental wellbeing, as well as decreasing heart related issues including heart attacks, strokes, and angina.

## Yorkshire Wolds proposed for Area of Outstanding Natural Beauty

Natural England is today announcing that the Yorkshire Wolds is to be considered for status as an Area of Outstanding Natural Beauty (AONB). Securing this designation would allow the area to benefit from greater protections, so that more of England’s beautiful landscapes are safeguarded for future generations.

The Yorkshire Wolds forms an arc of high, gently rolling hills extending from the Humber Estuary west of Hull, to the North Sea coast at Flamborough Head, north of Bridlington. It is known for steep sided dry dales, high but gentle escarpments, dramatic coastal cliffs, and open, rolling plateaus. The area is predominantly agricultural, creating an open, roll-

ing landscape. Habitats include ancient woodland, chalk streams and maritime cliffs and slopes, all providing a high quality wildlife resource.





# HELLO AGAIN, ONLY ME.

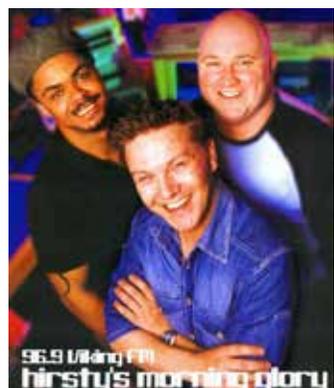
with Darren Lethem - Freelance Radio & Stage Host



**Hello again, only me. If John Prescott was 'Two Jags' well just call me 'Two Jabs'. I have been double vaccinated and so happy about that. It really is quite emotional knowing that normality is returning, seeing and hugging friends and getting life back on track. Also I am pleased to report I felt absolutely fine after both vaccines. Hope you did too.**

Now, where were we? Last time I was talking about producing JK and Joel at Breakfast on Viking FM back in 2000. Incredible, although that show was 21 years ago and only lasted for 9 months, I still get asked about it a lot. Shows what an impact 'Joel's Gran Calls' and 'Who Shot JR?' made on the memory. Well little did I know that the next breakfast show would have such a massive impact on my life and make me a lifelong friend who, I personally think, is one of the greatest broadcasters in the country.

Jason and Joel had headed to Manchester, I had to stay put to produce the new breakfast show but who was going to host it? Myself and the programme director listened around and tossed a few names around. Then one day in the office, our website guru Steve Dunbobbin said "what about Hirsty over at Hallam?" Not a bad shout we thought. Hirsty was hosting a show on Sheffield sister station Hallam FM and was known as somebody with a great radio brain. Would he fancy doing breakfast radio on Viking? Only one way to find out. We invited Simon over for a chat and we got on famously. We ended up spending most of the day in the pub getting to know each other. This was it, the perfect presenter for the



new show. Pimp Daddy Dogg. That was it, we had our team and what a team. We laughed, a

So we had the presenter and the producer. Kirsty Moore was staying on to be our newsreader and the grown up on the show. Kirsty was, and still is, fabulous and was very often the one who slapped us down if we got too silly or excitable. I remember we got a DeLorean car to drive us around the region with a giant pic of Hirsty, Kirsty and myself on the front. It was fantastic but the car was like laying down to travel on the A63.

We just needed one more ingredient to complete the show. A character. Somebody that would create havoc and get people talking. Step forward



lot. We had such fun. We did things we never thought we would. We hosted the show from Sweden, we did a show for 100 hours with us travelling around the region for various parts of it and broadcasting from a specially adapted radio bus. We did the pub crawls, we did pub quizzes, we did pub nights and club nights. It was absolutely shattering but we loved every minute of it. It also turned out to be quite successful too. As well as the listening figures we started to pick up some awards. We even got nominated for the Best Breakfast Show at the prestigious Sony Radio Awards. We were up against Terry Wogan who told me he thought we would win. We didn't, but neither did he.

We came third and also got a special recognition for the 'Longest Breakfast Show'. Little known fact but our marketing manager during the 'Longest Breakfast Show' was former Lib Dem leader Jo Swinson.

It was almost two years before Hirsty said to me that he had something to tell me. He was off to Galaxy in Leeds. I wasn't surprised; it was a bigger station and a bigger show. I stayed put to help with the next breakfast show and to continue to present myself on Magic 1161. I was still doing that and loving it more and more. One thing that was lovely was at the 2019 Humberside Fire and Rescue Awards which I was hosting, the special speaker was none other than Stephanie Hirst, it was lovely to work together again after 17 years. We laughed so much and the crowd loved her talk littered with references about the Viking days. Happy times, never to be forgotten times and a good lifelong friend made.



## Rugby League World Cup 2021 organisers on schedule to deliver trailblazing tournament

With just 100 days to go until the opening match, Rugby League World Cup 2021 organisers have confirmed that the trailblazing event will go ahead as scheduled in October and November. With 61 matches across three competitions at 21 venues culminating with the men's and women's finals at Old Trafford, Manchester on 27 November.

The global event, which sees the men's, women's and wheelchair tournaments taking place simultaneously for the first time, will be played in front of passionate capacity crowds in a celebration of sport.

Organisers have successfully delivered record sponsorship deals, a domestic broadcast deal which means all matches will be live across BBC platforms and have sold significant overseas broadcast rights.

At the same time, ticket sales have so far exceeded expectations and the positive social contribution to communities, including some of those hardest hit by the pandemic has been extensive.

Jon Dutton, Chief Executive of RLWC2021, said: "We are delighted to be able to provide clarity and certainty to fans, players, partners, media and those that have supported our journey over the past few years. We have an overwhelming desire to deliver the biggest and best ever Rugby League World Cup and through our determination and decisiveness we will be able to achieve this vision.

"We have no doubt that the Rugby League family, along with the 20,021 key workers we have invited, the many fans who will see the action live in the stadiums across



England and the millions watching around the world will be part of a unifying celebration of sport and humanity."

Councillor Daren Hale, Leader of Hull City Council said: "It's fantastic news that this international event is confirmed to go ahead this Autumn. With three great fixtures to come, and Hull playing host to the Fiji team, the city is ready to welcome fans from across the world to the tournament."



# A kids view of the 70's

Last time, we'd just had a day at the beach, crunching on sandwiches made of crab-paste and grit, bought mint rock and spent Dad's wages in the arcades, and now I'd like to send you hurtling back into that time of the year with seemingly endless sun, where we all were booted out of the house at 9am and told not to come back home until the streetlights come on. The days of Mini-Milk and FAB ice-lollies, of Ladybird swarms and wasp stings; yes, the 6 weeks Summer half-term break.

As a kid in the Seventies – probably eighties too, but that's a different column and may well appear once I've got over the psychological scars of Stock, Aitken and Waterman – we all looked forward to the 6 weeks break from school since, well, the last September. Forty-two days of being outdoor, not sat in classrooms idly watching chalk-dust dance in the sun beams after a board-rubber was launched at a poor child at the back of class, who would bear the mark all day on his forehead.

The week before half-term was always spent drawing, playing games or just sticking down desk lids with glue and watching gleefully as your mate wrenched the lid so hard it hit him under the chin and made him bite his tongue. The teachers couldn't be bothered to set us any work in that last week and were counting down the days themselves. Dealing with kids like me, who can blame them?

On the final Friday, as soon as the school bell had clanged its last chord, the doors of classrooms were flung wide and 300 kids broke free and ignored the "Stop running in the corridors!" from a defeated Headmaster. We'd joyfully run home, tossing books from school satchels and our parole had begun!



In those first couple of weeks, plans were made to head to East Park, take long bike-rides and get our clothes as muddy as possible. Scraped knees, stings and bites were all part of the adventures as well as exploring far flung areas of the estates. The world was beckoning and with 50p in our pockets, we could enjoy it.

Walking to East Park took a while. We'd start off as a two or threesome, but along the way we'd pick up other kids and would end up as a party of 15, this was part of the fun and friendships would form that would last all Summer and beyond.

East Park to a 10-year-old was a massive unexplored zone of playgrounds, boating lakes, sweet shops and the fabled "East Park Rocks". There was also a paddling pool of dazzling blue, gardens and secret paths and the Splash Boat – a towering boat that hurtled down a 45° rail track and hit the lake below, showering the occupants with frankly smelly water before a cable pulled it back up to the top. It was marvellous and only 5p for three rides.

Kids always headed to the "Rockies" first. A large, man-made area of rocks, boulders, walls and loads of hidden tunnels that just cried out for kids to get lost or stuck in. Urban myths abounded of children who were stuck forever in the little rocks, scratching their names into the stone. Utter nonsense of course but retold with ghoulish glee among kids of all generations.

The Rockies were also a source of many a broken limb, cut knee and torn trouser, but that didn't stop kids flocking to them, seeing who could climb the large wall and who could pee from the top.

Next stop, we'd head to the boating lake and the little ice-cream shop that was always busy on hot days, crammed with children thrusting out their grubby hands with hot copper coins for a 99 ice-cream, choc-ice, packet of penny sweets or the little paper bags of duck-food that sold by the tonne.

The shop also sold little fishing nets, kites, water-pistols and little explosives called "Fun Snaps" which made a satisfying \*CRACK!\* sound as you threw it at the feet of your poor unaware friend who danced as if Clint Eastwood shot the ground near him.

Taking our ice-creams, we'd wander over to one of the large playgrounds and

some of the most dangerous play-equipment in the city. Slides of such height that we could see clouds and birds circling at the summit. Only the brave mounted the steps before burning their thighs and bottoms on the sun-torched steel as they slid down at 112mph and launched themselves into the soft sand below.

Nowadays, East Park has changed a lot, some of the rocks are still there, the Splashboat gets its annual overhaul and there are still boats to hire, but it's not the same place that enthralled us all in the Seventies. No matter, we would head there several times a week in Summer, would still tear our jeans, buy the same ices and sweets, take old bread for the ducks and perhaps fall in the lake "accidentally".

This was just a part of the holidays for us. If we are all totally honest with ourselves, most of that six week break was pretty boring where we would mooch around the streets, desperate for something to happen. Often, our friends would be taken out for the day and we would be left alone, kicking a football against a metal garage door, using a magnifying glass to try and burn our initials into a piece of wood or sit listlessly in the garden reading *The Beano*, *Dandy* or a *Secret Seven* book.

The first 5 weeks would actually drag by, but those last few days would be a mad dash to try and fit in more activities and fun before Sunday came and it was bath, tea and early night ready to get back into that crisp new school uniform, unclasp the new satchel and put in your pens and pencils ready for the new year and perhaps the feeling of trepidation about a new school.

East Park is now very different and not quite the jungle adventure it once was, but as adults, who among us wouldn't love six weeks break for Summer, climbing rocks and paddling?

**NEXT TIME: Comics and Annuals.**

## Local young people are in for a treat as a week of Summer School projects return to Hull Truck Theatre

*Secret Agent Academy (for ages 7 to 11) runs from 9 – 15 Aug 2021*

*Play in a Week: The Forgotten Year (for ages 12 to 16) runs from 9 – 15 Aug 2021*

*Cost for the week is £60 per participant for either project*

The week commencing 9 August marks the start of our Creative Learning Summer School projects. This year we have two events for different age groups running simultaneously throughout the week; *Secret Agent Academy* and *Play in a Week: The Forgotten Year*.

A returning favourite, *Secret Agent Academy* was developed by our Creative Learning team as a fun way to develop numeracy skills through adventure, drama and play. Following its original success and dramatic finale at Bridgeview Special School, we brought it to the theatre in 2019 as a weeklong summer special.

The action returns to our Ferensway home and will take place throughout the whole building. The young agents will create secret identities, follow suspects, decipher codes, and take part in a variety of other activities and workshops.

The second of our two Summer Schools, *Play in a Week: The Forgotten Year* is aimed at 12 to 16-year olds who are particularly interested in theatre-making.

Imagine that the last year didn't happen at all. In *The Forgotten Year* that's exactly what happens! A young person awakes after a 12-month sleep and is immediately met by a

world that didn't look the way it did in 2019.

Over the week, participants will immerse themselves in the story; creating interesting characters and dialogue, learning key skills of acting and finishing the week by performing a brand new play to an audience of parents, families and friends.

Spaces can be booked by visiting:

<https://www.hulltruck.co.uk/whats-on/workshop/secret-agent-academy/>

<https://www.hulltruck.co.uk/whats-on/workshop/play-in-a-week-the-forgotten-year/>

If you have any questions, please contact our Creative Learning team at [engagement@hulltruck.co.uk](mailto:engagement@hulltruck.co.uk) or call 01482 488209.

Children will need to be dropped off and collected each day by an adult in our main foyer. Please arrive 10 minutes early on the first day so that we can fill in emergency information and contact forms. Spies and young theatre makers will need to bring a packed lunch and water bottle each day.





# Mark Hill

## NATIONAL REALITY TV AWARDS

What a busy time for the team! The salon is still as busy as ever with all of our clients enjoying getting back to their regular appointments after this year's lockdown. And now, since 19th July, award ceremonies, photo shoots, training seminars and red carpet events can all now take place without any restrictions which mean the team are also getting booked up outside of the salon.

We were invited to our first red carpet event in July – the National Reality TV Awards. Held in central London, this prestigious event celebrated all of those shows which have kept us going through lockdown. From breakfast TV to dating shows, talent shows to documentaries, the list of nominees was fantastic.

The team travelled down to London early so they could get set up and ready to style the hair of the nominees, presenters and models. After a hot, hot day of styling (32°C!), everyone looked amazing and was ready for the red carpet arrivals.

Soft waves were one of the most asked for looks – they always look effortlessly glamorous. To style your hair like this, you only need a couple of styling tools and about 20 minutes.

• Start by taking a section of hair and spray it with Styling Heat Protection Spray. Using heat protection is really important; not only will it protect your hair from damage, it will also make your style last longer.

• Holding your wand or tong still, wrap a piece of hair spirally round the barrel. Depending on your hair type and the size of section, hold for about 5-10 seconds and then unwind. Do not touch the wave!!!! Leave it to cool completely before you touch otherwise it will drop too quickly.

• Do this through the rest of your hair. When you get to the front sections of your hair, always try to wrap away from your face to frame it, not cover it. And remember, the larger the section the looser the wave, the smaller the section the tighter the curl.

• When all of your hair is curled and cooled, then and only then can you use your fingers or a wide tooth comb to gently separate and enhance the waves.

• When it is hot and humid, always finish with Anti-Humidity Spray to keep your style looking great all night long.

Our Salon Director, Julian, was asked to present the award for the best Talk Show which went to Good Morning Britain. Our resident session stylist, Thomas, presented the award for the best Female Personality to Gemma Collins.



Below: Thomas with Siannice Fudge who wanted to go smooth and sleek

Julian and Claire Sweeney



Above: Siannice, Luke and Connagh from Love Island with their NRTV award



A model from the Face of Britain competition with perfect loose waves

### PCR vs lateral flow tests – Know when to use each Covid-19 test

Keeping those around us safe from Covid-19 is everyone's top priority, and with restrictions lifted, it's important to remember the virus is still with us and what to do if you experience symptoms.

If you are experiencing symptoms of Covid-19, you must take a polymerase chain reaction (PCR) test either at a local testing site or by ordering one to be sent to your home. Lateral flow tests, sometimes called rapid tests, are not replacements for PCR tests. If you have symptoms that you think might be Covid-19, do not use a lateral flow test, arrange a PCR test.

#### When to take a PCR test

If you are experiencing symptoms of Covid-19, these could include;

- A high temperature
- A new, continuous cough

- Loss or change to taste or smell
- If you have had a positive result on a lateral flow test
- If you have had an inconclusive PCR test result

#### When to take a lateral flow test

- Regularly if you have no symptoms.

Lateral flow tests help to identify those who could be spreading the disease without knowing they have it, with up to one in three people experiencing no symptoms at all. They help to prevent many additional people becoming infected over time by quickly identifying hidden cases. Lateral flow tests work similarly to pregnancy tests and will usually show a result within 30 minutes.

PCR tests are processed in labs and could take up to 72 hours to get results, however most results are returned the next day.

Remember, if you or a member of your household is experiencing symptoms, or had a positive test result, either a PCR or lateral flow test, you must immediately self-isolate. Do not leave your home until you get your test results, except to post a test kit or for a test appointment.

Find out more online: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing/get-tested-for-coronavirus/>



# I AM YORKSHIRE

*I'm five-million people who enjoy a big brass band,  
I'm the place where aliens would mostly like to land,  
I'm a tyke (in the nicest way) with a welcoming 'Howdo',  
I'm the City of York, two-millennia old – and new,  
I'm the soap opera Emmerdale, I'm artist David Hockney,  
I'm thankfully not Eastenders, who would be a cockney?*

Above are the opening words from 64 verses by East Riding Town Crier and writer Michael Wood, in what he calls his “lockdown love letter to all things Yorkshire”. As the illustrator of these witty, smile-twitching lines, I was excited from the start to work with Michael and bring his words to life.

After keeping this project under wraps for so long, we are delighted to bring I AM YORKSHIRE to the public in celebration of God's Own County. Feedback has been heart-warming. Phillip Bell, Chief Executive of The Yorkshire Society said: “Can I commend you and Eleanor on the work, I think it is excellent and I'm sure will prove very popular ... once you have prints available.”

Being Yorkshire born and bred, and my artwork heavily inspired by the local countryside of the county I love to call home, I jumped at the opportunity to work on this fun-filled project with Michael, which began over a year ago. After hours of planning, drawing, painting, and editing over multiple drafts to tweak and amend the content, I still grin every time I see it.

We believe it is something to lift the spirits of those local to and fond of Yorkshire, especially as it's not been possible to experience many of the subjects featured dur-

ing lockdown. With every landmark, venue, landscape, hidden gem (natural and manmade) and people that we have celebrated, we hope we to bring smiles and chuckles far and wide. Its also the ideal reminder of back home for those living away.

Whilst it has been a challenging creative process, it has also been a labour of love and I couldn't agree more with Michael, who said: “The challenge wasn't so much what to include, but what to leave out!”

Of the words and illustrations making the final version, these include: NYMR Steam Trains, the Greasy Chip Butty Song, funny shaped balls, Doctor Who, Saltburn sea-side caviar, the Warbling Wonder of Wakefield and the Land of Green Ginger.

This quirky and colourful collaboration by two East Yorkshire creatives will have its world premiere with the first copy of the print-run presented to Sewerby Hall and Gardens, appropriately on 01 August – Yorkshire Day.

Eleanor and Michael are delighted to announce I AM YORKSHIRE can now be purchased as an A3 sized colour print online at [www.eleanortomlinsonart.co.uk](http://www.eleanortomlinsonart.co.uk) and the People's Memorial, Hull.



## The £850,000 revamped splash pad at East Park reopens

Work began last October when water play specialists Ustigate fully re-designed the space and re-purposed the lower pool as a splash pad with water jets, landscaping the remaining area.

The former plant room and holding tanks have also been replaced with an improved treatment and filtration system.

The state-of-the-art water filtration system, ensures that chemical levels are constantly monitored and in the unlikely event of an issue, would automatically switch off ensuring public safety, similar to the system used at the Queen Victoria Square fountains.

The refurbished facility features new seating and a new toilet block, whilst the splash pad itself boasts 43 water jets providing a mixture of different play features that include rooster tails, geysers, ground gushers and spray caps.

Councillor Rosie Nicola, Portfolio Holder for Environmental Services, said: “The Splash Pad in East Park has been sorely missed in recent years and it's fantastic to be able to bring it back to life.

“I am really confident this new design will be a huge hit and look forward to seeing families from across Hull enjoying the fun that this free attraction offers throughout the summer.”

The facility will be 10am – 6pm daily with three sessions available that can be booked online via [www.hcal.co.uk/ebookings](http://www.hcal.co.uk/ebookings). There will also be a limited number of daily walk-up slots available for each session.

Additionally a number of sessions specifically for under 5s and a dedicated session for children and families with special educational needs will be available to book.



## It's A Knockout is back! Secure your team today



During the pandemic annual events like It's A Knockout had to be cancelled which put a huge dint in Dove House's opportunity to be able to raise vital funds. The hospice relies heavily on fundraising and this hugely popular event is a big part of the hospices event calendar.

Last year would have been the event's 10-year anniversary and because it couldn't go ahead the hospice are even more excited to finally be able to launch it this year. After a very difficult year people need something to look forward to, to be able to get together and show some friendly competitiveness.

The hospice is looking for teams of 10 people to take part in this exciting recreation of the 70's television show. There will be water, foam, inflatables and a few tactical challenges on the road to glory. There is still time to sign up, have a brilliant time and raise money to support Dove House. Whether you enter as a team with your work colleagues, or want to compete with family or friends, all are welcome.

The competition will once again take

place on the hospice grounds (Chamberlain Road, Hull) on Saturday 11th September 2021. Boasting food and drinks stalls it will be a good day to be had by all.

Jethro Shearring, Regional Fundraiser at Dove House Hospice had this to say: “Coronavirus had a significant impact on fundraising at the hospice, leading to the cancellation of a number of our key events, including It's a Knockout. As such, we are delighted to be able to welcome teams once again, to participate for the chance to become champions of the inflatables! The competition offers the perfect opportunity for teambuilding amongst local businesses or simply as a fun day out for family and friends. We are hoping to see the event once again raise over £20,000, which will make a crucial difference to the patients and their loved ones accessing specialist care at the hospice.”

To register your team and ensure your place in the competition, simply follow the link: [www.dovehouse.org.uk/iako2021](http://www.dovehouse.org.uk/iako2021), call 01482 785743 or email [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk)

# BUSINESS VIBES

The latest business news from The Hull Hub

## Willerby opens up bright future for jobless young people

Leading holiday homes manufacturer Willerby is offering unemployed young people who have faced challenges in their lives sought-after career and training opportunities.

The company has joined forces with the Springboard Youth Employment Initiative (YEI), a project aimed at 16 to 29-year-olds from Hull, who are not in education, employment or training, and need help to develop their skills to access these opportunities.

Led by Humber Learning Consortium and funded by the European Social Fund, the project has several partner organisations across the city, including Hull City Council, and offers one-to-one support for emotional wellbeing, confidence building, anxiety management and more, as well as CV writing, job searching and qualifications.

Since December 2017, Willerby has employed four young people through the scheme, in a range of production roles, including Liam Marshall and James Lewis, who are now into their fourth year with the company.

Liam, 23, was just 19 when he joined Willerby as a Production Labourer and has recently been promoted to Jig Shop Operative, building walls and roofs for Willerby's premium holiday homes on the company's newly-opened fifth production line at its Hull headquarters.

Liam said: "I was in a dark place before I started work at Willerby. I used to work on



building sites, but I didn't have a regular job or any money and I had to sign on at the job centre.

"I found out about Springboard YEI and they helped me to sort out my CV, which led to an interview at Willerby. I got the job and I've got my life back on track.

"I don't know where I'd be if I hadn't come to Willerby. I'm now getting married, learning to drive and I've got my own home. I've stepped up, I have a big work family and I'm over the moon."

The latest appointments of young people through the Springboard YEI scheme comes as Willerby recruits its biggest ever intake of apprentices, opening up more than 30 training opportunities across a range of roles.

To find out more about Springboard YEI, call 01482 612736, email yei@hullcc.gov.uk, or follow @SpringboardYEI on Instagram or Facebook.

## A new content marketing agency hopes to resonate with local businesses

Local social media freelancer, Matt Johnson, has launched a new Hull-based content marketing agency after 3 years of freelancing.

The new agency, named Different Resonance, is rooted in Hull. Founder and Director, Matt Johnson, is passionate about the city and hopeful that Different Resonance can not only help contribute to the local economy but also give back to the city that has given him so much.

Discussing the launch of his marketing agency, Matt said "Having grown up in the area, studied at the University, spent my placement year as part of the Hull 2017 team and set up my business here, Hull is very much at the heart of what I do. I hope that, in the future, Different Resonance



can go on to help retain talent in the city and help other graduates fulfil their potential."

Based at C4DI in the Fruit Market, Matt has worked with a whole range of businesses from the legal sector through to arts and culture over the past 3 years. He hopes the new content marketing agency will continue with such a diverse client list, helping brands make meaningful connections with their target audience by looking beyond the obvious.

## Coffee31 still reaching out to customers in cautious return from lockdown



A café which captured the flavour and humour of Hull when it opened nearly seven years ago is putting smiles back on faces as it emerges from the restrictions of Covid-19.

Coffee31 even added a "Sweet Caroline" ban to the collection of comedy advertising boards which adorn the premises in Waltham Street.

Debbie Hill, who opened Coffee31 in 2014, said: "We were doing really well when the first lockdown hit in March last year and we're looking forward to a very bright future when work starts on redeveloping the old BHS site.

"But the last 15 months have been a struggle for everybody – we had to ban 'Sweet Caroline' because obviously we couldn't allow 'touching hands, reaching out,

touching me or touching you!" Debbie's passion for Hull was displayed soon after she opened, with bus blinds hanging from the walls and the ceiling, showing a long list of destinations across Hull and East Yorkshire.

Another fun addition was the display of Hull sayings painted on one of the walls of the café – something which inspired one of Debbie's contacts at Innovation Entertainment when their work dried up.

Debbie said: "They perform at spectacular events for big organisations and they've also appeared here but they had to stop work because there weren't any events, so one of them decorated mugs with Hull slang and we've been selling them.

"We've also got some resin and wax keyrings which someone else made – we've been trying to support people who have diversified in the face of disruption to their day jobs, helping them to pay their bills in difficult times."

Kathryn Shillito, Executive Director at HullBID said "It's heartening to see Debbie and her team have retained a sense of humour during very difficult times, particularly for businesses. Coffee31 is a great example of an independent business identifying different ways to attract attention and draw in custom."



## Special award win for local care company

Small businesses, start-up retailers and local artists are being given the opportunity to open their doors to customers at Beverley's bustling Flemingate centre.

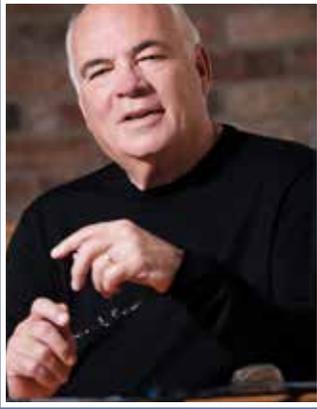
Wykeland Group, owner of the popular retail and leisure destination, has earmarked an 850 sq ft unit as a dedicated pop-up space to help small companies and independent traders take their first step into physical retail.

The pop-up space is located between Guitar Galleries and hair and beauty salon Vintage & Co and opposite a new Sports Direct and USC

store which opens next month. It will give traders and artists a chance to test the waters of retail and introduce their brands to new audiences.



## Entrepreneur and author welcomes business award as “better than a BAFTA”



An entrepreneurial business consultant and author who picked up the lifetime achievement accolade in the region's newest business awards declared the honour as “better than winning a BAFTA!”

Professor David Hall, whose achievements include advising

construction giant Keepmoat for 40 years as it progressed to a sale worth nearly £800m, said the Hull and East Yorkshire People in Business Awards (HEYPIB) had three key advantages over the British Academy of Film and Television Arts (BAFTA) award which he won in 1992.

He said: “These awards are about business through and through, not just a small part of the wider drama, entertainment, sport and everything else celebrations, and they focus purely on business potential and success.

“They are also for everybody, from Gary Clark with his community DIY business all the way up to the well-established, ever-innovative Chameleon Business Interiors, the Cranswick food empire and even Reckitts, born in Hull more than 180 years ago.

“And they are awards that I was actually able to attend, even if we did end up with a virtual ceremony. When I worked on the ‘Winning’ series of business programmes for the BBC and we won a BAFTA, most of the tickets for the ceremony went to BBC top brass and I never got anywhere near it!”

David, who lives in East Yorkshire, was nominated for the HEYPIB award by Paul Sewell, Chairman of Sewell Group. The pair are co-founders of For Entrepreneurs Only and Sewell Group is one of the major local businesses which has benefited from David's experience.

Paul said: “Business people create their own success which tends to mean customers get the goods or services they want or need. Wealth creation leads to tax collection to fuel the public services we want or need, and the creation of the meaningful jobs our society needs.

“Some business people selflessly help others on the same journey, and in rare cases some help hundreds of business people to success and fulfilment. David Hall is one of these individuals.

“From having his own consultancy through to being a founder of FEO he coaches and mentors business people for a living and for the fun and buzz of giving something back.

“His newly published memoir, ‘Telling Tales’, captures some of those stories, both successes and failures. It does that because like its author it is real. It tells it like it is without fear or favour. Anyone reading the book will know that David is a worthy winner of the lifetime achievement award.”

The book, which features testimonials from other leading businesses including Arco, MKM, tells how wayward careers advice pushed him into construction before psychometric testing earmarked him as a future management consultant, even though he didn't know what that was.

To find out more about HEYPIB and the awards please visit <https://www.hey PIBawards.com/> and check the Twitter feed @HEYPIBAwards

## Beal Homes beginning groundworks for a hotly-anticipated development



The £23m St Mary's View development in Beverley will feature 90 homes, with the first buyers expected to move into their new properties in summer 2022.

It offers an exceptionally rare opportunity for house-hunters to secure a luxury new home in a select development just a short walk from Beverley's charming town centre. The tree-fringed site is just a stone's throw from Beverley's beautiful Westwood pasture, one of East Yorkshire's most popular walking spots and home to the town's picturesque racecourse and golf course.

## Special award win for local care company



Home Instead Beverley & Hull has received a prestigious award by a national reviews website, having been named one of the top 20 home care companies in the Yorkshire & The Humber. They have made it onto the impressive list out of 796 home care companies in the region within their first year of business!

The award is based on the

home care company's reviews on [homecare.co.uk](http://homecare.co.uk), the UK's top home care reviews site considered to be the ‘TripAdvisor for home care’. The reviews are given by people that Home Instead cares for, plus their loved ones. Home Instead Beverley & Hull made it to the exclusive list thanks to its impressively high review score of 9.9.

Mandy Aitken, owner of Home Instead Beverley & Hull, said: “The pandemic has shone the light on home care, with many people having to shield yet receive quality care. We are delighted to receive exceptional praise from our clients and their families, particularly over the challenging period we continue to live in. Our caregivers have certainly been put through their paces for a long time, so to learn that they and the rest of the team have brought comfort and safety for our clients at such a difficult time is an honour.”

For more information about Home Instead Beverley & Hull, call 014827 36003 or visit [www.homeinstead.co.uk/beverley-hull](http://www.homeinstead.co.uk/beverley-hull)

## Feral Art School sets up first home as former bank becomes creative hub

An art school led by a group of professional creatives has set up its own home for the first time in Hull's historic Old Town, with support from one of the city's leading companies.

Feral Art School was founded three years ago as a community interest company with cooperative values. Part of a growing network of alternative art schools, it encourages collaborative and individual work, offering introductory and more specialist courses for adults, including painting, textiles, print, fashion and photography, as well as staging student exhibitions.

Many of the like-minded artists and educators were previously employed at the Hull School of Art and Design and have since taught and operated from several bases across the city, including Juice Studios in Humber Street in the Fruit Market and the Avenues Centre in Park Avenue.

Group members will continue to work with creatives at these locations while having their own main base for the first time.

Leading Hull-based developer and property owner Wykeland Group has now provided the former Co-operative Bank building in Alfred Gelder Street to Feral Art School, giving the group its own base and creative hub for the first time while maintaining its “feral” feel. The three-storey building will initially provide a base for Feral's Supported Studios pilot project aimed at students who have completed painting courses and would like their own space to work both collaboratively and individually, with weekly tutor support.

For more information, visit [www.feralartschool.org](http://www.feralartschool.org)



## Unveiled and open for business – the stunning makeover project that makes caravans cool

A unique caravan revival project launched by three interior designers to promote the great British staycation to new markets has been unveiled and is open for business.

Club Jupiter was established by friends Anna Hart, Emma Jane Palin and Whinnie Williams to champion UK holidays and make caravans cool.

The project was born during lockdown from a realisation that more people would be holidaying in the UK as a result of COVID-19 restrictions on foreign travel.

The trio bought a three-bedroom 2010-model Willerby BK Bluebird holiday home at Birchington Vale Holiday Park near Margate in Kent and spent months on giving it a complete makeover, with a distinct 70s twist.

Holiday homes market leader Willerby supported the Club Jupiter team with the project to help promote a fashionable new image for the staycation and the final renovation has now been revealed.

The result of the makeover is being called a “Pontins meets Palm Springs” holiday home, pairing a high-end mid-century aesthetic, inspired by the Californian desert resort, with a classic British seaside caravan.





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

## BLAZING A TRAIL



In 1965 throughout England there were only three all-female pop groups and I was a member of one named Mandy and the Girlfriends. We were five ordinary sixteen year olds - all born and bred in Hull - and somehow we'd weevilled our way into a dream that ironically came true; enabling us to scale dizzy heights and experience a certain quality renown. We had no idea that five decades later we would be heralded for 'blazing a trail'. An esteemed accolade indeed.

However, understanding a situation long after it has happened is the crux here. The true reality is that life in the sixties was not all it was cracked up to be and the romantic notion that young girls emerged like butterflies from repressed grey backgrounds and fluttered their way into a brand new golden era - was somewhat a fairy tale. As an all-girl group we were repeatedly put down by our male counterparts, who referred to us as 'a novelty'. We didn't argue. We knew our place - coming from patriarchal homes - our mothers predominantly subservient. To set foot outside the home was not to escape into the world - rather to transfer to it.

Nevertheless being part of an innovational, unconventional group was indeed a form of liberation for us - and we totally embraced it. Five young women joined as a whole. We would make music. We would shoulder adversity and above all - we would do what the lads did!

≈  
'A Musicological Ethnography of female Popular Musicians in England 1962-1971'  
was the title of Sini Timonen's research

project for her PhD. Mandy and the Girlfriends featured largely in the last chapter of her Doctoral Thesis. Sini was the catalyst for what followed.

September 2017 - preview night at The East Riding Theatre Beverley. A brand new musical 'It's Different for Girls', derived from the book of the same name written by Merle and Maggie - keyboards and bass player with The Girlfriends. Devised by 'She Productions' it tells the story of the inauguration of five teenage girls into a man's world. We are all present to witness - and it's spellbound we are. Five decades melt like meringues. We are young again.

The following day we meet Geri Halliwell (Ginger Spice), she will interview us for the BBC's The One Show. Glory be! She was charming and ultimately we all performed together on stage. 'Geri and the Girlfriends'. A day to remember. The next year The Girlfriends were proud to accept an invitation to be patrons of 'She Productions'.

≈  
Now all in our seventies, it may seem like the end of the story - but not quite. Talented Hull artist Ed Ulyart is currently painting a spectacular new mural, charting Hull's musical history and Mandy and the Girlfriends are being featured. A forever ovation! Ours is a small compartmentalised history - but one we hope has helped pave a way for future generations of young women - so they can emerge like butterflies.

## £1m funding secured for Hull's major regeneration project

The £30.2m project to transform some of Hull's maritime treasures has been given a huge boost after passing the £1m fundraising milestone.

The Hull Maritime project and the Hull Maritime Foundation, an independent charity, dedicated to supporting the ambitious plans, have secured £1m in its fundraising efforts to achieve a £2.6m target.

The funding is being used to support the delivery of the impressive plans to celebrate and preserve five key sites in Hull, as well as deliver a vast activity plan that includes training and learning opportunities, and an array of community and family activities over the coming years.

The latest funding success includes £12,000 from the Sir James Reckitt Charity which will support the delivery of a school outreach programme to raise awareness of Hull's rich maritime history with young people across the city.



## REWILDING READING - TAKING HISTORY AND FOLKLORE OUTDOORS

BY MIKE COVELL



Earlier this year I had the pleasure and privilege of being a part of a Hull University project known as "Rewilding Reading." The idea, created by Dr Charlotte Dean of Hull University, was to take Hull youths outdoors, and to get them reading. The idea, however, soon grew, and children from various youth groups across the city were treated to a day of fun and learning in the beautiful green spaces that the city has to offer.

As an historian and author I was asked to participate, and I jumped at the chance. I was tasked with taking the youths on walking tours around the area where we were situated, teaching them about the history of each location, using my trademark audio-visual-digital walking tours, and then we discussed the folklore of the area, talking about such stories as "The Bubble Gum Boy," "The White Lady," and stories from the Victorian period and WWII.

The project also involved Damian Grimley, an expert in bushcraft, who taught us how to forage, and the types of plants that we might find in our local green spaces, we participated too in his amazing fire-lighting lessons, learning how to make fire, which the youths (and I) loved.

Youth in Nature's Les Moss was also present, manning the fire, and ensuring that hot cooked food was available throughout, Les had me eating all sorts, and really opened my eyes to outdoor cooking.

Fenella Thursby from Hull University was present carrying out activities with the youths such as making bird feeders, creating clay nature spirits (Boggles!), whittling wood, and making sure our fire was lit and maintained daily.

Dr Charlotte Dean also enlisted the help of Ellen Bianchini from Hull Libraries, and together they arranged for some wonderful books about the local area, folklore, mythology, nature, and outdoor adventures were

on hand. All in all it was a wonderful experience, and we were able to bring this experience to the Big Malarkey in East Park, where children and families could carry out the activities that we were doing on a daily basis, these included making bird feeders, listening to history, hearing some of the folklore connected to the area, seeing historical images, making fire, and making bread in the camp fire.

The weekend was a massive success, we saw lots of families, witnessed the children reading, and had some lovely feedback.

After a year of lockdowns, social distancing, and not been able to go anywhere, the project really touched me, I loved sitting around the fire, soaking up the conversations, listening to the youths talking about books and reading, sharing stories and meeting new people. It was a wonderful experience, and hopefully we will see more of this in the city and beyond.



## University of Hull has announced its Logistics Institute has been awarded a share of £9m funding

The Logistics Institute's winning innovation is a Rail freight Energy & Emissions Calculator (REEC) that will be deployed on the Institute's existing NR+ platform for rail freight planning. REEC will enable rail freight operators to calculate accurate emissions on the fly, driving greater efficiencies and moving the rail industry a step closer to net-zero.

Established in 2008, the University of Hull's Logistics Institute is a world-renowned centre for research, education and expertise in logistics and supply chain management.



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# Health & Wellbeing

keeping our community happy and healthy



**Sarah Winn - FitSista Fitness Instructor & Personal Trainer**

## Wake Up And Walk!

Walking has become the nation's most popular way to stay active! During the 2020 coronavirus pandemic, many people started walking as a way to stay fit during lockdown and it still remains top of the leader board for exercise. The great thing about walking is that you can do it anytime, anywhere and you don't need any equipment other than a comfy pair of shoes! Not only is it a great form of physical exercise that anyone can do, it's also great for your Mental Health too and the benefits are even greater when you walk first thing in the morning. It may not always seem so appealing getting up and out early, but there really are so many benefits to starting your day with some exercise. It doesn't have to be a 6am spinning class (I'm not sure I could face that!) Just a 10-15-minute walk will give you an energy boost and put you in a good mood the day!

So, if you're struggling to get yourself motivated for the day, getting up and going for a walk could be the answer. Here's why....

### It Benefits your Health

Walking has many health benefits including improving your cardiovascular fitness to reduce the risk of heart disease and strokes. It helps improve high blood pressure, high cholesterol, diabetes and it strengthens bones, joints and muscles. It increases blood circulation and aids digestion.

### It can help Weight loss

Any physical exercise will help burn calories. Adding a morning walk into your daily routine will not only burn a few more calories, but exercising first thing will set you in a health frame of mind for the day ahead meaning you're more likely to eat better too.

### It Improves Sleep

The more daylight exposure you get during the day, the more likely you are to fall asleep faster and sleep better. Morning daylight helps regu-

late our Circadian rhythm which helps our hormones promote better sleep.

### It Boosts your Energy

If you find yourself feeling tired all the time, studies show that walking outside can improve your vitality and energy. It can set you up for the day to feel more organised, positive and refreshed.

### It puts you in a Good mood

Exercise produces the feelgood chemicals Dopamine and Serotonin. Doing any form of exercise in the morning will keep these chemicals flowing and boost your mood for the rest of the day. Getting outdoors also gets you closer to nature and this amplifies the chemical effects - heightening self-esteem, lowering stress levels and anxiety. Even cloudy weather gives your body a boost of daylight that can help improve a low mood.

### It Increases Mental focus

Research shows that doing 20-30 minutes of exercise before undertaking a mental task improves alertness, reaction time, problem solving, decision making and mental focus. Making that time at the beginning of your day for a walk can increase your productivity for the day ahead.

### It makes you more Mindful

Mindfulness benefits your mental health, so rather than scrolling your phone or watching TV when you wake up, going for a walk will give your mind the space it needs to focus on your day. It's a great way to reconnect with your body and mind.

*Feeling inspired by the benefits that adding a morning walk to your daily routine could bring? Get up, get out and Get Walking!*



## Lunches Without Bread

It's no surprise that Sandwiches and Wraps are the most popular choice for Lunches - as they're so quick, easy and portable! But if you're trying to cut out on Bread (like some of us are in the #teamfitsista July Challenge) What's the alternatives?

My current favourite lunch is a Crustless Quiche. If you prepare in advance, it's a great Healthy Lunch AND it's portable too!

Here's some other no-bread lunch ideas...

- Pasta/Rice/Potato Salads
- Fruit and Yoghurt
- Soup
- Last night's leftovers
- Lettuce Wraps
- Raw Veg and Dips
- Deli Meat Roll ups

Don't forget to follow me on Facebook, just search FitSista & visit my website [fitsista.co.uk](http://fitsista.co.uk)

## Yoga and Mindfulness

with Tristessa Moore



### You Can't Give from an Empty Cup: Yoga Therapy and Burn-out

We live in difficult times, and for many of us trying to get through the pandemic, especially those working on the frontline, this means more than ever we need tools to help us navigate what appears to be, relentless challenges. We also live in a society that values 'doing' and competing over 'being' and relaxing. However, our bodies adapt to the addictive nature of stress - we scroll constantly through social media and chase never-ending to-do lists, whilst pushing through the pressure-barrier helped along by stimulants such as sugary snacks, fast food, alcohol, cigarettes, and caffeine until eventually we hit a wall and collapse. In the long-term, stress can become chronic and damage the body through wear and tear.

What helps is by becoming witness to how stress affects our bodies by noticing our triggers and by checking in on how we feel emotionally, mentally, and physically, and labelling what we detect. This also means setting boundaries, but this can be a challenge for those who care and are responsible for others, personally and professionally.

Symptoms of 'burnout' can include a loss of empathy, feeling helpless, numb, and being shut-down. However, those with burnout can benefit from restorative yoga postures and breathing exercises that work with the psoas, deep core muscles that stabilizes the back and which can become tight with stress, and the vagus or 'compassion' nerve associated with our stress response.

Tapping, squeezing, and massaging our body, stamping our feet, shaking, feeling the ground underneath, being aware of our navel-centre, and vocalising through sound such as by humming and singing, can help us to sense the skin as a boundary, be more self-aware, feel calmer, and more empowered.

Here's just a few techniques to get you started:

**Psoas Release 1:** On your back, feet flat to the floor and wider than hip distance with arms in cactus position, move bent knees from side to side very slowly like windscreen wipers: Inhale up; exhale down. Try to lift the pit of the abdomen upwards especially when the knees are dropped to the side.

**Psoas Release 2:** With hips elevated on blocks/cushions, straighten the right leg with the heel on the floor, and on the exhale bring the left knee to the chest, interlacing fingers around the shin. Work on deep breathing down into the lower abdominals, alternating legs after one minute.

**Vagus Nerve Bee Breath:** Sitting with a straight back and relaxed upper body, close the lips whilst keeping the teeth slightly apart. Take a long, deep breath in through the nostrils down into the belly and as you exhale slowly, make a steady, effortless, low-pitched 'hmmm' sound. Start with 7 cycles and gradually increase to 20. Afterwards, observe the sensations in the body and your surrounding space.

*Tristessa Moore is a registered Yoga Therapist and Trauma-sensitive Practitioner: [www.yogatherapyhull.co.uk](http://www.yogatherapyhull.co.uk).*

*For staff and pupil well-being in education: [www.yoyogasoul.co.uk](http://www.yoyogasoul.co.uk)*



## OVERCOMING ANXIETY WITH HYPNOTHERAPY: Handling the primary to secondary transition with confidence

## with Fran Dunning



The transition from primary to secondary school is a significant change for any pupil. But, with the additional complication of Covid-19, the challenges students face during this exciting time are magnified. Ensuring our children have the support and the tools to handle the move gives them the best chance of a successful landing.

### Transitions

Moving schools can elicit a mixture of feelings, including both excitement and trepidation. There are a lot of challenges to confront, from making new friends to negotiating a completely different school day. A recent review found that children “who can control negative emotions,” demonstrate emotional resilience, and who can problem-solve, experience an easier transition.

Throw Covid-19 into the mix, and the difficulties transition students face are intensified.

### Restrictions become recommendations

Moving schools can elicit a mixture of feelings, including both excitement and trepidation. There are a lot of Since the onset of the first lockdown in March 2020, life has changed significantly for everyone. For the past 18 months — a year and a half of their academic lives — children and young people have encountered major disruption to their normal schooling patterns. Both children and their parents have had to deal with homeschooling, self-isolation and changes to or cancellation of assessments. In some cases, schools have cancelled their transition weeks or days. As restrictions lift and life changes again, more challenges are on the horizon.

### Becoming quietly confident with hypnotherapy

A new start means new opportunities, whether you’re. Giving a child with little confidence or anxiety the mental resilience and inner strength to face and appreciate a new situation is a

gift. Indeed, they are tools they will use for life. The ability to manage their thoughts and “be ok” about starting something new and avoiding overwhelm will mean that the next part of our children’s journey will be as worry-free as possible.

We all have a powerful computer between our ears, but no manual. Just as you update a phone or laptop with a new operating system, we can “update” or modify our thought patterns.

Using hypnotherapy, we can develop the mental resilience and confidence required to face the trials the world — and school — throw at us.

Hypnotherapy is known to be effective against anxiety. During hypnosis, a state of deep relaxation but intense focus, the brain is more open to suggestion. This gives our minds a chance to take in new and more positive thoughts and attitudes and allows us to move forward as individuals.

### Making a change

Whatever your age and whatever the change, we all have moments in life when our confidence escapes us. Whether you’re going to secondary school, university or starting your first job, any transition in life can give rise to fear, worry and anxiety. But that change can also offer an opportunity for personal growth. Moving schools does present challenges, but it’s also a chance to make new friends, discover new passions and step into increased independence.

Are you interested in finding out more about hypnotherapy? Contact Fran Dunning on 07973 819867, email [change@francesdunning.com](mailto:change@francesdunning.com).



[francesdunning.com](https://www.francesdunning.com). or visit <https://www.francesdunning.com>. Fran is a qualified hypnotherapist with 20 year’s experience.

Fran is also a qualified Mindfulness coach and runs free 30-minute drop-in online mindfulness sessions on Wednesday evenings from 7.15 pm. E-mail [info@francesdunning.com](mailto:info@francesdunning.com) for the Zoom link.

If you experience personality disorders or psychosis, you should not consider hypnotherapy as a treatment option. As with any physical or mental health issue, please consult your GP for further information and advice.

## Are you or someone you know looking for a career change?

Have you ever considered a job that really makes a difference? At Home Instead we truly value all the amazing work our CAREGivers do. Their work enables people to stay in their own home and remain as independent as possible. One such person making a huge difference is Julie, we asked her about her experience working as a Home Instead CAREGiver.

“ I had never been a CAREGiver before, but then I saw the advert for Home Instead. From my first call, I was hooked on the company and the way it worked. I like the way I’m matched to the clients that my abilities are best suited to, and that we’re not rushing from client to client. I receive great support from the office and all the other CAREGivers. You may be surprised at what you can achieve by working as a CAREGiver but until you give it a try you’ll never know. I know since becoming one I haven’t looked back, and I love it so much I’ve even convinced my husband to join the team too! ”

We offer competitive rates of pay, paid mileage, wait time, and comprehensive training. Other benefits include a good work life balance, great job satisfaction, and generous rewards for your hard work.

## Still not sure?

Give us a ring and we’ll be happy to answer your questions. You can also apply directly at [www.homeinstead.co.uk/beverley-hull/vacancies/](http://www.homeinstead.co.uk/beverley-hull/vacancies/).

We look forward to hearing from you!



# HOME, SWEET OMENS: A Fun Meander through an Old-fashioned Superstitious Household



Dr. Alec Gill MBE

## INTRODUCTION: Homespun Religion

Superstitions once inhabited every corner of many old-fashioned homes – especially in Hull, once the greatest deep-sea fishing port in the world. Taboo beliefs were not just a once-a-week activity but saturated every moment; and every nook and cranny of the home. In that sense, superstition was very much a homespun religion. It came from within the home rather than being imposed upon it by some outside religious order.

This article follows an imaginary walk through a traditional family home. That is, from the front doorstep up to the bedroom, and even the chimney-stack had its sacred signs attached to it. Many families of Hull unwittingly kept superstitions alive in the domestic magic of their daily routine.

I wish to convey a wide range of good-and-bad luck beliefs that occurred in some households on some occasions. I am not suggesting for one moment that everybody who lived in our port performed every one of these rituals every day. The rituals are the ones I have been told about over years of interviewing and researching this topic. In essence, it is a fun meander through a pre-1950s family home.

There are certainly tons of taboo objects to cram into this imaginary house. The only way to squeeze them all in is to present them in list form under key headings as we move from room to room. Equally, this is not the place for a detailed explanation of where the omens originated. For that, please consult my book **SUPERSTITIONS: Folk Magic in Hull's Fishing Community** – <https://www.amazon.co.uk/dp/BooEWOBIMJ>.

## MOVING HOUSE: Friday Flit / Short Sit

Even before setting foot in a new home, taboos paved the way. Friday was the unluckiest day of the week to flit from one house to another. One ditty went “Friday flit / Short sit”. Neighbours sometimes brought lucky symbolic gifts to welcome a new family into their street. Some items included: lump of coal, slice of bread, piece of wood, bag of salt – each with its own symbolic meaning. An unlucky omen was the No.13 on the front door.



Image 1: Threshold Superstitions are important because they act as a transition between the outside public world and the private world within our home. Does anyone recognise where this No.13 house is located in Hull? Copyright Alec Gill.

## THRESHOLD TABOOS: First Footing

The front door is a symbolic threshold when stepping between the outer public and inner private worlds. Threshold rituals were especially observed in Scotland with first footing on New Year's Day (Hogmanay). Carrying a new bride over the threshold on the honeymoon is a strong superstition. The belief goes: Whoever first sets foot over the threshold after the wedding will be the boss within their marriage! By carrying his bride, the husband ensures that he will be the boss within the marriage. Is that true ladies?

Visitors who enter by one door must leave the same way. Anyone returning home unexpectedly must sit down and count to ten before leaving again.

Dropped front-door keys were an ill omen. Bad luck is averted by stepping upon the keys before picking them up. I once saw a teenage lad dashing across a busy Greenwood Avenue. He dropped his keys and suddenly stopped – in the middle of heavy traffic – to step on the keys before picking them up – thus, endangering his life even more. Needless to say, he survived and got to the other side.

If going indoors with an umbrella, it must be folded up. It is believed to be very unlucky to have an umbrella up inside the house. An Irish lady once told me that “the roof will fall in”. I suspect that the inverted logic is that an umbrella protects one outside and the roof protects the occupants inside – who knows!

## HEARTH of the HOME: Fire Magic

Once safely indoors, there is still no shelter from superstitions. A central homely focus was the fire-place. It was at the heart of the traditional home – a

sort of ‘domestic shrine’.

Sparks shooting into the room were a form of fortune telling – depending upon the shape of the flying ember: a circle-shaped spark stood for a cradle and foretold the arrival of a baby in the family; oblong stood for a coffin, especially if it popped out of the grate silently; square shapes meant a letter would soon arrive in the post; and a ship-shape predicted a trawler tragedy. One mother told her children, upon seeing a jet of hissing white steam from a piece of black coal, “Look, your dad's ship is steaming up and getting ready to sail home”.

A flake of black soot on the grate signified that a stranger was due to call.

## ANIMAL MAGIC: Domestic Divinities

Black cats had nine lives so were lucky in the home. Some trawlermen took the family cat with them for a three-week trip to the Arctic waters – a form of travel insurance! Auspicious birds accidentally falling down the chimney into the living room was an ominous sign of a death in the family.

I am, however, saving animal superstitions for a future issue of The Hull Hub – so I will not say any more about animal magic.

## FOOD MAGIC: “The Table is Our Church”

Beattie Ware (former Lord Mayor of Hull) told me about her superstitious mum Sarah Eccles (née Fisher) who brought eight girls into this world. When seated for a meal mum often said, “The table is our church”. Sarah taught her children that you could speak to God or Jesus in your own home. You did not need to attend a special place of worship to get in touch with the spiritual dimension.

## THE TABLE: New Shoes!

A family will go hungry if anyone sits on the table. They will “want for dough”. New shoes on the table offends its role in feeding the family. An Irish belief is that shoes on the table “will walk away with your luck”. One might believe that old shoes would be more unhealthy and unlucky than new ones, but that is the inverse logic of many superstitions.



Image 2: I set up this photo to show an upturned loaf linked to a ship about to plunge beneath the waves; spilled salt; a boiled egg that needs to be smashed after its contents had been eaten; and a host of taboos linked to cutlery (portending the arrival of strangers at the front door). Copyright Alec Gill.

## BREAD: Staff of Life

Loaves baked on Good Friday, Passover or Christmas Day were lucky.

A bread crust was sometimes placed in a man's sea-bag at the start of each trip. A cut loaf must not be up-ended on a breadboard for fear that it mimicked a sinking ship. Never throw bread on the fire or you will “Feed the Devil”.

## SALT of the EARTH

A Yorkshire expression goes: “For every grain of salt spilt, a tear will fall”. Tears and the sea both contain salt. Spilled salt must be thrown over our LEFT shoulder into the Devil's eyes to blind him so that he cannot play havoc in your life. In



Image 3: Why is a double yolk a lucky sign? Perhaps because of its rarity value. Some believe it to be a fertility symbol. Copyright Alec Gill.

paintings of The Last Supper, Judas is sometimes depicted near a spilt salt cellar.

Never pass the salt-pot at sea – it must be placed down upon the table first. “Salt” is also a taboo word at sea. Instead, the cumbersome phrase “White stuff not put in tea” was used.

## EGGS: Chuckle berries

Egg Magic rates very high in the world of folklore. The obvious link being with fertility. Thus, there was bound to be domestic taboos around chuckie eggs. A

double yolk in the frying pan was a sign of good fortune to come. The big question, however, is “Did you smash your empty egg shell up when you finished eating a boiled egg? If so, why?” The answer lies in the following poem by Elizabeth Fleming (1934) called *Eggshells*:

Oh, never leave your eggshells unbroken in the cup;  
Think of us poor sailor-men and always smash them up,  
For witches come and find them and sail away to sea,  
And make a lot of misery for mariners like me.  
They take them to the seashore and set them on the tide -  
A broomstick for a paddle is all they have to guide -  
And off they go to China or round the ports of Spain,  
To try and keep our sailing ships from coming home again.  
They call up all the tempests from Davy Jones's store,  
And blow us into waters where we haven't been before;



**Image 4:** A director of Triton Foods - a Hull-based company - told me that his firm often received complaints about the fact that Aunt Bessie was mixing her Yorkshire Pudding with her left hand - and that was bad luck. Historically, left-handiness is negatively associated with sinistrality and the demon. It is interesting to note that more recent packets now show Bessie using her right hand. Courtesy Triton Foods.

And when the masts are falling in splinters on the wrecks,  
The witches climb the rigging and dance upon the decks.  
So never leave your eggshells unbroken in the cup;  
Think of us poor sailor-men and always smash them up;  
For witches come and find them and sail away to sea,  
And make a lot of misery for mariners like me  
For the trawlermen at sea the word 'EGG' was never uttered. Instead they referred to it as a Roundabout or Chuckle berry.

#### **TEA DRINKING: I'll be Mother**

Tea drinking is steeped in superstition. Who pours? A woman says, “I'll be Mother” to prevent other women around the table from becoming pregnant and having red-haired twins. Bubbles floating in a teacup foretold of either love or money. There are numerous other tea-centred beliefs, but I'll leave them for now.

#### **CUTLERY: Crossed Knives**

Still around the kitchen table, cutlery now takes centre stage. Crossed knives means a quarrel. Removing the lower one first, however, avoids an argument. “Drop a spoon / A visitor soon”. Dropped cutlery foretold who would call at the house: a knife meant a male caller; a fork a woman; and a spoon indicated that a child was on its way (someone in the family was pregnant). Two spoons in the same cup forecast a wedding. Perhaps omens were a form of 'fake news' long before social media.

#### **LADDERS: Never Walk Under**

Stepping into the backyard we might see some ladders. A ladder propped against a wall forms the shape of a triangle; which in turn symbolizes The Holy Trinity - Father, Son and Holy Ghost. As a mere mortal, one must never walk through the sacred symbol of the holy triangle.

#### **STAIRS: Never Cross**

Now let's venture upstairs. It is unlucky to cross another person coming the other way. If the first of two people walking upstairs trip, it is the sign of a wedding. Obviously, it was bad luck to trip going down the stairs. This definitely forecast a visit to the local hospital with broken bones!

#### **BEDROOM: Feet Pointing to the Door**

Beds must be aligned with floorboards to ensure a good night's sleep. Feet must point toward the door. I am not sure why; perhaps it is to help the undertakers remove the body feet first - especially after rigor mortis has set in. I am told that in Robin Hood's Bay, some of the houses are so small, the coffins have to be lowered out of the window.

A mattress must never be turned on a Sunday. Pillowcases are best pointed outwards to allow nightmares an escape route during the night. A diamond-shaped crease in the middle of a bed sheet was a sign of a death in the family.

#### **DECOR: The Green Taboo**

Green decor was very unlucky. It was avoided in furniture, wallpaper, curtains, materials, paintwork, or garments. “If a girl wore a green dress, she'd never wear it out”.

Car salerooms rarely stock a green vehicle because it will not sell in Hull. The manager at Halford's Bike Shop on Hessle Road was told off for never selling any green-coloured bikes. Wool shops avoid this colour, especially for baby clothes.

Pearls and seashells were also avoided in home decorations: “If you take something precious from the sea, the sea will take someone precious from you”.

#### **BROKEN MIRROR: Seven Years Bad Luck**

A broken mirror results in seven years bad luck. Bed sheets were draped over mirrors during thunderstorms or when a corpse lay in the room. Never stare into a mirror for too long or the Devil will grin back at you. The mirror reflects our soul or spirit. So it is unlucky to break this fragile image. Equally, pictures falling in the dead of night meant a death was imminent.

#### **WINDOW: Moon Magic**

Never look at a new moon through a window pane. Turn your money over upon first seeing a new moon.

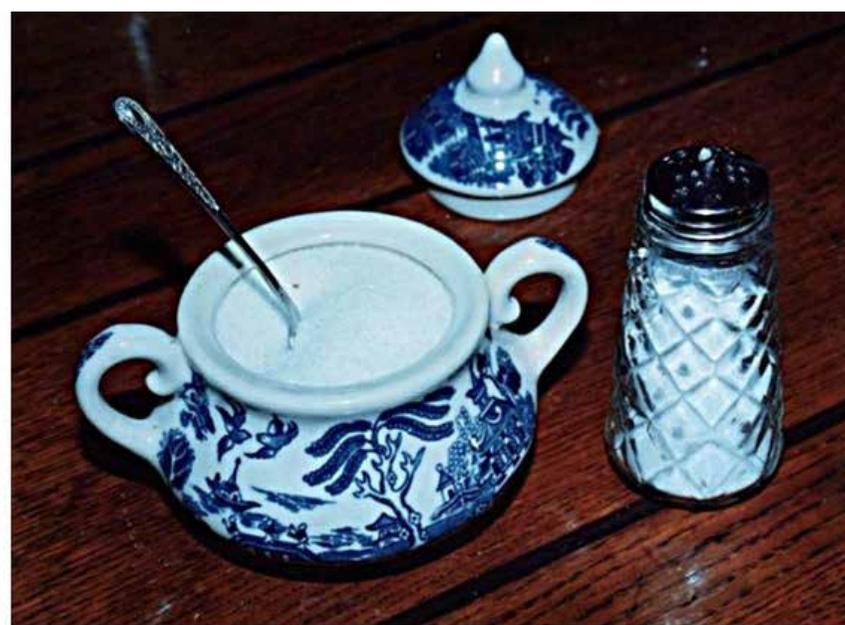
#### **ROOF: Sooty Sweep at Wedding**

The chimney-stack is associated with good luck. Meeting a sweep is very lucky for a newly married couple. Princess Elizabeth shook hands with a sweep prior to her marriage in November 1947. These days, sweeps make more money from weddings than actually sweeping chimneys. A good omen is to see a sweep's brush pop out of the top of the pot. Abundance is associated with Father Christmas who clammers down the chimney - bearing gifts for young children.

Today we live in the Age of Science - not superstition. But there is a need to draw a distinction between them. Science is strong when dealing with certainty. Superstition is strong when dealing with uncertainty. By predicting the future, science tries to control our fate. But tomorrow never knows what will happen. Mother Nature and climate chaos might create a very uncertain future. There might then be a time when our primitive irrational thinking comes to the fore as part of humanities survival kit with its homely superstitions.



**Image 5:** The fireplace is overloaded with superstitious beliefs. The clock must always be placed on the mantelpiece and never facing the fire itself. Copyright Alec Gill.



**Image 6:** Opposites are often paired within the realm of superstition. Here are sugar and salt. Sugar is sweet for joy and salt is bitter for tears. For every grain of spilled salt, a tear will fall - is one belief. Copyright Alec Gill.

# Positive News

— from around our city —

## TESCO DONATION TAKES DAISY APPEAL CLOSER TO FUNDRAISING TARGET

A charity which is campaigning to raise £8.5m to provide a Molecular Imaging Research (MIR) Centre at Castle Hill Hospital is thanking Tesco and its customers after receiving a donation from the supermarket's in-store fundraising initiative.

The Daisy Appeal was presented with a cheque for £1,000 donated from the Tesco Community Grants fund, which was previously called Tesco Bags of Help and funds good causes across the UK.

The money was awarded by the Tesco store in Morton Lane, Beverley, with donations also being made to Beverley RUFC and the Re-volution charity.

Since 2016 the supermarket has supported over 36,000 community groups with more than £85m in grants, helping to fight holiday hunger, tackle mental health, support young people, host community events and much more.

The Daisy Appeal has raised a total of £20m since 2000 to fund cutting-edge research and state-of-the-art equipment and facilities including the £8m Daisy Appeal Medical Research Centre opened in 2008 and the £4.5m Jack Brignall PET-CT Scanning Centre which opened in 2014.

The charity has already raised £7.5m towards its target for the new centre at Castle Hill Hospital, Cottingham. The centre is expected to become operational later this year and will house a radiochemistry and cyclotron unit which will produce radioactive tracers to improve accuracy and detection rates for cancer, heart disease and dementia in Hull, East Yorkshire and North Lincolnshire.

Claire Levy, Daisy Appeal Fundraiser, said: "A huge thank you to Tesco Community Grants for the donation of £1,000 to the Daisy Appeal, the money makes such a difference to the charity.

"Every penny really does count as we near our target to complete the radiochemistry and cyclotron unit at Castle Hill Hospital, and we're grateful to Tesco and to shoppers from across East Yorkshire for their part in making this happen.

"We are still looking to raise £1.5m for the new facility, which will provide the opportuni-



ty for patients to receive more personalised care leading to earlier diagnosis and giving them better treatment and quality of life.

"Once the facility is fully functional patients from a wider geographical area will have access to its services. The charity aims to play a leading role in clinically relevant PET-CT research over the next two decades and to show that the technology can be brought to the individual patient, quickly and effectively."

Dave Ryley, Community Champion at Tesco's Beverley store, said: "We are delighted that The Daisy Appeal has been awarded £1,000 through our Community Grant scheme. The fact that an amazing £7.5m has already been raised for the appeal highlights the huge amount of respect for Castle Hill Hospital in our local communities.

"We are always encouraging local community groups to apply for a grant from the scheme. Additionally, if you are aware of a local project that you would like to nominate for a grant, please visit our website: [tescocommunitygrants.org.uk](http://tescocommunitygrants.org.uk) to do so."

To find out more about how the Daisy Appeal can help you organise fundraising activities please email Claire Levy at [Claire@DaisyAppeal.co.uk](mailto:Claire@DaisyAppeal.co.uk)

## HULL SURGEON WHO SAVES CHILDREN'S FACES PRESENTS HIS WORK TO AN INTERNATIONAL AUDIENCE



A Hull surgeon saving children whose faces have been destroyed by an infection caused by extreme poverty and malnutrition is to showcase his work to a global audience.

Mr Kelvin Mizen, a maxillofacial consultant at Hull University Teaching Hospitals NHS Trust, has spent more than a decade treating children in Ethiopia with Noma, a bacterial infection which can lead to gangrene.

Mr Mizen was invited to give a lecture to an international audience by the Head and Neck Academic Centre at UCL, the university in London rated the UK's top university for research strength.

He joined a prestigious line-up of eminent maxillofacial surgeons from countries all over the world including Scotland, France, Ghana, Ethiopia, Germany and Brazil, who were also invited to outline their work.

His lecture – "A decade of experience with microvascular head and neck reconstruction in Ethiopia" – took place on July 28 and was part of the international Head and Neck Webinar Series.

Mr Mizen's work in Ethiopia was featured in Channel 5's Extraordinary People series in 2018 when a documentary team filmed him saving two young women aged 14 and 20 after they developed huge tumours on their faces.

Noma, also known as cancrum oris, can be prevented with antibiotics and immediate nutritional support if detected early enough. However, when it goes untreated, it causes mouth ulcers leading to agonising swelling in the cheeks or lips. Gangrene sets in within days, leaving gaping holes in the faces of children. Around 90 per cent of people with Noma will die from sepsis.

The World Health Organisation estimates around 140,000 children, mostly under six, will develop the condition, present in 39 of the 46 countries in Africa, every year.

## University of Hull researcher Dr Josh Ahmed has landed a prestigious Leverhulme Fellowship

The three-year project – which will start in February 2022 – will explore what goes on beneath the surface of oxbow lakes, the impact of climate and landscape change on these lakes, and how these changes may impact communities in South America.

Oxbow lakes are formed when a meander – or 'bend' – of a river is cut off, forming a free-standing body of water. They are one of the best-known natural features on the planet, but despite this, there is still much we do not know about their characteristics.

The Leverhulme Fellowship will see Dr Ahmed travel out to South America three times to study the lakes which have formed along rivers in the Amazon.





# THE LATEST WITH LOGAN

Hello everyone I can't believe I've almost finished my first academic year at Northcott. It's been a very enjoyable term with lots of different achievements but also some rocky moments in between. The start of the summer term was a little difficult to begin with as we have started a early transition period into year 8 and because of my autism I find my anxiety levels heighten when I'm going through period of change.

We have experienced moving from classroom to classroom to prepare us for year 8. At first I found this difficult and have had a couple of ELSA sessions to help with my anxiety and with perseverance and support from my teachers I'm adapting well. I received an award from school for knowing what to do



in an emergency. A class mate suddenly started choking whilst eating his lunch and I knew exactly what to do. It was quite a scary experience, especially for my friend, but I kept calm and helped him. It made me feel thankful that he was ok. I'm very proud to now be a Young Evaluator for Head Start Hull representing the children of our school and being a voice for them whether that be positive or negative. I gained this position after a successful application as I'm very passionate about supporting and raising mental health/autism awareness.

I've also accepted an offer to be an ambassador for The Multi Schools Council. I recently did a podcast episode for them about my love for music/drama and also raising lots of awareness and money for people supporting people's differences. I am still loving performing and recently gained a distinction in my Speech & Drama grade 2 exam! Due to covid restrictions I performed my pieces virtually which was a little bit different to say the least! My flute playing is really starting to improve now as I'm back doing face to face lessons and I've also joined the training band at the Albemarle. I felt that I fitted straight away in the band and I'm really enjoying it. Music really does make me feel alive!

Well that's all from me for now and I look forward to updating you all in the next issue about my new roles.



## Hull Brickfest builds on success to bring two days of LEGO family fun



Some of the UK's legends of LEGO will be in Hull this weekend to showcase their amazing skills with an array of everything from landscapes, palaces and castles to cars, planes, boats and trains.

Hull Brickfest 2021, which takes place in the Guildhall on Saturday and Sunday, will feature LEGO creations of all shapes and sizes with the stunning centrepiece of a full-size model of a Second World War Jeep.

The event will take over two large spaces inside the Guildhall from 11am until 4pm on each day and is presented by Sheffield LEGO User Group (SLUG). It is being supported by HullBID as part of a programme of activities aimed at attracting families into the city centre, and it will be delivered in accordance with the latest Covid safety guidance.

Advance booking via Eventbrite is advised for Hull Brickfest 2021 which is returning for a sixth year because of popular demand.

SLUG Ambassador Kevin Hyatt said: "This is the first time we've done a two-day show in Hull. It's become more and more popular every year so in order to let "more people enjoy the event we wanted to expand it to a full weekend.

"There will be lots of all-new custom creations built by our Master Builders, most never seen before by the public as we have all had a lot more time to build during lockdown.

"We are especially excited about being able to show people Simon Blackburn's life-size Jeep made entirely from LEGO bricks. Each year Simon creates something amazing in a large scale and this display was inspired by his D-Day anniversary display two years ago.

"We approached HullBID to see if they would be able to help us bring more people into the city centre with a fun, family event and we are delighted that they agreed to support us."

Kathryn Shillito, HullBID Executive Director, said: "Everybody loves LEGO and Brickfest is a brilliant exhibition of the amazing things people can build. I'm particularly looking forward to finding out how many individual pieces it takes to build a full-size Jeep!

"We're supporting Hull Brickfest 2021 because it's a fantastic family event which will attract people into the city centre over two days this year, bringing more benefits for our businesses as they continue to welcome back customers."

SLUG has limited the ticket price for Hull Brickfest 2021 to just £5 which includes entry into a prize draw with a chance of winning a bundle of LEGO worth £500. To book please visit <https://www.eventbrite.co.uk/e/hull-brickfest-2021-tickets-145776145375>

## Keep your pets cool as life returns to normal

The RSPCA is urging pet owners to keep their pets cool and safe as the weather heats up and lockdown ends.

Temperatures are due to climb this week and the animal welfare charity is issuing a reminder to pet owners to keep their pets safe. Hot weather can pose risks for our pets, for farm animals, and for wildlife. Every year the RSPCA receives hundreds of reports of animals suffering from heat exposure, including dogs left in hot cars, pets with heat burns on their paws, dehydrated wild animals, grazing animals with no shade, and dogs over-exercised in the heat.

### Seasonal advice: Summer

Dogs and horses need exercise, even when it's hot, but you should avoid exercising them in excessively hot weather. Walk or ride in the morning or evening when it's cooler and remember; if the pavement is too hot to touch with your hand then it's too hot for a dog's paws.

Always ensure your pets or livestock have access to fresh drinking water and shady areas, and avoid transportation during hot weather. Ensure buildings housing animals are adequately ventilated and regularly monitored. Never leave pets in vehicles, caravans, conservatories or outbuildings in the warm weather; they can overheat and die if left in a hot environment, such as a car.

### Top tips for pet owners in hot weather

- Have a go at making some frozen dog treats to keep your pooch cool;
- Don't let your pet get sunburnt - use pet-safe sun cream;
- Ensure animals have constant access to shade and fresh drinking water at all times. -
- For animals that are kept outside, remember that as the sun moves during the day so too does the shade. Somewhere that was shaded in the morning could be in full sun by the afternoon;
- Keep guinea pigs cool and hydrated by making them a fresh vegetable treat;
- Check small animals, poultry and other

pets twice a day for flystrike;

- Keep fish tanks out of direct sunlight and top up water levels of ponds;
- Keep an eye out for wildlife when using lawnmowers or strimmers;
- Keep pesticides out of reach of animals;
- For horses stabled during the day out of the heat, try making them our horse and pony boredom buster treat;
- Wrap an ice pack or frozen water bottle in a tea towel, or use damp towels for your pet to lie on;
- Those with pet chickens can encourage them to stay in shaded areas by hanging up a homemade vegetable garland for chickens;
- Use cold treats from the fridge for added moisture or make an ice lolly for your dog from pet-friendly ingredients;
- Freeze your dog's water bowl or kong, or add ice cubes to your pet's bowl;
- Fill a paddling pool or spray a hose for your dog to play in but always supervise them around water;
- Leave a bowl of fresh drinking water in your garden for birds and other wildlife;
- Snakes are most active in June and July so don't be alarmed if you see one in the wild, most tend to shy away from people but beware adders when out walking dogs as an adder bite is venomous and could make your pet poorly.

To help the RSPCA continue rescuing, rehabilitating and rehoming animals in desperate need of care please visit our website or call our donation line on 0300 123 8181.





# HUMBER BRIDGE SOUP

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

Waaaaaay back in the early 80's when I was still a young lad; I thoroughly enjoyed being a Hesse Scout. Not only did I learn valuable skills for life that I still often call on today, I also enjoyed many exciting activities. Some of which, the health and safety conscious might have nightmares about today. Some that – if I'm honest – make me shudder today, too. But along the way, I also discovered what we then called "Humber Bridge Soup".



Many of our outdoor adventures took place in the shadow of the Humber Bridge in "Switzzy". Also known as "Little Switzerland" by some, the "Humber Bridge Country Park" to use its now sanitized name has since been cleaned up as the undergrowth was cut back, proper footpaths laid, and the debris – including a scrapped car – removed from the pond. Back then it was just a dis-used quarry, ready for adventure. We often finished a night in Switzzy with the fore mentioned Humber Bridge Soup. Each Scout was asked to bring a tin of soup and all – regardless of flavour – would go into one large "billie can". Beef or oxtail doesn't go bad with vegetable or tomato, but then mix in a bit of chicken, minestrone, and pea and ham, and it takes on a

hugely different flavour – and texture. Even more so if some clown contributed a tin of beans or alphabet spaghetti. None the less, religiously, everything had to go in, and trust me, a tin mug of hot Humber Bridge Soup, around about 9 o'clock on a cold winter's night sure tasted good. Then again, later in life, I've also been in situations where I've been so cold, hungry and tired after a long day on hill sides and mountains, the whole evening meal – stew or spag' bol' with dehydrated sponge and custard – has all been thrown together



in the same convenient cooking pot. When you've GOT to eat, you've got to eat!

It was also back as a young Scout when I first discovered my love of what's called "Backwoods Cooking" – queue the jokes about it being dangerous to stand with your back to the fire. That's "backwards". And, indeed, dangerous. Basically, backwoods cooking is creating delicious delights on a camp fire with few or no utensils, pots or pans. And as we're now in the peak of BBQ'ing season (regardless of the weather – right fellas ?), I thought I'd share a few mouth-watering, culinary creations that can easily be replicated on a BBQ or fire pit.



Having returned to Scouting years later as a leader with Hesse Navajo, these are some of what we do today, on the banks of the River Humber. Let's start with a simple beef onion. Simply cut the onion in half, scrape out a little and "score" through the rest. Crumble a stock cube (it doesn't have to be beef) across both halves, wrap in foil and sit in the hot embers for around 10 to 15 minutes. The onion cooks down and softens up, whilst soaking up the flavour of the stock cube, resulting in a caramelised creation.

Another foil favourite are "parcels". Thinly cut your choice of potato, onion, carrot, mushroom etc, and cooked meat such as corned beef and lay or wrap these into a foil parcel. (Even if you add a drop of oil or butter to the foil, you can pretty much write off the bottom layer, whatever it is) Crumble in about a quarter of a stock cube and a few drops of water then loosely seal the parcel by folding it together, and again, place into hot embers for around 20 minutes. The result is... well, I'll leave it for you to discover this tasty treat ?

Backwoods cooking at its purest is when nothing else is used at all, and that's the case with the "breakfast orange". Yes, it's a little messy, but the results are worth it. Cut a large orange (or grapefruit) in half then scoop out the fruit – that can be juiced or just eat as it is – leaving the skin as a half bowl. Lay bacon into the bowl then crack an egg into the centre, and cover with bacon. Again, carefully place into the hot embers. Around 20 minutes should be enough to bake the egg in the cooked bacon – delicious. And a plus point – the only thing you have to throw away is the orange skin. It's similar with simply grilling burgers on nothing more than lettuce or cabbage leaves (NEVER rhubarb leaves as they're poisonous). You just have to replace the leaves every now and again as the moisture dries out. It's possible to cook eggs in the same way, though you can't replace the leaves – just add more underneath. And though it sounds improbable, it is possible to boil water in a paper bag. The trick here is to get a brown paper bag with tight seams or folds, and the bag has to be suspended above the campfire. The water cools the bag enough so that it can't catch on fire, and the heat from the fire keeps the bag dry enough so that the water won't soak through.

Like all backwoods cooking it's a case of careful trial and error, and finding that fine balance – don't expect to get it right first time, but I'm sure you'll have fun trying.

## Building begins on Beal's own new home at Wykeland's Bridgehead business park

Construction has begun on Beal Homes' own new home – the latest showpiece building at developer Wykeland Group's Bridgehead business park.

The new £4.5m head office will provide a platform for the next phase of growth for Beal and maintains the momentum behind a series of prestigious developments by Wykeland over recent years at the flagship East Yorkshire business location.

Beal helps hundreds of homebuyers every year to move to their dream new home and the award-winning house-builder is now preparing to relocate just

100 yards from its existing head office to its own new base.

The 19,000 sq ft, two-storey building will take shape next to the landmark Porsche Centre and continues development on the south side of the business park.

Construction is expected to be complete early in the new year, followed by fit-out, with the Beal team scheduled to move in around spring 2022.



## £1m fundraising milestone reached for maritime transformation

The Hull Maritime project and the Hull Maritime Foundation, an independent charity dedicated to supporting the ambitious plans, have reached £1m in its fundraising efforts to achieve a £2.6m target.

The latest funding success includes £12,000 from the Sir James Reckitt Charity which will support the delivery of a school outreach programme to raise awareness of Hull's rich maritime history with young people across the city.



# 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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Open: Mon-Fri 9am-5pm.

**or return this form >>**

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I transferred out of my work pension scheme to

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

Signed

Date

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[www.workpensioncompensation.co.uk](http://www.workpensioncompensation.co.uk)

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# THE SCHOOL SCOOP

## 'Boy racers' rescue prom night for Hull lads left in the lurch

So-called 'boy racers' have been getting a bad rap around Hull in recent months with reports of residents angry at regular disturbances and potentially dangerous behaviour at meets.

But two members of the KANS car group in the city have shown that there is a more positive side to the community as they helped two 16-year-olds who had been let down by their transport on prom night.

Richard Monk, who lives in east Hull, had been gutted when he received a call to say that the car booked for his son Will and friend Dillon had been cancelled on the day of the prom itself.

After discussing the problem with a friend, they suggested posting a message on one of the local car community groups and Richard decided to do just that, posting a plea to the KANS Facebook page and receiving an overwhelming response.

Richard said: "I got the message to say that the car had been cancelled due to unforeseen circumstances and I was gutted for the lads, I know it doesn't mean much to a lot of people but for them at that age it is all about who turns up in what car and how they're dressed.

"It is meant to be a fun night and we were joking around a bit about them having to go on their push bikes but I wanted to try and get something sorted for them.

"A friend who is into classic cars suggested I take a look at one of the local car communities that are a bit more my

sons style and see if there was anyone I could message.

"The admins at the KANS page were at a meet but said they'd happily post a message for us, within an hour I had over 60 messages from people offering help."

Richard set about organising a new lift to the special event with Ian Monkman and Antony McCloud who had both messaged separately offering the use of their vehicles.

Richard said he wasn't in the group begging for a freebie and offered payment to both men individually but was refused, both said that they had children of their own and were just happy to help out.

The pair took the time to travel to Richard's house and give Will and Dillon a spectacular entrance to their prom in a Nissan Skyline and a Subaru Impreza before going on to the KANS car meet.

Andy even gave the pair some extra flair by turning up suited and booted himself for the full chauffeur-driven experience.

Richard said: "When they turned up you could hear the engines coming down the street and the two boys faces just lit up straight away.

"They parked up for the lads to have pictures with the cars and they were just brilliant, they made the night for those two kids.

"For two complete strangers to turn up, to go out of their way to help like that is just amazing and it really does show you that there are some nice people around still."



## Students urged to take up the climate change challenge with sustainable solutions

Students across the region are being urged to play their part in helping save the planet by getting involved in a new competition to find sustainable climate change solutions.

Children and young people across the Humber aged between 11-18 are invited to help make a difference in the global fight against climate change by planning and delivering their own eco-project for The Waterline Student Challenge 2021, sponsored by SSE Thermal.

Schools, colleges and community groups are all being encouraged to put students forward to take part in the challenge, which is part of Marketing Humber's The Waterline campaign.

Individuals or teams of between two and 10 can take part and projects could, amongst many ideas, include recycling schemes, minimising food waste, and water or environment management.

Entries will be judged on demonstrating a knowledge of how to protect the environment, creativity and imagination, and delivery, with six finalists going through to take part in The Waterline Summit 2021.

Each of the finalists will receive a behind the scenes VIP experience with a supporting business, providing an invaluable insight into the career opportunities available to them with a sustainable company committed to protecting the environment, along with £500 per team.

The overall winners, to be announced on the launch



day of The Waterline Summit, will also receive £2,000 to support its school, college or club on its eco journey.

The Waterline Summit, the flagship event of The Waterline campaign, is returning as an even bigger and more ambitious event this year, linking the region to the globally critical COP26 climate change conference.

Held over five days from October 18-22, the hybrid of in-person panel discussions and events and immersive virtual experiences will position the Humber as central to the worldwide climate emergency. It will take place just weeks before COP26, the United Nations Climate Change Conference being held in Glasgow in November.

Every country in the world will be represented at the conference, with US President Joe Biden expected to attend to mark America's return to the Paris Agreement committing nations to work together to limit global warming.

## University of Hull lecturer Dr Nick Evans recognised by Royal Historical Society for inspirational teaching

Lecturer Dr Nick Evans has been recognised by the Royal Historical Society for his innovative teaching at a prestigious national awards ceremony.

Dr Evans, a Senior Lecturer in diaspora history, was recognised as a runner-up for the Jinty Nelson Inspirational Teaching and Supervision Award. Judges from the Royal Historical Society praised Dr Evans for his "deep commitment to giving students from all walks of life the ability to learn beyond the classroom."

Dr Evans conceived and developed the Hull History Network in 2019, providing students with new opportunities to enhance their CV and employability skills.

Over the last two years, even during the COVID-19 pandemic, the Network has created links with local businesses, heritage and educational organisations, and has helped provide students with work placement opportunities. It also gives students the chance to deepen their knowledge of history and their understanding of the world of work.



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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

## FOOTBALL UNITES AT THE UNIVERSITY OF HULL AS NEW TEAM GB PROJECT LAUNCHES

The University of Hull has teamed up with Team GB to help bring the beautiful game to more young people in the city.

The project, called Football Unites, saw over 90 children from across Hull visit the University's campus on Wednesday, July 28 for a day of sport and activities.

Four-time Olympian and gold medal-winning rower Matt Langridge MBE also attended the launch of the campaign, and shared his inspirational story with visitors.

Looking ahead, the University will offer free, weekly football sessions to children as part of its official partnership with Team GB.

Matt Langridge MBE said: "This is all about getting the kids down and giving them the opportunity to try out football.

"Looking around, a lot of them look like they are already part of teams, which is great but this is also an opportunity to showcase the sport of football and inspire children to get involved.

"The main thing for me is the fact they're having fun... it's great to see all the kids taking part, enjoying the sport and being active."

The programme is part of the I Am Team GB festival of sport which is encouraging people across the nation to

be inspired to get active.

There will be events across the country taking place on the weekend of August 14 and 15, including a 5k Your Way event at the University.

Matt said: "I would encourage people to sign up and give it a go. If you have the opportunity always go along and try it because you don't know what is going to be the sport that you can enjoy and get involved in.

"It's not always about making the Olympians of the future, for me that's always a bonus, but having a sport for every kid to be involved in is the legacy of the Olympics and for me that is the great thing about the Olympics... "It showcases all these different sports and I am a big believer there is a sport out there for everyone."

The Football Unites launch event began in true Olympic fashion, as participants enjoyed an Opening Ceremony which featured a talk from the decorated Team GB rower.

During the day, children enjoyed a variety of games and activities, all played with a ball.

In one event, Matt Langridge swapped his oars for a pair of goalkeeper gloves, as children were tasked with scoring a penalty kick against the Olympian.

Football Unites is being delivered by the University of Hull and Hull Sport, in partnership with Team GB, to

increase participation and opportunities for young people in sport.

The event finished in suitable fashion with a Closing Ceremony, and children had the chance to have their photo taken with Matt and his collection of Olympic medals.



## LATIN TO BE TAUGHT IN STATE SCHOOLS TO MAKE LANGUAGE LESS 'ELITIST'



Education Secretary Gavin Williamson said a new programme would ensure the subject was not 'for the privileged few'.

Latin lessons are to be offered to thousands of state school pupils across the country as part of an effort by the Department for Education to make the language less "elitist".

Education Secretary Gavin Williamson said a new programme would ensure the subject was not "for the privileged few".

A £4 million Latin Excellence Programme will see the ancient language offered to 40 state schools in England as part of a four-year pilot, according

to The Daily Telegraph. The paper said that staff at the selected schools will be trained and given resources to teach Latin to 11 to 16-year-olds.

Mr Williamson said: "We know Latin has a reputation as an elitist subject which is only reserved for the privileged few. "But the subject can bring so many benefits to young people, so I want to put an end to that divide.

"There should be no difference in what pupils learn at state schools and independent schools, which is why we have a relentless focus on raising school standards and ensuring all pupils study a broad, ambitious curriculum."

## Reckitt CEO and CBI Director General visit Hull's Ron Dearing UTC

The CEO of Reckitt, the world's leading consumer health, hygiene and nutrition business, has visited Hull's Ron Dearing University Technical College (UTC), reinforcing the company's commitment to the region and its partnership with the pioneering school.

Laxman Narasimhan and Confederation of British Industry (CBI) Director General Tony Danker, together with other Reckitt senior executives, met Ron Dearing UTC Principal Sarah Pashley and students at the employer-led school following a visit to Reckitt's factory and R&D facilities in Hull.

They were joined on the visit by CBI leaders, including Chief UK Policy Director Matthew Fell and Regional Director, Yorkshire and the Humber, Beckie Hart.

Reckitt's rich history and heritage in Hull stretches back to 1840 when Isaac Reckitt founded a starch mill on the site in Dansom Lane where the business operates to this day.

From those humble beginnings Reckitt has grown to become the company behind many iconic household products, such as Dettol, Airwick, Lemsip, Gaviscon, Nurofen, Veet and Durex. The company employs more than 40,000 people in over 60 countries, including over 1,500 in Hull.

In recent years Reckitt has invested £200m in the city, including the opening in December 2019 of a state-of-the-art Science and Innovation Centre and significant upgrades to manufacturing facilities.

Reckitt has also shown its commitment to developing a new pipeline of scientific and

technical talent in the region through a number of education initiatives, including being an active Founding Partner of Ron Dearing UTC.

As a Founding Partner, Reckitt helps to shape the curriculum, sets real life industry projects for students to work on, offers guidance, advice and mentorship to learners as they prepare for the world of work or university, and provides work experience and apprenticeship opportunities.

Reckitt is prominent among a host of leading local employers that are partners of Ron Dearing UTC and have played a critical role in the school's success, including being judged "outstanding" in all areas by Ofsted.



## Hull star Lucy Beaumont backs city's ambitious young entrepreneurs

A famously funny Hull-born star is the latest to back a trailblazing initiative that supports enterprising young people in Hull.

The John Cracknell Youth Enterprise Bank, which works in partnership with Hull City Council, offer grants of up to £1,000 for the region's young people to finance business ideas. It has gained support from educationalists, politicians and business leaders from across the world.

And now comedian and actress Lucy Beaumont has backed the initiative after becoming a vice-president for the organisation. Beaumont said: "I think it's amazing what the John Cracknell Youth Enterprise Bank has done over the years, in particularly raising funds to support enterprising young people who were excluded from financial support during Covid-19 and giving them access to experienced mentors. "I am looking forward to working with my fellow vice presidents to support young people in Hull, my home city, particularly in the arts."

Councillor Daren Hale, Leader of Hull City Council, said: "It is very pleasing that so many people with a wide range of experience have volunteered their support for enterprising young people in Hull.

"This support from people from across the world shows how they have faith in

what Hull is doing to support young entrepreneurs through the various partnerships and networks that Hull City Council have established. It is particularly pleasing to see my colleague Councillor Steve Wilson and Hull-born comedian and actress Lucy Beaumont giving their support to this important work."

Tony Robinson OBE, Patron of John Cracknell Youth Enterprise Bank, said: "I am pleased that so many high-profile business, political and educational leaders are giving their time and support to the young entrepreneurs in my home city of Hull, in particular Sir Nic Dakin, Sean Royce, Lord Norton of Louth and my good friend Andy Penaluna, Professor Emeritus of the University of Wales and national expert on enterprise education and entrepreneurship."

For more information, follow @JCYEB\_Hull and @HullsEnterprise on Twitter.



## Fundraising is in the family for Daisy Appeal skydivers



The family of a man who died after a long battle with cancer have again stepped up to raise money for the charity which helped prolong his life.

Elliott Tate brought in more than £1,000 for the Daisy Appeal in memory of his Grandad, Bert Purdy, and now Elliott's cousins have teamed up with a friend to donate more than £800 after jumping out of a plane.

Ellie Melton, who completed a sky dive with her cousin Elysha Winsor and their friend Anna Finney, said: "It was just something we had always wanted to do, something we were really interested in."

Elysha added: "Our Grandad died in 2019 after a long and brave fight against cancer. For years he travelled back and forth from Bilton to Castle Hill Hospital for treatment and the care provided meant our

family and especially his wife Joy got to spend as much time as possible with Bert.

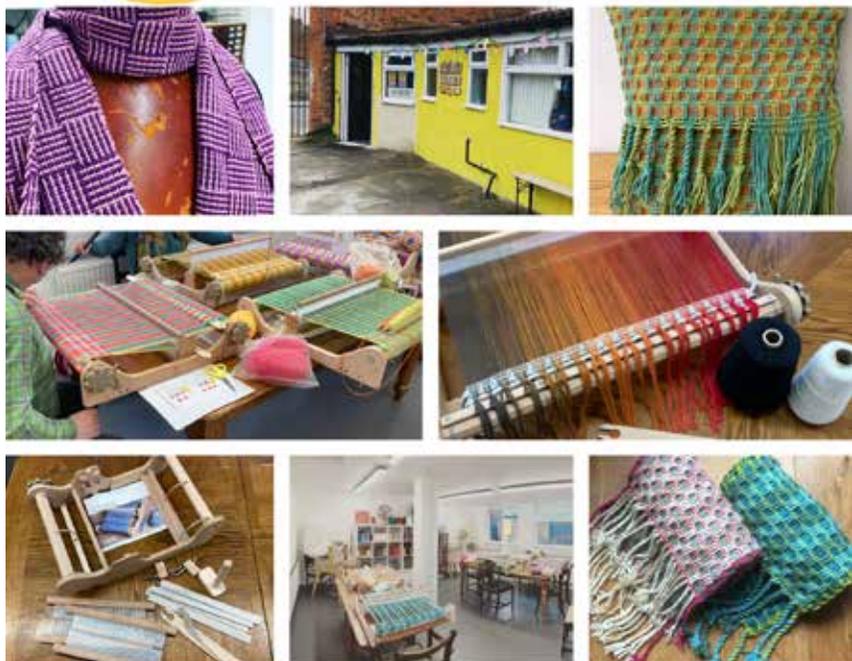
"The Daisy Appeal is very close to our hearts and we hope that the money can go towards making care more advanced and better for patients."

Elysha, a trainee paramedic, Anna, a university student, and Ellie, who works with rescue horses and donkeys, all live in Bilton and originally planned the sky dive for January to mark their 21st birthdays but were forced to postpone because of Covid restrictions.

They have now completed the tandem jump after taking to the air at Hibaldstow in Lincolnshire and leaping out of the plane from 10,000 feet while Grandma Joy watched their descent from the ground.



We are a Not For Profit Textile Studio and Arts Space on the Boulevard in Hull



@lifeandloomstudio

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Many of us know about the soothing qualities of craft and how wonderful it is to be around other like-minded people. Well, here at Life and Loom Textile Studio, we combine the two. Primarily specialising in weaving, we encourage all sorts of craft activities for people to do in the relaxing atmosphere of our Boulevard based studio.

For those looking to gradually feeling comfortable around others again, we offer weekly membership to the studio, where you can use the equipment and materials on offer at your leisure, with help and support from the studio tutor. For those looking for group activities, we have workshops running through the summer with everything from wild flower dyeing to tea towel weaving on offer. If you love the idea of completing a weaving project or borrowing the studio equipment, we run a loom loan service alongside our other activities, where you can connect with the studio tutor Alix via zoom to get your project started from the comfort of your home.

This summer is also exciting because we'll be opening up the studio for 5 evening weaving sessions (Weavenings!). These sessions are perfect for those thinking of joining our membership, attending a workshop, having a go at a new craft, loaning a loom, or just curious about what we get up to all day in our little yellow studio!

**All information about the activities mentioned above are available on the Life and Loom website and via the socials. Give us a follow!**

”



# WHAT IS A GOOD STATE OF HEALTH AND, MORE TO THE POINT, HOW DO YOU ACHIEVE IT? WITH DAWN O'DONOGHUE

Health is often seen as being physically active. I know that many people, especially during our lockdown periods, rediscovered their passion for exercise. Suddenly, the number of people walking (with or without a dog), cycling or running past my house increased significantly. Even those unable to leave their own homes used the internet (thank you Joe Wicks), TV or made plans to do a daily workout routine even if it meant using tins of beans as weights and a chair for support. Fantastic!



Meanwhile, for some, eating habits changed. For many this was a time to review diets (especially as the initial lockdown sometimes brought those extra pounds),

ditch the excessive carbs, sugars and salts whilst embracing fresh produce. This coincided with a lockdown kickstart for the 'Grow your own' revolution with gardens becoming outdoor supermarkets complete with tubs of patio potatoes, hanging baskets of tomatoes or germinating seeds on your window sill. Fresh produce on your doorstep.

And the increase in exercise, change of diet and embracing the outdoors in whichever way you could, has certainly helped some to feel healthier. However, a growing number of people say they feel ill or certainly not quite as healthy as they feel they should be.

The answer is simple. We, like any organism, rely on the Triad of Health...a combination of three fundamental areas which work together to make us whole. A disruption to any area of the Triad leads to malfunction or, in our case, feelings of being unwell.

## The Triad of Health (or triangle) has three main components:

- The base of the triangle is our physical structure. This is our body, a complex machine at best, maintaining good muscle, nerve and bone structure. Physical injuries and our daily life can affect our posture, ability to walk and impede our exercise. Equally, it can stress our nervous system to the point of malfunction. If you've ever broken a bone or sustained an injury, albeit small, this affects your whole way of life. Even knocking your toe against the furniture, makes you limp slightly and puts tremendous stress on other areas of your body. If a car has a flat tyre it can still be driven but it will hardly be efficient. That's why it is paramount that the body is exercised in such a way that maintains its overall health, flexibility and strength.

- Equally important is the left side of our triangle – the biochemical and nutritional element of our composition as a human. Within this section, and we all know this, a correct, healthy fuel aka diet, is necessary for our 'inner body' to function well. Nutrition, or what we eat, combined with some medication, can spark allergies, raise our blood pressure or simply cause us to have digestive discomfort. Put the wrong fuel in your car and it will soon tell you (and

we've all done that at some point in our life) and our body is no different. Unbalanced eating or over indulgence can be stressful for our internal organs, tissues and glands. That 'next day' hangover is a reminder that your body just doesn't like its liver and kidneys having to work quite so hard.

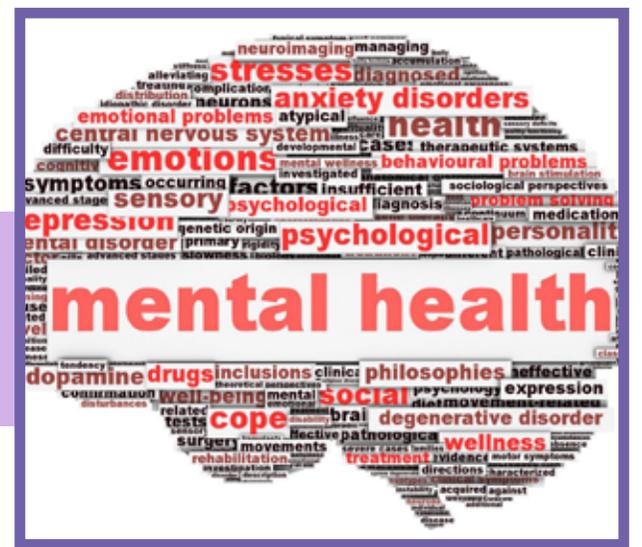
If in doubt, consult the Eatwell guide, available on <https://www.nutrition.org.uk/> or ask your local medical practice to be referred to a dietitian or nutritional practitioner.

- The final piece of the triangle is our emotional and mental health. During the lockdowns and throughout this pandemic, the majority of people have experienced some form of stress. Negative emotions, overthinking, isolation and a new way of living our everyday lives has seen a significant rise in cases of anxiety. The uncertainty and constant reminder of illness leads to excessive worry and stress, resulting in feeling unwell but without any tangible physical cause.



Even in its simplest form, any section of our personal triangle that doesn't work efficiently, is going to impact on how we feel, be it physically or mentally. So, what can we do to help ourselves achieve a more balanced Triad? Initially, I suggest to my clients (who often appear with a physical pain or discomfort) that they learn the art of relaxation and mindful breathing. This doesn't just involve laying down (although it is tempting to do and can help initially) but also requires a conscious effort to think more optimistically, discover what makes you happy and taking some time out of whatever your schedule is for 'self care'.

Listening to music often raises my spirits but there are many apps or internet sites out there that offer instant programmes of relaxation, develop your sense of calm and can generally help you rewire, escaping your conscious stresses whilst allowing the brain to rest. Taking a few minutes per day to work on your mental wellness can ease those stomach issues, allow you to breath more easily and, although you can't see it, reduce your hor-



more imbalances and ultimately release endorphins to make you feel happier.

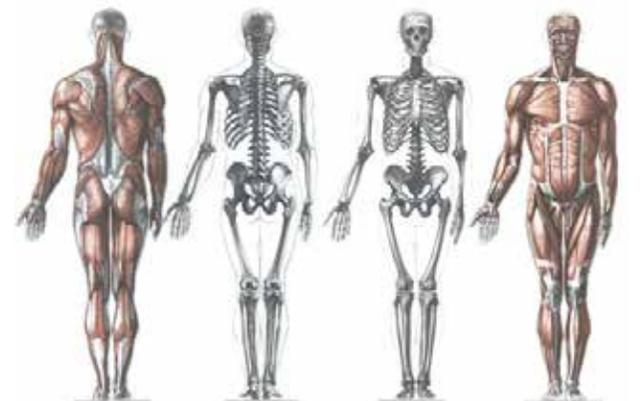
Try to start your day by listing three positives in your life even if it is just that the rain will replenish the grass or that the sun is shining. Practice daily thankfulness, be mindful of how situations affect your emotions and search for the positives in every situation. When we are happy, do we feel generally unwell? No, we have a tendency to just be us and not really think about how we feel physically.

In addition to this, choose to eat good, wholesome food whenever possible. No food should be banned (unless you notice an adverse affect on your body) but being sensible and resisting the temptation to finish the entire box of chocolates or bottle of wine, will make you feel better in the long run. And, lets face it, if you ban a food from your diet – you will want it even more.

If you stray off the path of clean eating (fresh is best) then compensate the next day and maintain good levels of hydration which will flush any toxins from your system. Avoid processed food if possible, learn to be a bio-chemist in the kitchen (which is basically what cooking is) and avoid anything which contains toxins or empty calories.

Finally, think about your posture and physical exercise in general. Do you hunch over a computer keyboard, slouch whilst eating or walk with your shoulders forward? Imagine an invisible string running down your spine. If you pull it upwards from your head, you will instantly feel yourself standing taller and straighter. This simple exercise can be done anywhere and at any time, it instantly feels good and ultimately leads to realigning your whole body. Remember, any form of exercise that is suitable for you, will lead to a more balanced structure, strengthen your muscles and improve your overall body function.

Working with your Triad of Health will enable you to feel physically and mentally better holistically but, if for whatever reason you cannot achieve all three areas, then work on the things you can accomplish and you will be amazed how this will impact on your life.



# KIDS

Our local kids making a difference.

# ACHIEVING

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

## Young Mayor selected by Hull's young people



Young people in Hull have selected the city's third Young Mayor.

Amelia Franczak, aged 12, from St Mary's College, was selected from 35 young people who applied.

The Young Mayor's campaign group panel chose

Amelia following her presentation on nationalism and racism, and felt she would be able to connect to anyone young and old.

Amelia said: 'I am extremely excited to be selected as Hull's Young Mayor and I am looking forward to working with the Hull Youth Parliament.'

Amelia will take over from Gabriela Surdyk who undertook the role for two years due to the coronavirus pandemic. Emily Koyunca was Hull's first Young Mayor in 2019.

The full selection process, from promotion campaign to selection, was led and evaluated by young people.

A total of 35 young people, aged 11 to 17, applied after a

promotion campaign targeting youth groups, schools, colleges in Hull. 13 young people were selected to be interviewed by a panel of young people, which covered topics from mental health to community connectivity, body image to racism.

Amelia will be in post for the next 12 months working with other young people and decision-makers to promote the interests of young people in the city.

Councillor Shane McMurray, Portfolio Holder for Children's Services said: "Huge congratulations to Amelia.

"It's important that more young people are involved and engaged in local politics and decision making. I am always impressed how well young people can advocate for each other and the things they care about, as well as changes they'd like to see.

"It's vital that we take into account young people's perspectives when we're providing and shaping services for them. I wish Amelia a productive and enjoyable year."

Karolina Franczak, Amelia's mum, said: 'I am very proud of Amelia she is an amazing young woman who wants to make the world a better place'.

The Council's Voice and Influence team will work with the Young Mayor, along with other young people, organisations, schools and the Lord Mayor of Hull for the benefit of young people in Hull.

## Children's willow sculptures bring art and nature together on Bridgehead wildlife trail

Pupils at a local primary school have created charming wildlife-inspired features that have pride of place on a popular wildlife trail around the Bridgehead business park in East Yorkshire.

Children from All Saints CE Junior Academy in Hessle visited the Bridgehead site close to the school to see how the art installations they created in a project funded and delivered by Wykeland Group, owner and developer of the business park, have become a landmark on the picturesque woodland walk.

Working with local artist Louis Dorton, Year 4 pupils used pliable willow shoots to create a variety of sculptures depicting animals commonly found locally, such as foxes, deer, owls and rabbits.

The delightful sculptures add to a growing collection of innovative artworks on the nature trail which circles the 50-acre Bridgehead development.

All Saints Headteacher Laura Jackson accompanied three children to see their handiwork in place on the woodland trail and said: "We've been working on arts projects for the Bridgehead trail for seven years now and we've really benefited from the expertise of artist Louis Dorton and, before him, Liz Dorton.

"The whole class were involved in the project this year and the children loved making the willow sculptures. They developed skills which linked in closely with lots of the learning they've been doing."



**NOMINATE THE ACHIEVEMENTS OF OUR YOUNG PEOPLE.**

AND SEE THEM FEATURED IN THE NEXT EDITION OF THE HULL HUB

EMAIL US: [INFO@THEHULLHUB.CO.UK](mailto:INFO@THEHULLHUB.CO.UK)

## SJ Arts, Dance & Theatre School - New Journey for Elysee, Lewis & Joe 2021

What an Amazing end to a special term at SJ ARTS not only has the school created some fantastic memories through the pandemic but these 3 students have secured their places at prestigious Dance & Theatre Colleges through zoom what an incredible achievement and definitely shows determination and resilience to succeed.

Elysee Rizzo starts her new 3 year journey degree course at MEPA College in London studying Musical Theatre and Dance, Elysee had 6 offers from other colleges including scholarships but knew instantly that MEPA would continue were she leaves off at SJ ARTS to further pursue her goals and dreams of performing in Disney and Cruise Ships.

Lewis Holmes found out at the final SJ ARTS Showcase that he had also secured a fully funded course at SLP in Leeds to further train for a 3 year degree in Musical Theatre and Dance which is Amazing as Lewis was so unsure about it but helping Lewis through this made him believe he could achieve this.

Joe Brownlie-Johnson has also secured a fully funded course at Addict from September to further train in Dance and Musical Theatre

he was also offered a place at a prestigious Dance College Juilliard in New York but no funding was available at this time so if anyone would love to support this dream please don't hesitate to get in touch.

We believe that supporting your students and creating the right mindset is everything in helping them achieve their goals and dreams. If you are looking for a fresh approach and supportive dance school then we are now taking on new students from Age 2.5 yrs - 18 yrs for September 2021.

SJ ARTS  
sarairlandhull@gmail.com / Facebook



# WHAT'S ON IN HULL?

FOR FAMILIES IN AND AROUND THE CITY, THIS SUMMER.

## A fun-filled summer of stories with Hull Libraries



street dance, our aim is to provide a range of free activities to engage young people.

“Once again, children are also invited to take part in the national summer reading challenge, which encourages reading over the six week holiday, while a photography competition, ‘Capture summer’ runs from until 18 Sept capturing the summer holidays through the eyes of the city’s young people. So if you know any budding young photographers we would love to see their images

which capture summer in the city.”

Here’s a flavour of what to expect at Hull Libraries this summer:

- Rubbish robots with Makerspace (under 5s sessions)
  - Author visits with Steve Skidmore
  - Interactive poetry word play sessions with Paul Cookson
  - Live drawing tutorials with Calvin Innes
  - Creative writing sessions with Grimm & Co
  - Pottery sessions with Studio 11
  - Artist workshops with Artlink
  - Animal Conservation and habitats talk with Sam’s Safari
  - Street Dance
  - Cooking up a picnic with Groundworks
- Pick up a copy of the summer programme from branches of Hull Libraries. All activities are free and places can be booked via EventBrite (<http://hulllibraries.eventbrite.com/>).

Following the success of June’s sell-out Big Malarkey Festival, where 4,300 people experienced the fun of Hull’s family festival and accompanying schools’ programme, Hull Libraries summer programme has launched this week with over 140 free activities.

With summer once again looking a little different for many families, Hull Libraries has come up trumps with a wide range of fun ways to keep the kids entertained this summer. From Lego and chess clubs, crafts sessions and author workshops to learning about Vlogging, a range of activities will be offered across the city’s libraries helping to keep kids of all ages engaged for free.

Cllr Marjorie Brabazon, Chair of Hull Culture and Leisure, explained: “The team at Hull Libraries have planned an action-packed summer programme which is all free thanks to funding from Health Holidays Hull.

“From live artist workshops, interactive sessions for under fives and weekly clubs like

## The Summer of Fun kicks off at Sewerby Hall and Gardens



As the summer holidays begin, a Summer of Fun is getting under way at Sewerby Hall and Gardens, with a whole range of events and activities

for all the family, and visitors of all ages!

Every day, visitors can immerse themselves in the new contemporary artwork, ‘Umbraculum’ by Juliette Losq, a layered paper-based installation which draws inspiration from the gardens and heritage of the popular venue.

In the house every day, there will be a brand new exhibition, ‘A Brief History of Underwear’, and there will be regular Orangery concerts.

Mondays will see Rusticus Woodland Creatures

Theatre, featuring King Kong. On Tuesdays, The featured theme will be ‘Around the Woods in 80 Days’. These are outdoor performances, inviting visitors behind the scenes to join in with fun activities in their woodland home. Visitors will be able to unleash their creative side and get stuck in with silly outdoor crafts, games and activities, all inspired by the wonderful woodland grounds at Sewerby Hall and Gardens.

Wednesdays will include Magic Shows and Face Painting, and on Thursdays, Rusticus Woodland Creatures Theatre return with Treasure Island. Fridays are the day for Wildcats : a chance to create weird and wonderful pictures with natural materials.

Visitors will need to pre-book their pod via the Welcome Centre for the Rusticus Woodland Theatre events, Magic Shows and Punch n’ Judy shows. Full details of admission prices, opening hours, and all the facilities available, including the zoo and the Clock Tower Cafe, can be found online at [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk)

## Kids Go Wild events are back!

East Riding of Yorkshire Council’s countryside access team is running the popular Kids Go Wild discovery days once again this summer.

Get creative during the Woodland Art event at Humber Bridge Country Park Local Nature Reserve on Tuesday, 10 August. Explore the woods and meadows of the reserve and show off your artistic skills using natural materials. Be inspired by the world around you, and create your masterpiece under the magnificent trees. You may like to go on a minibeast hunt too, and have a really close look at some beautiful bugs and boggle-eyed beasts! Your woodland art can even feature an imaginative clay creature, with multiple legs and extra long antennae! Tutored by Michele Davy.

Go on a Pond Safari on Tuesday, 17 August at Eastrington Ponds Local Nature Reserve. Discover the creatures living in the pond, take part in pond dipping, and afterwards enjoy environmental art activities with Michele Davy.

If you are a family who love an adventure then join Rusticus on the Magical Kingdom Adventure Trail on Tuesday, 24 August at Humber Bridge Country Park Local Nature Reserve. The fairies are causing mischief and the enchanted trees of the Humber Bridge Country Park need your help. Your journey



will take you to the hidden corners of the park where you will follow the clues, enjoy puzzles and activities, and even meet the king and queen of the fairies!

These events are suitable for children, accompanied by adults.

The Butterfly Safari, Bumble Bee Safari, Woodland Art and Pond Safari have staggered start times: 10am, 10.30am, 11am, 1.30pm, 2pm or 2.30pm, as does the Magical Kingdom Adventure Trail: 10.30am, 11am, 11.30am, 12pm, 2pm or 2.30pm.

Each event costs £2.50 for children, with accompanying adults free. Booking is essential to keep the numbers attending at a safe limit. Tickets are available at [www.bridspa.com/events](http://www.bridspa.com/events) (select Venue, then Sports, Play & Countryside Events). For enquiries, call: 01482 395320, or email: [countrysideaccess@eastriding.gov.uk](mailto:countrysideaccess@eastriding.gov.uk)

More information about the Kids Go Wild events is available at: <https://eastridingcoastandcountryside.co.uk/whats-on/>

## School's Out 2021

Parents and carers looking for fun and active ways of keeping their children entertained during the summer holidays should look no further than the Active East Riding #SchoolsOut website.

This year’s School’s Out programme can be found online at [www.activeeastriding.co.uk](http://www.activeeastriding.co.uk). Click on #SchoolsOut to find a whole host of exciting and entertaining activities for children of all ages and abilities. The activities, which have been put together by a number of East Riding of Yorkshire Council services, will take place at locations all across the East Riding and will include events such as art and drama workshops, football and swimming courses as well as a butterfly safari.

Also this year, Active East Riding will be taking part in the Holiday Activities and Food (HAF) programme run by the Department for Education and supported by Manchester United and England footballer Marcus Rashford.

The events for both the School’s Out and Holiday Activities and Food programmes can be found at [www.activeeastriding.co.uk](http://www.activeeastriding.co.uk) and clicking on the @Schools Out button. People can also keep up to date by following the Active East Riding Facebook page - [www.facebook.com/ActiveEastRiding](http://www.facebook.com/ActiveEastRiding)



# Even More Good News

## From Our Community

### Leading club makes key appointment to support rugby union development across the region

East Yorkshire's leading rugby union club is stepping up to develop the game across the region with the appointment of a key figure who will combine duties as head coach with a programme designed to help young players at schools and other clubs. As Head of Rugby at Hull Ionians, Graham Steadman, brings rugby league experience which includes more than 200 appearances for Castleford and a rugby union CV which takes in the Ireland and Scotland national sides as well as Newcastle Falcons, Cardiff Blues and London Scottish.

His priority will be to guide the first team back to National League 1 but he is also charged with filling some of the rugby development gaps created by cuts at the Rugby Football Union.

Steve Townend, Chairman of Hull Ionians, said: "The RFU's cost cutting has seen the removal of rugby development officers

and we have always regarded ourselves as a community club so I came up with a job description for a head of rugby, which is head coach and rugby development.

"We talked about changing the mindset and finding someone who could also work on development with our own players and coaches and across the community with other clubs and with schools. The board confirmed that it was happy to proceed and we put together a package with some of our long-established sponsors who are helping us to fund it.

"They are particularly interested in the fact that Graham is also taking on the development role to try and improve the game across our region and offer more opportunities for boys and girls who want to play rugby. We are already talking about offering specialist coaching clinics and helping coaches at other clubs, where we have some good links."

Graham's three-month term as defensive coach helped improve Hull Ionians at the end of the 2019-2020 season but came too late to prevent relegation from National League 1. He is now preparing the team for a National League 2 season which will bring a local derby against Hull as well as clashes against rivals from across Yorkshire.



### Major maritime installation takes over the streets of Hull

As part of a major transformational project, this is the first of a series major events in the build up to the delivery of the Hull: Yorkshire's Maritime City project.

As the Hull Maritime Museum object move nears completion, rooms within the basement have been disturbed. The monster is claiming Hull as its own!

Something weird and wonderful has been unleashed. Watch out for its tentacles creeping around corners as you move through the city centre, and its nest of eggs on Monument Bridge.

An exciting FREE map of the tentacle trail is available from [maritimehull.co.uk](http://maritimehull.co.uk) as well as Kraken Headquarters in Queen Victoria Square, the tourist information



pod within Paragon Interchange and the Museums Quarter.

There will be some surprises along the way including maritime characters and living statues, theatre performances and live music.

Maritime themed events will also take place within the Museums Quarter on the High Street on 7, 12 and 21 August, 11am and 3pm. There's be fun craft activities, a show and tell with objects from the museum's collection, a trail in the Hull and East Riding Museum and the team will be on hand to update families on the progress of the transformational project.

We'd love to see your photos so please share them on social media, tag @Hull-maritime and #HullKraken

You can see this new bespoke inflatable commission for the Hull Maritime project, funded by Hull City Council, The National Lottery Heritage Fund, and Historic England's Culture Programme between Friday 6 and Thursday 26 August.

More information visit [www.maritimehull.co.uk](http://www.maritimehull.co.uk)

### Hull Hospital Staff take on the Gauntlet Relay Triathlon for WISHH



was the first time they have taken part in a triathlon relay.

Anne-Mair Hammond-Jones said, "We all love the great outdoors, and even more so since the long periods of lockdown during the pandemic. We've all spent more time with our families walking and cycling together. We thought this challenge would really push each of us at our sporting disciplines. In the past, individually we've taken part in challenges for fun, such as the Great North Swim at Lake Windermere and other running and cycling events.

"Being outdoors helps us all keep grounded following a year like no other, de-stress and helps us switch off. This event helped focus each of us into putting our energies into completing the relay challenge whilst raising funds for a charity close to our hearts, WISHH. It's great for us to give something back.

"Our families, friends and work colleagues all supported us, and it is a great achievement as a team to cross the finishing line."

Lisa Whitton, WISHH Charity Manager said, "We'd like to thank the team for taking part in the Gauntlet Relay, a Half Iron Man Challenge. Funds raised will help WISHH enhance our hospitals for the benefit of patients, their loved ones and staff."

If you would like to support the team, visit their fundraising page: <https://www.justgiving.com/fundraising/Gasthletes>

A group of seven Hull-based Hospital staff made up of anaesthetists, GP trainee, an operating department practitioner and an emergency medicine consultant, plus their two spouses, undertook The Gauntlet Relay Triathlon, at Castle Howard on Sunday 25th July, to raise funds for Hull Hospitals' official charity WISHH.

In three teams, they swam 1.9k in the lake at Castle Howard, cycled 90k around the Howardian Hills and ran 21k around the Estate Grounds. The challenge was not for the faint-hearted, as it usually takes between 7 - 8 hours to complete.

The team signed up to take part in this challenge prior to the pandemic, following a charity night bike ride back in October 2018, from Manchester to Blackpool in memory of colleague Dr James Pettit. The team were keen to take on another challenge and this

### Allenby Commercial expands The Trade Yard concept with new acquisition as other sites hit capacity

Hull-based developer Allenby Commercial is working on the expansion of its Trade Yard concept after buying a new site in the face of rising demand at its previous locations.

The company has purchased a brown-field site in Driffield in a deal which will deliver its first Trade Yard in rural East Yorkshire.

Paul Swallow, Contracts Manager at Allenby Commercial, said other acquisitions are likely to follow with The Trade Yard Willerby close to capacity and the units at sites in Beverley and Scunthorpe all now full.

The Trade Yard Willerby only opened in May this year with the arrival of Screwfix, and Allenby Commercial have now signed up two other national operators in Tool Station and Easy Bathrooms. A tenant will be announced soon for another part of the Willerby site, leaving just one unit of 4,850 square feet available.



# Community *and* Services

stay safe and help prevent the spread of Coronavirus

## Four-hour visiting slots introduced at Hull Women and Children's Hospital



Partners will be able to visit pregnant women and mothers and their newborn babies in hospital for up to four hours from today.

Hull Women and Children's Hospital is introducing four-hour visiting slots in the morning and four-hour visiting slots in the afternoon from Monday, July 26.

Four-hour visiting slots are replacing one-hour slots following intensive work by Hull University Teaching Hospitals (HUTH) NHS Trust's maternity team to keep all women and newborn babies as safe as possible throughout the pandemic.

Lorraine Cooper, Head of Midwifery, said: "Partners will be able to join their families for either four hours in the morning or four in the afternoon from today.

"Our priority remains the safety, not just of the women and babies in our care but of our

staff working on the wards. Now more and more people have received vaccinations, it is safer for us to make some changes.

"But, even now, despite the easing of some national restrictions, we are still having to keep visitor numbers as low as possible to reduce the risk of this deadly disease spreading to women and their babies."

In the past month, the trust has seen increasing numbers of pregnant women with the virus. They are cared for in a special, isolated areas of the hospital, with highly skilled maternity staff in full PPE tailoring care and support to their individual needs.

From today, women admitted as hospital in-patients to antenatal and post-natal wards will be able to book either the slot from 9am to 1pm or from 3pm to 7pm with the midwife looking after their care in the same way as the one-hour slots were booked. Only one slot can be booked for each day to prevent too many visitors being on either the antenatal ward or postnatal ward at one time.

Partners will be required to wear face masks and observe social distancing at all times to protect not just the person they are visiting but all staff and women on the wards.

As before, one birth partner can stay with women in labour on either the hospital's labour ward or the Fatima Allam Birth Centre. Partners can attend outpatient appointments including scans following the creation of safety "pods" and changing the layout of facilities at the hospital to accommodate social distancing.

## New drop off sites launched for unwanted medical equipment

Hull and East Riding residents are being urged to return medical equipment that is no longer needed as part of a new NHS initiative to reuse and recycle items such as crutches and commodes. Too often, perfectly good medical equipment is cluttering living rooms or ending up in landfill. The local NHS has now launched four new drop-off containers at refuse centres in the area to help patients support a greener, more economic health service.

NHS Hull Clinical Commissioning Group (CCG) and NHS East Riding of Yorkshire CCG and Community Care Equipment Services provided by NRS Healthcare are working in collaboration with East Riding of Yorkshire Council; Hull City Council and FCC Environment waste management service with an aim to reduce the NHS carbon footprint and, wherever possible, reuse items some of which are in short supply.

On behalf of the council or NHS, NRS Healthcare has loaned thousands of items of equipment to help people to live independently in the community. NRS operate a collection service for larger, more expensive items, but it is usually not cost effective for the service to collect smaller items. Previously these items would have been thrown away or stored at home when no longer needed. Dr James Crick, Consultant in Public Health Medicine and Associate Medical Director, NHS Hull CCG, said: "The pandemic has meant there is a shortage of equipment such as perching stools, bed sticks and commodes, as well as smaller items

like crutches or rollators. To help combat this, wherever possible, we are now trying to reuse or recycle items appropriately."

Returning unwanted equipment is easy. Any small equipment supplied by your local council or NHS can be dropped off at dedicated containers available at refuse centres in Hull, Goole and Driffield.

Dr Anne Jeffreys, local GP and East Riding of Yorkshire CCG Chair, said: "There are already great examples of other areas reusing and recycling equipment, and now the initiative is coming to Hull and the East Riding. By working together, we can help those patients who need it most, reduce the NHS carbon footprint and work more cost effectively." People can drop off any unwanted equipment at the following locations:

Humberfield Household Waste Recycling Site (HWRC), 408 Boothferry Road, Hessle, HU13 0JL

Driffield HWRC, Church Lane, Driffield, YO25 5XE

Airmyn HWRC, Airmyn Rd, Airmyn, DN14 8LA

Wiltshire Road HWRC, 11 Dairy-coates Industrial Estate, Wiltshire Road, Hull, HU4 6PA

NRS Healthcare Reed Street office, 11 Reed Street, Hull, HU2 8JJ  
Larger items such as beds, shower chairs and hoists can continue to be collected by NRS Healthcare free of charge.

To arrange a collection please contact:

Call 0344 8936375

Email [enquiries@her.nrs-uk.net](mailto:enquiries@her.nrs-uk.net)  
Please ensure items are in a clean condition before returning.

## Fears over dog thefts

We are acutely aware of the fear of dog owners after a number of social media posts about thefts in our area. Many of our officers and staff are dog owners and they are very much part of our families too.

We understand that nationally there are increased reports of dogs being taken but we are thankfully not seeing a rise in our area. The number of dog thefts reported to us in our area remains low.

We would, however, advise people to continue to be vigilant and report any suspicious activity.

The theft or loss of a dog is a very traumatic experience for any owner and if it is reported to us we will act to try and locate the dog and fully investigate the theft.

We would always ask for people to take some basic crime prevention measures to protect their own dogs too.

- If your dog is kennelled outside please ensure these are secure and locked and install CCTV to monitor your property if at all possible.

- If you are out with your dog please keep it under full and proper control and in sight.

- Avoid leaving your pet tied up in a public place and outside shops.

- Keep your garden and property secure to prevent access to a garden where a dog may be free to roam.

- Make sure their pet is microchipped in accordance with the law.

- Report any suspicious activity to the police, if you see people checking out properties please call us to report your concerns.

We encourage people to join their local dog community Facebook pages the power of social media can really help when a dog goes missing, together we can help reunite pets with their owners.





# DANIEL IN THE LION'S DEN

This is the beginning of my new style of article as I want this space to feel more personal. I'm having an amazing time interviewing some incredibly talented people, but that's not coming from the heart. I think it's my turn to step into the Lion's Den and I want to share my own experiences with mental health, and how I overcome them.



By Danny French

## My life with Tourette's Syndrome: Part 1 - How do you voluntarily stop the involuntary

This story begins over thirteen-years ago when I was diagnosed with Tourette's Syndrome, in 2008. I was 10. I was scared. In the beginning, I thrived on the attention which comes with the condition and the constant questioning of my involuntary actions: "If you have Tourette's, why don't you swear?"; "Why do you keep flicking your hair?" - You know, the obvious ones? But, as I grew into my teenage years, I began noticing my tics a lot more frequently, and more significantly. The piercing stares of passers by made the simplest of out-goings overwhelming. Immense. The struggles of maintaining composure, even when attending the supermarket, begun to take its toll on my wellbeing. How do you voluntarily stop the involuntary...?

Attending a public school; I had many friends. The only troubles that I faced were concentrating on work and a bully in year eight, but that's another story. We'll come back to that one. Facing the challenge of concentration is where this story originates.



In secondary school, is where my anxiety started to develop. It came about from the fear of being sat in-front of other students, constantly twitching, flicking my head, tensing my neck, and this forced me to worry. Subsequently, diverting my attention to potential whispers over the education of my teachers. Thoughts shot through my head like bullets from an automatic machine gun: "freak", "weirdo", "odd". Creating an atypical feel to my educational experience. I submitted to the pressure and decided to resort to arriving to class early and sitting at the back. This strategy provided a temporary substitute to the situation. Out of sight, out of mind. Right? Wrong.

After my "ingenious" idea to segregate myself to the back of the classroom was put into fruition, I felt a sigh of relief in knowing that there is no-one behind me that is able to pass ridicule at my condition. It's despicable, yes, but they were kids. It was our generation. Anyway, my plan only generated even more issues as I was unable to hear my teacher. My school, before it's demolition in 2014, was a monument of history in my city, somehow assessed as "a safe environment" for educating children (Even though the roof of our PE building was slowing collapsing... thank you for that). Our classrooms were narrow in width and long in length and because I had chosen to sit at the back, this created the barrier of hearing. Good job, Dan. Not!

So, I was in quite a kerfuffle. I opted to sit at the front; it being the lesser of two evils. As I advanced into key stage four, our school was rebuilt in another location. Good riddance to that hellhole of danger and good day to a new utopia of education! Smaller classrooms; brighter designs; even cleaner windows so I could remember that there was a world outside. It appeared that, in my old school, they wanted to eliminate the thought of outside civilisation rather than embrace it. Once again, another story for another time. These new classrooms proved very beneficial for my condition and allowed me to focus more on learning. Bit late now but I think I've turned out okay. I hope - haha. I was able

to sit at the back of the class and hear my teacher. What a momentous discovery! The only thing that was stopping me now was my obsessive-compulsive disorder (OCD) and the difficulty of talking frequently with my friends. I've always wondered why my teachers decided to assign seating plans... I now realise it was because of kids like me. Oops. Sorry, Mrs Wilkinson. OCD is another story that I will dive into, but not now. One problem at a time, haha.

Fast forward a few years to November 16th, 2014, I attend my first, sold-out, live music event. South African, post-grunge band, Seether. What a rollercoaster of an evening and I'd like to tell you why. My first experiences when on route to the venue were a sense of fear. Not only because I was five-foot-six and feared being squashed by moshing lunatics, but because of the evidently ever-growing queue behind us. I remember being a combination of excitement and thinking, "Holy Shit, I'm gonna die." The ongoing challenges that I faced in school had followed me to Birmingham and reeked havoc on my mental stability. I wasn't familiar with my anxiety then and I still believe that I will never fully understand the diverse nature of the condition.

As we entered the venue, me and my father did our traditional race to the merchandise stand, collected our tour tee, and sprinted to the front for our obligatory gig selfie. I know we're sad, you don't need to tell us - haha. Our race to the front was a way to conquer my fear and, subconsciously, sustain the urge to involuntarily twitch. I either have to be right at the front, right at the back, or power through and neglect the strain on my mental health by being in the middle. It is very rare that I resort to the third option, unless there is a mosh pit. That's my only exception because it's hard to think about others judging you when coming face-to-face with a bald, middle-aged behemoth, with no shirt on.

Being at the front of the crowd allows me to focus all my attention on the music. In that moment, the lights go out, the crowd cheers in anticipation, and you hear that first strum of a guitar. Bliss. It's just me and the band. No-one is in front of me. No-one is behind me. It's a state of total euphoria. I can make a complete fool of myself because they feed off my interaction. In my experience, rock bands generate charisma from fan reactions, and, in my case, they feed off my psychotic state of catharsis, when hearing their music.

To me, that 45-60-minute set can do more for my mental health than any prescription medication. Music is my escape. It's pushed me through the hard times, helped create memories, develop lifelong friendships, and allowed me to feel closer with my father. I cherish these memories and will forever keep them close to my heart.

You have to find that inner peace that allows you to convert times of calamity into bittersweet memories. Discover what your escape is and embrace it. No matter the slander that comes with it. You are you. There is nobody as you as you.



In the Lion's Den



**Thank you for reading my story and I hope this is the start of more to come. Hit that like button, create an account for [Danielinthelionsden.com](http://Danielinthelionsden.com), and follow me on social media for more updates!**

**Instagram: @ITLionsDen**

**Twitter: @ITLionsDen**

# THE HUMBER FERRIES

## THE 40TH ANNIVERSARY

### THE END OF THE HUMBER FERRIES AND THE OPENING OF THE HUMBER BRIDGE IN 1981

The Hull to New Holland ferry service ended 40 years ago on 24th June, 1981, on the same day that the Humber Bridge opened to traffic.

The only remaining Humber Ferry, the diesel fired Farringford made its last journey from Hull to New Holland and back. Hundreds of people gathered at the pier to watch it leave. It was packed to capacity with passengers and cars and was decorated with flags and bunting. There was music and singing on board and passengers were allowed to keep their tickets for souvenirs.



*THE FARRINGFORD LEAVING HULL PIER 40 YEARS AGO ON THE LAST HUMBER FERRY JOURNEY*



### LINCOLN CASTLE

This paddle steamer was built in Glasgow after the success of Tattershall Castle and Wingfield Castle. It was similar in shape and could carry 914 passengers and 20 cars. It was described as "The ultimate paddle steamer" when it was launched in 1940. It was withdrawn in 1978 and was the last coal fired paddle steamer in

the country.

After Lincoln Castle was withdrawn it stood next to the bridge that had replaced it and operated as a pub. It was situated adjacent to the site where the Hesse to Barton Ferry used



to dock. It was later moved next to The Heritage Centre in Alexandra Dock, Grimsby and was finally scrapped in 2011 after requiring extensive repairs and despite a campaign to save it.

### HOLLAND GIN AND THE FIRST NEW HOLLAND FERRY

A small ferry first operated from New Holland to Hull in 1803. This was said to have been a front for smuggling gin and goods across the river. New Holland was then just a creek opposite Hull on the south bank of the Humber with a house and shed built by Tommy Dent who, with an assistant, made his Holland gin.

A ferry service between New Holland and Hull began in 1825 and a stage coach service was started in 1828. After road improvements and the introduction of the Magna Charta ferry in 1832, the number of mail stage coaches and traffic travelling to and from the ferry increased.

### NEW HOLLAND PIER STATION

New Holland Pier station opened on 1st March, 1848. It originally had two tracks, a carriageway and a footpath and the platform ran the length of the wooden pier. This station provided a direct connection with the ferry service. Passengers could step straight off the ferry from Hull and catch the Cleethorpes train at the railway platform. The pier was rebuilt from 1922 to 1928 and an extra track was provided.



*LINCOLN CASTLE SAILING FROM NEW HOLLAND TO HULL THE CAR AND TRAIN ARE TRAVELLING FROM THE STATION*

### TATTERSHALL CASTLE

This coal fired paddle steamer was a sister ship to the Wingfield Castle and was built in Hartlepool in 1934. It served mainly as a passenger ferry on the River Humber.

During the Second World War, it was used to ferry troops and supplies along the Humber. It was also used as a tether for barrage balloons which protected the Hull docks from air attacks. The Tattershall Castle was one of the first civilian ships to be fitted with radar. This enabled it to work through dense fogs on the river and prevent delays.

The Tattershall Castle was withdrawn from service in 1974 and later became an art gallery and conference centre on the River Thames. It is now a popular



## GET TO KNOW YOUR CITY

by Catherine Derrick

floating restaurant and bar on London's Victoria Embankment, situated almost opposite to the London Eye.

### THE VICTORIA AND MINERVA PIERS IN 1930

Corporation Pier was built in 1847. A floating pontoon was added in 1877 and an upper deck and lower promenade were added in 1882. The pier was popular on Sundays, a band often played and swimming

regattas were sometimes held, which attracted large crowds. It was renamed Victoria Pier in 1854 after Queen Victoria visited the pier and sailed from there to Grimsby on the Royal Yacht.

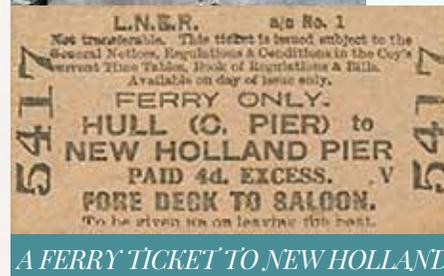


*THE TATTERSHALL CASTLE RESTAURANT AND BAR ON THE RIVER THAMES, LONDON*

Victoria Pier was used as the Hull to New Holland terminus for the Humber ferries and a railway booking office was opened in the mid 19th century. It was the only British Rail booking office in England where no trains ran.

### THE RIVER BOAT SHUFFLE

The Riverboat Shuffles took place on the Humber ferries from the late 1950s to the 1970s. They often took place on Saturday evenings and sometimes firms such as Rediffusion hired the whole boat. There were often two bands, a traditional jazz



*A FERRY TICKET TO NEW HOLLAND*

band and a beat group and they played in different areas of the ship with colourful lighting on board.

### THE HUMBER FERRIES

There have been ferries across the River Humber since Roman times and from 1315, a ferry ran from Hull to Barton when a Royal Charter was granted. Pedestrians were charged a half-penny, one horse cost a penny and two horses and a cart cost two pennies.



The Hull to New Holland ferry service began in 1825 and carried passengers, animals and later cars. The Barton to Hull ferry service closed in 1851 after the increased competition from this new popular and superior service.

### THE THREE CASTLES

The earlier ferries were replaced by three coal fired paddle steamers which were Tattershall Castle and Wingfield Castle in 1934 and Lincoln Castle in 1940. Paddle steamers were especially suitable for the tidal River Humber which is hard to navigate with its continuously shifting sands. After the Second World War, the ferries were at their busiest and in 1947, 1948 and 1949 they carried a million passengers every year.

### THE WINGFIELD CASTLE

The Wingfield Castle was an oil fired paddle steamer which was built in Hartlepool in 1934 and was a sister ship to Tattershall Castle. It made its final trip in 1974 and is now preserved as a museum ship at Hartlepool Maritime Experience in Hartlepool.

The Wingfield Castle mainly carried passengers but it also carried some livestock in pens and later cars. A frightened cow once fell overboard into the river, but managed to swim back to the shore and another cow fell into the crews' quarters from the companionway and was rescued.



# OUR CITY'S HEROES

## Hull cleaning, painting and facilities management firm working with Hull 4 Heroes to secure jobs for local veterans

One of the city's oldest commercial cleaning, painting and facilities management companies, Lightowler, is continuing its support for Hull 4 Heroes, working together on a new initiative aiming to provide employment for veterans looking for work.

The team at Lightowler has worked closely with Hull 4 Heroes for almost two years, providing support for the charity's ongoing cleaning, painting and facilities management requirements. This work includes a weekly cleaning and window cleaning service of Hull 4 Heroes' premises, various painting services and even the redecoration of a new home for a veteran in the region.

Vicky Roberts at Lightowler said: "It has been incredibly rewarding working with Hull 4 Heroes over the last two years. Its growing network of support creates homes, provides education, and sources employment for veterans who might otherwise become homeless.

"I speak for the entire team when I say we've all been inspired by the commitment to bettering life for veterans, which is why we want to go one step further with our support and offer employment to veterans at Lightowler. We're delighted to have signed the Armed Forces Covenant. This is 'a promise to ensure that those who serve or who have served in the armed forces,

and their families, are treated fairly'. What this means for us at Lightowler, is that when we're looking to recruit, we'll offer the same opportunities for veterans as we do for 'civilians'.

"We offer on-the-job training and a variety of professional qualifications to help veterans back into the working world. We'll be working with the Hull 4 Heroes team to find opportunities for those who want to find jobs and continuing our support for Veterans Village in whatever way we can."

Paul Matson, founder of Hull 4 Heroes, commented: "We are forever amazed by the generosity of the businesses and larger community in Hull.

"Lightowler has been a dedicated partner to the charity, providing regular practical help for our team so we can get on with our day jobs without worrying about cleaning our offices. During lockdown, our team delivered food packages to veterans, and Lightowler deep-cleaned our warehouse facilities during that time.

"Signing the Armed Forces Covenant and working with us to secure work for out of work veterans is brilliant. It really has the potential to change lives."

Veterans will also be able to register their interest in positions through the Lightowler website.



### Burglary Crime Prevention Advice

As everything is starting to go back to normal this summer, with restrictions being lifted and people taking a well-earned break after a tough year, we'd like to remind people of the importance of making sure your home is secure whether you are staying at home or planning to leave it unoccupied.

Help us make it tougher for thieves: lock all of your doors and windows even when you are at home.

Use some crime prevention methods for when you leave your home:

- Lock all windows and doors
- Make sure outbuildings are secured and locked properly and anything of value inside is secured by strong/quality locks - For example, if you have an expensive bike in the shed, make sure you spend extra money on keeping it safe!
- Lock any gates to your address to prevent easy access
- Check the perimeter of the house to make sure

there is no way to climb in

- Consider fitting deterrents in the garden, like movement sensor floodlights
  - Don't leave your house looking unoccupied - leave inside lights on timers so your house looks lived in, cut the grass before you go, etc.
  - Do not advertise that you are going away on social media
  - Consider taking pictures of any expensive items and mark items with your postcode using a UV pen - lock all valuable items away if at all possible
  - If you have a garage, use it to keep your car out of sight, and make sure your car is locked even if it is out of sight
  - Ask neighbours to keep an eye on your home and even park on your drive while you're away
- For more advice on how to protect your home, go to our website: <https://www.humberside.police.uk/protect-your-home>



### Headscarf Pride



33 years ago today the unequalled campaigner Lillian Bilocca passed away. Today is the best time to officially launch my greatest campaign.

For years I have read comments on every post saying there should be a statue in Hull of the four Headscarf Revolutionaries honouring them for the countless lives they have saved. The public want this so much. Therefore

as Lil said then, I say now, Enough is enough! I'm gonna do something about this. The Hull artist Sue Feve has designed this artist impression for me of the statue standing outside the Maritime Museum. Please note the picture is a current work in progress, all four women will be on this when it is complete. This statue will forever be a symbol of courage and perseverance in this great city.

## Cheer for charities as Rollits resumes annual golf day

Two of the region's major charities breathed a sigh of relief as businesses provided a fundraising boost by taking to the golf course for the first time in nearly two years.

Dove House Hospice and Muscular Dystrophy UK expect to receive a significant cash injection from

the proceeds of the Rollits' Charity Golf Day which took place at Brough Golf Club and attracted 20 teams from the firm, its clients and contacts. The charities voiced their appreciation for the support of participants and for the businesses which sponsored prizes and each of the 18 holes. Captains of the teams told of their hope that the event – which Rollits have been sponsoring and organising for more than 30 years and has raised almost £150,000 during this time – signalled a growing confidence to get people back to work and to resume social calendars.



## Emma Hardy MP

Today, I was delighted to show Angela Raynor around Hull and to talk to workers who are working flexibly at the stunningly renovated old Midland Bank on Whitefriargate.

Huge thanks to Gerard for showing us around and to all his staff. What they proved is that flexible working can be a win-win.

Jen told me how flexible working meant that she could carry on breastfeeding after returning to work.

Flexible working is not just about being able to 'work from home' it's about much more, for example, working condensed hours, setting your shifts to fit around caring responsibilities.

It basically about having a system that's a win win, as Gerard said today, if you look after your staff and look after your customers you'll always be successful!



## Hull Royal Infirmary

They were set up to support our patients and their families, to provide those little extras that make all the difference to people at vulnerable times in their lives.

And over these past 18 months as we dealt with the pandemic, WISHH Charity - The Hull and East Yorkshire Hospitals Health Charity has stepped forward to do everything they could to help every single one of us working for Hull University Teaching Hospitals NHS Trust.

Thanks to WISHH, we're putting the finishing touches to our new £150,000 Health and Wellbeing Centre, set to open at Castle Hill in a few weeks to help our staff rest, recuperate and have fun.

WISHH's Covid-19 Appeal, supported by the public, businesses and charities in Hull and the East Riding, donated a staggering £78,000 for the centre as one of its long-term legacy projects to support staff at Hull Royal Infirmary and Castle Hill Hospital. NHS Charities Together, the charity supported by Captain Sir Tom Moore, allocated £72,000 to the trust from the £33m he raised as part of his 100th birthday celebrations.

Charity manager Lisa Whitton and her colleague Rachael Fretter, with the support of the charity's trustees, have worked so hard throughout the pandemic to bring a smile to the faces of our staff.

They've donated money for special lunch bags for our healthy lifestyle group, running tabards for our running club and hi vis vests for our cyclists and walkers.

They've paid for hand cream to help our hands, chapped and dried because of our PPE and repeated handwashing, they've sorted out mental wellbeing kits to give our frontline staff some much needed pamper time and they've supported us in setting up much needed escape spaces, or 'Wobble Rooms', for our wards and departments during the pandemic, so that staff have had a dedicated space to take a break after a difficult event or shift.

This week, they're helping us provide a Kit Kat for every single member of staff so we all remember the importance of taking a break.

Quite simply, we couldn't WISHH for better support and we thank them for everything they've done for us.



## Hull4Heroes

The Boys are back in town, this time to help our great friends at St. Michael's youth project

DIY SOS: The Big Build will head to Hull this September to take on a charitable build with BBC Children in Need for St Michael's Youth Project in Hull.

DIY SOS: The Big Build BBC Children in Need Special team of Mark, Chris, Jules, Billy and adventure playground engineer, John O'Driscoll, join with kind local tradesmen and volunteers to embark on a build that will improve the physical and emotional health and well-being of children and young people in Hull and the surrounding areas.

The DIY SOS team, with the help of trade volunteers, have big plans to transform an empty two-and-a-half acre field into a purpose built "adventure camping site" for St Michael's Youth Project in Hull.

For over 30 years, St Michael's (St Mike's) have been working with children and young people in Hull and surrounding areas to deliver a variety of activities that

improve children and young people's emotional and physical health and wellbeing whilst supporting them to build their confidence and self-esteem and raising their aspirations for the future, encouraging them to reach their potential.

The project works with more than 500 children and young people who have little to no access to gardens or green spaces, and through their programme of support gives them the opportunity to enjoy the benefits of, and learn from, the natural world.



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