

Always
FREE

the Hull Hub

telling your story

Issue 11

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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STAY HOME • SAVE LIVES • PROTECT THE NHS



[Community Health

As we celebrate and show our thanks every Thursday at 8pm for the NHS and key workers, see how they are making a difference every day in our community



[Achievement

Catch up with the achievements of our kids. With school put on hold for now, see how they're letting their talents shine during lockdown



[Business

With Coronavirus 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



Goddess Genius In Charge - Jayne Bentley



Chief Walnut Whip - Lyn Davies



Ambassador of Buzz - Jennifer Gilmour



Design Rockstar - Olivia Walz



Network Magician - Nevenka Fenwick



Artistic Ninja - Kurt Hoyle



Marketing Overlord - Phil Peacock

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Peter and Paul were making the most of their spring bank holiday weekend and heading off on a camping trip to the south foreshore. Paul had agreed to drive them there providing Peter contributed to the cost of the petrol, paid the bridge fees, brought the tent, the sleeping bags, the marshmallows and enough dandelion and burdock for both of them. It was a small price to pay for a ride in Paul's new Storm Chaser MKII and Uncle Peter went shopping immediately.



GRAB IT PLEASE
KEEP IT
LOVE IT
SHARE IT

Ashton Bentley

Did you know?...

The Hull Hub is now 44 pages? We're receiving 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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Boredom Busters

with Darren Lethem - Freelance Radio & Stage Host

Hello again, been up to much? No? Me neither. I have mainly been confined to barracks like so many. The cancellation of so many events and gigs has meant I haven't had any work to do really so I have been sitting at home like many others. Although I have registered as an NHS Good Samaritan which has had me doing one or two deliveries of groceries and medical supplies to people. The gratitude people are showing to others is heartening and the nation is starting to pull together. The work of the NHS, care workers, posties, supermarket staff, dustmen and so on deserves special recognition. Day in, day out throughout this horrible pandemic they have worked tirelessly to help others and not given it a second thought. Heroes each and every one. Well I thought I would try and help relieve some boredom for you by creating a little pop quiz. Get the family on Zoom or House Party and see how they fare with these 25 questions. Answers are at the bottom so no cheating.



Round One

Name That Year!

- 1 - Human League were the Christmas number 1, Bucks Fizz won Eurovision and Craig David and Beyoncé were born?
- 2 - Leona Lewis had the best selling UK single of the year. Arctic Monkeys, The Killers and The Who headlined Glastonbury whilst both Spice Girls and Led Zeppelin re-united?
- 3 - There were number 1s in this year for The Prodigy, Take That and Robson and Jerome. Annie Lennox and Paul Weller won best female and male at the Brits and Lewis Capaldi was born?
- 4 - Number 1 singles this year for Avicii, One Direction and PJ and Duncan. David Bowie released his first album in 10 years. Robbie Williams album Swings Both Ways was the 1000th album to reach number 1?
- 5 - Kylie Minogue saw her debut UK singles and albums go to number 1. Now 11, Now 12 and Now 13 all came out and Celine Dion won Eurovision representing Switzerland?

First Lines!

- 6 - White lips, pale face, breathing in snowflakes?
- 7 - I'd sit alone and watch your light, my only friend through teenage nights?
- 8 - We've come a long way, but we're not too sure where we've been?
- 9 - This is the end, hold your breath and count to ten?
- 10 - Listen to the ground, there is movement all around. There is something going down, and I can feel it?

Round Two

First Times!

- 11 - What was The Beatles first UK number 1 single?
- 12 - Who won the very first series of The X Factor?
- 13 - Which group had their first number 1 in 1971, their next two in 1972 and then their next three in 1973?
- 14 - Who sang the first line on the Band Aid single 'Do They Know Its Christmas'?
- 15 - What was the first UK number 1 single to have a day of the week in its title?

Round Three

Round Four

Eurovision!

- 16 - Which country has won the Eurovision Song Contest the most times?
- 17 - Which 1960s crooner represented the United Kingdom in the 2012 contest?
- 18 - Who represented the UK once in the 1960s, coming second, and once in the 1970s, coming third?
- 19 - Only once has the UK finished with 'nul points'. It was in 2003, who was the act?
- 20 - The 1982 contest was held in Harrogate, who was the host?

Picture Round

5 people who are or were radio presenters, who are they?



Answers Below (No Cheating)

1 - 1981 2 - 2007 3 - 1996 4 - 2013 5 - 1998 6 - Ed Sheeran, The A Team 7 - Queen, Radio Gaga 8 - Take That, Never Forget 9 - Adele, Skyfall 10 - Bee Gees, Night Fever 11 - From Me To You 12 - Steve Brookstein 13 - Slade 14 - Paul Young 15 - Blondie, Sunday Girl 16 - Ireland, 7 Times 17 - Engelbert Humperdinck 18 - Cliff Richard 19 - Jemini 20 - Jan Leeming 21 - Ken Bruce 22 - Annie Nightingale 23 - Pat Sharp 24 - Peter Levy 25 - Dale Winton

Essential workers eager to get back to the therapy of the open road

Two women who took to motorcycling in their 40s are looking forward to getting back on two wheels as therapy to help them deal with day jobs providing relief for the effects of coronavirus.

Julia Nendick, who works as carer to her disabled daughter, spends two days a week volunteering at the ESM foodbank at the Freedom Centre in East Hull. Denise Rose, a semi-retired nurse practitioner, has offered to increase her hours at Bransholme urgent treatment centre. The current crisis has curtailed their biking activities, with cancellation of a

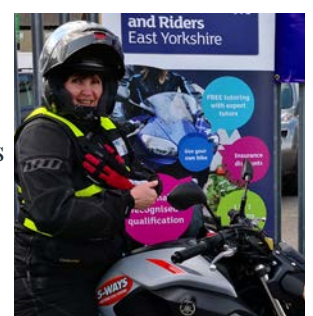
season-opening road safety event for RoSPA E-YARD, but both are eager to once again take to the roads of the Wolds and beyond, and to welcome new and returning riders.

Denise said: "When you were a kid going down a hill on a pushbike with your feet out and that 'wheeee!!' feeling - I get that every time I go on a motorbike, that exhilaration. You have to concentrate and you can't let your mind wander and it stops you dwelling on negative aspects of life."

Julia added: "It's a sense of freedom, not

just the fact that you can nip in and out of traffic but if you ever feel stressed or overwhelmed and you need to chill you just hop on your bike and off you go."

RoSPA E-YARD - Royal Society for the Prevention of Accidents East Yorkshire Advanced Riders and Drivers - meets every month at Beverley Golf Club and was planning a Ride the Wolds event this month with members and supportive businesses coming together to promote safer riding and driving.





A kids view of the 70's

10.15am. The bell rings, pencils are banged down, chairs are scraped back and the teacher tries to make themselves heard over the clamour asking his class to tidy up your work, but it's PLAYTIME! That oasis in the desert of Maths when kids have 20 minutes of freedom. Unless of course you hear the dreaded two bells which signifies it's a wet playtime, and your fun was curtailed by having to stay in the classroom where clearly an impromptu football match couldn't take place.

Desk lids were lifted and slammed down as skipping ropes, footballs, chalk, sweets and Panini stickers were retrieved before everyone headed off to quickly change into 'outdoor shoes' - if you could find them both, that is. Once on the playground, little groups formed depending on your popularity, sex or whoever you'd made friends with that day.

School jumpers were quickly removed and formed into makeshift goal-posts at either end of the playground and team selections made in seconds for a chaotic 25-a-side football match which always ended up being a draw for some reason or abandoned when the ball, a 99p item that weighed less than a

hydrogen particle ended up on the school roof within 5 minutes, to howls of anguish from the players and a barrage of abuse aimed at the person who'd launched it there.

The football game was usually interspersed in the playground with unsuspecting kids who'd wandered across the "pitch" to talk to their mates and subsequently enjoyed the hot sting of a ball in the face, which made a satisfying *thwack* sound and left a perfect red circle. They would, of course, tearfully head straight to the single teacher who was 'on duty' with a mug of coffee in hand, who had no sympathy for the poor kid who had clearly not been looking where they were going. The child was told to stop snivelling and go put a wet-paper towel on the injury.

Wet paper towels were legendary for their healing power for anything from a cut finger to a broken ankle. They also made a wonderful booby trap as they were soaked in water and thrown with force at the ceiling, where they would stick for a few minutes until the heat dried out the water and they would drop onto unsuspecting kids or happily teachers.



Occasionally, a fight would break out during the football game over who was on the wrong team or the hapless boy who had no co-ordination and kept falling over the ball and had just stopped to stare at the sky with his mouth open. These fights didn't really amount to much and anyway, the game was still going on around them. "Next goal is the winner!" would be the shout as playtime was ending, much to the chagrin of the opposing team who believed they were at least 16 goals in front.

Around the fringes of the playground, other little cliques had formed of the non-sporty kids who had rattling bags filled with marbles of dazzling colours, quality and size.

Games of marbles were legendary affairs. These little glass balls with their myriad colours inside were coveted by many, if they had 3 colours or were the double sized "glamog" variety. Marbles were purchased from a shop in a bag of twenty, with a single "glamog" in each bag. There were also large, fearsome steel ball bearings called "Ballies" or "Steelies" and were much sought after bits of artillery that you needed to hit 10 times with your marble in order to win it.

Cheating was rife in Marbles as shouts went up all over when a 'hit' was deemed to have missed or a marble was kicked closer to their opponents to gain an advantage. Marbles were one of the currencies of the playground and they enjoyed a value system similar to the FTSE as people bartered over their rarity, integrity and ownership rights.

The other currency of the playground was the Panini stickers. Whilst at Junior High School, the sticker album to have was the World Cup sticker-book, "Argentina '78".

This sticker book cost 50p from a newsagent and usually came with 2 packs of stickers. They were the Pokemon cards of the 70's. The aim was to collect every team member from all the Football World Cup 1978 teams including the team-crest and full team photo and stick them into the Panini album. The packs cost 10p for six random stickers and of course, the manufacturers

deliberately printed very few of certain stickers in order to make them rare and kids would clamour for the elusive missing player from their album.

It became quite an addiction for many kids who roamed the playground with a wad of their "swaps" - stickers that were duplicates from their collection and they sought to trade with other kids who might have Angel Villar from Spain or Karlheinz Rumenigge from Germany. Competition became fierce as some people needed just one player to complete a team. These wads would become quite dog-eared as they were constantly in and out of pockets with a rubber band on them and grubby from sticky fingers at playtime.

Some of the rich kids had parents who bought them ten (TEN!) packs of stickers at a time and they feverishly ripped open each pack to see if they had a rare item. Swarms of other kids would descend on them like insects and the deck of "swaps" would be brought out and the mantra of "Got, got, got, got, got, NOT GOT!" would be heard. A swap would then be made and the lucky kid would clutch his newly found Argentinian player to his chest, open his sticker album, lovingly peel off the backing and with infinite care and place the sticker in the empty space on the page, anxious not to have a little air-bubble in the sticker or go over the little guide-lines.

It was hard not to be taken in by the quest to find stickers, yet I never met a single kid who had completed the album, despite his parents spending a fortune on packs. An expensive legal habit, indeed.

As the closing word on this article, fully completed Argentina '78 sticker albums on eBay are selling for several hundred pounds and unbelievably, unopened sticker packs are 2 for £80.

Anyone got a time-machine? I'm off to Turnbolls in Bransholme Centre, I can bring back Spangles as well.

NEXT TIME: Sweets.

Mark Hill

Taking care of your Lockdown Locks

Like me, you have probably seen some of the images being shared on-line showing the hilarious consequences of cutting or colouring your hair at home. Funny for us to watch but not funny if you're the person who has to live with the basin cut or bright orange hair for the next few months!

We all know what a huge impact your hair has on the way you feel. Especially now when we don't know when we can next see our hairdressers, panic has started to set in! Roots are grey, fringes are long, and don't even talk to me about split ends!

Condition:



One thing you can do during lockdown is give your hair a rest. There is no better time to put down your hairdryer or straighteners and put on a conditioning treatment. Leave the treatment on as long as you want – sleep in it if you can but make sure you rinse really well in the morning. Regular treatments will restore moisture levels and help protect your hair from breakage and split ends

Styling:

As your hair grows, don't try to style it the same way you always have as you'll only get frustrated. Adding texture is a great way to disguise a grown-out style. Soft waves are a great texture option and suit most people. Try wrapping large sections of hair around the barrel of your wand or tong but remember to always wrap away from your face so you frame it, not cover it. If your fringe is really annoying you, you may want to pick up the kitchen scissors. If you are going to do this, remember to only nibble off the ends and try to leave it skimming over the top of your eyebrows. It's easier to do this every couple of weeks rather than go too short and regret it for a month. When it comes to the men, neaten up a short style by trimming around the ears, following the shape of the hairline.



“One thing you can do during lockdown is give your hair a rest.”

Colouring:

The best advice I can give to anyone who wants to colour their hair at home is to stick to the root touch up sprays and concealers whenever possible. These are wash out and help disguise roots without using any peroxides or chemicals. Some of you may want to pick up a home colour from the supermarket. But before you do, there are a few things you should consider. When you come into the salon and point to a colour on a shade chart, your stylist may have to mix numerous colours to get your hair to your chosen shade. Home colour brands don't have this option so try to formulate their shades to suit the majority. But this 'one shade to suit all hair types' is a little hit and miss when you take into con-

sideration existing colour, texture and condition. Do a little research into the brands and the colours on option before you take the plunge. And never apply any colour or chemical treatment to your hair without doing the recommended patch and strand tests. If you have used a home colour, please be aware that when salons reopen, your hairdresser will need to see you for a consultation, skin test and strand test before your actual colour appointment. There is no guarantee they will be able to colour your hair depending on test results. Therefore, if you can, try to stick to the spray colours which will tide you over until you see your stylist again.

“HALF A LETTUCE” TELLS THE STORY OF ENTREPRENEUR'S LIFE FROM FRUIT TRADE AND FOOTBALL TO WORLD CLASS RETAIL AND REGENERATION

An entrepreneur who passed up a future in the family fruit business and then missed out on stardom as a professional footballer has captured his rise to become a leading figure in the regional business community by publishing the story of his life.

“Half a Lettuce – the Life and Times of an Entrepreneur” charts Paul Sewell's upbringing in and around Cottingham, East Yorkshire, from mingling with the barrow boys in Hull fruit market to driving a world class business agenda as Chair of Hull-based Sewell Group and a key figure behind the Yorkshire International Business Convention and Humber Business Week.

Paul was supported in the project by his friend and colleague Alan Johnson, the former MP for Hull West and Hessle who held a number of senior roles in Government and Opposition and who is now an acclaimed author. He is currently working on a novel having achieved great success with a series of four memoirs.

Alan said: “From its vivid description of Hull's fruit market in the 1950s to the way it illustrates the rise of the Sewell Group to be one of the Sunday Times top companies in Britain, this is a fascinating story, beautifully told.

“It shows how a secondary modern boy from a tough East Riding family overcame every setback to become an inspiring leader determined to nurture

success in others.”

The book explores Paul's personal and professional past, combining social history and commentary, humorous and poignant anecdotes and a treasure trove of business insight and lessons learned from success and failure in transforming a small building firm into a leader in construction, Public Private Partnership, development, facilities management and petrol retail. Sewell Group now employs around 500 people and has a turnover of £100m.

Self-published using the services of Whitefox, “Half a Lettuce” is limited to a print run of 1,000 and will not be appearing in a book shop near you. Copies are being distributed initially to private contacts and business associates and can be ordered from Sewell Group.

The book doesn't have a cover price but donations are encouraged in aid of the Hull Animal Welfare Trust, the organisation formed by Paul's wife Sue in 1982 and established as a charity in 1992.

Paul said: “The book is in no way a commercial venture and all donations will go to my wife's charity the Hull Animal Welfare Trust.

“They say everybody has a book in them and that's true for we all have a story to tell. I know now that it's hard work and I have a renewed respect for authors of whatever type. After being encouraged to write it and capture some of my and the Sewell

company story I have found the process most cathartic, remembering the journey and reinforcing the values upon which we have built the business.

“To coincide with publication of the book I'm setting up the Half a Lettuce personal investment company to help entrepreneurs, people I am already working with who I like, whose values I believe in and who I know have what it takes to go a lot further.”

In addition to the support of Alan Johnson, “Half a Lettuce” carries endorsements from an array of prominent figures from the worlds of business, sport, culture and politics including former Secretary of State for Education and founder of the Social Mobility Pledge Justine Greening, award-winning playwright John Godber and rugby league legend Jamie Peacock.

To request a copy of “Half a Lettuce” from Sewell Group please email jo.taylor-standley@sewell-group.co.uk



BUSINESS VIBES

The latest business news from The Hull Hub

Listed building welcomes first tenants after completion of £1.2-million renovation

A health and wellbeing start-up and an expanding education recruitment firm will become neighbours in their new premises following completion of the £1.2-million renovation of a listed building on the banks of the River Hull.

SAAF Education recently moved into Bayles House, which sits behind Danish Buildings in High Street, Hull and is one of Allenby Commercial's most ambitious projects.

They will soon be joined by RENOTS, a new business launched by Megan Stoner after she decided to branch out with her fitness and rehabilitation services.

Allenby Commercial acquired the site in autumn 2017 as it built a portfolio throughout Hull city centre of

landmark properties of character which now include Paragon Arcade, the Hideout Hotel, Worx at the junction of Beverley Road and Spring Bank and Europa House, now undergoing transformation as Monocle.

Danish Buildings, which includes the Grade II listed Bayles House, was constructed in the late 17th century and altered in the 18th and 19th centuries. Bayles House was listed in 1952.

Film companies, photographers, marketing agencies and architects were among the businesses which relocated from other sites in and around Hull to a new home in the heart of the Old Town.



Coffee, cake & chatter with The Coffeehouse Writer with Mandi Allen www.thecoffeehousewriter.com

Back in June 2019, I had been running a small business for just over a year, The Coffeehouse Writer. Despite garnering lots of interest locally, fabulous! In reality, everyone wants a different day and time, making it impossible to please everyone.

Bottom line, I'm a people pleaser, always have been. It was beginning to stress me out. Don't get me wrong, I knew differently, you can't please everyone all the time, but when you are trying to grow a new business that is exactly what you do, and end up over stretching yourself.

I had previously attended a few networking groups, but as I have a pretty niche business, I teach creative writing. It didn't really fit in with the 'suit and boot' brigade.

It was purely by accident that I came across The Sparkling Business Club. I can't recall what got me excited about the ad I saw on Facebook, whether it was the fact it was aimed at women or had a warm, smiling face in the picture but I sent a message straight away and booked for the next event. At £5 what did I have to lose?

I was welcomed and greeted by Lynnda and the other Sparkling ladies like a long lost friend. So far, so different. Women were chatting, drinking and laughing and having cake. Oh my! I thought I had gate-crashed a party.

Nearly a year on, I can happily say that yes each meeting is like a party, with laughing, cheering on each other and yes, more cake and the occasional glass of wine (for me that is).

Over this time I have developed my business further and now offer online courses, have learnt how to market myself better and am no longer reluctant to be included in



my photos (well almost!). have improved my social media, and built back the confidence I had lost in not just networking but meeting others outside of my safety circle of writers.

With the current situation, I was expecting to feel a gap once the meetings were cancelled indefinitely. But no. Lynnda pulled a hat-trick out of her well-stocked studio and went online.

I now probably know more about social media than my kids, I can Zoom with the best of them, and best of all I still get that unique support provided by the club from the comfort of my own home. The drinks service requires a bit of work, but the business advice keeps getting better, as Lynnda has made it her personal endeavour that each of our businesses survive Covid19 and we all come out on the over side.

We Zoom on a Thursday morning for a coffee, cake and chatter, putting the world to rights, as Lynnda gets us thinking outside of the box. If I know one thing for sure, its that with Lynnda and The Sparkling Business Club's help, my business will see this pandemic through and come out on the over side stronger.



Beal Homes launches support package to help buyers during coronavirus crisis

Housebuilder Beal Homes has launched a support package to help homebuyers who face having their lives and future plans put on hold by the coronavirus crisis.

The "Helping you make your move" package brings together a unique combination of assistance to overcome current challenges in the housing market, demonstrating Beal's commitment to supporting people to make the house move they need or want to make.

Whilst the COVID-19 emergency has brought a new level of uncertainty to the market and made it difficult for some people to move home, others still need to, for reasons such as changed domestic circumstances, growing families or work relocation.

East Yorkshire-based Beal has a range of developments in Hull, East Yorkshire and Lincolnshire, including Kings Vale at Kingswood Parks and the Fruit Market in Hull.

The company is now offering a full package of help and reassurance to support buyers who don't

want to be left in limbo, including part exchange, initiatives for first-time buyers, schemes to sell existing properties and move into a new Beal home, and six months' mortgage paid on selected homes.

Chief Executive Richard Beal said: "We appreciate this is a rapidly-changing situation which has affected people's lives in so many ways and made it more difficult than previously to move home.

"But this is where we can come in and do what we do best, with our comprehensive, tailored package of support, available every step of the way. We're here to help, now more than ever."

The support includes:

- Part exchange – Beal's part exchange scheme has five easy steps, including purchasing the buyer's existing property and support to move into their new Beal home.
- Smooth Move – Beal's tailored and personal service will take care of much of the process of buying and selling, so customers can be assured of a stress-free move to their new home. The ser-

vice works equally well for buyers moving up the housing ladder, downsizing or purchasing a comparable property.

- Flexible exchange – Beal has pledged to be accommodating and

understanding on contract exchanges dates in the current circumstances, providing peace of mind to both buyers and sellers.

- Launch Pad – An exclusive initiative, on selected plots, to help first-time buyers take their first step on the property ladder, offering them £5,000 towards their deposit, or to spend on extras and upgrades on their new home, as well as up to £1,000 towards legal fees.

- Six months' mortgage paid on selected, ready-to-move-into view homes.

Beal will also guide customers on how they can benefit from the Help to Buy scheme, under which the Government offers an equity loan of up to 20% to purchase a newly-built home, including changes that will take effect next year.

Property agents find ideal new home in flourishing Fruit Market

One of the Humber's leading commercial property agents has relocated to the heart of Hull's thriving Fruit Market. Scotts Property LLP was previously based in a shared building on Alfred Gelder Street in Hull's Old Town, which is under offer for residential conversion. Now the business has moved its Hull office to Humber Street in the flourishing Fruit Market creative and commercial district. Tim Powell, Partner in charge of the Hull office, said Scotts' expert team usually seeks premises for clients, but this time has completed a successful search for their own new home. Scotts will occupy the full first floor of the former Humber Fruit Brokers building, with a direct

entrance onto Humber Street and dedicated parking. The move puts Scotts at the heart of a fast-growing commercial district, with scores of businesses now based in the Fruit Market and hundreds more professionals due to join them with a new head office for safety business Arco and sister block for the C4DI tech hub both well underway. From left, Partners Lawrence Brown, Tim Powell and Ed Chisholm outside Scotts Property's new home in the former Humber Fruit Brokers building in Hull's regenerated Fruit Market. The company's move places them in the centre of a growing creative and commercial district. *Picture: Neil Holmes Photography.*



Rollits racks up donations for Charity Partners

A law firm which launched a double charity drive after setting up an Employee Forum have handed over the proceeds to the first good causes to benefit from the scheme. Staff at Rollits offices in Hull and York set up their Employee Forum at the end of 2018 as part of a move to encourage wellbeing in the workplace. Fundraising activities included quizzes, a race night, bake sales, coffee mornings, and a bike-a-thon during the firm's first Wellbeing Week in May 2019. The group presented more than £1,600 to the

Foundation and £155 to IDAS. In total, Rollits LLP has raised a magnificent £1689.89 for the DanKitching35 Foundation.



Pop-up spaces open doors to creativity in vibrant Fruit Market



Creatives and retail start-up businesses are being given a helping hand to further their ambitions in Hull's flourishing Fruit Market neighbourhood.

Following the success of using pop-up spaces in Humber Street over the past year, Wykeland Beal, the company behind the regeneration of the Fruit Market, has decided to extend availability of three units for up to another 18 months. The refurbished locations – 66–68, 10–11 and 23 Humber Street – have been earmarked as dedicated spaces for short-term use and individuals and groups are being urged to make the most of the opportunity.

Wykeland Beal hopes the move will further animate the street, while demonstrating its commitment to creating an area filled with cultural activity and community events.

Natalia Cleary, Events and Community Co-ordinator for the Fruit Market, said: "We want Humber Street to continue to be a vibrant and exciting cultural hub, so we're encouraging creatives, makers, performers, start-ups and scale-ups to take advantage of the pop-up spaces and add to the mix and diversity of the street."

"The pop-ups offer great opportunities for all sorts of organisations, such as individual artists, small and emerging businesses, theatre companies, workshops and exhi-

bitions, and will bring something new to the area.

"We're open to everyone's dreams and ideas. The more imaginative and creative the ideas are, and the more the public can participate, the more excited we are!"

Maple + Pea, a baby and children's clothing business, which has gained a global following on social media, also benefitted from its first retail experience outside the online market in the run-up to Christmas last year, setting up shop in one of the pop-up spaces. Owner Jo Philpot said: "Having the pop-up spaces is such a great idea. I thought I'd won the lottery when I was part of it and loved everything about the experience."

"So many people who follow me on Facebook and Instagram came in and it helped to personify my online customers."

"The Fruit Market is an amazing community and everyone was so supportive. The other traders in Humber Street were like my family for 10 days. Wykeland Beal couldn't do enough to help and the promotion around it was wonderful."

"It has helped my business to grow locally and I've had so many new followers on the back of it. I would do it again in a heartbeat."

To find out more about the pop-up spaces, e-mail: popup@fruitmarkethull.co.uk

Care home leaver wins international business award

A young woman who built a successful company with her partner after they initially met in a care home has scooped an international business award – reaching the top of the tree for her efforts to look after the bottom line.

Sarah Fenwick, who with Gareth Pennington set up Tree Fellas Hull Ltd in 2019, has been named Student of the Year by the International Association of Bookkeepers (IAB).

But as the couple celebrate they are also changing the way their business works to combat the impact of coronavirus, with orders having slumped after a bumper start to the year dealing with storm damage.

Sarah's trophy was posted by the IAB and "presented" in a Zoom awards ceremony after the cancellation of a prestigious celebration at the House of Lords terrace. She said: "We were gutted to miss out on our first trip to London but I was overwhelmed when I heard I had won. It was a beautiful piece of news given the difficult time that we are in at the moment and it definitely lifted my

spirits. It's topped everything for me and the company. We're all absolutely buzzing about it."

"The IAB have invited all of this year's winners to attend next year's ceremony instead so we're looking forward to that and drawing up a list of the attractions we want to see!"

Sarah and Gareth met in a care home in Hull in 2005. They escaped the issues around homelessness, drugs and mental health which trapped many of their family, and friends but they later lost touch.

The couple were reunited after Sarah moved into her own place when she was 18, and they started to build their relationship and believe in a brighter future. Gareth joined Hull City Council on a care leavers scheme, gaining a diploma in horticulture and qualifying as a tree surgeon. He left his job early in 2019 to set up Tree Fellas, which now has a team of six offering all types of tree care, maintenance of trees, tree pruning and launching a huge campaign around tree planting.



New owner of Simply Running advised to expect lockdown fitness boom

Lockdown fitness fans are being seen as the future for a city centre business which has been a front runner in supplying sports kit, accessories and essential advice.

But the couple who have built up Simply Running over more than 18 years won't be there to share in the success having agreed a deal to sell to another member of the region's athletics community.

Kevin Hayward and his wife Melanie will close the doors of the shop in Albion Street for the final time this week. They are planning to relocate to Scotland, taking shop mascot Maisie the Bedlington Terrier with them, and pass the baton to Karl Holmes as he makes his own career change.

Kevin said: "I genuinely believe that when the restrictions are lifted there will be a percentage of people who go back to their old ways but there will also be a lot who carry on with their exercise."

"There are a lot of runners out there at the moment and that's a great positive, people out running and cycling, families out walking together which was almost unheard of just a few weeks ago."

Kevin served in the Army and then worked with a print company before redundancy prompted him to open the shop in 2001. Melanie

Maisie made her first appearance in the shop more than 13 years ago and also joined the couple on their runs before she retired.

Kevin said: "We picked her up on a Sunday, she was in the shop on the Monday and there have been times when people have only come into the shop to see her! There was an old lady who used to do that and a student from out of the area who came in because she missed her dog at home."

Another aspect of the business is taking stalls to events, and it was the New Year's Day 10k in Cleethorpes that set the sale of the business in process. Kevin mentioned that it would probably be their last appearance at the race and that news reached Karl, a member of Cleethorpes Athletic Club, and his wife Carol, the club's treasurer.

Karl said: "I used to work as a healthcare assistant at County Hospital in Louth but I have been a regular runner for a number of years. I was interested when I heard Kevin was looking to sell the business and I've ended up buying it!"

Karl will firm-up his plans for the opening once the lockdown situation becomes clearer but Kevin is confident he will hit the ground running.

He said: "We would like to thank



works in accounts for Kildale Marine and looks after the financial side for Simply Running.

The couple met through running and were married on the Isle of Lewis in 1995 after completing the island's half-marathon. As experienced runners, in addition to selling kit they also advised and encouraged customers of all abilities and experience with help on training, nutrition, injury treatment and prevention.

all those customers that supported the shop and made it such a happy time for us. Seeing the progress of so many people over the years who, at the beginning, did not think they were able to run but who managed to get themselves up to the 5k Park Runs and beyond gave me the most joy. I would like to think that the encouragement and advice we gave them helped in some small way.

Turpin marks tenth anniversary with rebrand & expansion

A financial services firm has marked its tenth anniversary with a rebrand to reflect the growing range of expertise which has driven the company's expansion. Turpin Accounting Services made the change from Turpin Bookkeeping Services to emphasise the diversity of the family firm's offer, which now includes payroll, pensions and various tax functions.

Liz Turpin, who founded the company in her spare room, said: "The name

Smart tech company's sweet solution for food and beverage giant Nestlé



Smart tech firm Sauce has launched an innovative solution to enhance operational efficiency for one of the world's biggest food and beverage companies.

The technology developed by Sauce, which is based at Hull's Centre for Digital Innovation (C4DI) tech hub, is aimed at solving complex yard management challenges for confectionery and beverage manufacturer Nestlé.

The unique system is being used to track and manage all trailer movements at the firm's York factory, where products such as Kit-Kat and Yorkie are manufactured; and at its Regional Distribution Centre, where products such as Nescafé and Smarties are dispatched. After being successfully introduced at the York site, the solution will now be applied to a revolutionary new distribution centre in the East Midlands, known as the Digital Distribution Operation of the Future. The multilingual system could then be rolled out to other Nestlé operations internationally – the business operates more than 400 factories in over 80 countries.

Under the new system, all delivery drivers now input their details digitally upon arrival at security,

including their name, vehicle and trailer numbers. They then wait in a designated area where they can view a "flight board" – similar to an airport or train station information screen – enabling them to monitor the status of their load. When it has been loaded or unloaded, they can return to their vehicle and leave the site.

Sauce has created five programs to meet Nestlé's requirements – a booking system; a traffic management system; a warehouse tracking system; a shunter tablet app; and a live flight board – which work seamlessly together.

The system can be accessed currently in 16 different languages, with contract drivers of many different nationalities visiting the York site daily, and more can be added as required.

"We have effectively created a suite of applications which can be turned on or off as necessary, based on the particular needs of a given factory or warehouse," said Sauce Lead Developer Joe Axon. "This scalability means it can be used at any of Nestlé's sites."

For further information on Sauce go to www.sauce.dev



change came about because we realised we are now doing so much more than when we started – it's been needed for some time!

"It was all client-led with people happy with what we were doing and asking us to do more. It's not about us, it's about clients and their businesses, doing as much or as little as they want us to do."

After gaining a business management degree she became involved in a project with the Hull Enterprise Partnership, advising people on how to start their own businesses and how to secure funding.

Di Garbera, a director at Goldings and IAB award-winning tutor, said: "Turpin Accounting Services have put all of their staff through the courses and it's clear they have a strong commitment to training which is bringing great results for their business."



Seven centuries of fun

This carnival of merriment is the largest travelling fair in Europe and one of the oldest – the fair celebrated its seven hundredth anniversary in 1993. The first charter granting permission for a fair to be held, from 9 to 23 March, was granted in 1278. The anniversary celebrated by Hull City Council dates from 1293, when Edward I allocated six weeks in May and June for the festivities. By the 16th Century the festivities had become a 16-day fair, with 20 September as the start of the annual feast after an additional Charter was granted by Charles II.

The change in the calendar

Local tradition states that the changing of the calendar in 1751 led the locals to believe the loss of eleven days affected their fair. 'Give us back our eleven days' was the cry as an enraged mob charged around the streets of Hull, calling for the return of their eleven day festivities which they believed to have been lost due to the calendar change. The outraged masses got their wish and from that year onwards 11 October, or the Friday nearest to it, became the official date for Hull Fair.

The nineteenth century

The original function of the fair was as a market, with economics and trade being the dominating functions of the medieval event. Over the years it has undergone many changes, with merriment and entertainment becoming the focus of the festivities. In the 18th and early 19th Century the fair was dominated by jugglers, theatrical booths, puppet shows and the famous Bostock and Wombwell's Menagerie, which introduced the



people of Hull to their first sights of wild animals. The introduction of mechanisation in the 1870s brought new life to the fair and, in a period when many historic

fairs were lost with the passing of the Fairs Act in 1871, the people of Hull remained loyal to their annual feast. Over the centuries a series of locations throughout the city have been the venue for the annual fair. In 1815 locals attending the event – held in Nelson Street, Wellington Street and Queen Street would have gazed in wonder at William Bradley, the Yorkshire Giant.

Locations

During the 1800s the fair was held at a variety of locations, ranging from the Market Place to Brown Cow field outside the town, with it

people would not know where the fair was being held.

Showmen

According to fairground tradition, one of the prominent showmen who attended Hull Fair came up with a way to bring people to the new fairground. Randall Williams, a Leeds based showman who had regularly visited Hull Fair with his Ghost Show, came up with a novel idea to draw the crowds. From the site of the old fairground on Park Street he arranged for a funeral cortege on a lavish scale. According to the Williams family tradition, this consisted of an elaborate cut glass hearse, pulled by four black Belgian horses and accompanied by mutes and weepers, the public mourners favoured



by the Victorians. The parade left Park Street and travelled through the streets of Hull, followed by large crowds of people, curious to know who warranted such a funeral. Finally the procession came to Walton Street and Randall Williams leapt from the back

of the carriage, bowed to the assembled crowd and announced: 'Now you know where Hull Fair is!'

Little wonder he was known amongst his contemporaries as the King of Showmen.

Attractions

By the 1890s the new fairground flourished and the popular circus and illusion shows competed with the increasingly fashionable steam-powered roundabouts. Punters visiting the fair during this period would have perhaps enjoyed a ride on Green's Switchback Gallopers, Marshall's Bicycles or Tuby's Galloping Horses. Those who preferred the then traditional attractions offered by the exhibition shows would have attended Proctors and Baileys Circus or William's Ghost Show. In 1897 a new attraction brought the crowds flocking down to Walton Street when Randall Williams advertised 'living pictures' in his converted Ghost Show. By the turn of the century these elaborate bioscope shows dominated the landscape of Hull's annual fair, with no fewer than seven or eight of them in attendance.

The 1908 fair saw 27 railway excursions bringing over 12,000 to the fair that year and the widespread use of electricity by the showmen led the World's Fair, the showmen's newspaper,

eventually moving to Park Street in 1865 on the Corporation Field. Although the fair prospered on this site, the local change in location would destroy the fair and affect the business because

to describe the annual feast as Light City. In the years leading up to the First World War, visitors to the fair could either ride the roundabouts, visit the menageries and cinematographs, or gaze in wonder at the Elephant Boy presented by the Chipperfield family in 1912.

Like most traditional fairs throughout England, during the war years Hull Fair was cancelled and



was not revived until hostilities had ended.

The 1919 extravaganza was bigger and better, with over twenty rides which included a selection of Galloping Horses, steam yachts and five electric scenic railways. With the cacophony of sound produced by the fairground organs, which could be heard throughout the ground, Hull Fair was not only the largest fair in England but also probably the loudest! The period between the two wars saw the introduction of many new rides with old favourites such as the Scenic and Switchback being replaced by the then modern Noah's Arc, the dodgems and the Swirl.

The future

Over the years the event has increased in size and each successive generation of fair goers all have their favourite memories of Hull Fair. In years to



come people will remember the excitement of the Top Spin in the same way their grandparents reminisced about attending the shows or riding the Shamrocks. The last century has seen many changes at Hull Fair with each year bringing

new and wondrous delights for those who attend the annual carnival. Fashions come and go on the fairground with the showpeople keeping one step ahead of their competitors and vying with each to bring the latest attraction to the October fair. But as Hull Fair returns every year, the same thing is true now as it was hundreds of years ago, the people of Hull look forward to October long before it arrives. Let's hope they continue to do so for many years to come.

Hull's Homeful Helpers lend a helping hand during Covid-19



In November 2019 I decided, after leaving a voluntary position working among the homeless in Hull, to create my own page and set out to help anyone possible in Hull with clothes and food donations. I created the Facebook page HULL'S HOMEFUL HELPERS and an Instagram account, at first helping the homeless with clothing and visiting elderly in the HU3 area of hull with donated free food parcels, bread, fruit, buns and cakes, visiting about 15 people a week. Since Covid-19 I'm not only now helping the elderly, but also parents, families and helping out other organisations who support the homeless and elderly. Basically, anyone I can. When I've delivered to those I support and offer to help others who are doing the same as me. The numbers have increased that I am visiting and delivering to and are now at least 45 to 50 a week, and sometimes even twice a week along with the help of my three sons and husband. The public have really supported me through this, offering to deliver parcels if someone out of the HU3 area is in need of help by collecting donations because I don't drive. My mother-in-law has helped too. We have a public donation box in Lidl, Brighton Street and the people of Hull are able to donate items to help me support those who I visit. I have support from Aldi and many

amazing people running organisations themselves, delivering me lots of food to parcel up. Tigers Trust and St. Michaels Youth Project have really helped these past four weeks. I only deliver ambient foods, nothing chilled or frozen because we sadly don't have the storage facilities. I never thought Hulls Homeful Helpers would be like it is. It's growing every day and I'm loving all the people who are helping. If I am unable to, I do my best to signpost people.

I cannot thank the hull public enough. All the work I do is voluntary, and food is always free, but we rely on donations daily to do this. Every day I am providing 20 elderly residents in HU3 with an afternoon picnic tea box and then I'll be focusing on working with some families to offer them food parcels to help feed them and their children. I am helping an organisation who works with domestic violence victims. I have so much to do and look forward to it and will carry on even when we are all out of isolation. Hull's Homeful Helpers will stay and, in the future, hopefully take on some volunteers, and carry on helping who we can. I just want to thank everyone for the kindness and support. We couldn't do this without them.

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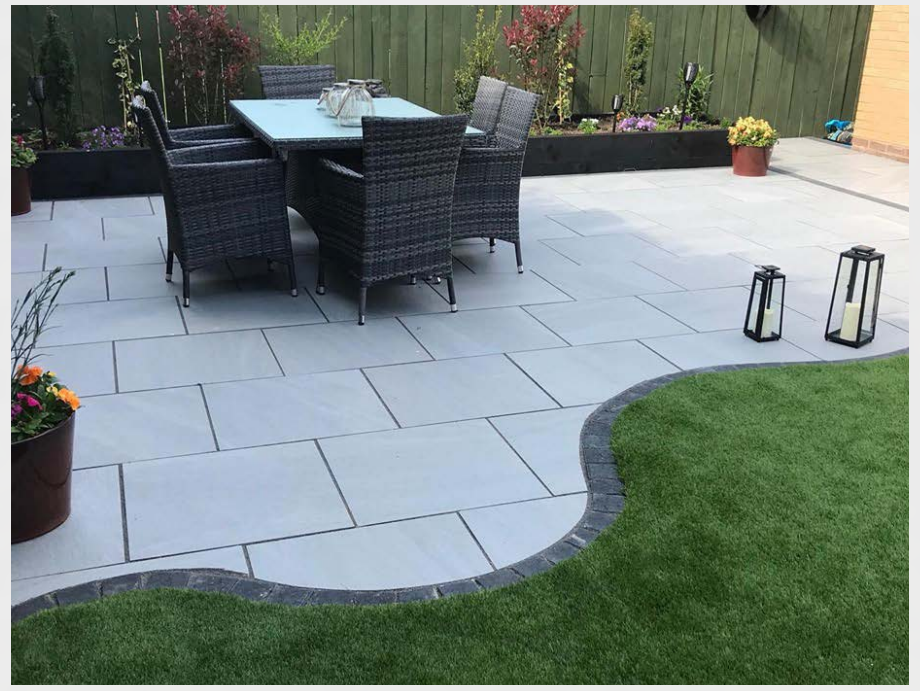
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More support for patients diagnosed with a brain tumour

A new support group has been set up to help patients diagnosed with a brain tumour and their carers.

Hull University Teaching Hospitals NHS Trust's Living with and Beyond Cancer Team has begun running the monthly sessions to provide practical advice and emotional support to patients and their loved ones.

Macmillan associate practitioner, Claire Walker, says the meetings have been tailored to meet the needs of these two specific groups:

"Receiving a diagnosis of a brain tumour can be a real shock to patients and their families. People can experience a brain tumour at any age, and it can affect a number of different physical functions including speech, memory and mobility. In some cases, people can really struggle to accept the diagnosis or adapt to their situation.

"Late last year, we recognised a growing demand for help

and advice linked to brain tumours. As result, we decided it would be worthwhile to set up a group offering the advice which patients need but also giving them and their carers the chance to meet others in the same situation.

"Members of the Living With and Beyond Cancer Team will be on hand at the meetings to offer practical help and advice with matters such as diet and exercise, employment, activity groups and referral to other services. Neurology specialist nurses will also be available to offer more specialist clinical advice and support. But sometimes patients and their carers will draw as much strength from meeting others in the same situation and being able to talk through shared experiences, so we're hoping our patients and their carers will really get a lot out of these new sessions."

Meetings will be held monthly at the Queen's Centre, Castle Hill Hospital, and the next session will take place on Monday 9 March.

For more details, contact the Living With and Beyond Cancer Team on 01482 461091.



Bundles of joy give a helping hand

Bundles of Joy is a local charity aiming to help relieve poverty and support disadvantaged babies, children and families through providing clothes, toys, prams, cots, other baby equipment, toiletries and nappies. We normally achieve this through receiving donations from the local community throughout Beverley, Hull and East Riding and passing them on to families in need. These families can be those affected by poverty, crisis, illness or domestic abuse. During the current Covid 19 situation we have now got many restrictions in place regarding donations BUT we are still open for referrals.

We at Bundles of Joy understand there are many reasons a family may be referred to us, but we do not judge or question the referral. Each person is assessed on their individual need and situation. This is done by us cementing good working relationships with many health professionals, Children's centres, charities, domestic abuse partnerships etc. As trained workers they identify when Bundles of Joy will be able to make a difference. During this difficult time, it's very much the basic needs that children and babies need meeting. Just toiletries go a long way in doing this.

Nurses supporting Intensive Care families during COVID-19 outbreak

A new nursing team has been created at Hull Royal Infirmary and Castle Hill Hospital to support families unable to visit their loved ones in Intensive Care during the COVID-19 outbreak.

Hull University Teaching Hospitals NHS Trust (HUTH) has set up the special nursing team, working seven days a week, to act as the link between families and clinical staff working in its five Intensive Care Units.

Members of the team update families following doctors' rounds every day and act as a liaison for families, on hand to answer any questions relatives may have while their loved one is being cared for by the critical care team.

Senior Matron Rebecca Smith said: "We understand how hard it is for families during this time because they can't come and visit their loved ones in hospital.

"Families of all patients admitted to Intensive Care, not just those with confirmed or suspected COVID-19, are being supported by this new team and we



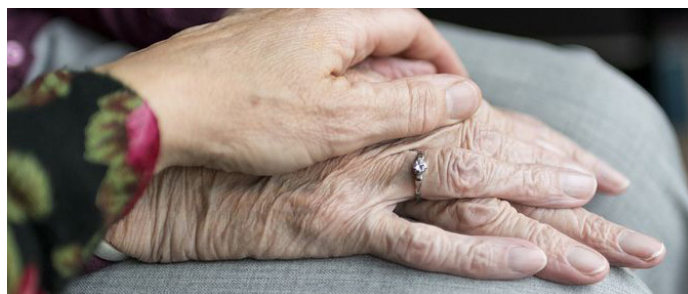
hope it is making a difference."

Intensive Care nurses Alex Wray, Sarah Hill, April Ablitt, Jade Courtney, Sarah Gibbins, Jade Marson, Jodie McBride, Hannah North, Emily Rooke, Jennifer Smith, Melissa Smith, Amy Tomlinson, Jasmine Barraclough and Elizabeth Wright with Rachael Melia providing administrative support have been redeployed to support families of the sickest patients throughout COVID-19.

Families receive a photograph of the nurse who will act as their main point of contact while their relative is in

Intensive Care. The nurses provide them with a telephone number and an email address so they can get in touch if they have any

questions. They then contact them by telephone every day after ward rounds to update them on the condition of their loved ones. They will also pass on additional information from the clinical team.



Moving to Hull saved my life, literally.

I'm a childhood cancer survivor and had been experiencing some long term effects from the radiotherapy I had aged 14, I had been desperately trying to get help from my GP in my home town but with no joy at all. In 2015 I moved to Hull and on seeing my new gp for the first time knew things were going to be different, there was no dismissal moreover he told me, honestly, he didn't know where to send me but knew a consultant who might. This led me to be seen by Dr Barton at Castle Hill hospital, she helped me to get psychological help through the oncology health centre, arranged full scans to see what was going on and referred me to the long term follow up team in Leeds. Through these scans Dr Barton saw I had radiation damage to the tops of my lungs and made sure I was yearly scanned to watch them, in November 2019 a scan showed some of this damage had increased and I ended up diagnosed with stage 2 radiation induced lung cancer. I had absolutely no symptoms of this and if it wasn't for the absolutely outstanding care I've received since moving to Hull I dread to

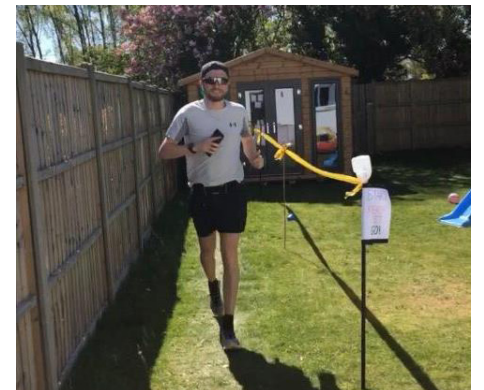
think how bad it would have got before being picked up. I call this city my home now and I'm so thankful to live in this beautiful area, the people are friendly, it has so much to offer but more than anything it'll always be the place that saved my life. Thanks Hull

- Liz Brown



Positive News

— from around our city —



WISHH Charity: COVID-19 Appeal - A Big Thank You

As the COVID-19 outbreak reached the UK, the Hull University Teaching Hospitals Trust's official charity WISHH approached its Chief Executive, Chris Long, to offer its support to the hospitals and staff during one of the most challenging times in the history of the NHS.

WISHH recognised that the demands of dealing with the Coronavirus would fall heavily on staff working within the hospitals and wanted to support them delivering care in these exceptionally challenging circumstances by launching the WISHH COVID-19 Appeal.

To date the campaign has raised a fantastic £45,000 and received donations from across our community, some donations we have received have come in anonymously and we would like to take this opportunity to thank these donors.

Twenty-three fundraising teams have set up a variety of fundraisers via Just Giving and Virgin Giving to support our hospitals, examples of which include: Antony Baines, a Firefighter at Humberside Fire and Rescue Service set up his £5 for 5k challenge, laying down the gauntlet for the community, friends, serving Fire Service staff and other uniformed service staff to either run or walk 5k and donate to our charity. To date, over 300 have taken part in his challenge or donated; including Rachel Kemp who ran 30 miles of her treadmill, Daisy Parker ran 5k wearing a weighted vest, stopping every 2 minutes to do squats and burpees. Antony himself ran around the village of Leven in full firefighter kit at the weekend. To date Antony's fundraisers has raised over £3,000 for our appeal.

On Sunday, WISHH fundraiser Daniel Haley took part in his garden marathon challenge running 600 laps of his garden in just over 6 hours, raising

over £800 to support our hospitals.

Leanne Marshall, Director of Hunters Estate Agents in Beverley in association with the Beverley Chamber of Trade are funding a special bench to thank Hull Hospitals Staff for their efforts at this time and pay tribute to all healthcare workers who continue to show their dedication, courage and compassion. Leanne is inviting members of our community to make their own donation to our appeal through their dedicated fundraising page <https://www.justgiving.com/fundraising/leanne-marshall19> and offer the chance to have the bench engraved with your own special message of thanks, support or dedication. Please see their page for further information.

Other examples of fundraising include head shaves, 1,500 mile challenge by the University of Hull Lacrosse Team, online fitness sessions, gaming marathons and much more.

Lisa Whitton, WISHH Charity Manager said, "We would like to sincerely thank everyone who has supported our campaign to date. All Hull Hospitals staff are doing a tremendous job in these exceptional circumstances delivering incredible care to their patients. Many staff have been deployed to new roles to meet the challenge that COVID-19 virus has brought to the hospitals in Hull.

If you would like to find out more about our campaign or support us, visit <https://www.justgiving.com/campaign/wishhappeal> all donations are welcome. Contact Lisa Whitton of WISHH on 07827 881766 or email WISHHappeal@hey.nhs.uk

University of Hull expert leading vital COVID-19 training at Nightingale Harrogate Hospital

University of Hull nursing expert Nicki Credland has been appointed to lead vital COVID-19 training at Harrogate's Nightingale Hospital.

Ms Credland, also chair at the British Association for Critical Care Nurses, has taken the position of Lead Critical Care Nurse Educator at the temporary Yorkshire hospital. The role sees Ms Credland, Head of Department for Paramedical, Perioperative and Advanced Practice at the University of Hull, play a key role in the development and delivery of training for critical care nurses at Yorkshire's Nightingale Hospital.

Ms Credland said it was "an honour" to have been approached for the role, as the country continues its fight against COVID-19.

She said: "It is a great honour to have been approached and offered the role, working at such a high level in an area I feel extremely passionate about – critical care nursing.

"Nightingale Hospitals have been established across the country to help save lives amid the COVID-19 pandemic. I am incredibly proud to be able to play my part in these unprecedented times of challenge. Critical care nurses, and all front-line workers in our NHS, are working tirelessly in immensely difficult conditions.

"It has been incredibly humbling in recent weeks to have seen the outpouring of support from the public for the work our

NHS staff do every day – saving lives and keeping people safe."

Ms Credland said around 300 nurses had gone through training at the Harrogate Nightingale Hospital in the past week. Harrogate's Convention Centre has been converted to provide 500 hospital beds for patients who have tested positive for COVID-19. With hundreds more staff being trained both this week, and in the weeks ahead, huge efforts have been made to respond to the rapidly-evolving situation.

Ms Credland has been supported at Harrogate's Nightingale Hospital by University of Hull lecturers Anne-Marie Holland and Andy Barker. Outside of her new role at Harrogate Nightingale Hospital, Ms Credland has also been announced as a specialist advisor to NHS England, on the topic of critical care nursing.

"When developing new policies or guidelines which involve critical care nursing, NHS England will now approach myself as an expert advisor," she said.

"The areas covered are extremely broad – it could be anything from infection control and end-of-life-care, to visiting hours in hospitals.

"It is a privilege to hold this role with NHS England, and I look forward to working with them on future policies and changes on a national scale."



NHS staff thank the public

For the past six weeks, the UK has been in lockdown. During that time, hospital workers at Hull University Teaching Hospitals NHS Trust have been inundated with generous and kind offers of help and support from the public; everything from the production of PPE to donations of bread, toiletries, hot dinners, even Easter Eggs.

Now it is the turn of hospital staff to say thank you back to the public and other key workers for playing their vital role in the fight against coronavirus.

Simon Nearney, Director of Workforce and Organisational Development at Hull University Teaching Hospitals NHS Trust, said:

“We have been sincerely moved by the generosity and kindness of so many people and local businesses. The local community has also played and continues to play its part in the fight against Covid-19 and as such our staff wanted to say a massive thank you to the people of Hull and East Riding. We want people in our region to know

how much we value their efforts just as they have appreciated ours.

“In the spirit of social distancing, we’ll be sharing a special thank you message on social media today. We want to acknowledge the sacrifices people across our area are making in order to protect themselves and the NHS. We also want to show our support for our fellow key workers, such as supermarket staff, bus drivers, postal workers and care workers who also continue to put themselves at risk to serve our community.

“By staying at home, remaining distanced from loved ones and friends, socially distancing in supermarkets and observing good hand-washing practices, the public are making it possible for us to cope with a gradual rise in the number of Coronavirus patients.

“Thank you to everyone who has shown their support for us in recent weeks, however large or small the gesture. Let’s keep up our collective efforts, and together we will beat this.”



Outpatient teams rise to the challenge

Staff retrain, redeploy and reorganise to ensure patient care remains top priority during the COVID-19 pandemic

For the hundreds of NHS workers involved in hospital outpatient services in East Yorkshire, the past few weeks have been anything but ‘business as usual’.

As the scale of the effort required to respond to the coronavirus pandemic became clear in March, Hull University Teaching Hospitals NHS Trust had to act quickly to protect its patients and prepare its staff and services.

This was no more acutely felt than in outpatient services, where thousands of routine appointments have been cancelled as far afield as Pocklington, Bridlington and Hornsea.

Eileen Henderson Head of Outpatient Services for the trust explains:

“As the COVID-19 situation began to unfold, we knew there was going to be a need to work differently.

“Encompassing over 30 different specialties* and collectively running over 1,000 clinics each week, the scale of the challenge for outpatients was huge.

“We needed to cancel hundreds of appointments for our patients, to release and retrain many of our staff to help in more business critical parts of the hospitals, while still maintaining some level of business continuity in each service for those patients whose care simply cannot wait. We also needed to ensure those key services which the trust has committed to maintaining, such as cancer and cardiology, remain staffed and equipped to continue with their poten-

tially life-saving work.

“Each of the outpatient areas works slightly differently to best meet the need of their patients, so their responses to the pandemic have also varied in nature. Some teams, such as Plastics, have turned to video consultations as a means of conducting urgent appointments, for example, while others such as Vascular Outpatients have combined some of their physical clinics to create a one-stop-shop, meaning patients who do have to come in can see several experts at once and so reduce the number of hospital visits they have to make.

“But what has really impressed me has been the way staff have really wanted to roll their sleeves up, to join their colleagues and support the COVID-19 response in any way they can.”

Staff have flexed to deliver services in different places in order to protect patients at higher risk. Certain patients can now have their bloods taken in the Brocklehurst Building, for example, or attend clinics in the diabetic eye screening department to avoid the need to visit highly populated areas of the Hull Royal Infirmary site, thereby reducing their potential risk of exposure to COVID-19. Both clinical and admin staff have also undertaken additional training to be able to support in areas with greater need or staff shortfalls. “Redeployment of staff is a key part of our major incident planning, and with far fewer outpatient clinics running at the moment, staff have been asked to undergo training to be able to help out in parts of the hospital which are normally unfamiliar to them.”



Rollits rewards four of its team with promotions

Rollits LLP has announced a series of promotions of specialists working across a range of the firm’s legal services.

Gareth Orriss and Sophie Wheeldon, who both deal with all aspects of commercial property work, are promoted from Senior Solicitor to Associate. Emma Fawke, a Solicitor in the firm’s Private Capital team, and Donna Ashbridge, a Solicitor in the Corporate department, are both promoted to Senior Solicitor.

Sophie and Gareth both gained First Class Honours degrees from the university of Hull. Sophie joined Rollits as a trainee in 2013 and qualified as a commercial property lawyer in September 2015. Gareth completed his training contract at another firm in the area and joined Rollits soon after qualifying in January 2016. In 2019 Gareth was recognised in the Hull and Humber Top 30 Under 30 list. Sophie and Gareth work closely with colleagues Chris Crystal, Neil Franklin, David Hextall and Glenn Craft in the firm’s highly respected commercial property team on matters including acquisitions and disposals, landlord and tenant, leasehold and

freehold, secured lending and corporate support work.

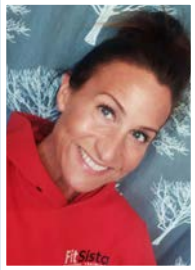
Donna joined Rollits as a trainee solicitor in 2015 and moved to work in the firm’s Corporate team when she qualified. During her training contract, Donna spent three months on secondment to Hull 2017 City of Culture, where she gained experience drafting a variety of different commercial agreements specific to the Culture and Creative Arts sector. She now works on a variety of corporate matters including company formations, mergers and acquisitions and banking matters. Donna also works on partnership matters, share buy-backs and re-organisations and is part of the firm’s Education team, advising on a variety of corporate issues for clients in the sector.

Emma entered the legal sector more than 12 years ago and worked for several local firms before joining Rollits in 2018. She now specialises in Wills, Estate Planning and Administration matters, as well as Lasting Powers of Attorney.

Pic (left to right) shows Gareth Orriss, Sophie Wheeldon, Emma Fawke and Donna Ashbridge.

Health & Wellbeing

keeping our community happy and healthy



Healthy eating is a meal plan for life!

Sarah Winn - FitSista Fitness Instructor & Personal Trainer

I really cannot stress this enough! - If you eat good stuff, then your body will do good stuff!

Forget about all the latest diet trends right now. Yes, they will help you lose weight fast BUT unless it's something you're going to be able to continue for the rest of your life day in day out, it's inevitable that at some point you're going to put the weight back on again. Adopting permanent HEALTHY eating habits will not only drastically improve your health but can also help with permanent weight loss too.

Is what you're eating actually nutritious?

Food is fuel to your body and if you fill it with rubbish, you can't expect it to do great things! Go for real Wholefoods that will give you the correct nutrition and nourish your body. As for meal replacements and supplements - they may contain all the vitamins, minerals and macro's (product advertising words, not mine!) of a balanced diet, but they'll never compare to real food.

Top Tips for eating a Healthy Diet

Eat AT LEAST 5 portions of vegetables and fruit every day.

Include good fats (although high in calories, good fats are very beneficial to health).

Include a protein source at each meal.

Plan your meals in advance.

Start the day (with a good breakfast) as you mean to go on.

Cook from scratch whenever possible - you'll know exactly what you're eating.

So, forget about the fad diets - it really is worth making those Healthy *sustainable* changes that you'll keep up for life!



Don't forget to follow me on Facebook, just search FitSista

Deep Business Centre spreads the word about mental health in the workplace

A mental health commitment by the team at the internationally acclaimed aquarium The Deep is now being rolled out to the corporate community after a successful showcase at the attraction's Business Centre.

Technology company 43 Clicks North is working with its own clients including mental health training provider The Skills Network to share the lessons learned from a Time to Talk event which brought together clients at The Deep Business Centre in Hull.

Other companies in the Business Centre are already making an impact in promoting mental health awareness, with Think

Cloud - another technology tenant - playing a key part in supporting the nationwide Andy's Man Club charity.

Mike Ellis, Managing Director of 43 Clicks North, said: "The Time to Change initiative is all about getting employers on board and we're going to sign up as a result of the event which took place here.

"It fits nicely with our ethos in terms of trying to look after our staff and it's directly relevant to the work we're doing with The Skills Network, providing digital marketing support for courses which include mental health awareness and understanding mental health."

Yoga and Weight

with Tristessa Moore

Yoga for Maintaining a Healthier Weight



Yoga can help to reduce the stress hormone, cortisol, associated with triggering the overeating of fatty, sugary foods which tends to make us lay down fat around our middles. High cortisol levels can also affect our sleep patterns leading to a raised appetite in our body's attempt to make up for tiredness. By activating the body's rest, digest, and repair response in reducing cortisol with more gentler, meditative, restorative Yoga it can help us to maintain a healthier weight, and, in comparison to Hot, HIIT, and Power Yoga, normally grouped as calorie burners, it places less stress on the body. When we also focus on the breath, we connect mind to body thus increasing an overall sense of self leading to a more compassionate body positive image.

Restorative Yoga uses props to support our body with bolsters, pillows, Yoga blocks, and blankets. Try this simple constructive rest pose by using as many props for comfort to hold you into position and by supporting bent knees. Notice the ground and the weight of your feet, and practice deep breathing by imagining there's a balloon behind your belly button that inflates and deflates. Add a steady count to your breathing to increase deep relaxation (in for four, pause, out for four, pause). Stay here for up to 15 minutes and afterwards draw your knees to your chest, before coming upright. Namaste!

Want to find out more on how Yoga can help you? Tristessa Moore, is a registered Yoga Therapist at

www.yogatherapyhull.co.uk

who also teaches well-being

in schools: www.yoyogasoul.co.uk



written by Tristessa Moore



Help us help you
get the treatment
you need.



North Yorkshire Therapist offers online help for people at home during Covid-19



Nicole Brûlé-Walker, founder of NBW: Move from Thirsk, North Yorkshire has created a free Facebook group called 'Move Well to Live Well'. Her background as a Sports Therapist and Movement Specialist inspired the name.

The group is open to anyone who wants to join and offers advice, education and videos to help those at home during the current Covid-19 situation.

Nicole says 'I wanted to help people who may be struggling with injuries or pain and to advise those who were wanting to take up exercise at home. The internet is flooded with online exercise and dance classes and it is a great opportunity to try something new but not at the expense of injuring yourself. If people have concerns about starting exercise, I can help find something that suits them'.

The page opened on Sunday April 5th and it had over 50 members join overnight. During a time where the NHS is stretched and help is very limited for things like knee, back and hip pain and joint replacement surgeries have also

been shelved; it is important that people feel they have somewhere to turn to for help.

In the short time the page has been running, it already includes a simple breathing technique to help back pain and anxiety levels and a simple daily movement assessment aimed at building an awareness of your own body. The overall aim of the page is to encourage an interactive community where content is generated by what the members want to see.

'I hope to bring in other experts in their respective fields such as Wellness Coaching, Somatic Yoga, Nutrition, and Mental Health to create a place where people can get information on a variety of health related subjects' adds Nicole. 'There are so many great people with a wealth of knowledge about wellbeing and health'.

Beyond the Covid-19 crisis the page will go on, 'I believe that people can do a lot to help themselves with a little of the right guidance and support. I have always seen my role as a therapist as more a facilitator than a fixer. My hope for the page is that it extends the help beyond that of my local area'.

People may join Move Well to Live Well through the following link <https://www.facebook.com/groups/363960687431458/?ref=share>

Covid-19 has brought many changes to our lives, one positive is the gift of spare time

A few years ago, I started writing a book. I had all the ideas, but literally not enough time to actually write it. Quite ironic really when the book is all about quick and easy ways to improve your health when you don't have much spare time!

Five Minute Fixes for Frenetic Lifestyles is one title I thought of, as our lives seemed to be so frenetic, when you factor in family, work, social media pressures and demands that we are available virtually 24/7.

But I settled on Five Minute Fast Fixes. Because everyone can spare 5 minutes out of their busy day to fit in something to help them improve their health. Some of the techniques are quicker than 5 minutes and some take a bit longer. Those that take a bit longer can be done whilst you're on the phone, chatting to a friend, watching TV, so really no excuse to not do them.

So, here I am writing a book that I am too busy to spend much time on, for everyone who is too busy to have time to sort out their health niggles.

Then Wham, along comes Covid-19, well we've all got time now!

So I'm writing lots more, as I can't physically see clients, (although I have some who are wanting online sessions).

And I'm writing it for all those people who were previously so

busy, who now have time on their hands too.

I just hope that when we come out of this period, we will realise that we don't have to be busy all the time, that we can actually be still and enjoy those moments that we would otherwise have missed.

So I'm thinking in some ways this will work out well because I will get the book finished, but in the meantime, I'm enjoying taking the time to do it.....

Here's a little preview of the sort of fast fix you can expect from the book. This is something you can use at any time, but especially now.

If you are feeling any of these: Fear, worry, anger, guilt, depressed. Here is a very simple and effective way in which you can help yourself. Just pick the appropriate finger or thumb and hold it with the other hand. It's very calming to do, you can do it for as long as you like, when you like.

Show your kids and grandkids how to do it, this can help can empower them in a situation they have no control over.

For those who want to know which hand:

The fingers on the right hand are for emotions in the present and those on the left for emotions that can be related to the past.

Or just go with which seems right at the time. Or just do both!

with Linda Hoyland, Vitality Specialist

WIN
YOUR LIFE
BACK

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Get in touch with us and boost your business today!

Taboo Totem Creature

THE UNMENTIONABLE ONE



Dr. Alec Gill MBE

It is a joy to write these articles for The Hull Hub and its readers throughout the region and beyond. I have covered an assortment of superstitious topics which were linked with the folk beliefs of our port's fishing families.

We have seen how, of all the colours of the rainbow, green was the most taboo; of the infinity of numbers, thirteen was falsely deemed unlucky; of any day of the week, how the female Friday was feared by some; and of all creatures on the planet, how the cat provoked such mystery and magic. This time I wish to focus upon another animal – not a domestic one, but an unlikely farmyard creature with wild roots.

Strangely enough, even the uttering of the name of this creature was strictly forbidden within the Hessle Road Fishing Community. Added to that, it was extremely unlikely that Hull trawlermen, fishing off Bear Island, far within the frozen Arctic Circle, would ever come face to face with this animal. Yet of ALL creatures this was the most detested. Few use its proper name – even today. Instead, some might spell it out letter-by-letter. Others silently mouth each of the three letters. During a long discussion about this awesome creature, one woman in my group had the fingers of both her hands tightly crossed. Later, she held them up in the air and declared that it was to avert any evil influence which might strike as a result of this name being spoken aloud by others. On one occasion, a telephone call was cut short because I inadvertently uttered the name of this animal in passing.

As might be expected from previous superstitious behaviours, this animal too has alternative names that 'protect' the speaker – thus making them immune from uttering its proper one. The fact that there are around one dozen options shows the degree of emotional feeling generated by this 'wicked beast'.

If you have not yet guessed its name, you soon will as this list unfolds: Curly-tail, Porker, Grunter, Porky, That Grunting Animal, and Parger-Warger (similar to the childhood expression Piggy-Wiggly).

Other British seafarers also used alternative words like Hog or Sow (Haining, 1979). This most dreaded animal is 'p-i-g'. Even amongst people who spell out its name, there is a strange element of disguise. One woman quirkily spelt it 'p-one-g' ('p-1-g'). Beyond spelling is absolute SILENCE – mouthing the word or spelling it out. The daughter of a Hull trawler mate (called Carr) mentioned that her dad often said, "I'm not scared of man nor beast, apart from grunter".

This taboo is the strangest one amongst the hundreds of Hull superstitions. But, just to put things into a wider perspective, even the great and mighty have shown deference toward our porky friend. Sir Winston Churchill is reputed to have said (though I have never traced the source):

"Man looks down on dog / Cat looks down on man.
But pig stares man in the eye / And sees his equal".

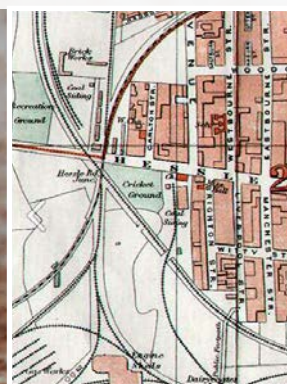
It is well known within the realm of organ transplants, that humans can accept parts from pigs, because of genetic similarities. Before looking at sea stories about porker, there are a few tales about him ashore. A contradiction is that some Hessle Road families had a pigsty. Only a few, that is, because not many households had a garden in their back-way. Along with geese, goats and chickens, swine were kept by three Beecroft Street families. Neighbours saved stale bread, potato-peelings and left-overs for swill. After the arrival of a new litter, the children of the street were invited to see the squealing pink piglets. On market day these youngsters were roped in to help herd the fully-grown porkers into a cart – horse-drawn in the olden days.

They blocked off passage-ends to direct the creatures toward the street. Other children lined up on the pavement to herd the frightened animals up a ramp – with trawl nets fixed either side – into a waiting wagon.

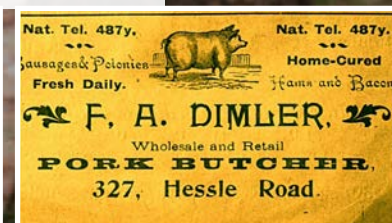
After describing this frantic activity back in February 1990, I got a letter from Susan Smith about her parents' private joke. Apparently, her father had bow legs and his wife often poked fun at him saying, "You couldn't stop a pig in a passage with those legs". They then doubled over in peals of laughter and no one could get any sense out of them for ages afterwards. In Glasgow Street the kids 'accidentally' let the swine run free into the street. It was mayhem as everyone tried to re-capture the poor things destined for the slaughter-house.

The final community story leads us directly into the trawlermen going off to sea – or not, if they met a grunter. Dora Wright, as a young woman, was donkey-stoning the door-step at her parent's house when she saw a trawlerman walking toward the fish dock with a bag over his shoulder. Then suddenly a stick-wielding neighbour herded out a hog he was taking to the local abattoir. The deckhand stopped dead in his tracks and said, "That's it, I'm not going to sea today". He turned around and went back home.

This Hessle Road account is confirmed in the literature by Anson (1932) who widens this superstition to the whole of the UK. He described how 'pig' is a taboo word all around the British coast, especially in Cornwall, Yorkshire and Scotland. He said "There is no animal more unlucky for fishermen" and few put to sea after seeing one. This going-back-home aspect, however, dramatically highlights a conflict between two powerful taboos. With sailing-day superstitions it was an ill-omen to 'turn back' after setting off for the ship.



Above: Hessle Road Map
Michelle Coldham
Right: Beecroft Street
Herd



Above: Dimler
Pork Butcher 327
Hessle Road 1913
advertisement

Yet here is a situation which forced a fisherman to return home. As well as showing the contradictory nature of superstitions, this also illustrates how the power of the pig taboo over-rides other rituals. Furthermore, it indicates that there is a hierarchy within the beliefs themselves – with pigs being superior within the pecking-order (sorry for the mixed metaphor!)

How then did Hull trawlermen ‘encounter’ old curly-tail in the unlikely surroundings of their work on the Arctic boats? I have limited myself here to only three specific trawling tales. The first relates to Skipper Ernie Clark of the Lord Bradbury (H.251). He adamantly refused to have anything to do with pork on his ship. Bob Rowntree was part of his crew in 1937 as she steamed off in the Humber. Amongst the joints of meat being stowed below on the ice in the fish room was a pig’s head. Whether it was a mean joke or merely an accident we will never know; but “Ernie went bloody barmy – no doubt about it”. He immediately turned the 338-ton trawler around and headed straight back into St. Andrew’s Dock. He refused to sail for another 24-hours. Trawler owners Pickering & Haldane “just had to accept the situation”. Skipper Clark set sail two tides later.

Again, we have another instance whereby the powerful ‘never-turn-back’ rule was stood on its head by the stronger pig taboo. Radford (1974) reported the tale of a Scottish vessel which also turned back after being confronted by a similar problem. A young prankster threw a sow’s tail aboard a fishing boat as it sailed out from Buckhaven harbour. The ship “instantly turned back and the crewmen refused to sail until the next day”.

The second Hull trawling story is almost identical, but the skipper did not turn back to port. As the Macbeth (H.113) steamed off down the Humber in 1948, Skipper Ben Henry glanced from the bridge as the deckhands cleared the ship’s stores from the open deck. One of the men’s jobs was to unleash a bale of hides. These were used to make the covers water-tight when the ‘hatches were battered down’ – and to protect the trawl net from the jagged rocks when dragged along rough sea beds. But Skipper Henry’s eagle-eye spotted a particular hide which caused his blood to boil. John Crimlis described how “he went daft, used lots of foul language and ordered the bewildered deckhands to throw the pigskin overboard”. After things calmed down, the 1938-built Macbeth continued her voyage to the White Sea.

There are other yarns, but the third and final porky tale is told by John Evans who wrote to me (8 March 1990). This incident is perhaps best told by an extract from his letter: “I was mate of the James Barrie [H.15] with Skipper Bernard Stipetic – now deceased. Every time I saw a piece of pork come out of the fish room for dinner I would say, ‘Here comes some bad luck’. One day [c.1960] we had just put a new trawl on and, lo and behold, up came a back leg of pork out of the fish room. I cursed and swore. Bernard said, ‘I’ll cure you of this superstition’. He cut off the grunter’s tail and tied it to the headline of the trawl and we shot

away. We had not been towing fifteen minutes, when BANG, BANG – both warps parted [loosing thousands of pounds worth of valuable gear snagged on the rocks]. After that, pork was never allowed on board the James Barrie again!” I wonder why?

It would be great to be able to show the exact origin of any superstition – and especially this ‘pig’ one. But one of the biggest obstacles to this hope is that most folklore beliefs are handed down orally from one generation to the next – by the spoken word only. Few, if any, were written down by the people who instigated and / or perpetuated taboo traditions. Nevertheless, there is a slight hint to the origin of the pig taboo. The strong negative attitude towards grunter has also been reported in Brixham, Devon – home of the earliest smack owners who settled in Hull during the 1840s and were the founders of the port’s trawling heritage. Opie & Tatem (1989) told how Devonshire fishermen never carried pork to sea. This Brixham-pig connection provided a useful clue as to why Hull’s fishing families were so straight-jacketed by this superstition. I would also add that SW England has always had strong Celtic associations too.

No one I have interviewed knows whether the feelings toward this grunting animal are out of fear or favour. I do not know either. But I have had lots of fun trying to sort this dimension out. The research has led into some dark and mysterious back-waters. Pigs are certainly amazing creatures who have entwined themselves deep within the human psyche. The symbolism built up from the literature can be described as fairly contradictory – and dates back over thousands of years. In Celtic Pagan times pig was a revered animal, but in the Christian era it is reviled.

Pagans praised the pig from Iceland to the Indus. The pre-historic ancestor of the farm-yard animal was, naturally, the wild boar. These two names are used here interchangeably. In an earlier publication, I described the Pagan boar in terms of Frazer’s (1922) corn-spirits (Gill, 1991). I still stand by this theory, but have since found that the boar / pig was much more central to the whole of the Celtic belief system than first realized. Gratitude goes to anthropologist Dr. Dennis Duerden of Hull University who kindly lent a copy of the Anne Ross (1974) book *Pagan Celtic Britain*. She showed that “the boar is, without doubt, the cult animal par excellence of the Celts...which has the greatest representational popularity, and one which is used in a wide variety of contexts”.

Ross described how boar symbols are found throughout the Celtic world on helmets, shields, cauldrons, coins, banners, altars, and in the graves of powerful tribal chieftains. This popular animal also had a protective ‘talismanic significance’ in military warfare. This divine swine is also a cult hero in Irish and Welsh mythology. Anne Ross concluded that the immortal pig “contained all the passions of the Celtic peoples – hunting, feasting, fighting and procreation (it is a symbol of sexual fertility). The more Christianity grew in strength, so the boar’s popularity rapidly



Above: Pig at Butchers

Directly Below: Boar and Hunter at Beverley Minster Miserichord. Further Below: Macbeth H113 at sea by Ernie Hunter



James Barrie H15 Painting by Eric Wedge

Directly Below: Blue Boar Pub
Chipping Norton 1989
Further Below: Matchstick Holder of
Mad Rilatt



diminished throughout Europe". But old curly-tail craftily foraged his way into British folklore. And our coastal fishermen kept porker alive within their enigmatic superstitions.

Taking a completely opposite stance, the Holy Bible has few, if any, good things to say about the swine. The idols of any dying religion are usually disparaged by the next in-coming religion – just like when a new political party gains power. The Jews were the first pig-bashers. A few extracts from the Old Testament will suffice: Leviticus instructed the children of Israel, "You must not eat their [swine] meat or touch their carcasses, they are unclean for you" (11:7). Isaiah condemned those who "eat swines' flesh" (65:4; 66:17). And Proverbs stated, "As a jewel of gold in a swine's snout, so is a fair woman who is without discretion" (11:22) – this also takes a swipe at women. When the Israelites conquered Canaan, they found that the native inhabitants offered swine "as a sacrifice in idolatrous worship" (Encyclopaedia Judaica, 1971) – and ruthlessly stamped it out.

The medical argument, sometimes put forward to explain this anti-pork view, is obviously strong – especially in a warm climate. Parasitic tapeworm can infect under-cooked ham (shoulder). Once in the human gut, it can grow over three feet long. Even today there is no direct treatment for cysticercosis. Untreated, the patient goes mad.

The Christian New Testament has at least two negative references to pigs. Jesus told his followers not to "cast ye your pearls before swine, lest they trample them under their feet" (Matthew 7:6). But the most direct biblical link between grunTERS and mariners comes from the well-known story of the Gadarene Swine. Jesus had just stepped ashore in Gadarene when a mad man with an 'unclean spirit' fell to his knees before Him. The man was possessed by a legion of demons. Christ cast them into 2000 pigs on a nearby mountain side. Then "the herd ran violently down a steep

place into the sea and were choked in the sea" (Mark 5:1-20). So here is a clear linkage between pigs and drowning. Audiences have suggested to me that trawlermen who wish to avoid drowning, therefore, avoid pig.

There seems no easy way to draw together the diverse and patchy 'evidence' related to pigs. The mystical and biblical views are diametrically opposed. I doubt if Hull trawlermen subscribed much to the anti-pig views of the Jews or Christians. Had the trawlermen been avid Biblical scholars, then why did they also have taboos related to rabbits, cats, and rats when there are very few references to any of these animals in the holy book (Metzger, 1962)? On the other hand, the New Testament banished goats to the Fires of Hell (Matthew 25:31-41), but this old hairy-whiskers does not appear at all in any trawling taboo I have encountered.

I have written extensively about skipper 'Mad' Rilatt and his suicidal World War One antics (Gill, 1991, Ch.2). He swam against the tide in almost

every aspect of his life. Not surprisingly he was also out of step with this taboo. Instead of avoiding grunter, he embraced him as a lucky mascot. In addition to his lucky hog-shaped silver matchstick holder (which 'protected' him through both world wars), he even had a bigger model of a boar which he took to sea. His son Ted confided that Mad stole it by breaking it off a car hood – a boar-shaped mascot-type figure (perhaps a Sanglier Wild Boar bonnet glass mascot by French designer René Lalique first produced on 3 October 1929, height 6.8cm.). Anyway, he took it to sea for years on whatever trawler he had under his command. Then one day it was stolen from the wheelhouse. Much to Mad's anger, it was never found. The Rilatt Family always suspected that it was taken by a rival skipper called, appropriately, Charlie Hogg.



HULL'S BEST OF



Hello everyone.

By Rob Gilmour

First of all I would like to thank you all for your continued support of the column, as you all know it has been a very challenging time. I'm still going to be bringing you positive news about local eatery's in the Hull area.

Both myself and Jenny (my wife) are self-employed with three children at home. I've thought about how we could make this column work during lockdown.

Over the last few weeks of lockdown we've supported local business and had a few takeaways, and i'm sure we're not the only ones out there that are missing going out to eat. This is where we need your help.

If you would like us to review your takeaway you can contact me at info@thehullhub.co.uk if you are interested. I only publish the positives and now more than ever we need to help "local" business so when "normal" times return we still have these much needed and loved places to visit.

Looking forward to our takeaway reviews.

Rob



Cod and Communism: Humber Fishermen on the frontline of the Co(l)d War



The Carnegie Heritage Centre in Hull received a National Lottery Heritage grant to research and film a documentary about the experiences of Humber fishermen who were fishing in Icelandic waters between 1957 and 1977 – the era which has become known as the Cod Wars.

'Cod and Communism' has seen volunteers from Carnegie Heritage Centre research, collate and plan a television programme documenting the Humber fishermen's fight for the fishing grounds that became a side-show of the Cold War. Over the last few months the project has engaged with local ex – fishermen and their families from both sides of the Humber to tell their fascinating Cod War stories and set them in the context of the Cold War.

Project manager and TV producer Lia Nici said: 'The Cod Wars had such a huge impact on the fishing fleets of the Humber – they finally helped to seal the end of the Humber fishing industry. 'Cod and Communism' will look back at how the trawler fishing

industry was actually part of a much bigger, political struggle that was going on across Europe and the North Atlantic at the time, which many people weren't fully aware of. Pulling all of this history together with local people's memories and recollections of the period between 1957 to 1977 will make for a fascinating programme.'

This project has seen volunteers from the Carnegie Heritage Centre receive training in research and interview skills and professional and video sound recording techniques. In addition to producing the programme, the project will document and archive interviews and digitise photographs for the future use of researchers and volunteers.

Liz Shepherd, Chair of Carnegie Heritage Centre, said: 'We are delighted to receive this National Lottery heritage grant. This support has allowed us to train volunteers in new skills and leave a lasting archive of memories of the Humber fishing community'.



THE GUILDHALL TIME BALL

BY MIKE COVELL

News recently broke that Hull's time ball, situated on top of the Guildhall, would be undergoing investment with a view of getting it up and running. Here are some facts and fallacies about the Guildhall Time Ball.

The decision to have a time ball was discussed in October 1914, when Councillor Johnson appeared before the Hull Corporation Property Committee to propose the ball; he suggested it would cost £100 plus £25 builder's costs. It would be fitted by Shaw, of Storey Street. The time ball would be a time-keeping device for Hull residents and would rise up the pole until noon when it would drop at mid-day. It would be seen from the River Hull and therefore particularly useful to the shipping community who could set their time keeping devices to it.

Not everyone liked the idea, Sir Alfred Gelder, M.P. Alderman Jarman, Alderman Gillett, and many others spoke against the time ball. The main argument against the creation and instillation of the time ball was its cost; many thought the money could be spent elsewhere in Hull.

When the decision was granted to install the time ball it still wasn't plain sailing. During its instillation Mr. Alexander Young, who was charged with being the sculptor on the tower on which the time ball was to be mounted was found dead 130 feet up on the scaffold by his own son. It is believed that Mr. Young suffered a fall from the higher portions of the tower to the spot where he was discovered. An autopsy revealed that a Mr Young had suffered a heart attack which caused him to fall.

Despite the Guildhall housing the time ball the Hull Corporation did not wish to participate in its operation, they opted instead to pay the Post Office opposite the princely sum of £5 per year to operate the time ball. This also led to some opposition about the time ball and the need for such a device in Hull. By October 1915 there was still no sign of the actual time ball in its planned position.

In July 1920 the time ball had still not been installed, the Hull Architect, Mr. Wheeldon, was called before the Hull Corporation Property Committee to testify as to what was holding up the scheme. He blamed the outbreak of war, lack

of materials, and damp weather in Hull for damaging some of the machinery that operated the ball.

By April 1921 the Post Office had demanded that £5 was not enough and that £7 10s was the required sum for the operation of the time ball. The Property Committee also stated that the time ball, which was made of copper, had to be regilded but the committee voted against this, partly due to cost, partly due to the ball being so high!

In its first year of operations, 1921, it cost £30 to operate the time ball. This was £25 over the initial budget for the device.

On October 29th 1921 the time ball motor was removed and taken to the Hull Corporation stores, the time ball was no longer in operation, it lasted less than a year, went over budget, suffered numerous technical problems, and led to fierce arguments in the chambers at Guildhall, as well as a long standing argument with the Post Office over its operation and the costs of doing so.

No historical facts about an artefact in Hull would be complete without some myths attached to the object. The time ball is no exception. Among them were that the time ball was used to measure the tides, when the tide was high, the ball would rise, but this was false.

It was believed that the ball housed the plans for Guildhall and other documents thus keeping them safe, but this was also false. It was also believed that the time ball and its mast were actually created as lightning conductors, this is also false, various lightning conductors can be found around the Guildhall and none appear to be connected to the time ball.



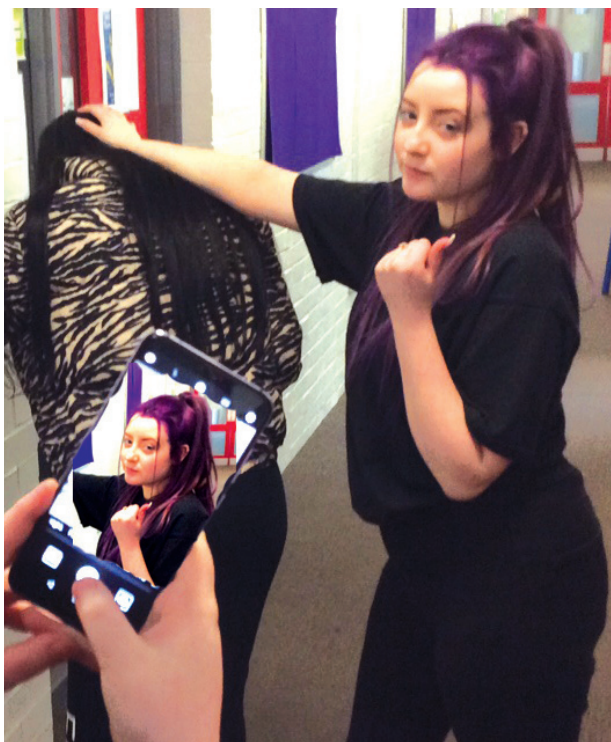
Young people being bullied



In this issue we have the second half of a report from a HEADSTART HULL funded project at Hull College 14-16. A local freelance journalist worked with English teacher, Jack Edgar, and a group of students who researched, photographed and wrote about the subject of Bullying which damages the mental wellbeing of so many young people.

What makes a bully?

Bullying is a learned behavior, there is no generic trait. It's a widespread problem and isn't always as easy to identify. Or is it? You see most bullies are socially adept, popular and society is at fault. Most learn that tormenting a person makes others laugh, thus raising the social status of the bully. While some may not be physically violent, they can spread vicious rumours that humiliate, alienate and shame their targets.

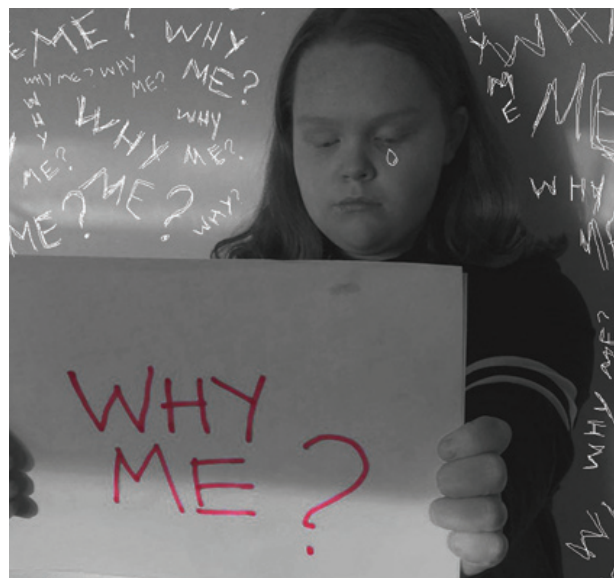


But why would you bully someone? A bully is often a bully because they have been bullied themselves and want to make someone feel the same way or they are jealous of the person because they might have a better life, more friends, a good family which they haven't, so they want to make your life a misery.

So now you know what bullies are, what actually makes a bully? It is popular belief that bullies have low self-esteem whether that is caused by problems at home or feelings of being powerless within their life so they act up in order to compensate however this isn't always the case. Some studies show that the individuals who taunt others actually have extremely high self-esteem with no consideration or empathy for others, yet when they feel as though they have been psychologically or emotionally insulted in any way, this, therefore, becomes a threat towards their ego which leads to a result where they lash out defensively in order to preserve the image that they have of themselves and to remain feeling as though they are superior to others.

One thing that might make a bully is that they don't have any control in their life at home, so to feel some sort of power and control they decide to inflict pain on a vulnerable member of society who they can torment every day without fail. This would make them feel powerful and give them a thrill.

So, now you know what bullies are, what actually makes a bully? It is popular belief that bullies have low self-esteem whether that is caused by problems at home or feelings of being powerless within their life so they act up in order to compensate however this isn't always the case. Some studies show that the individuals who taunt others actually have extremely high self-esteem with no consideration or empathy for others, yet when they feel as though they have been psychologically or emotionally insulted in any way, this therefore becomes a threat towards their ego which leads to a result where they lash out defensively in order to preserve the image that they have of themselves.



A Personal Story

My bullying story could be like every other persons story but to me and possibly to everyone else, it's unique just like how everyone is unique. The first time I got bullied, I was in primary school and this boy started targeting me for no reason, probably because I look, sound different, I still don't know. It carried on for years, all through my primary school years. One day it went too far; I was with my friend in the playground and the boy and his group of friends came up to us. They asked me if they could talk to me in private so I went with them to see what they wanted. As I turned round to walk away, after a few minutes of conversation, the main boy dragged me to the fence and pinned me up against it, I was scared and the minute that we turned around to boast to his friends behind him, I ran but they caught me, everyone was with their own friends and didn't pay attention to us. I was lucky that the whistle blew when it did, if it didn't I don't know what would have happened. Eventually, when I had enough of missing school and pretending to my mum, I told her everything, what had happened; being called names that made me feel disgusted about myself day in and day out and being chased. My mum was furious that nobody at the school did anything and didn't enquire into the reasons for the amount of absences, just taking my word for it. She was close to removing me from the

school but didn't because they told her that it would get sorted but all they did was send him to a different location for a week and gave me a booklet for me to write down my feelings about the day. It was fine for a while until a girl kept chasing around calling me offensive names getting me to run after her making out like it was a game but it wasn't. I told my mum about the game and she pointed out that she was being horrible towards me. We went to the headmistress who told my mum that it was because there was a smell in the air that influenced the name she was calling me and she just said to my mum that she would deal with it and she did and it didn't happen again. I'm pleased to say it's all behind me now.

What do I look for in a friend?

A. What I look for in a good friend is loyalty because I wouldn't want a friend who goes behind my back and slags me off because that is not a true friendship. I also look for support because I'm really a very sad person and I need support!



B. In a friend I look for loyalty and someone who will stick up for me because im not very strong. I want someone to have sleepovers with and watch Love Island with!

C. I want a friend who is a boy because they are better to get along with.

D. What do I look in a friend, I look for someone who is supportive and there for you who can make you smile when you're feeling down. Who is there to make sure you don't do anything stupid. But best of all is there to be your friend to make you smile to have fun with you

E. Friends who understand the situation you are in are the best type of friends because sometimes they can relate to it or they can support you 100% give you the constant reassurance.

Who can you turn to?

"In this situation you could turn to family or friends or if not talk to a teacher. Go talk to someone because you're sad. You should probably find someone to talk to. Try to get a counsellor."

The above quote was all the editorial team could agree on. Some said "Teacher" whilst others said they had tried that and it really depended on the school you went to and which teachers you asked. Then they looked at Mum, Dad, Brother or Sister. Then some said "Yeah but sometimes that's the person who's doing the bullying!"

For most it was agreed that talking to someone older who had the power and the understanding to do something about your situation was maybe the best solution. But then that is so easy to say and doing it on your own is just not that easy to actually do. The single most popular route agreed on was to simply ask a friend to help you. Being isolated and alone is what the bully most wants you to feel. If you have any concerns about the issues raised in this article please visit HEADSTART HULL's website at:

howareyoufeelingtoday.org.uk/headstart-hull

THE SCHOOL SCOOP

Adjusting to Lockdown – by Talia Peters



Whilst in lockdown for most school students its filled with school-work. The teachers at The Marvell College are going above and beyond!

For numerous weeks the school has been preparing work for all of their students, to complete. Every week we receive work booklets to complete. As well as online learning, we are still following our time table and lesson are coming through during the day. All our teachers are active on email so when your stuck you can email them your question like if you was going to put your hand up in the lesson.

Other than being in lockdown and completing school-work we have took advantage of us living in a small countryside

village to make the most and go on long bike rides for our daily exercise and enjoy life in our little bubble we live in. Lockdown has made us do a lot more things such as bake more and capture more of the farm life on camera as farmers are prepping fields ready for harvest in the summer. I guess on the plus side it's nice to go on long walks and enjoy more exercise too! I think we'll be glad when this is all over and things return to normal, but we take each day at a time and appreciate the simple things in life more, rather than take it for granted.

At least we can all show our appreciation on a Thursday evening whilst we clap for all our key workers.

SIXTH FORM STUDENTS ARE USING STATE-OF-THE-ART TECHNOLOGY

Sixth Form students are using state-of-the-art technology skills to help create a visual walk through of the world's first purpose-built centre of its kind for veterans.

Year 12 engineering students from Ron Dearing University Technology College (UTC) in Hull are learning how to use Autodesk Revit 3D building information modelling (BIM) software, used by leading architects, to assist in the creation of a virtual reality tour of the Hull 4 Heroes Veterans Village.

The Veterans Village is championed by TV celebrity Nick Knowles and aims to be a self-sustaining site providing transitional support for ex-service personnel and their families, creating a safe and stable environment to help them adjust to civilian life. It will include housing, training and support facilities, as

well as a visitors centre for the wider community.

With the support of Hull City Council and East Riding of Yorkshire Council, the Hull 4 Heroes charity has secured a 22-acre site next to Priory Road in Hull, extending into the boundaries of both authorities. Seven Ron Dearing UTC students are currently involved in the project outside their usual school studies after completing their Computer-aided Design (CAD) unit to distinction level months ahead of schedule. More students are expected to join the team, working closely with Cleethorpes-based Hodson Architects and the Hull 4 Heroes team over the coming months.

Glenn Jensen, Head of Engineering and Employer-led Projects at Ron Dearing UTC, said: "This is the first time our students have been

involved a project like this, particularly at this level, and the skills and software they are using have been identified as critical in the architecture and building industries.

"This is another string to their bows and the skills they are learning are massively transferable to the careers they hope to progress to.

"It's fantastic for learners of this age to contribute to a flagship project to help support the rehabilitation of veterans, which is so important and will change lives for the better."

The Veterans Village is the brainchild of Hull 4 Heroes Chairman Paul Matson, who founded the charity in 2016 following his own struggle after leaving the Army, and TV presenter Nick Knowles, with support from Project Manager and Hull 4 Heroes Trustee, Trevor Fishburn.

Inspired by the work on the BBC One's popular DIY SOS programme, presented by Nick, and backed by a team of supporters and a local professional design team, the charity developed the idea to house and support those in need.



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The latest from Evoke...

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A Funtronic Floor is an interactive projection tool that is simultaneously an interactive floor and table.

The WizeFloor is an award-winning interactive floor for education.



The New Solo Immersive Experience

Introducing SenEgg, our new self-contained sensory haven provides mobile, individual immersive experiences.



“ Staying positive doesn’t mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming ”

STAFF AT WILBERFORCE COLLEGE HELP OUT

After seeing a plea in the news last week for schools and colleges to donate any spare PPE to help protect the outstanding people working at the frontline in our NHS, staff at Wilberforce College were only too pleased to help out.

Dr Martin Walker, from the College’s Science Faculty, liaised with Wilberforce Senior Management and the Estates Team to gain access to the completely closed down site, on Salt-

shouse Road in East Hull, last Friday. He then quickly parcelled up boxes of safety glasses, latex gloves and hand sanitiser, all normally used for A Level and BTEC Science students at the sixth form college, for delivery to Hull Royal Infirmary’s frontline heroes.

Dr Walker, a passionate biologist and member of both the British Science Association and Royal Society of Biology, commented

“When I saw the request, I knew immediately that we had enough in stock to spare and wanted to do something positive to help out. It’s a small gesture on our part that might just make a big difference to the amazing NHS frontline staff at one of our local hospitals.”



UNIVERSITY OF HULL PRODUCING 3D-PRINTED FACEGUARDS TO HELP HEALTH SERVICES TACKLE CORONAVIRUS

The University of Hull has started production of urgently-needed faceguards for the NHS and a local hospice to prevent the spread of COVID-19.

As the nation comes together to provide support for the NHS, a team of engineers and technicians are working at the University’s Faculty of Science and Engineering and Aura Innovation Centre to increase supplies of this vital item of personal protective equipment (PPE) for healthcare professionals working on the frontline in our region.

The University aims to produce more than 400 faceguards in a pilot project – using 3D printing technology. 3D printing enables a three-dimensional object to be produced from a digital design.

Nathan Brown, senior lecturer in the department of Engineering and lead on this project, said: “Across the University, we are using our research, expertise and resources in a diverse range of ways to help with the nation’s effort to fight the COVID-19 pandemic.

“The production of these faceguards is just one of the ways we can help boost supplies of essential equipment. Initially, we will respond to the requests from the NHS and a Grimsby hospice and hope to be able to print between 100–200 a day. Once we have fulfilled these requests we hope that we will be able to support other healthcare organisations in our region.

The University is committed to providing expertise and resources to help in the UK’s fight against the pandemic. While student nurses and medics prepare to join the frontline of the NHS, other University departments such as Biomedical Sciences have already delivered sample processing technology to Castle Hill Hospital to help identify the virus. Starting next week, the University will also be providing online training to former NHS healthcare professionals who will be re-joining the workforce at the peak of the pandemic.

Dr Ellis Marshall, technical manager at the Aura Innovation Centre, said: “The 3D printing process is relatively simple. In theory, if people have a 3D printer available they can join the national efforts of the maker community across the UK. It is possible for them to set their printer up to print the design while they go about their daily lives.”

The University of Hull’s new Aura Innovation Centre supports businesses of all sizes, helping them to accelerate low-carbon projects, deliver green innovation and benefit from clean business growth. It’s official launch is expected to mark a major milestone in the University’s biggest commitment to tackling climate change.

The 3D printers in operation at the Aura Innovation Centre were kindly funded by the Regional Growth Fund/Green Port Growth Programme.

INSIDE TRACK ON EXCITING CAREERS AT EXPO

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GIVING NATURE A HOME!

Barratt Homes Yorkshire East donates £500 to local Hull school to create own wildlife-friendly garden.

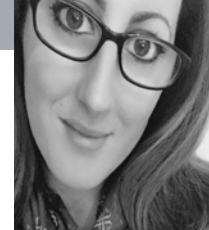
Last year, 20 year seven students from Cottingham High School visited Poppy Fields to take part in an activity to learn more out about how they can protect hedgehogs, birds, bats, butterflies, and bees in and around Cottingham. Each student was then invited to enter a

competition to design their very own wildlife-friendly garden, featuring essential elements used at the Poppy Fields development in order to help give nature a home. The winning design, which was created by Toby Irving, featured a hedgehog highway, hedgehog home, bee box, bird box, and bog garden amongst many other wildlife-friendly features – making him a very-deserved winner!



LOCKDOWN FAMILY FUN

JENNIFER GILMOUR



Usually I take this space and write about our family adventures, that we have done for free or for cheap locally. It's a little different this time because I am sharing what we have done for some family fun. I hope you enjoy some of the easy activities that we have enjoyed ourselves.

Rainbows can be seen in windows across our city, in fact the nation and beyond. We started thinking of ways to enjoy the rainbow further. Some of you may know about these but if you don't, they are fun and made our children smile.

Skittles

1. Buy a packet of Skittles and create a circle with them on a plate.
2. Pour hot water into the middle and so it touches the Skittles.
3. Watch as the colours start to run into the centre.

Kitchen Roll

1. With some kitchen roll cut out a rainbow band.
2. Ask the children to colour on each side the rainbow colours working your way in at least 2cm up the kitchen roll.
3. Put each end of the rainbow into a cup or glass of water.

4. Watch as the colours run up the kitchen roll and join in the centre. Making a rainbow.

As well as these we have also made our family handprint cut outs and framed them. Valuing our time together as a family and this is something easy to do and remember our closeness in a visual way.

We have recorded these activities and put them on our Tik Tok account: @GilmourFamily.

Drive by scavenger hunt

3-4 weeks the kids hadn't gone out of the front door as we are trying our best to limit our time out in the world. I have two auto-immune diseases and I'm susceptible to catching things, however we needed to get the kids out and we had some errands to adhere to. I created a drive by scavenger hunt, it looks easy but with lockdown some of the items were more difficult to find. Our children had never been so excited to get out and have a drive around, it was well worth the effort. I have put a free printable on our family blog if you want to give it a go: gilmouradventures.com

It's really simple, once you find the item you pop a tick in the box. For older children you can get them to do a tally chart in the box instead.

Cake in a mug

If you aren't the best baker or don't want to make much of a mess, a cake in a mug is the perfect way to get the kids doing something and enjoying the result.

The recipe is simple:

- 4 TBS Self raising flour
- 4 TBS Sugar
- 2 TBS Drinking chocolate
- 1 Egg
- 4 TBS Milk
- 1 TBS cooking oil
- 2 minutes in the microwave

Add your own filling in the middle, our favourite is chocolate spread and peanut butter to create a Reeses inspired one. The kids liked to add blueberries and raspberries with theirs.

If you try any of these activities, please do share photos with us via The Hull Hub. We would love to see how you get on.



The Girl on the Train

She is systematically phoning each of her friends in turn. How many does she have? This is going to be a very long journey. Loquacious Lola (not her real name) has a voice pitched so high I visualise dogs bracing themselves for fight or flight. Her insatiable invasive chatter is going to test human endurance. Impervious to the looks of disdain we all hail at her, must mean she is not going to shut up! I need to escape. I crawl inside my own creative imagination.

... 'This girl is 'friendless' 'Not a friend in the world'. 'Not one', her garrulous chatter has driven any potential friend into an early grave. There is no one on the other end of her phone. She's a scammer, a bamboozler, a fraud, a duper, a vacuum, sucking up attention to justify her existence! I lengthen my creative stride to invent Van Gough, sitting astride a wonky donkey, his ear talked clean off. And no prizes for guessing who's responsible for the donkey's wonkiness! After an hour and just when I'm really getting this show on the road, Lola starts to make disembarkation gestures. Whoop-de-doo! The train slows, she collects her belongings, folds away the portable table and choreographs on her coat, all without coming up for air! The voice over the Tannoy, warns "mind the gap" and I revel in what might happen if she doesn't? Then, something that I hadn't bargained for! My faithful perception of Lola is suddenly revoked when I see through the carriage window six people surging onto the platform, all clamouring for Lola's attention.

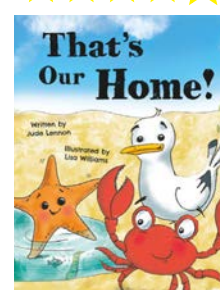
She does have friends after all! Ok - perhaps this story says more about me than it does about Lola? But please try to imagine an irritating itch that is not relieved by scratching. The train continues its journey having left Lola behind. I, reluctant to give up my fantastical myth, close my eyes and imagine Lola still on the platform shouting instructions; "It's a wrap. Thank you everyone. Invoice me. Equity rates? Yes, of course". Finally, with peace restored in the carriage I feel suddenly charitable and I consider what a very nice girl she was. Perhaps?



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



BOOK REVIEW BY JENNIFER GILMOUR



**THAT'S
OUR
HOME!**
A BOOK BY
JUDE LENNON

This column is dedicated to books, reviewed by Jennifer Gilmour who is a local author herself. Books chosen to be reviewed will either be from local authors, positive books, indie authors or fit in with the seasonal calendar. We would also like to know what you think. If you read the book reviewed then send us your thoughts and feedback, your views could be featured in the next issue. Email them in to jennifergilmour@thehullhub.co.uk

Starfish, Crab and Seagull live on a beautiful beach which is being ruined by rub-bish and plastic. Join them as they speak to the people on the beach and remind them about the importance of looking after the beaches and coastlines for every-one.

"Children are our best environmental ambassadors. This cleverly written, beautiful-ly illustrated book helps to bring home the issues of waste affecting our coast-lines." Dr Jenny Jones, Author and Scientist.

Starfish, Crab and Seagull live on a beautiful beach which is being ruined by rubbish and plastic. Join them as they speak to the people on the beach and remind them about the importance of looking after the beaches and coastlines for everyone. With plastics being a hot topic, Jude has taken time to think how she could use her writing to educate children on emotive side of littering. Using the characters to allow children to understand how they

might feel because of our littering. It has questions throughout the book which asks what could we do instead. Our children had some very good ideas and I felt proud that I didn't have to prompt them much.

I think I would have liked some statistics or a resource page as a parent at the back for further information. However I have to commend Jude and her work yet again talking about an important issue in our modern society. I would recommend this book to any family who is looking to teach their children in a fictional way about being green.

Get your own copy for £7.99 on Amazon.co.uk



VISION BOARD VISUALISATION WITH DAWN O'DONOGHUE

Visualisation is a powerful mind exercise which encourages the Law of Attraction into your everyday life. Easy to construct, from the comfort of your home, vision boards are an inexpensive way to practice daily visualisation promoting dreams and aspirations into reality.

I teach Vision Boarding in two ways. The formal method is highly structured and requires clear personal intentions. It should only be done with professional instruction because, if not done correctly, can cause dis-



appointment as you may have unrealistic aspirations – for example, not many of us will have the opportunity to go to Mars.

I prefer the more informal method which is effective but requires time to materialise. I can assure you that it is a positive and rewarding exercise leading to a greater understanding of what is important in to you personally. It is also fun, inexpensive and something you can share with others. You will need:

Scissors, Glue or glue stick, Old magazines or pictures. You can include embellishments, including sequins, buttons, lace, materials, etc.,

these are not necessary but add a personal touch. Your base can be the side of a cereal packet or canvas. I suggest your first board should be A4 in size enabling you to focus more clearly and using a square or rectangle shape is easier to work with.

To avoid conscious choices you now need to clear your mind so that your subconscious can support the process. This could be through meditation, listening to music or a relaxation recording, or focusing on a candle flame. You may find that random thoughts interrupt you during this time but that is perfectly normal. If you have a timer, I would set it for ten minutes but really, it is up to you when you feel you have achieved a calmer sense of being.

Using your magazines, flick through until you find positive photographs, phrases or words that appeal to you. You may even find that you are attracted to certain colours or patterns. Don't search for specific pictures but let the universe and your subconscious guide you. Your choices may appear varied or with no particular purpose but this generally means that your mind has accessed something deep within your subconscious – a desire, aspiration or wish from long ago, even as far back as your childhood. This is your mind guiding you – just 'go with the flow'.

Once you have a pile of cuttings, you are ready to begin.



Start by trimming your pictures so you have clear images. Place a picture in the middle which represents you. Position the pictures with a slight overlap – collage style – there shouldn't be any spaces nor should you see the board underneath. Your

words and phrases usually go on last as they define specific elements of the board. Look at the position of your pictures. Can you see a pattern? Perhaps you have a health area, work related or just general feelings? Maybe your board

appears random, don't worry, this is because it is unique to you.

Once you are happy with your arrangement, and the board is covered, glue your pieces down. At this point you may find you change your mind, replace something or simply change its position. When you are completely happy with your creation – examine it. If you have shared the activity with a friend or family member, you might like to discuss what each image represents to you. This is particularly important as a picture of a dog may be your desire to own a pet but to your friend it could be a representation of a relative who owns an animal. Perhaps you've chosen a desired holiday destination, a new health regime, happiness, pets, family or something very personal to you. Discuss the words and phrases you chose. Why are these significant to you? What attracted you to them? Can your vision board buddy see connections that you can't?

It is extremely important that you place your vision board where you can see it daily. Mine is on my wardrobe door, it is the first and last thing I see! You could put yours on the front of the fridge or even in your bathroom! Seeing your vision board constantly creates a subliminal imprint in your mind and helps you achieve a more positive mindset. In many cases, you will unconsciously start planning the holiday represented by your pictures, begin a new hobby, learn new recipes or improve your health. Your inspirational words or phrases may begin to appear in your conversations or reading materials. You are changing the way you think, you are developing a new way of living.

These informal vision boards can take time to work and you may be surprised that you've achieved some of your deepest desires months later or maybe not in the way you expected. Including a picture of your favourite singer doesn't necessarily mean you will meet them but you may book to see to see them in concert. Likewise, a picture of a perfect garden could inspire you to do a garden makeover. I know you are going to enjoy creating your vision boards and often the time you spend being creative enables you to see what you really want for your future. I'd love to see some of your finished results



Meanwhile, have fun, recycle those magazines and connect with yourself and the universe.

Hull Steps up to the Mark with Coronavirus Support Effort

The deputy leader of Hull City Council, Councillor Darren Hale says that Hull's response to the coronavirus epidemic has been 'overwhelming' with voluntary organisations uniting and hundreds of individuals stepping up to volunteer support to the city's most vulnerable residents. Hull City Council joined forces at the end of March with other public sector services and more than 40 voluntary organisations to launch the Hull Helpline 01482 300 307. The helpline is there for those in the most difficult of circumstances, who find themselves with no one to help them. The service offers support seven days-a-week from three community hubs in the north, east and west of the city.

As of this this week and to date the service which has fulfilled 4,000 calls for assistance and has been in touch with 11,500 people to establish if they need support. 50 per cent of requests are in

relation to food. One resident who received support from the Hull Helpline, said: "Thank you, thank you thank you. I received my food parcel yesterday and I'm beyond words. I can't thank you enough. In these worrying times you have made it all rather pleasant. I think that food should be enough for 2-3 weeks. Amazing. I had NOTHING LEFT!" An army of local volunteers has supported the effort by delivering food parcels, distributing medication, shopping and befriended, over the phone, those facing isolation or requiring help. The volunteers include hundreds of employees from the council, Humberside Fire & Rescue, Hull Culture & Leisure and housing repairs company KWL, who have swapped their normal daily duties to work as part of the Hull Helpline team. Councillor Daren Hale, deputy leader of Hull City Council, said: "None of this would have been possible without the incredible

support of a number of key voluntary organisations. "I have been overwhelmed by the huge response efforts at this time in need. This is Hull at its best, stepping up to the mark and showing how we come together at times of crisis. I want to reassure everyone that nobody will be forgotten. Every person in Hull has a critical part to play in the fight against coronavirus. We are all here and we will deliver the support to those who need it." Those who have no one available to help and need support can call 01482 300 307. The Hull Helpline line is open seven days-a-week from 9am to 5pm. Alternatively there is an online form at hull.gov.uk.



FIND OUT

WHAT'S GOING ON IN OUR CITY



Hull venues join forces for the first time to put the city's music scene on the map

Follow the Fish Walk with local tour guide - Paul Schofield

I've been taking people on guided walks of Hull since 1988 so I was able to watch the Fish Trail being developed for its opening in 1992. Although it's self-guiding, I've taken many groups on it and have also developed it as one of my illustrated talks. When lockdown was announced I thought that doing the trail through Facebook and Twitter as a daily post with plenty of photos and some information would keep myself occupied,

and maybe be of interest to a few people also. I've been genuinely taken aback by the response and now can't wait to offer it as a guided walk, or to see people doing it at their own pace once some sort of normality returns.

Follow Paul Schofield's Fish Trail around Hull on his Facebook, Twitter, and TheHullHub.co.uk.

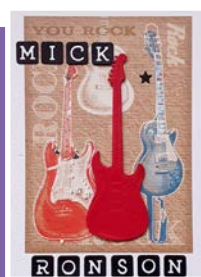
Some of Hull's biggest and most prestigious venues have joined forces to promote the area as a City of Music.

Key partners have come together for the first time to promote and acknowledge the rich music culture in Hull, its history and its aspirations.

Hull City of Music aims to encourage the experience of live music within the community through attendance, participation and education. The group – made up of venues such as the Bonus Arena, Welly, Adelphi, Asylum, Humber Street Sesh and Hull City Hall – hopes that by joining forces, the city's live music scene will be put on the map in the same way as Manchester and Liver-

pool's musical heritage. As part of longer term aims the group hopes to not just inspire the next wave of local musicians, but to encourage young people to become involved in the music industry as promoters, technicians or involved in the recording of live music.

It is also hoped that by working together the city may be able to take a joined up approach to hosting a multi-venue event similar to Live at Leeds or Tramlines in Sheffield, which attract thousands of visitors from outside of their respective cities. It is the first time in at least 30 years that all major venues in the city have pledged to work together.



Postcards from Hull

Miranda van Rossum came up with the idea for Postcards From

Hull as part of the 'We Made This'. Now all crafting projects and groups have stopped due to coronavirus, the postcards from Hull are a great way to be creative from home. Each postcard will be part of an online gallery for all to enjoy Draw, paint, stitch, quilt, collage etc. a Hull-themed postcard and add it to our virtual exhibition that grows as it goes.



Find more about Postcards from Hull on our Facebook



Hull Truck at home - Creativity can't be closed

Over the coming weeks we'll be releasing a programme of great drama and creative activities to keep audiences and communities entertained and inspired whilst we are all at home. We are passionate about the positive and transformative power of theatre and believe that having the opportunity to take part in creative activities is good for everyone's wellbeing, outlook and self-esteem. The team have prepared activities to help with home schooling, opportunities for all ages

to learn and develop writing skills and they'll be streaming some of their past shows to be enjoyed from the comfort of your sofa. Hull Truck Theatre hope that taking part in them will help participants to feel creative, connected and part of our online community hub. If you have enjoyed any of the Hull Truck At Home activities or live streams please consider making a donation to the Hull Truck Theatre Future Fund.

this beautiful postcard below is by Danielle Lily Anson-Waites of the fountains in Queen Victoria Square.

Don't forget to follow us on Facebook, Twitter & Instagram! Find out more www.thehullhub.co.uk

KIDS

Our local kids making a difference.

ACHIEVING

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

Ellie Ralph , Wilberforce 1st year A level Art student, has posted a stunning drawing she produced of Captain Tom on Wilberforce Art Instagram

First year, A Level Art student, Ellie Ralph, has moved her teachers in Wilberforce College Art Faculty by producing a stunning artwork of national fundraising hero and soon to be centenarian, Captain Tom Moore.

Ellie, who attended Kingswood Academy before joining Wilberforce College last year, has previously won awards for Hull Young Artist of the Year in 2018 and 2019.

Wilberforce Art Teacher Lindsey Routh says:

'I am moved that Ellie has produced this thoughtful and well executed drawing of Captain Tom. It's a marked response to his endeavours and the public's appreciation of the NHS and shows Ellie's creative response to the current situation. Along with other Wilberforce Art and Photography Students Ellie has created several artworks, uploaded on our Instagram account, in

response to the pandemic. Art has always been a means of expression and I'm proud that our students are showing resilience and creativity in these unprecedented times.'

Ellie comments:

'I decided to draw Captain Tom Moore because he is a huge public figure at the moment due to his kind actions towards the NHS. I wanted to express how he still continues to fight for our country no matter his age and ability. As I am working on portraiture, I thought it would be an interesting way to respond to this theme as I can make links to the current lockdown situation, that I have also brought into other pieces of work. Captain Tom Moore is shown to be a respectful gentleman that takes extreme pride in his country. I wanted to show this by combining two images of him; from the past as well as him in the present. He is a

true inspiration to us all and we should honour him.'

Talented Ellie has intentions of doing an Art Foundation course at Wilberforce next year, before progressing onto to University.

Wilberforce College is a well-established, Ofsted good rated, highly successful Sixth Form College open to school leavers across the region. Specialising in education for 16-19 year-olds, the College offers a wide range of A Level and BTEC qualifications and provides individual support for all students.



A big congratulations

8 members of 5th Hull BB GA Juniors (8-11 year olds) attended a Science themed weekend and gained their Get Learning Project Badge which is newly launched award. Congratulations to **Connie, Harry, Connor, Jake, Martha, Jess, Krystal and Eimer** who gained their award through a range of science activities and a fabulous workshop held by the local company Lab Rascals. If you would like to join us please email hull5th@aol.com or find us on social media.



Skye bops to the top



Skye Richards, 7 years old, has received her Grade 1 modern dance results with a great score of 90/100 Skye is still really enjoying her Dance

My Lockdown Poem

The year 2020 is very strange
Along came Corona Virus and made everything change

Stay in your home, there isn't any school
No time to visit friends or family, it really isn't cool

People watched the news with a frown
Mr Prime Minister put us on lockdown

No parties, no parks, keep your distance apart
People need to listen from the start

Nurses, doctors and all other key workers too
Every week we clap and cheer for you

I hope this doesn't last until June
So PLEASE nasty virus go home soon

I miss my family, my friends too
PLEASE JUST LISTEN it will help us through!

by Harry Smith, aged 9, Buckingham Primary



Winter Mornings

By Shaynie Rae Longley (12)

Winter mornings are the best,
Waking up to a cold, crisp chill.
And frost on the windowsill

Winter mornings are the best,
The sight of the glistening garden
Filled with snow.

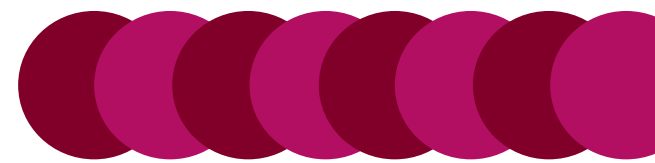
Winter mornings are the best,
Let's build a snowman

Do a snow angel or throw a snowball or two.

Winter mornings are the best,
Sound of fun in the Winter sun

The Winter day draws to an end,
The snow drops gently, fluttering down,
Ready for a new Winter's day to begin.

The very best of LOCAL NEWS



Hull's historic ship celebrates 60th birthday!



Hull's last surviving distant-water sidewinder trawler, the Arctic Corsair, is celebrating her 60th birthday.

On 29 February 1960, the trawler was launched ready to be fitted out to begin her long fishing career. Built in Beverley for the Boyd Line, the Arctic Corsair had a career that included a world-record catch and a collision on the Cod Wars.

Built in 1960, she symbolises the very peak of Hull's fishing industry before it collapsed in the 1970s and 80s amidst the 'perfect storm' of restrictions following the Cod Wars, rising oil prices making distant water fishing unviable, falling fish stocks and membership to the European Common Market further restricting access to waters.

The trawler was saved for the nation in 1993 by Hull City Council after a long and successful campaign by STAND, led by Adam Fowler. An extensive programme of repairs was carried out by a team of 20 trainees when the vessel was berthed at Albert Dock.

Now owned by Hull City Council and managed by Hull Culture and Leisure, in partnership with local fishing heritage group STAND, the Arctic Corsair is a key part of the nation's maritime heritage. Volunteers, many with connections to the fishing community, deliver guid-

ed tours and maintain the trawler.

The future of the Arctic Corsair is bright. As part of the Hull: Yorkshire's Maritime City project and a team of dedicated of trained volunteers, the trawler will continue to be a centrepiece for the city. The trawler's new home at the North End Shipyard will allow her to continue to shine with lasting legacy to ensure Hull's fishing heritage is not forgotten.

Councillor Daren Hale, Portfolio Holder for Economic Investment, Regeneration, Planning, Land and Property, said: "The Arctic Corsair is a unique survivor of national importance. The trawling industry has long-since collapsed but the memories are still very much alive in communities across the city.

"As time passes the Arctic Corsair's position as part of our country's history will grow, as she becomes a national symbol of a once great industry and will be a permanent tribute to the city's fishing industry and a nod to what has shaped the city it is today.

"Once restored and reopened to the public in her new home at the North End Shipyard and will continue to be the only distant-water sidewinder trawler consistently accessible to the public in this country."

University of Hull secures £300,000 funding to help young people in Vietnam tackle climate change

The University of Hull has secured almost £300,000 of funding to help young people in Vietnam better understand and tackle climate change.

A collaboration between the University's Faculty of Arts, Cultures and Education and the Energy & Environment Institute submitted a bid to the British Academy for the funding, focused on communities living in the Red River region in northern Vietnam.

A team from the University will now support young people in Vietnam to come up with imaginative ways to mitigate the impact of climate change and flooding in the Red River region.

It builds upon previous work carried out by the Energy & Environment Institute in the Mekong River in Vietnam.

Dr Lisa Jones, Senior Lecturer in Education at the University of Hull, led the bid.

She said: "Vietnam is a very vulnerable country when it comes to climate change for instance in relation to flooding.

"The project is about facilitating young people to research and capture existing knowledge from the diverse communities in the Red River catchment, and engage in innovative forms of intercultural and intergen-

erational knowledge exchange.

The new project will see experts at the University of Hull work with affected communities to strengthen resilience to such events, and ensure the younger generation is equipped to deal with the impacts of climate change.



Dan Parsons, Director at the Energy & Environment Institute, said: "As the planet increasingly finds itself feeling the devastating impacts of climate change, communities all over the world must find new ways to live with increased frequency and magnitude of extreme events such as flooding.

"We are delighted at the University to have received this vital funding, which will enable us to continue our work on a global scale, both helping and learning from those communities who are most at-risk of suffering the effects of climate change."

The University of Hull has built close ties with Vietnam in recent years, with a particular focus on building food and water security in the face of climate change and other human impacts.



Hull maritime project was to host talk by D-Day war veteran

D-Day war veteran, Jim Radford, was to talk about the biggest untold story of WW2, the T124T aka the Tatty Mob, the wartime Naval Rescue Tug Service.

Believed to be the youngest surviving fighter from the D-Day landings, Jim was to discuss his experiences and perform some of the songs of the Tatty Mob, at Ferens Art Gallery on Saturday 28 March, from 2pm. Unfortunately this was postponed due to the current pandemic.

The Hull-born veteran was just 15 when he took part in D-Day on what was his first trip to sea, he sailed out of Hull in the Rescue Tug 'Empire Larch' in 1944. Jim, a folk and shanty singer, served as a galley boy on board a deep-sea tug where he helped to construct artificial harbours in northern France.

So many Hull men joined T124T that they called it 'The Hull Navy'. The Battle of the Atlantic would have been lost without them but wartime secrecy has meant that few

people know what they did and just how crucial their role was.

Councillor Daren Hale, Portfolio Holder for Economic Investment, Regeneration, Planning, Land and Property, said: "Jim is an inspiring individual with a fascinating story to tell. This is a great opportunity to hear his account of serving the country alongside other courageous Hull seafarers."

Jim is a regular attendee and performer at maritime and folk music festivals around the UK. Jim also remains actively involved in the British section of the Veterans for Peace organisation.



University partnership launches international clinical trials in hunt for COVID-19 treatment



A team of University and Medical School researchers has provided a rapid response to COVID-19 – by launching two international clinical trials for the pandemic.

Vital medical research into possible treatments to help patients with COVID-19 is already showing encouraging results.

The respiratory clinical trials team is trialling two treatments to tackle the virus and the lung inflammation – which is the main cause of mortality in COVID-19 patients.

Professor Alyn Morice, Head of Respiratory Medicine and the Respiratory Research Group at Hull York Medical School and an honorary consultant physician at Hull University Teaching Hospitals NHS Trust, paid tribute to the rapid response of the respiratory clinical trials team.

He said: “This brilliant team has done the local set-up and is running two international clinical trials in double-quick time for COVID-19.

“From patient identification and consultations to data collection and drug delivery, the team has worked every day over the holidays, I am immensely proud of the way they have stepped up.”

The two treatments are:

- Nebulised interferon beta (Synairgen) which may reduce the lung inflammation which is the main cause of mortality in these patients.

- Remdesivir (Gilead Sciences) – an anti-viral drug that has previously been assessed as a treatment for Ebola.

The respiratory clinical trials unit, a collaboration between the Hull York Medical School, the University of Hull and Hull University Teaching Hospitals NHS Trust, has been in operation for over 20 years.

The team normally undertakes complex clinical trials in lung disease from its base in the Daisy Building at Castle Hill Hospital.

“We were already studying interferon beta from Synairgen for viral exacerbations of COPD (a type of obstructive lung disease characterised by long-term breathing problems) so it was relatively easy to randomise COVID-19 patients on Ward 1 at Hull Royal Infirmary to this drug or a placebo,” Professor Morice said.

“The Remdesivir study is in collaboration with the infectious diseases team on ward 7 at Castle Hill Hospital. It inhibits viral replication and encouraging results were published last month in the New England Journal of Medicine.”

Top-line results were released last week from two Remdesivir studies investigating the effectiveness of the drug in treating COVID-19.

The trial to which the Hull team has been recruiting patients is assessing the duration of treatment that is required.

Professor Morice thanked all University and hospital staff who have been involved in these trials for their dedication and commitment: clinical trials manager Caroline Wright, research technician Rachel Thompson, reader Simon Hart, senior clinical lecturer in respiratory medicine Michael Crooks and nursing staff: Rachel Flocton, Jackie Mower, and Susannah Thackray-Nocera.



Team at top restaurant shocked by sudden death of popular chef

The team at one of the top Indian restaurants in Yorkshire have been left devastated by the sudden death of a popular chef.

Management at Tapasya @ Marina in Hull are awaiting the official cause of death of Lawrance D'Cruze, who had appeared to be recovering from a sore throat and fever before he was found dead at the home which he shared with two colleagues.

Mukesh Tirkoti, Director of the restaurant, said they have now set up an online appeal to raise money for Lawrance's family in Kolkata, India.

Mukesh said: “This came as a terrible shock to us and it is an enormous loss for his family in India. Lawrance was the main breadwinner for his wife Joshprina and their daughter Christina, who was only 13. He also supported the family of his brother, who is blind.”

Lawrance, who was 47, made his last visit to see his family earlier this year, returning to the UK from India at the end of February. He resumed his work at the restaurant until it was closed on 19 March as part of the lockdown.

He was found by a colleague in his room at their house in Grammar School Yard, Hull, at around 9.30am on Wednesday 22 April.

Mukesh said: “Lawrance had been complaining of a sore throat and fever for a couple of days but he seemed to be

recovering. He texted his wife at about midnight to say the fever had gone but the doctors think he died just a few hours later.

“Because of his symptoms we suspect Covid-19 was the cause of his death but we are still waiting for confirmation. We are now making arrangements for his body to be sent back to India and we have launched an appeal online to help to raise money for that and for his family.

“Lawrance was an excellent chef and a really nice guy who was very popular with customers and always welcomed them with a smile. We will all miss him so much and we hope people will support us in trying to help his family.”

To support the appeal in aid of Lawrance's family please visit <https://www.gofundme.com/f/sudden-death-of-popular-chef>



He also paid tribute to participation by patients – all of whom were identified for their suitability for clinical trials of this nature and consented to take part in the study.

Una Macleod, Dean of Hull York Medical School, said: “Hull York Medical School is committed to supporting our NHS during this time, as they respond to the COVID-19 pandemic.

“Colleagues across the School are focused on utilising their research expertise and skills where it matters most, to develop new interventions to help alleviate symptoms and support patients and their families.

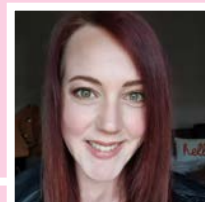
“I am proud of the way in which colleagues have and continue to respond to support our communities during this time.”

Compact Foods & Coronavirus

All of our customer base was decimated on 20th March when the restaurants, bars and cafes closed after the government enforced closures. We looked set to close also, but decided to help those people who were desperate for food items and had been unsuccessful in obtaining these from the supermarket due to the panic buying that was occurring at that time. We do boxes full of the freshest fruit, vegetables and other household items and deliver these to private homes in order to help those who cannot get out during the pandemic. This is a business that has taken years to grow, it is family-run and we genuinely would help anybody during this period and will probably continue to provide our services to those vulnerable customers long-term.



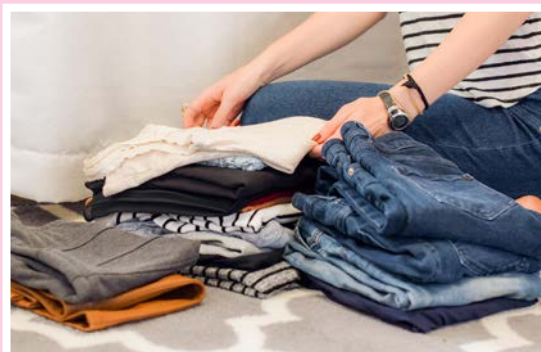
The Fashion Corner



with
Amy
Symons

As a self-confessed shopaholic, I find I'm having an inner battle with myself when it comes to spending money at the moment. On the one hand there is so much uncertainty and I feel that I need to be more responsible and that it would be a great time to save... on the other I see fashion as my hobby and buying a new outfit does wonders for the spirit, after all they don't call it retail therapy for nothing! I decided that before I brought any new items in to the house that I would go through my existing wardrobe and actually see what clothes I had. It's something I often put off because of lack of time so I thought I'd take this opportunity to organise everything, which will hopefully stop me spending needlessly and to make it easier finding outfits when outside clothes become more relevant than loungewear. I started by taking all my seasonal items and putting them in vacuum bags and storing them away, there's no point having them there as a distraction if I'm not wearing them anytime soon. I then get my basic items in order as they make the foundations to build the rest of my wardrobe around. These would include a couple of pairs of really good fitting jeans, plain tees, a blazer, leather jacket, etc. Items that never go out of style and will complement the rest of your clothes. Then it's a case of trying things on and experimenting with different outfit builds. For

example, I'll try on a top and firstly pair it with basic jeans to make sure I still like the top. Then I'll pair it with trousers, try on a jacket and if that doesn't work then I'll try a skirt or shorts or try a different coat. This really helps to make everything in your wardrobe work harder and will give you plenty of ideas the next time you want to wear a particular item. This is a great way for clearing things out too. If you realise something doesn't suit you anymore or doesn't work with the rest of your wardrobe then it needs to go. I always find it difficult to get rid of items because it seems like a waste of money, but there's no point keeping something if you aren't going to wear it. The item will just stay hanging there, the money has been spent, it's still not being worn and will only distract you from the pieces you do like. Hopefully by shopping from your own wardrobe it will give your clothes a new lease of life and help you resist clicking 'add to basket'...for a little bit longer at least!



VILLAGE HOTELS HULL

**From Birthday Parties,
Baby Showers and Christenings to Charity Balls,
Proms and Funeral Receptions at the Village Hotel Hull
we have a package suitable for your every occasion**

We have two lovely suites that can accommodate parties from 10 up to 200. Our Vision Suite, which can accommodate a celebration of between 10 and 60 guests, and our Inspiration Suite which can accommodate between 60 and 200 guests, has its own private bar/lounge area long and benefits from panoramic views of the River Humber.

We have a wide range of options for catering with something to suit every taste and budget and we are happy to

discuss menus and cater for any dietary requirements that your guests may have.

Throughout the year, we also offer a wide range of party and tribute nights ranging from our renowned **50 SHADES OF MAGIC MIKE LADIES NIGHT**, to our new and exciting **BOOGIE BINGO**, firm favourites **DANCING THROUGH THE DECADES**, **DRAG CABARET SHOW** and much, much more! Our party nights are ideal for Hen/Stag parties, Birthday celebrations and everything in between!

The hotel benefits from over 100 bedrooms and any guests attending one of our events will receive a discount. With everything under one roof including our fantastic Leisure Centre with 25 metre pool, Spa, Starbucks and our new Pub & Grill - **what's not to love?!**

**Make an enquiry or book a
time to view our fantastic
hotel! Contact a member
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But don't forget...
quote **HUB** and receive a free
goodie bag as the organiser
when you book your event!

Community *and* Services

STAY HOME · SAVE LIVES · PROTECT THE NHS



Commissioner content with police approach to Covid-19 lockdown

Police and Crime Commissioner Keith Hunter has sought assurances from Humberside Police on how they are implementing the new powers granted to them during the Coronavirus pandemic, and is content with their approach so far.

Keith Hunter said: "I have been clear since my election that I wanted Humberside Police to reconnect with, and re-build the confidence of the public, while delivering safer and more resilient communities, and protecting the vulnerable. When this crisis started it was my view that those aims I have consistently championed become even more important and they should not become blurred by the publishing of temporary additions to the current Police and Crime Plan as some other PCCs have done. Consistency of approach is vital to gaining and maintaining the support of communities.

"My ask of the Chief Constable was, how was he going to deliver against those key outcomes even during a period of crisis, when the police would necessarily be called upon to carry out new tasks on top of their usual work, with countless new pressures and risks?"

"Lee Freeman the Chief Constable has, in response, sought to be honest and clear with his staff, officers, Special Constables, PCSOs and volunteers as well as the public during this period. The best chance to reduce to a minimum those who will be adversely affected by this devastating public health emergency is to have the maximum number of people applying the rules issued by Government. To achieve that the police will seek to gain the co-operation of the public and develop their goodwill during this testing time for everyone. To maintain the balance will mean that some, who are intent on ignoring the rules the vast majority are applying, and in doing so putting themselves and others at risk, will need to be dealt with under the law, either by the issuing of a fixed penalty ticket or in extreme cases by arrest. When this occurs it is done in the interest of all of us, to keep us safe.

"The numbers and circumstances of positive action taken against those breaching the rules applying during this crisis now form part of my assurance processes with the Force. I am content that the way the Force is applying the law, is balanced and consistent with my ambitions for the Humberside area and the stated objectives of the Chief Constable. I will maintain that scrutiny and challenge.

"I ask that everyone continues to play their part, and abides by the latest Government rules and guidance to protect themselves, their loved ones and the National Health Service. Stay at home and stay safe."

Lifestylers making people smile even with cancelled event

Over the past 30 years, young people from across our area have been forming teams and spending their summer holidays completing a project to benefit their community as part of Lifestyle.

Sadly, due to the current circumstances and government guidance, we have made the difficult decision to cancel Lifestyle 2020.

But, we are still encouraging young people to be an active part of their community and do something to help someone less fortunate than themselves this summer.

Assistant Chief Constable Paul Anderson said: "A lot has happened over the past few weeks, but one thing that we have seen throughout the uncertainty is a real sense of community, with people going out of their way to look after

friends, family and neighbours in need.

"This is exactly what Lifestyle is all about and we know that our Lifestylers will still be looking for ways that they can safely reach out and help those in need, whilst still following the government guidance.

"Whether that is by creating a colourful picture and displaying it on a window to make someone smile, or by calling up an elderly relative for a chat to stop them feeling lonely, we have absolutely no doubt that the young people in our area will be busy doing things to help others.

"We would love to hear about ways that our children and teens are making a difference in this unusual time, so if you are doing something positive please tell us about it on Facebook or Twitter.



Domestic abuse a police priority during the lockdown

As part of our continued commitment to protecting those that are vulnerable during this unusual time, we are appealing to victims of domestic abuse to get in touch, so that we can help and we are warning domestic abuse perpetrators that this is still a priority for the force and we will continue to target those responsible.

Assistant Chief Constable Chris Noble said: "During this unprecedented time and the current circumstances, we are doing everything we can to continue to protect vulnerable people and keep them safe.

"To anyone that is a victim of domestic abuse, I want to be really clear. We are here for you and we will listen and help you. You can call us on 101 or 999 in an emergency, but we do understand that for some speaking on the phone may be difficult. If you dial 999 and press 55, we will know that you are on the line and need help but are unable to speak. We will be able to hear what is happening and can use the information from the call to find where you are and send help out to you.

"You can also get in touch via the direct message function on either our force Twitter

or our force Facebook accounts, both of which can be found by searching @Humberbeat.

"Alternatively there are a number of charities and other organisations that can help, the numbers for some of these are listed below.

<https://www.womensaid.org.uk/womensaid-launches-new-live-chat-service/>
Women's Aid – 0808 200 0247
Refuge's 24 hour helpline – 0808 2000 247
Men's Advice Line – 0808 801 0327
Mankind Initiative – 01823 334 244
Childline – 0800 111 111
Domestic Abuse Partnership – 01482 318 759
North & North East Lincs support, The Blue Door – 0800 197 47 87
East Riding Support – 01482 396 330
Respect – Helpline for offenders – 0845 122 86 09
For more information visit <https://www.humberside.police.uk/DA>



Even More Good News

From Our Community



Cock of the Walk cuts through red tape to supply hospital with PPE

A Savile Row-trained tailor has turned her talented team and their mean machines over to making much-needed PPE after cutting through the red tape of NHS procurement.

Gill Long, owner of Cock of the Walk, is confident of producing 250 surgical gowns a day with her international staff of six working variously from home and from their tailors shop in Grimston Street, Hull.

The gowns are disposable, but Gill is also working on a prototype for a new, washable surgical gown and will begin tests when she receives an 80-metre roll of cotton fabric from her supplier in Huddersfield later this week.

Gill opened Cock of the Walk ten years ago after working in London and Manchester. She built a strong client base with orders for weddings and other special occasions, including the official, handmade attire for the new High Sheriff of the East Riding, Andrew Horncastle.

But as the coronavirus crisis cut into her orders, Gill tried to find PPE work for her team of eight, who include tailors from Latvia, Poland, Russia and Spain. After five weeks of false hope and fools errands, Gill spoke to contacts in the Hull business community and was introduced to Hull North MP Diana Johnson, who made the vital introduction to senior management at Hull Royal Infirmary.

Gill said: "It was clear to me early in March that work was slowing down so I punted the idea on social media that this country still has a pretty good textiles industry and we could have a go at making what was needed."

The British Fashion Council contacted the Cabinet Office and invited top tailors from around the country to send details of their skills and equipment, but nothing happened.

An initial approach to Hull Royal Infirmary brought the response that procurement rules wouldn't allow Cock of the Walk to supply anything. Another major Yorkshire hospital told Gill they would take her products if she bought the materials.

Gill said: "As a small business we just couldn't do that. The NHS has money but couldn't get the products. We can make the products but we haven't got the money to pay for the materials as well. We also wanted a clear specification because we're aware that well-wishers have been sending hospitals their own attempts at PPE which just aren't suitable and are going straight in the incinerator."

The breakthrough came last week after the Hull and Humber Chamber of Commerce hosted a conference call between Diana Johnson, Hull West and Hessle MP Emma Hardy and various business leaders including Kathryn Shillito, Executive Director of HullBID.

Gill said: "The team at HullBID told us that the MPs were eager to hear about the experiences of local businesses in dealing with issues around coronavirus. I'd given up by then but I wrote to the MPs to get everything off my chest. I told them what had happened and how frustrated we were. Diana replied within about half an hour and asked if it would be OK to pass my message to her contact at Hull Royal Infirmary."

Someone from the hospital contacted Gill on Saturday, a bundle of fabric was dropped off at her shop on Sunday and was tested in the sewing machines before she cut the patterns for three sizes of gown ready for making prototypes for checking on Monday for fit, functionality and quality.

Gill said: "It's been a huge effort trying to get people to understand what we can do and tell us what they need. Now we face a massive mountain of work with 250 disposable gowns a day and a prototype for the anti-bacterial finished cotton that will be tough, durable and washable."

"We've got two people in self-isolation but three on machines, me and an apprentice on trims, the sales guy on quality control and my dad and a customer as couriers. We've found someone from East Riding College to come in and do the cutting for us. We're in familiar territory now, working with our own tools on our own machines."

The Chain of Supplies...



There are times when local companies need a big 'high five'. Even Asda and Lidl need them at this time when supplies of loo roll are running out. Yes, they are sending their customers to HCS based on Folland Way. Sean tells us about how the local family run company has grown...

The HCS Group (Hull Cleaning & Supplies Ltd) opened in 2010. When we first began our business, cleaning & janitorial Supplies were our main line.

Since then we have expanded to industrial and commercial cleaning, maintenance and facilities, embroidery / print and clothing supply and finally distribution of bottled gas (domestic and commercial cylinders).

Our business diversity has certainly helped us through some very tough times.



With the threat of COVID-19 to the population, we have found ourselves busier than ever, although we wish it was under a better circumstance. Operating without our valued team, (who we have furloughed at this time), only a select few (three), have been working non-stop to make sure our distribution

service can still operate. Over the past few weeks we have provided gloves, safety glasses, suits and other PPE to nationwide companies in need. We have supplied local care homes and local councils (East Riding Of Yorkshire Council) with gloves, aprons, soaps and gels to keep them running. At the same time continuing with our usual supply of PPE and products to various food processing factories in Hull who are now equally as important. We have supplied to Mitie and Fleet Factors, National companies, much like ourselves who have diversified and thought 'outside the box' to help out in these turbulent times. We have also remained open for our elderly customers who rely on us for their heating and household Gas Cylinder supply, which is still being delivered daily across Hull and the East Riding (Full distancing safety measures in place at all times of course).

www.hullcleaningsupplies.co.uk
www.hcsembroidery.co.uk
www.bottledgashull.co.uk

CLUBLAND *remembered*

NOSTALGICALLY BY **PETER BERNARD SHALLY**



John O'Hara and his Playboys

In 1966, the band toured Germany performing at the renowned Star Club whilst releasing their version of "Wooly Bully" for Decca Records.

However, I first caught up with them at The Cherokee Club on Askew Avenue and I followed them each night in wonderment of how slick and professional their act was.

At that time they were the only band on the circuit that could play a gig for three consecutive nights and perform a totally different set each night. I was lucky enough to work with John O'Hara on many occasions at the Springfield Club and later at The New Walton Club where I worked as the compere. He was a big influence for me back then and no one could sing a Stevie Wonder number as well as John O'Hara.



Back in the late 60's I followed a brilliant band called John O'Hara and his Playboys, they were a Glasgow based band having a huge success touring Germany. They had a very strong television presence with regular appearances on a BBC programme called 'Colour Me Pop' and were also featured on 'Late Night Line Up', 'The Old Grey Whistle Test' and even did a slot on "The Golden Shot".



HUTCH
Mr Entertainment

I met up with Hutch at one of his concert promotions in the Willows Club, Hull. The Club was packed and the Vice Chairman, Cliff Griff, acknowledged the fact that 'Hutch Presents at the Willows' (as the shows are called) has helped secure the future of the Club.

Hutch does an act that is a tribute to some of the greatest stars of all time, and he has worked with many of them, including Shirley Bassey, Danny La Rue and Gene Pitney. He has appeared all over the world, on the cruise ships as well as every kind of venue from the smallest pubs to the biggest theatres.

He is very proud of the fact that most of his 50 years working life has been spent in show business and he has never been out of work. He puts that down to being versatile, working hard and a little bit of luck.

Hutch has done just about everything – worked as an agent, been an actor, managed a cabaret venue and toured in a successful duo called Fatal Attraction, with his wife Claire.

He is now busy working the local venues, promoting concerts, and running a theatrical school (called MAD Theatre Workshops,) with Claire. You can also catch him every Sunday afternoon in the Robbies bar, where he has now been resident for 10 years.

Take a look at www.tributetothestars.co.uk and also www.madtheatreworkshops.co.uk



FATAL ATTRACTION

STREET SCENE & HEARD

with **TRISH & ANDY**

It is my pleasure to dedicate some Hub space to what's happening in Hull on the gig and Open Mic circuit. I need the readers' input with this so contact me at The Hub with your listings.

It upsets and frustrates me as a singer, when some people comment that they are not musicians. As a retired Vocal Coach I can reassure everyone that our 'Voice' is an instrument, just like a beautiful Clarinet or a Guitar. It is complex, and needs taking care of if it is to perform how we would like it to. All those who state that singers using backing tracks to perform have it easy...well, we can argue that point any day of the week but not here!

I have been lead singer with covers bands, backing singer in a tribute band and a Self-Contained 'Artiste' on the club circuit...there are many of us out there and I salute you all!

My current venture is a duo act called 'Perfect 2'. We are performing the songs of Paul Heaton, The Housemartins and The Beautiful South. We perform with backing tracks as we want to show off our vocals. Contact us via Facebook, Instagram or Twitter for booking details.

I thought you may like to know a bit about us so we decided to have a Q and A session. In future issues of The Hull Hub I will be meeting with fellow singers and performers. I'm looking forward to it already!

Trish...

1. Which singers did you idolise growing up?

I loved watching Michael Jackson singing and dancing with his brothers in the Jackson 5.

2. What is the funniest thing that's happened during one of your gigs?

I was in a covers band called 'Ignition' and a guy 'mooned' at me while I was singing. He was right in front of me...I carried on regardless!

3. If you could ask one famous artist a question, who would it be and what would you ask?

I would ask Ed Sheeran 'What is your definition of 'success' in the music industry?'

4. What is your favourite Perfect 2 track to perform?

It has to be 'Perfect 10'...

Andy...

1. What is the first song you remember learning?

As a child it was probably Glory of Love by Peter Cetera or Sacrifice by Elton John. As an adult it was She by Elvis Costello.

2. Do you get nervous on stage?

I almost always get nervous before going on but once I'm on stage I tend to be focused on what I'm singing.

3. Who is your favourite singer?

This changes all the time but I'm listening to Matt Maltese a lot lately. His lyrics are clever and his voice is rich.

4. Who is your performing legend.

I've seen Kylie Minogue live 5 times now, she always puts on a great show.

5. Is it important to like the songs you perform?

You have to sing them over and over again so you've got to be able to at least tolerate them. I think the joy of performing a song you love comes through in your performance for the audience to hear.



TURMERIC

This month our intrepid foodbloggers, Astrid and Erik travel (via web) to the Indian sub-continent to reveal the secret health benefits of the quirky little plant that makes curries bright yellow all over the world – Turmeric. Erik takes up the story.

“We have long believed in the truth of diet as medicine, the way that certain ingredients can help make you feel better, give you energy, ease pain and so on. Vitamin C in orange juice when you have a cold is a common belief as an example. Sadly that is a complete myth. However honey on a cut finger is 100% effective. Bacteria can't thrive in honey. Same remedy for a sore throat. “Over this last year we have been trialling the uses of Turmeric, a plant commonly grown in India. It's roots when ground give up the vivid yellow ingredient scientifically known as curcumin that colours and flavours thousands of eastern recipes. But it

has been its health benefits that have attracted us. It is an anti-inflammatory, anti-oxidant which when combined with the right ingredients can help with combating a wide variety of conditions from fighting the growth of cancer cells to easing and in some cases removing the effects of arthritis – which is good news for an ageing population. It will clean your liver and supports healthier digestion. And it's a whole lot cheaper than pharmaceutical treatments. “But let's get this straight : You cannot hope to reap the benefits of turmeric by eating curries at the Palace of Bengal takeaway. Not unless you eat 50 meals a day. What we do recommend is that you try making Turmeric Tea or even better Turmeric Milk but you have to follow the recipe. For instance by adding pepper, bioperine is the substance in it, you will increase the absorption of turmeric into your body by 2,000 times.



Turmeric Milk Recipe (Also known as Golden Milk)

Ingredients

2 cups of milk such as almond, soya, coconut or dairy.
1 tsp of organic turmeric powder or heaped spoon of grated raw turmeric
½ tsp cinnamon powder
pinch of ground black pepper
1 tsp of honey to taste (optional)

Method

Pour into a saucepan and heat until simmering for 5 minutes.
Pour through a strainer into a mug and drink whilst it is nice and hot.

Organic Turmeric is available in root form and dried powder ready-to-use at Kelpies Wholefoods, Bank Street, Hornsea. And you can grow your own plants by planting the roots and letting it grow indoors. Like horseradish the root just keeps multiplying.



Another recipe idea you can try is making your own Pilau rice to go with your favourite Indian curries. Just experiment with turmeric in the water you cook your rice in and add some cumin and cardamom powder.

Paw Note

(as opposed to Foot Note)

Our 10 year old doggy was diagnosed with arthritis by a vet last September. She was limping all the time and getting miserable. I adapted the above recipe by using water instead of milk and added olive oil not honey. It took 3 months of adding a spoon of the mix to her food each morning but she now runs like a puppy and you can see her for yourself most days on the fields near the boatyard or Sea View Café in Hornsea.

You can buy bags of Turmeric at a very good price from the Chung Wa Chinese market in Hull.

©www.sharingourfoodadventures.com

Help us help you get the treatment you need

The coronavirus pandemic has resulted in a decrease in people accessing NHS services for a range of conditions that are not related to coronavirus. This appears to be impacting: adults and children attending at A&E departments for urgent and emergency medical issues, including serious conditions such as stroke and heart attacks; cancer patients attending their ongoing treatments; and expectant mothers attending for regular scans. The NHS 'Open for business' campaign has been created to help address this issue by giving people permission to access NHS services and reassuring them that they won't be a burden on the NHS. If you need medical help, the NHS is still here for you.



Humber Coronavirus now open testing centre at the Humber Bridge

A drive-through coronavirus testing facility is now open at the Humber Bridge car park (north) as part of the Government's UK-wide drive to increase testing for thousands more NHS and other key workers in England. The site sits alongside a rapidly expanding network of testing sites being

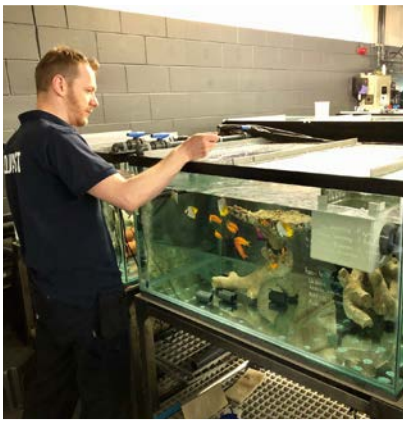
set up around the UK, and is operating on an appointment-only basis for NHS staff and other key workers. Employers can register and refer self-isolating staff and individual employees can also book a test directly for themselves or members of their household who are experiencing symptoms. This will mean key workers and the people they live with will have the reassurance of knowing whether their symptoms are caused by coronavirus and can make an informed decision about whether they are well enough to return to work.

Patient advice and liaison service

The NHS is working extremely hard during these difficult times to face up to the challenges brought by the Covid-19 pandemic. Nevertheless, the NHS services which patients receive, whether in or out of hospital, should continue to be safe and high quality. We know that in the vast majority of instances this remains the case, however where patients do have concerns regarding their care or treatment, we would encourage these to be raised as usual. Patients can raise concerns directly with those who are

involved with providing their care, or they can contact the CCG through our Patient Relations team. This team is still receiving and responding to queries, concerns and complaints from patients about NHS services. Emails and telephone calls are being monitored on a daily basis, however please note that it is not always possible to answer every telephone call; if you leave your name and telephone number somebody will call you back. This team can be contacted on 01482 335409 or hullccg.pals@nhs.net.

The Deep fights for survival in UK lockdown



The Deep is one of many zoos and aquariums fighting for survival as the UK-wide lockdown due to coronavirus continues.

The closure during our busiest months of the year, Easter in particular, is already having a major impact on finances, and despite the doors being closed to the public, essential work caring for the 3,000 animals that reside with us must continue.

As an educational charity, The Deep receives no external funding or subsidies. It is 100% reliant on self-generated income with visitor admissions making up the bulk of this.

Katy Duke, CEO at The Deep tells us more: "This is the toughest financial crisis that our industry has faced, and the unknown length of the shutdown makes it even harder. During the closure, our income has stopped but our costs haven't. Animal care remains our top priority, but as you can imagine, this isn't cheap. In addition to food for our animals we must

continue to run life support filtration systems, maintain excellent water quality, which involves making salt water for the exhibits and extensive water testing. Veterinary care must be on hand should we need it and of course the associated utility bills must be paid.

"Our dedicated team of Aquarists are continuing to provide expert care and are working seven days a week to ensure the highest standards of animal care and welfare are maintained. Safeguarding staff is just as important, so the team has been split into two alternate shifts to reduce contact and the risk of infection.

"We have furloughed many of our employees under the Government's job retention scheme across the different departments however we cannot furlough our animal care staff, who, in the context of zoos and aquaria are our essential workers.

Katy continues: "The next few months will be critical for us.

This really is about financial survival and we will be continuing to pursue all avenues available to us including a Government backed loan. Even with furloughed staff our running costs to keep our 'closed' building operational is around £6,500 a day.

"As we approach what would have been our busiest season of the year, the Easter holidays, we are asking our loyal supporters for help. If you would have visited us over this holiday period, please consider making a donation. We know it's a difficult time for everyone, so I would like to say a heartfelt thank you to everyone who has donated so far, offered support or simply given us words of encouragement. It means so much to the team who are working so hard.

"We really hope we can survive this, and to continue to be an educational resource for our area and a strong animal conservation charity."



Local housebuilder contributes £1,800 to honour Hull hero, Jack Harrison

Five-star housebuilder, Barratt Homes Yorkshire East, continues to honour fallen war hero, Jack Harrison, at its aptly named Poppy Fields development in Cottingham, with a £1,800 donation toward a statue in his memory.

The recent contribution to the Jack Harrison statue has been raised by Barratt Homes through an ongoing pledge to donate £100 for each new home sold at its Poppy Fields development in Cottingham between Remembrance Sunday and Christmas in 2019, combined with a £1,000 donation from the business' Community Fund scheme.

The Poppy Fields development, where the fundraising took place, was respectfully named with the World Wars in mind - taking inspiration from the famous war poem In Flanders Fields. To further amplify the sentiment behind the development, a group of students from Cottingham High School were invited to name the streets researching local wartime history, war poems and Hull veterans to inspire their suggestions. Amongst the names chosen was Jack Harrison Avenue, named in memory of the fallen war hero. Jack Harrison, who was born in 1890, was commissioned as Temporary 2nd Lieutenant in August 1916. Harrison was twice recognised for bravery, receiving the Military Cross in February 1917 for leading a patrol into no-man's land on the

Western Front of the Battle of the Somme, and a Victoria Cross for his self-sacrifice at Oppy Wood in May 1917.

In celebration of Hull's treasured war hero, Ian Judson, playwright and Manager at Jack Harrison VC MC statue campaign, has written the chronicles of Jack Harrison's life, An Ordinary Hero. The funds raised from the performance have been donated towards the statue, which will be situated in the heart of Hull.

Ian Judson commented: "I'd like to thank Barratt Homes Yorkshire East for its generous donation and ongoing support to the Jack Harrison VC MC statue campaign. We hope to continue raising funds and aim to have the statue in place by 2025 to act as an ever-lasting tribute to the life of Jack Harrison. It's so important to remember those who have served and sacrificed to defend our freedom to help pave the way for a peaceful future."

Linzi Bentley, Sales Manager at Poppy Fields commented: "I had the pleasure of meeting Ian Judson last year, to mark Remembrance Sunday at Poppy Fields, so it was lovely to see him again and hear more about his plans to honour Jack Harrison both in the statue and his future work. We continue to support the local community wherever possible, and it will be fantastic to see the statue when it's built".



Life under lockdown can be used to improve accessibility

With construction firms and their clients reportedly divided on whether to pause their projects, an accessibility consultant has highlighted key tasks which can be completed to prepare sites for a return to work.

Ian Streets, Managing Director of About Access, said a slowdown or even shutdown of construction sites presents the ideal opportunity to review project plans and designs, particularly to ensure they meet accessibility regulations and guidance. Ian, who is based in Anlaby, near Hull and advises businesses and other organisations across the UK and internationally, said a downtime can also be used to review the accessibility of premises, products and services as part of a move to broaden the customer base.

Among the issues identified from design appraisals conducted by About Access in the past are plans for an education centre which didn't include an accessible loo and the creation of an emergency exit which was too narrow for wheelchair-users. These are some of the issues that should be addressed by any business, not just to comply with the provisions of the Equality Act but also to make premises, products and services as accessible as possible.



The Latest with Logan

Well, what a busy time I've had!

Friday 14th was a really fantastic day for me and my family (when I get excited I do become a bit more impulsive and find it hard to relax but I'm sure my family will excuse me for this) but I got it formally in writing that I was awarded my 1st school choice which was a SEN school! I am so excited and relieved after all the waiting! Also on this day I felt really motivated so I finished off the lyrics to my new song "Different me". I was a little confused at first when I was sorting the words into bars but I soon got the hang of it. I've been writing the song with the support from the Hull Beats Bus. I've spent lots of hours working in the Beats Bus studio discovering the track, tempo and beat. I've also recorded my song and I've loved every minute of this process and enjoyed doing something a bit different to my usual performances. My song is adapted from a poem I wrote.

Earlier this month I woke up feeling a mixture of emotions such as being happy, excited and anxious too as my class had a dance exhibition which I enjoyed so much. My singing teacher said that I did really well focusing today as it's sometimes really hard after a busy day at school. I'm working on 2 songs and did you know that if I have actions in songs it really helps me to remember the lyrics!

"Different me" explains what it's like for me living with Autism. I'm hoping everyone is going to enjoy it. Also this month my mum along with Aim Higher, (Autism charity that I talked about in the last issue) two local MPs and Transpennine Express trains launched the Sunflower lanyards at Paragon station. The scheme is an initiative designed to act as a discreet sign that somebody has a hidden disability and requires additional assistance whilst out in public. I was excited to hear how it had all gone when I returned home from school because I've been very busy this past four weeks preparing for a Speech and Drama festival in Harrogate on the 13th-14th March. I'm going on the train with my mum

and we have arranged personal assistance as we will have a change of train and I will be wearing my sunflower lanyard. On the 29th Feb I also joined a new performing arts class at State of the Arts academy. In March I'm going audition for a part in their forthcoming production as I would really like to be the lion or the wicked witch. I also do a SEN class at SOTA. This is such a fantastic class for me and all the other boys and girls. We can all have fun and be ourselves whilst supporting each other. On my first day of my new class I was very anxious, the café was very busy and there were lots of new smells, noises and new faces but every single person in the room made me feel

welcome and it eased my anxiety. I have also got myself on to the books of a new talent agency called Bedazzle Inclusive Talent. I'm really happy to be working with them and fingers crossed I get to work on some amazing projects! See you next month and I will update you on my audition and the Harrogate festival. I will be able to tell you what my hotel stay felt like and the long train journey.

Take care be kind and remember to always be yourself.



My journey with having a child with Autism

My words of living with a child with a diagnosis of Autism written by Caroline Medforth



Hello everyone. I'm Mum to two beautiful children Logan Richards age 10 & Skye Richards age 7. Logan was born by forceps delivery as he was stuck in the canal which was not fun! Logan was a very active hard to settle baby and didn't sleep too well waking up 8 to 10 times a night and this carried on and on so the first 9 years of his life were very tiring for me to say the least. Sleeping patterns seem to suddenly sort themselves out after Logan was given medication to help with an outbreak of eczema!

As Logan was growing up, we both enjoyed keeping a busy active social life attending all the baby/toddler groups in the area. At first I didn't notice anything different apart from Logan being very strong willed and defiant but then I began to notice that he was struggling to share toys with others even though I realised he had no real interest in playing with them. It was at this point that me and my partner (Logan's dad) decided to try for another baby as we always wanted two children. We thought Logan having a sibling would help him interact with his peers more and help him engage with toys. Logan welcomed Skye with open arms and did not show any jealousy at all and in-fact he was very loving towards her.

By the time Skye had come along Logan was now at nursery and he had made good friends with 2 other children although he did like adult attention more than playing. I remember going on holiday and Logan not sleeping at all and him asking me when it was time to get up! He also struggled with food and I put it down to perhaps the texture or maybe him just being a little picky. The thing is we had no one to compare him to until Skye was born.

It was more when Logan started school when things became more apparent. Logan's school reported that his social and emotional development was around 2 years younger than expected. He found it very hard to concentrate unless it was his chosen subject area and shouted out a lot in

class. Logan was then referred for autism assessments which do take a long time. Things really started to hit rock bottom when Logan started year 3. He was finding school life very hard and the friendships he had struck up in nursery and reception class had broken down as Logan was not keeping up with the other children's emotional levels. This was very hard and sad to watch and Logan felt very sad that he no longer got invited to their play dates/ parties. Sometimes Logan did and said things that may not be socially appropriate but I know he didn't mean any harm. We then discovered that he had a passion for the performing arts and he really took to this but once again relationships broke down and people around us at that time were not supportive as they put it down to Logan's behaviour as he was only on the autism pathway at this point and had not diagnosed yet. This as a parent does make you feel very isolated and makes relationships with parents of other children harder not to mention the paranoia that goes along with this. Logan's school life by the time he reached age 9 was in crisis. He was moved to two different schools this is what the Hull Collaborative Academy called a managed move to see if other staff could help. Logan was so confused by all of this. It was heartbreaking and if I knew what I know now I would have kept him home. I felt like I had failed as a mum. We did however get through the dark rock bottom stage but only just. I spent many many hours crying behind the scenes. I went on the local news and fought the professionals until we got support. I asked for a second opinion on the Autism as on the first assessment when Logan was 8 years old he made up stories to what he thought was the best thing to say and mirrored his peers so the first autism assessment came back inconclusive. In September 2019 I got Logan another assessment booked out of town and three weeks later he was diagnosed. I had to fight for EHCP and luckily his school had

him assessed for sensory processing disorder. I also paid for a dyslexia assessment. One of the biggest obstacles we have which has caused unnecessary conflict and upset is that Logan can have a tendency to want to follow his own agenda which maybe due to the need to control situations to reduce anxiety. He also has difficulties with active listening and this can reduce the reciprocity of his conversations.

So, Logan went from no EHCP no diagnosis to now March 2020 he has a Dyslexia diagnosis, an Autism diagnosis and his sensory report states Logan has 93% more sensory sensitivities than the normative child. Logan now has a EHCP at serve banding level also. Logan is very excited for the future. He is starting a social communication school in September 2020, he has his own column in the Hull Hub newspaper where he was approached on his facebook page 'Logan Richards Autistic Spectrum performance journey'. He attends singing lessons/ private drama lessons a musical theatre class and also a SEN music group. He takes exams in music such as singing and he's a grade 2 flute player!

We certainly have come a long way over the years and now Logan has these diagnosis's hopefully we can look forward to the future with a positive conclusion.



BY
**PETER
SHALLY**



TIMES WERE GETTING BETTER FOR ME

I had turned full time as a guitar vocalist and started looking upon myself as a professional entertainer. Little did I know at the time that the terminology "Professional" had a much deeper meaning.

I had signed up with 'Dannistan Enterprises', the new 10 days old partnership between Stan Robinson and Danny Walters. Neither had travelled further than the city boundary in pursuit of their careers but now they were sending me 256 miles from home on my first week as a full time act on the road.

6 SHOWS ON A NETT DEAL

This meant that I was booked to do 6 shows over the week for a set amount of money. I would then pay my managers 10% of the money, pay my own digs, food, petrol and whatever else I needed during the week. However, the receiving agent would in fact be selling me out at a far greater figure than what he was paying me, so in order to make sure you had some money they would send you on a gig where you picked up cash. The rest of the week would be "No Pick-ups", which probably meant that you were on stupid money and in some places your normal fee and worth, might not reflect the money that the agent is charging. It wasn't unusual to "die on your arse" at some venue because the agent had oversold you. South Wales was a hard area to work because every man and his dog considered that they could sing, so you would be up against a club full of Harry Secombe's before you struck a bat. The agent I was working for was the 'Delaney Agency' (Cyril and Bette), based in

Pontypridd just north west of Cardiff. Their house was actually where I was staying and it fitted in with my gig sheet. Bette was a short buxom woman with jet black coloured hair, obviously dyed because she was cracking on a bit and had three chins. Cyril was in his late 50's and seemed to be a bit of a charmer. My first gig was quite daunting, it was Tynwydd Labour Club, deep in the Rhonda Valley where the sheep are always scared and are all called Baaaaaasil.

I was one of three acts and very much at the bottom of the list. Topping the bill was an unknown Sheffield comedian call 'Paul Shane', he was big time in Yorkshire but no Anglo Saxon cut the mustard in the Rhonda, second on the chalk board was Rhonda Welsh, a sort of a Vester Tilley style act with a dog.

NEVER WORK WITH KIDS AND ANIMALS

Now W.C. Fields wisely said Never work with kids and animals they steal the show and in this case he was right. I couldn't determine whether



Vester
Tilley

she was male or female but it was of no consequence as I soon found out.

Needless to say I went on with no response from the mainly male audience and more or less left the stage to the sound of my own footsteps. Emrys Evans the compere wasn't very complementary and it took me all my time to shield my dazzled eyes from the dressing room lights that were reflecting off his highly polished head. Bryan the organist was his partner and despite both

being in their early 60's they continued to caress each other regardless of my existence. Needless to say I didn't pick anything up off the floor if they were in the room. I got changed and went up to watch the rest of the show and was met by an audience besotted with her dog, she had obviously trained it to do tricks or she'd starved it in order for it to chase the treats she kept



Paul
Shane

giving it. The audience went barmy and clapped her without mercy, then she started to sing and I couldn't believe how bad she was but she was singing a Welsh bloody song and the punters were going wild joining in as she went along. Well she stormed the place and it only made me feel worse.

What followed after the bingo was to me an epiphany, Paul Shane walked on and cracked a couple of bawdy gags and got some laugh and then he did something that was amazing. He put his microphone in the clip and walked to the back of the stage, turned and faced the audience giving Bryan the nod to play the music, he then burst into this Welsh song called Myfanwe*.

Paul had certainly done his homework and ripped the bollox out of the audience, there was grown hairy arsed miners sat crying their eyes out and they stood up and screamed for more but he just walked off the stage and that was that. I had been mesmerised by his singing ability and hadn't seen the fact that he'd slipped this bombshell in under everybody's nose including the welsh act on the bill.

Let say, he was praised in the dressing cupboard by Emrys, "A bloody Englishman than can sing" he howled whilst giving me an indignant look, which told me instantly that he thought I was crap. I got back to Cyril's feeling dejected and down but he came into my room extolling my virtues claiming that the Concert Sec was very pleased with me and that I could go back to that club anytime. I answered quickly by saying "Don't you threaten me". His answer was preceded by him taking a look outside my room to check that Bette wasn't around, it was then that he told me of his bit on the side and he would be meeting her tomorrow afternoon in Cardiff and I would be driving his car. I didn't sleep that night and had to concentrate on how I was going to get on in the North East in a fortnights time. **TO BE CONTINUED...**



Me (1970)

(*Myfanwe a welsh lament based on a poem composed in the 1800's which tells the tragic story of the unrequited love of a penniless young poet called Hywel ab Einion for a beautiful young noblewoman who lived in Dinas Bran castle high above Llangollen in the 14th century.)

Elliott embraces 2.6 Challenge for Daisy Appeal in memory of his Grandad

A runner who was planning to mark 2020 by running 202.0 miles in races throughout the year has switched his focus to the 2.6 Challenge after his schedule was scuppered by the lockdown.

Elliott Tate now plans to run 26 miles to raise money for the Daisy Appeal in memory of his Grandad, Bert Purdy, who died of cancer last year after a 16-year battle.

The 27-year-old hopes the effort will take him closer to his fundraising target of £750 by generating more donations for his JustGiving page in readiness for resuming the race programme once restrictions are lifted.

Elliott, who comes from Bilton, studied at South Holderness Technology College before graduating in Physics and Astrophysics at the University of Sheffield. He now works as an auditor in London for Crowe LLP and is running round the parks and countryside near his home in Westcroft, Milton Keynes, to keep in shape.

He said: "We lost my Grandad last year after a long battle with cancer. He was first diagnosed in 2003 and managed to beat it but it came back and we lost him. He was 76."

Elliott remembers Bert mainly being known for his job at Hull Rad – later Mysons – in Hull and his love of sport. He boxed as a kid at Hull Boys Club

and played rugby league for Jervis Youth Club until his later teenage years when he met his future wife, Joy Purdy. He also played football for Mysons and Sutton Trust and was a keen golfer. His widow still lives in Bilton, close to Elliott's parents Tina and Ian and the rest of his family.

To find out more about the Daisy Appeal and to make a donation from your own 2.6 Challenge please visit www.daisyappeal.org



Spotlight On Charterhouse

near Wincolmlee. Hulls amazing Carthusian Monastery

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

by Trish Shelbourne

A huge thanks to Canon Paul Greenwell, Master of The Charterhouse and Hull History Centre, for assistance in preparing this article.



The memories I have of visiting my nanna Shelbourne in Charterhouse are vivid. My dad would take me on a Sunday afternoon to see her...(I think my brother was out playing footie at the time).



Charterhouse was founded by Michael De la Pole, the first Earl of Suffolk in 1384. The monastery came before the Almshouse which was built in 1377. The Almshouse, originally a hospital, was situated next to the Monastery until 1539. Perhaps the oldest 'hospital' site in Hull. In it, he housed 13 poor men and 13 poor women along with a priest Master. Religious people have cared for the poor in Almshouses since Medieval times. 'Hospital' has a whole new meaning now.

Carthusian Monks lived like hermits, they never ate meat and spent their days praying, contemplating and working. From the literate upper levels of society, some were part of other

monastic orders and some would have been the chaplain to important landowners.

Andrew Marvell the poet grew up here. His father was Master of the Charterhouse in the 17th Century.

The first Charterhouse The Grande Chartreuse was founded in the French Alps by Saint Bruno of Cologne in 1084. It still remains, but the monastery has

been rebuilt several times owing to fire and war. It's current form has been standing since 1688. The monks there are still famous for a green or yellow liqueur called Chartreuse. Fast forward 700 years and now there are only 24 Charterhouses left in the world, 19 for monks and 5 for nuns. They still live like they used to in the middle ages.

Hulls' Charterhouse was the 5th of 10 to be founded in England. In every case the founder came from the highest levels of society.

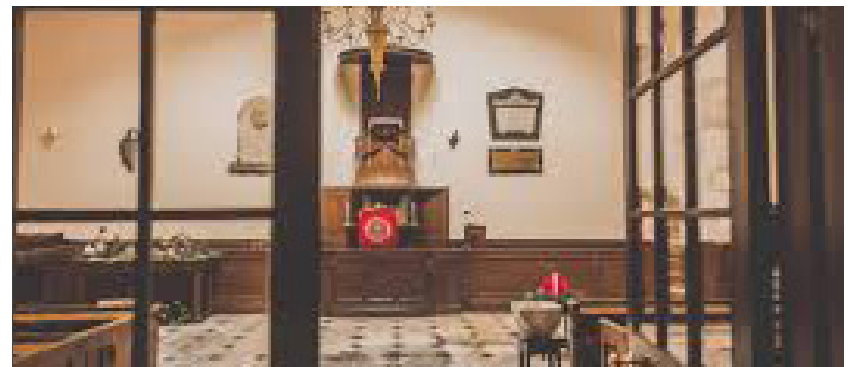


The trauma of the Black Death and subsequent plagues drew a demoralised population to support the Carthusians. They were very religious and greatly respected. With the dissolution of the monasteries (1536 to 1541) came the end of the Carthusian Order of Monks. Henry VIII wanted his religion based in England, not with the Pope in Italy.

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

For History buffs everywhere further reading is recommended.

Charterhouse Today offering high quality independent living for the over 60s.



Michael De La Pole, a wool merchant who became Lord Chancellor, planted the seed in Hull which has grown into a huge family tree spanning the centuries. With Christian values at the heart, it continues to do what he wanted it to, offering care and support to those in need. Canon Paul Greenwell, is the current Master of Charterhouse. He has his own house near Charterhouse on the south side of the street. We were supposed to meet, the day before our 'lockdown' due to the Covid 19 pandemic, but I know he has the safety and wellbeing of his residents so am hoping he is happy with my piece of work.

Up to 40 residents, are supported in 32 flats over 2 floors. They have their own 18th century Chapel, private gardens, social hall, hair-dressing salon and a flat for guests. No medical, nursing or personal care is provided but a warden visits the residents each morning. A board of Trustees oversees the care of the property, 5 of whom are nominated by Hull City Council.



I will get to see inside the house which holds many secrets and pleasures.



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

wish Paul and all the residents good health and love.

Let's take a journey around Hessle

The Hessle Ferry

There has been a ferry across the River Humber from Hessle Haven to Barton for hundreds of years. In 1300 it was recorded that King Edward I used the ferry and it took two days for his party to cross the river.

In the 19th century the ferry catered for passengers, animals and goods and the ferry was dependent upon the state of the tides for the timing of its sailings. Crossing the Humber could take up to four hours on a stormy day and the meagre shelter had to be shared with the animals on board. Strangers were charged more than local people for a trip on the ferry.

The ferry was relocated in the mid 19th century and stood almost directly under where The Humber Bridge tower now stands. By the 1860's more people began using the Hull to New Holland ferry with its superior fleet of boats and the Hessle Barton ferry became less popular. The Hessle to Barton ferry probably operated into the 1890s ferrying local people and their livestock across the river.



Hessle Whiting Mill

Hessle Whiting Mill lies on Hessle foreshore close to The Humber Bridge and was built around 1810 with six storeys and five sails. It is the only one of its type left in the county which retains some of its original workings and is a Grade II Listed Building. The mill replaced an earlier building which had used horse power to turn the enormous chalk crushing stones. The machinery was converted to gas power in the 1920s and in 1925 the sails were removed. The mill was used to crush chalk from the nearby quarries and whiting was produced inside the whiting works which was once attached to the surviving tower. The whiting was used for products such as putty, paint and white-wash and the Humber boats carried the high grade material both locally and world wide.

The Humber Bridge

The Humber Bridge opened to traffic on June 24, 1981 and was officially opened by the Queen on July 17 that year. It was the longest single span suspension bridge in the world until 1998 and is 2,220 metres long. The bridge has a dual carriageway and walk ways for pedestrians and cyclists at each side. When it first opened the toll was a £1 for a car to make a single crossing. The Humber Bridge was built at the narrowest point of the estuary known as Hessle Whelps and links Hessle in East Yorkshire to Barton in North Lincolnshire on the opposite side of the River Humber. The bridge is sited only a few metres from the place where the Hessle to Barton ferry operated until the late nineteenth century. The bridge replaced the Hull to New Holland Ferry run by British Rail from Hull Corporation Pier and was granted Grade I listed status in 2017.



The Ferry Boat Inn

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



Prestongate, Hessle

Hessle lies on the north bank of the River Humber five miles west of Hull and dates back to around the sixth or seventh century. Hessle was called Hoesellea in Saxon times and it was once a more important and larger settlement than Hull. Hessle All Saints' Church is located just off Hessle Square and is a Grade I Listed Building. Stocks once stood in a corner of the churchyard and were used as a form of punishment. Hessle Square was created in the 20th century with the demolition of some buildings in 1921. At the beginning of the eighteenth century Hessle had a population of a few hundred people but this grew during the 19th century with the opening of a railway station in 1940 by the Hull to Selby Railway and the opening of a turnpike road in 1825. Further travel was

encouraged when the turnpike toll was abolished in 1873. Wealthy Hull merchants started moving to rural Hessle in the 19th century as a place to live away from their place of work and they built large expensive houses. These include Hesslewood Hall for J R Pease, Hessle Mount for J K Watson and Tranby House for John Barkworth. Hessle is now a thriving place dominated by the Humber Bridge and had a population of 15,000 in 2011.



The Haven

The Haven at Hessle was known as Fleet before the nineteenth century. It is thought that Saxon and Viking invaders used The Haven and the nearby foreshore when they sailed up the Humber. From around the seventh century there was a ferry boat here that crossed the River Humber to Barton. In the 19th century The Haven became a centre for shipbuilding and warehouses were built. Docking facilities were used for trading vessels such as the Humber keels. Wooden boats were built at the shipyard up to 1897. It was then bought by Henry Scarr who produced iron and steel ships until 1932 when Richard Dunstan took over the yard. Dunstan's closed down 62 years later in 1994.



Humber Bridge Country Park

The Humber Bridge Country Park was developed following the construction of the Humber Bridge and was once a chalk quarry. It is a popular tourist attraction set amongst woods, meadows, ponds and cliffs and is a haven for wildlife. It was declared a Local Nature Reserve in 2002 and is also recognized as a Regionally Important Geological Site.



by Catherine Derrick

GET
TO
KNOW
YOUR
CITY



HULL ROYAL INFIRMARY

We reached a great milestone today - more than 200 patients who previously spent time in our hospitals with COVID-19 have now been safely discharged. Wishing you all a speedy, ongoing recovery and thank you to all of our amazing staff on the front line and behind the scenes who made this possible. #ThankyouNHS



A LOVELY GESTURE

Our boys wanted to do their part so they have picked out 2 bags worth of toys, book & dvds for other kids to use during lockdown feel free to let your kids take some and you'll be greeted with big smiles and waves from our window.

- Laura Jane Brown



A BEAUTIFUL POEM

They said the world was closed today
So I went to have a look,
I found it with the shutters down
And the phone was off the hook.
So I stood there for a little while
But no one was around,
Then silence came and startled me
With the most alarming sound.
I asked him where the others were,
And why the streets were bare,
He whispered 'Life had ran away
While death was playing there'
'Oh no' I said 'It can't be true
For life is not afraid'
'But no one ever goes' he said
'Where death has ever played.'
I understood and walked away
As Hope was standing there
With Courage in her afterglow
And the sunlight in her hair.

She said 'Go home to those you love
This is no place to be,
For if we walk these streets today
Then no one shall be free.'
She threw her light to lead the way
And showed me where to go,
The very road that life had gone
Where the future flowers grow.
Then death showed me another way
But I didn't want to look,
So I stumbled home in time for tea
And I read another book.
It was called The World is Closed To-day
And the streets we shouldn't roam,
The first line said 'Just please be safe'
And the ending - 'Stay at Home' stay safe.

Poem by Peter D Hehir
#Peterdhehir

HI GUYS

Hi guys I'm making surgical mask adapters for NHS / Police or staff on the front line. It stops the masks digging into faces and ears, preventing pain on long shifts! I'm 3D printing them currently from home and they are totally FREE for the frontline workers. I have another chunk ready to go out. Any NHS, police, care home workers who need one tag away! 163 sent out so far to nurses, doctors, police, care



WELL DONE &

a massive thank you to Hull3D Printers. Hull 3D Printers PPE for Frontline Workers have now distributed over 4000 Face shields completely FREE to Frontline workers in Hull and surrounding areas. With around 1622 going to Hull Royal, Castle Hill and Scarborough Hospitals 1494 going to Care Homes/Assisted Living/Homecarers 322 going to volunteers or charities and the remaining going to other frontline workers such as ambulance crews, police, unpaid carers, doctors surgeries, shop workers and many more. Please get in touch if you know someone in need of these faceshields.

DEBBIE BAIN

So this morning a change from the headbands.... a physio demo doll (for physiotherapists working with children as many of them are working remotely), easily the biggest doll I've made at 110cm tall!



HUMBERSIDE POLICE

Pickering Road Police Station all turned out to applaud our carers at Priory Grange care home. We were joined by colleagues from the Force Control Room and our partners from the Ambulance service #InYourCommunity #ClapForCarers #BobTheDog #HullWestNPT



WELL DONE TINA

A big well done to Tina from our cash office who's been making these brilliant scrub bags for NHS workers from NHS Hull CCG in her spare time. We're all really proud of Tina - she's one of our Asda heroes.

- Geoff, Asda community champion

workers. Supplying East Yorkshire and Hull. Pick up is in Brough. Drop me a message if you need one. We can social distance handover. ***Slight disclaimer guys I will make these as quick as I can, however I am still working from home full time too for my employers, so will reply to messages and demand as quick as possible* Thanks guys! - John Mouatt

HERON FOODS

Well done Heron Foods...Heron Foods in Hull has fully understood the difficulties drivers are facing in accessing food and services.

They are providing a microwave, hot meal and a dessert for all external delivery drivers. #Heronfoods



Elaine Carter Hakim - Made for Castle Hull Hospital

AN ACT OF KINDNESS

14 scrubs and 26 drawstring bags ready to deliver to the Jean Bishop Centre. This is what me and my Mum have occupied ourselves with this week. More to come. Many thanks to all who have donated bedding to make them. - *June Cooke*



HELP THE NHS



KIDS

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

BALLOON ART

Just seen this on my walk from finishing work get my exercise in and saw this amazing work East Hull area - *Emma Jane Parker*



HARRY & ESME

Sorted through some toys, books and teddies and laid them all out side. He had a sign asking for donations for the things and all takings would go to The Deep, he wanted to help feed the animals.

Was hoping for more to pass by on their daily exercise, keeping within the social distancing rules. Unfortunately only raised £6.25, so one of our columnists rounded it up to £10!!



THE HEROES OF HULL



STEP FORWARD, OUR UNSUNG HEROES IN LAB COATS

The first laboratory samples in the country to test positive for COVID-19 went through their hands, but the specialist team of biomedical scientists at Hull University Teaching Hospitals NHS Trust say it's all in a day's work.

Hull made the national headlines back in January when Castle Hill Hospital received the first two patients in the UK who went on to test positive for coronavirus.

Ordinarily, scientists and support workers in the trust's virology (left) and microbiology (above) services spend their days testing hospital and GP surgery samples for anything from simple urinary infections through to meningitis.

But they're no strangers to testing for respiratory diseases either, so as the potentially COVID-19 positive samples passed through the laboratories, it was just second nature for this team of scientists - for whom PPE is everyday attire - to perform their high risk procedures, safeguarding themselves and those around them.

Eleven weeks later, with coronavirus continuing to sweep the country, this 60-strong team of unsung heroes is now making direct contributions to prompt patient care and to ensuring critical services across the local health community can continue.

Alison Eyre, Acting Head of Pathology Services for the trust explains:

"It's probably fair to say we were apprehensive but also a bit excited at the time those first swabs

were processed through our labs. The call came in in the early hours of the morning, and while the actual results were formally confirmed by a laboratory outside Hull, the coronavirus outbreak was something we'd all seen escalating in previous weeks so we were fully aware of what it could be and how to respond accordingly."

Within just a few weeks of the first cases passing through the labs, the team was able to start their own in-house testing, meaning the time it now takes to deliver a result has reduced to a matter of hours rather than days.

"Staff working in virology and microbiology have really pulled together to meet the expectations placed upon them," Alison continues.

"Many of our scientists, associate practitioners and support workers have willingly extended their hours or changed their place of work, and some have changed the immediate teams they work within so that we can deliver a more extensive, seven-day service.

"With national guidance changing regularly and new scientific information coming through all the time, the team has done so well to not only keep up with the latest directives, but we've managed to continue extending what we are able to do.

"Being able to test for COVID-19 in-house means patients can receive their results and begin treatment more quickly than before; this is also really important for our nurses, doctors and other

frontline staff because it then enables them to make informed choices about how and where they care for those patients and how best to protect the people around them.

"As well as testing patients believed to have coronavirus, we also began testing symptomatic staff and those of neighbouring NHS organisations such as Humber NHS Foundation Trust and Yorkshire Ambulance Service just under two weeks ago. We're using as much of our testing capacity as we have available for this purpose, meaning virology and microbiology staff are playing a direct role in keeping critical services running by determining which members of staff are able to return to work safely and who needs to stay away."

As part of a regional network of pathology services, Hull University Teaching Hospitals NHS Trust is even helping others outside the immediate area. Scientists have been using their expertise and any spare capacity to support other hospitals across Yorkshire, such as Doncaster and Sheffield with staff and patient testing, reflecting the ethos that we are all truly 'in it together'.



CLUB NEWS



Hull Ionians 33, Old Crossleyans 31

The weekends match for the Hull Ionians U15 girls team saw them host Old Crossleyans who they met at the beginning of the season and were beaten by a narrow margin so they were keen to put in a good performance and gain a win over a strong, well established team. Due to various reasons Ionians only had 11 players and so were loaned the additional players from the opposing team. This always produces mixed results so the Ionians players knew they had to step up and do the majority of the work.

Old Crossleyans took the game to Ionians and very quickly scored twice in a row, leaving Ionians looking disorganised and a bit shell shocked. However some rough play by Old Crocs served to fuel the determination of Ionians who began to rally, using their forwards to drive the ball down the pitch with a final popped ball to Bethan Candlin who caught it at pace and drove through a melee of Old Crocs players to score. Ionians though seemed to be panicking and Old Crocs took advan-

tage of a disorganised line to score again before the half time whistle.

Captain for the day Kaya Acton got stuck into the team during the half time talk and as a result they started the second half looking like a different team. Megan Wood, Ionians prop recovering from illness that saw her with a spell in hospital but who had decided to play due to shortage of numbers was a menace up the centre. Every time she received the ball she drove it in, taking 4 to 5 Old Crocs players to stop her in her tracks thus tying them up so Ionians could get the ball out to the gaps and Sophia Bell side stepped her way over the line. Ionians used the same tactic with Wood relishing the opportunity to charge down the opposition and nearly bagging herself try, being stopped just short of the line but the ground she made was useful and the ball found its way to hooker Kira Maw who changed course and drove for the posts bagging another try.

Old Crocs responded with another

try but Ionians had the bit between their teeth and Sophie Goode and Leah Somerset really did some damage down the wings before passing back in field to Kaya Acton, who had an outstanding game and scored twice in a row. This game though was all about the kicking with Ionians record being better than Old Crocs there was a worried moment when Ionians kicker Ella Acton had to leave the pitch due to injury and Sophia Bell was nervously drafted in at last minute. No need to worry though as Bell found the sticks and whilst Old Crocs scored a further try the result paid tribute to the kicking talent of Acton and Bell.

Try scorers: B Candlin, S Bell, K Maw, K Acton (2)

Conversions: E Acton (3), S Bell

Forwards Player of the Match: K Acton

Backs Player of the Match: E Acton & S Goode

Albian Rugby League News

by Head Coach - Peter Grayburn

For around a year now I've been working closely with the Albanian Rugby Federation (FSHR) to promote and develop Rugby League at a national level. The amount of commitment and dedication shown by both players and staff is extremely encouraging and indicates the future for Rugby League is promising in Albania. Due to the current situation regarding COVID-19, our intended development plans have had to be, understandably, postponed. As the health and welfare of both players and staff are paramount, it is essential that we comply with the guidelines set by the Government. However, I want to reassure players and potential future players that we as a committee are communicating on a weekly basis to ensure we are in the best possible position moving forward when the time presents itself. The staff is currently working on player recruitment and retention for the Albania National Squad, along with arranging several training events around Europe. Additionally to this, the Albanian Rugby Federation is working tirelessly to develop and enhance Rugby League within Albania. Despite the unforeseen circumstances, we find ourselves in, I remain immensely excited about what the future holds for Rugby League in Albania. The coaching team and I, are extremely committed and passionate about leading such a proud nation to success in the near future. Stay safe and I hope to see you all very soon.



Girls section for those who have been selected to represent Yorkshire



Following trials at Burton Constable with up to 130 girls in attendance from across the county Hull Ionians U15 Girls were delighted that 3 of their players made the selection to go on and represent Yorkshire at festivals against Lancashire and Cheshire. Scrum Half Ella Acton, Fly Half Sophia Bell and Forward Bethan Candlin made it through to the Yorkshire squad. All three have had an outstanding season with a strong Ionian's side that has been developed under the coaching team

of Dave Hill and Garry Acton. This being the first time Ella Acton and Bethan Candlin have had the opportunity to go to trials due to their ages and Sophia Bell being given the nod by the coaches to attend this year pays testament to the development and standard of training provided to a relatively small girls section in comparison to other clubs around Yorkshire.

The achievement was also repeated within the U18 Girls Section with Olivia Howarth selected for the second

year running and Martha Brown making the cut. Olivia Howarth has been invited to attend the Centre of Excellence through the summer. If you are interested in playing girls rugby please contact Marie Frayne on 07903 766782

Left Photo:
Ella Acton, Bethan Candlin &
Sophia Bell. Hull Ionians
U15 Girls

Yorkshire Championships - February 2020 at John Charles Centre for Sport in Leeds and Ponds Forge in Sheffield

Swimmers from Kingston Upon Hull Swimming Club represented their club over three weekends in February at the Yorkshire Championships in Leeds and Sheffield. There were some incredible swims in all age groups and an array of medals and personal best times. Toby Clausen (14yrs) became the Yorkshire Champion across a range of events and distances (200m Individual Medley, 200m butterfly, 200m backstroke, 100m butterfly, 100m backstroke and 50m backstroke), winning 6 gold, 1 silver and 2 bronze medals in total. Para-swimmer Owen Garsides won 6 gold medals in the multi-class category in 200m butterfly, 100m butterfly, 200m breaststroke, 50m butterfly 50m backstroke and 50m breaststroke. Jack Collins (12 yrs) swam his way to the title of Yorkshire Champion in the 1500m freestyle, also taking home silver medals in the 200m, 400m and 800m freestyle. Amelia Barrett and Joshua Kelly were crowned Yorkshire Champions in the 100m breaststroke and 400m freestyle respectively.

Nationals and Junior A

Ben Shipley swam in 9 events in the open age group, making 5 finals and gaining 3 new PBs. His best swims came in the 800m freestyle and 200m backstroke, both earning him bronze medals. Billy Greenacre did well in all of his races; 400m freestyle, 200m backstroke, 200m freestyle and 1500m freestyle, gaining PBs and also making the finals for every event. He achieved a bronze medal in the 800m freestyle (9:44.70), which was also an 11 sec PB.

Emily Rickinson swam personal best times in each of her 5 events, gaining a place in the final of the 50m freestyle. She was also part of the 200m girls medley relay team which swam to 6th place in the final. James Starling (13 yrs) qualified for the finals of the 50m and 100m freestyle events with PBs in both, finishing 7th & 5th respectively and he achieved 6th place in the 200m freestyle with a PB of 2.21.17. He was also very pleased to have been part of the boys freestyle relay team that took silver in a hard fought final. Jessica McCollin (14 yrs) took part in the 200m backstroke and 50m butterfly. She also swam the 50m backstroke with a 2 second PB and the 50m breast with a 2 second PB. She was part of the girls medley relay team finishing in 6th place and 11th place in the 200m freestyle. Joshua McCollin (12 yrs) achieved 5 finalist places; 4th in the 200m backstroke, 5th in 100m backstroke, 7th in 200m IM, 9th in 400m IM and 10th in 100m butterfly. He took part in the boys relay team, which came 6th place in the medley and 11th place in the 200m freestyle. Lucy Towse qualified for 5 races, picking up 3 long course PBs, 1 gaining her another regional qualifying time - 50m backstroke in 34.59 secs. Lucy gained a place in the final for her 50m breaststroke and competed in both the 14/15 year old relays teams - coming 6th place in the medley final. Scarlett Lees (16 yrs) swam in all 4 sprint events. She qualified for the 50m freestyle final in a new personal best time of 29.11 in 7th place. She swam the final with great determination, clocking another PB of 28.76, finishing 6th. Toby Clausen (14 yrs) qualified for 13 events and swam in 12 of them. He gained personal best times and finalist places in all races and won 6 gold medals, 1 silver and 2 bronze.

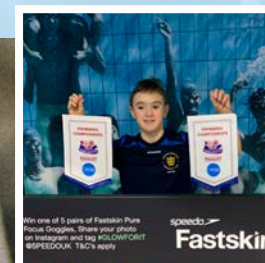
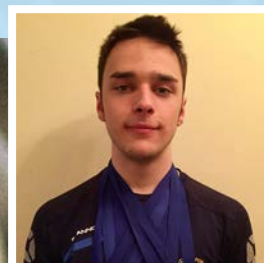
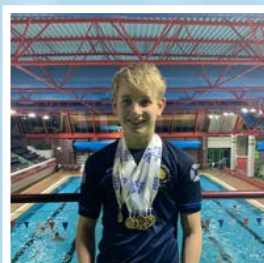
Junior B

Representatives from KUHSC Junior B squad had an incredible Yorkshires meet with a wealth of medals, PBs and successes in the relay events.

Amelia Barrett (11 yrs) had an amazing Yorkshire Championships over three weekends and achieved 11 personal bests and finished as Yorkshire Champion in the 100m Breast, took 3rd in the 200m Breast and reached the finals in 9 of her races. Bethany Pinder (12 yrs) gained PBs in both of her races with a time of 32.6 secs in her 50m freestyle and 37.2 secs in her 50m butterfly. She was also part of the girls 11/12 yrs relay team that made both finals and were placed 6th in the 200m freestyle and 9th in the 200m medley. Joshua Kelly (11 yrs) became Yorkshire Champion in the 400m freestyle and earned bronze in 200m freestyle and 200m backstroke. He finished 4th in 50m and 100m back, 5th in 200m butterfly, 8th in 200m IM and 9th in 100m

butterfly. Another Yorkshire Champion was Jack Collins (12 yrs) who took gold in the 1500m freestyle. He also won an amazing three silver medals in the 200m, 400m and 800m freestyle. Pavel Zirar (11 yrs) demonstrated great determination and skill, qualifying for 9 finals and taking home 3 medals; bronze in 100m backstroke (1:19:37 secs) silver in 200m backstroke (2:51:08 secs) and silver in 200m breaststroke (3:28:93).

Alex McNamara came 6th in the 200m backstroke, 8th in the 100m backstroke and joint 11th in 50m backstroke. In the relays his team came 7th in freestyle final alongside Jack Collins, William Moore, and Luca Alghoul from Junior C. He came 7th in the medley relay final with Jack Collins, Pavel Zirar and William Moore. George Plumridge swam in four 50m events, securing three PBs and achieving an NER qualifying time in the backstroke. He also competed in the 13/14 year group relays. William Moore recorded 2 PBs from 3 races and his relay team reached both finals, finishing 6th and 7th.



Huge refurb at St Paul's Boxing Academy as £865,000 Hull City Council grant funds new roof and lift

A major refurb of the city's biggest boxing club will see Hull City Council funding £865,000 towards a new roof and lift.

St Paul's Boxing Academy in North Church Side, which has produced a string of champions including Luke Campbell and Tommy Coyle in its 70-year history, will undergo a huge refit to its main gym and facilities.

And the council is funding a new roof for both the academy and adjacent Hepworth Arcade, as well as installing a lift inside the boxing club.

The works will reveal a stunning vaulted ceiling space, which is currently boarded over, inside the academy.

The council has now appointed Hull firm Geo Houlton and Sons to lead the refurbishment.

Councillor Daren Hale, Hull

City Council's portfolio holder for economic investment, regeneration, planning, land and property, said: "The council is proud to help secure the future of a club which has been a fantastic institution in this city for decades.

"St Paul's is a vital part of the city's fabric, having contributed so positively to the lives of so many of the city's young people - and not just in sport, but also in instilling strong values and helping them onto positive paths in their lives." The academy has undergone a huge fundraising campaign to help fund internal work to the club, including significant contributions from East Yorkshire companies John Good Group, Garness Jones and Horncastle Group PLC. "We have more than 400 members from all different backgrounds, including those from some of the poorest areas of the city. By providing a place they can come and train, learn discipline, commitment and focus, we believe we're helping prepare them for confident and productive life."



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