

HOPETIMES X

Edition 8



February 2021

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<https://sites.google.com/site/hopestreettrust/>



HopeStreetTrust



@HopeStGrimsby

Please send your stories and photos or leave your feedback on our Facebook page

HOPE TIMES

Edition 8

Hello again and welcome to our eighth edition of Hope Times.

We hope you're all still keeping well and safe. In this edition you will be able to find the latest information and guidance, plus all that is happening at Hope Specialist Falls and Respiratory Service.

Take care and we can't wait to see you all again when it is safe to do so.

Again, we have hidden the LET THERE BE HOPE BEE somewhere in the newsletter, so see if you can find it.



Shirley We Can't Be Serious?!

Yes, impossible though it is to believe, our lovely Shirley Gage turned 90 on Monday 8th February. We did attempt to do a Zoom call with her to mark the occasion, but technology wasn't having it and so we all had to shout "Happy Birthday!" over Zoom and down Sylvia's phone. At least we got a picture of her with the flowers we sent (thanks Dee!)

Shirley has been with Hope since before it was even Hope. She was there at the creation of the Falls Prevention Collaborative when she was a mere baby in her early seventies and we've refused to let her leave ever since, even when she tried to retire a couple of years ago. Doesn't she know Hope is like the Hotel California?!

Happy Birthday to a truly wonderful lady and we'll just have to have a 90+1 party next year!

PATIENTS FALL FOR REMOTE REHAB

20th January 2021

Written by Rachel Branson, Senior Admin and Gemma Capes, Senior Falls Physiotherapist



When we launched Remote Falls Rehab at the end of May, we really weren't sure how well it was going to work. There were concerns about how some of our patients would cope with Zoom and it didn't seem possible that we could get anything like the results we usually achieve doing the group in the patients' homes, rather than our gyms at the Val Waterhouse Centre.

Obviously, there have been changes to the objective measures we use, because it's not possible to do the 6 minute walk test and timed get up and go in patients' homes, but we've still been able to carry out sit to stand tests. Looking at the results from patients who completed Remote Rehab in 2020, the average increase in sit to stands completed in 60 seconds was 5 (the clinically significant increase is 3), although some patients achieved an increase well into double figures, which is fantastic.

A great indicator of how much patients get out of our rehab groups is the feedback forms we ask them to complete. As we're currently delivering groups online, we've added some questions about Zoom and how patients have found it. Only 21% of them had used Zoom prior to starting group and 84% needed some help with it, either from our staff or family members, but by the end of the group, 90% of patients were either very or quite confident about using it.

53% of patients used a laptop or desktop, whilst 42% had tablets and 5% used a smartphone to join groups. We're pleased to report that no-one thought the programme was too long, with 68% saying it

was about right and the remainder wishing it could have gone on longer. A fantastic 84% of patients told us that the programme was better than they were expecting, with the same percentage reporting that their confidence had increased and their balance was better.

95% of patients said that the exercises had helped either very much or quite a lot and 84% told us that they would continue exercising at home. Increased confidence in using Zoom was demonstrated by nearly two-thirds of patients saying they would be interested in participating in online Tai Chi or Chair-based exercise classes or social groups in the future.

Our falls volunteers garnered some brilliant comments:

"Shirley was part of the whole experience. She cheered me up before I began exercising with the weekly calls."

"Shirley was lovely and very friendly, she put me at my ease throughout."

"I've enjoyed Rolly helping me through the course. His comments and guidance have been very useful."

"He was really great and made me laugh and feel more positive"

"He had us laughing and helped with encouragement"

"Didn't feel like an old lady as I was talking to someone of a similar age"

"Rolly was really nice and I felt I could have a laugh with him and he gave me a pick me up"

"She made you understand what was going on. Very supportive."

We also had some great comments about the programme in general:

"When finishing sessions it helped increase my confidence in my activities of daily living. I think the course was a stroke of genius! If you hadn't done this we could have been waiting months"

"It was worth every hour doing the exercises"

"Words can't describe how much this programme has helped me. I can't find the words to say a big enough thanks to everyone. It should be widely put out to the general public, more people should know about it."

"Everyone has been lovely and it was well planned out. All talks were really useful."

"Enjoyed the social side of it very much"

"Gave me something to get up for in the mornings and focus on rather than staying in bed and being depressed"

"I became able to recognise the people in my group and it was pleasant to see other faces"

"I found it very good and have had a laugh and a joke, getting to know people towards the end"

"Enjoyed it tremendously and gave me something to look forward to each week. I feel my loneliness will come back once the course ends"

"Interaction was great and the staff reassured me on any future issues I may have"

"Would have been more (self) conscious of exercise in the gym. Feel because I was on my own I pushed myself. If others were doing 10, I'd have stopped at 10."

"I would have liked to keep doing this. When you're doing it with other people it gives you a boost and it helps"

"The programme was designed well for me"

"It was quite hard, but I knew I was achieving something and could feel it working"

"Doing more and more of going up stairs was hard but know it was for my benefit. Feel wherever the course was, I would've been happy to exercise and attend as it's for my benefit"

"As it went on, I could see why they were pushing me harder and harder"

Senior Falls Physiotherapist Gemma Capes commented:

"We are now due to start our third set of Virtual Falls groups and we are developing each time we complete them. By using the feedback we get from the patients, we are able to tailor the programme to suit what the patient needs. It is great to hear such positive feedback and results and it reinforces that, even during the pandemic, we are able to achieve such great results and still make a difference to our patients.

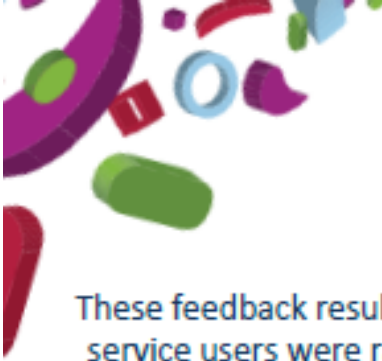
Our volunteers have also adapted well to our new way of working and the patients are really enjoying their work and presence. The volunteers work hard to support the patients, whilst also making them feel comfortable. We received some great feedback about the volunteers and they should be proud of the contribution they are making with our patients.

I definitely think, moving forward, there is a place for the virtual exercise programme post pandemic. I think the virtual sessions enable us to offer an alternative service for the patients who do not always like to work in groups, face to face, and struggle with the pressure of attending a centre."

**Thank you Captain Tom,
for reminding the world that age
is no barrier to being a hero**



This painting by Welsh artist Jonathan Morgan was auctioned last year to raise money for the NHS.



Service User Feedback – Falls Service

Quarter 3 2020-21

These feedback results are for the Falls Service for Quarter 3, 2020-21. A total of 10 service users were randomly selected for this time period. A response rate of 60% (6/10) has been achieved for this quarter. Results are outlined below along with comments provided by service users in response to the survey questions. Percentages are calculated from the number of service users who responded.

100% of service users felt that the care given was high quality care

100% said they were involved in decisions made about their care

Fully involved - Always prepared to add to exercises if they thought I would benefit.

100% of those that responded said they felt they were treated with empathy, dignity and respect by our staff

100% said they were confident that the staff with responsibility for their care were adequately trained and experienced

100% of service users would rate the staff providing their care as excellent or good in relation to them challenging others to ensure they received the best quality care



100% would rate the communication between themselves and the staff providing their care as excellent or good

Excellent - They were very encouraging at all times.

100% of service users rated their overall experience as very good or good

100% would rate the communication between Care Plus Group Staff and other organisations supporting their care as excellent or good

100% felt the Care Plus Group staff were committed to ensuring they received the best quality care

I rated my experience this way because...

Very good - I found the whole experience was delivered very professionally. All the team were friendly, competent and helpful.

Very good - Was a great time after being in pain for so long. And then being able to walk upright.

Very good - I can tell you there is a box missing - Excellent. My responses to all following questions speaks for itself. What a wonderful service the whole group provided. Many thanks.

Very good - They always paid attention to my needs and were happy to add to exercises if they thought I would benefit from further treatment.

Working Together For A Better North East Lincolnshire



A big thank you to Rob Walsh, Chief Executive of North East Lincolnshire Council for joining us at this week's Hope Social gathering.

Service Lead Pam gave Rob a rundown on all that has been achieved by Hope since we went into lockdown last March and also talked about our vision for the future, which will be a blended approach of face to face and virtual activities, making use of technology to make our service users feel totally involved, even if they are sitting at home on their settee. Some patients will prefer to engage virtually going forward, including people with anxiety issues or Autism, or those who are prone to infections.

Staff and service users talked about the difference that keeping in touch has made to those who live alone, whether it's a telephone call every so often, taking part in a rehab group, or attending the weekly Hope Social and chatting and asking for other people's opinions.

Rob commented that organisations need to break out of the mindset that it's about what's best for the organisation and think more openly about what is best for the patch, the place. He said that whilst he is employed by the Council and is the boss of the Council and the CCG, he always thinks place first and Council and CCG second.

Sylvia asked Rob "The Interview Question", about what his vision would be for North East Lincolnshire in five years' time. Rob responded that he has lived and worked in North East Lincolnshire for thirty years and has fallen in love with the place. In his career, in good times and bad, what has always driven him is the belief that the place works best when we put aside the name and our differences and play to our strengths.

The Health and Social Care system works well locally, although not perfectly, but Rob believes that we have played to our strengths more than ever over the last twelve months. As the boss of the Council and the CCG, he has one leadership team, which means that they meet every week, they meet once, make one set of decisions and know that things are going to get done broadly in the way that has been agreed once rather than multiple times, as the latter causes confusion on the ground.

Rob concluded that a system that plays to its strengths and is absolutely committed to the population which it serves, with politicians, leaders and organisations all playing their part, will come together and bat once for one set of people, shaping their own future, rather than waiting to be told how to do it by regional organisations or national governments. It is a system that works for its place and a place that works for itself and that is the vision he has always aspired to.

Can't argue with that! We look forward to Rob joining us again at a future Hope Social and if he can arrange some archery, Mick will nominate him for a knighthood!

Geoff Browne passed away on 8th January 2021, at the age of 91, and his beloved wife Betty followed him ten days later, aged 90.

Geoff and Betty first came to us as patients more than a decade ago and they never left! They were trustees of our charity for many years, choir members, Rehab Plus regulars, enthusiastic gatherers of donations (most of our membership hampers were filled by them) and of course there was Betty's awesome lemon drizzle cake.

It was very rare that we talked about them separately. They were always Geoff and Betty, always together, throughout more than 67 years of marriage and no doubt beyond.

The Hope team wrote personal messages to Geoff and Betty's children, which were gathered together into a card. The heart below is made up of many of the words in those messages. We will miss you Geoff and Betty. Goodbye and thank you for being such wonderful members of our Hope family.





DATES FOR VOLUNTEER WORKSHOPS (ON ZOOM)

Wednesday 10th February 2021 at 11am - 1pm

Wednesday 12th May 2021 at 11am - 1pm

Wednesday 8th September 2021 at 11am - 1pm

Wednesday 1st December 2021 at 11am - 1pm

If you would like to attend these workshops on Zoom, please email Sylvia
(sylvia.leary@nhs.net).



COVID 19 Vaccine Scam Text

We have been informed about a new scam that is being circulated, but looks very believable. It starts with a text, seemingly from the NHS saying that you are now eligible to apply for the new vaccine and to click on the link to apply.

The link takes you to a website, which looks genuine and asks the user to complete a form asking for the following information.

Name
Date of Birth
Address
Payment card details
Proof of address

As you can see from the above, this should automatically ring alarm bells, as we all know, the vaccine is FREE.

Please follow this advice:

Do NOT click on links in unknown texts - always check it first
NEVER give out your personal details.

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to continue as fraudsters look to take advantage of the rollout.
Cold calls regarding the vaccine are also beginning to take place.

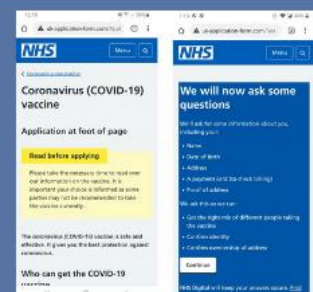
If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 1232040 or visiting www.actionfraud.police.uk.

Scam text about Covid-19 vaccine

A dangerous fake NHS text has been circulating, telling people they're eligible to apply for the COVID-19 vaccine. Here's what it looks like.

**Do NOT click on links in unknown texts -
always check it first**

This URL takes you through to an extremely convincing fake NHS website that asks for your personal details



NEVER give out your personal details.

Protect others by reporting incidents like this. If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk



Neighbourhood Watch Network is a
Charitable Incorporated Organisation (CIO)
registered in England and Wales, no. 1173349

Build your support network and find out information about dementia in North & North East Lincolnshire

Get information to help you support someone with dementia and look after yourself

Our Information Programmes are for family, friends and carers of people living with dementia. A friend or relative may have been recently diagnosed or have had dementia for some time.

The sessions are run by skilled, compassionate and experienced staff.

Where to find us?

These sessions will be delivered via Zoom so access to a laptop or a smartphone is required. Zoom details will be provided when a booked place is confirmed.

Our information programme runs

Wednesday 3 February: 1.00pm - 2.30pm
Wednesday 10 February: 1.00pm - 2.30pm
Wednesday 17 February: 1.00pm - 2.30pm



'The sessions have given me confidence that I will cope in the future.'

Anna, who cares for someone with dementia

To find out more contact us on:

Referrals_NELincs@alzheimers.org.uk

01472 359247

alzheimers.org.uk



Focus On Dementia

A virtual group for those under 65 with dementia

Would you like to share your views and experiences to influence positive change?

We meet on the fourth Tuesday of every month:

Tuesday 26th January, 2pm - 3pm

Tuesday 23rd February, 2pm - 3pm

Tuesday 23rd March, 2pm - 3pm

To find out more contact:

Referrals_NELincs@alzheimers.org.uk

01472 359247

Here for everyone
affected by dementia

alzheimers.org.uk

Get in touch today



Overview of our local services

Our services are available to anyone with a diagnosis of dementia, their supporters, family & friends

Dementia Advice & Support

Our dementia adviser service provides accessible, relevant, quality information to people with dementia and their carers, on an ongoing basis, including signposting to relevant local and national services. We will work with you for however long you need us too.

Carer Information & Support Programme (CrISP)

Our courses provide information on a variety of different topics associated with dementia and give carers of people with dementia an opportunity to meet with other carers.

Please contact us if you would like to be informed about future courses.

NELLES—NE Lincs—Contact Navigo

Weekly carers peer support group run in partnership with NAVIGO and Admiral Nurses. This group provides the opportunity to meet with other carers in a supportive environment whilst the person living with dementia can take part in reminiscence and other stimulating activities.

Virtual Singing for the Brain

A therapeutic musical sing-along at our virtual sessions that are now happening across the area. Contact us for details of the current dates, times and how to join in.

Virtual Memory cafés

Our virtual memory cafés are friendly and informal for people with dementia, their carers and families to meet, obtain information and join in with a themed quiz. Each café is facilitated by a dementia adviser and is an opportunity to connect with us and gain support.

Contact us to find out how to join in—you will be very welcome.

For more information or to make a referral, please contact your local services office which supports people affected by dementia in both North and North East Lincolnshire:

Alzheimer's Society
Room 2/3 at Centre4
17A Wootton Road
Grimsby
DN33 1HE

Side By Side—North & NE Lincs

Side by Side is a service which aims to empower, enable and support people with dementia to retain hobbies and interests or to take up new ones.

This service also supports people with dementia to get out and about within their local communities and encourages access to everyday places and universal services. Befriending helps to reduce stigma making sure people with dementia feel confident and remain connected to their community.

Side By Side encourages people with dementia to identify their personal strengths, abilities and interests and consider how they could use them within their community, with volunteers supporting them to realise their goals.

Contact us for more details.



Take a look at our national services

Dementia Connect Telephone Helpline for information, support or advice about dementia - tel: 0300 222 11 22

Talking Point our online community. Visit and browse as a guest or register for free at www.alzheimers.org.uk

Dementia Connect our easy to use online services directory for anyone affected by dementia - www.alzheimers.org.uk

Training and Consultancy - for information on courses or to discuss your training needs—get in touch on 01904 567909 or email dementiatraining@alzheimers.org.uk

Dementia Friendly Businesses - join us as a partner in the fight against dementia—0300 333 0804 or email companies@alzheimers.org.uk or visit www.alzheimers.org.uk/companies

THE CARERS' SUPPORT SERVICE



If you are needed to perform a caring role, Covid19 doesn't care! If you are supporting someone during this ongoing pandemic please **ensure you've registered with your GP as a carer**. As carers are a priority group, this may well ensure you receive your vaccination earlier. Call your GP and explain your caring role - ask to be put on the carers register.

The Carers' Support Service
Working with Carers in Northern Lincolnshire



We're proud to be supporting Carers Support with their push to ensure ALL carers in Northern Lincolnshire are registered with their GP's. Please ACT NOW if you, or someone you love is a carer.

Latest Updates in North East Lincolnshire and Other Useful Information

North East Lincolnshire Council

COVID-19 Update



COVID-19: Guidance and support in N.E. Lincolnshire

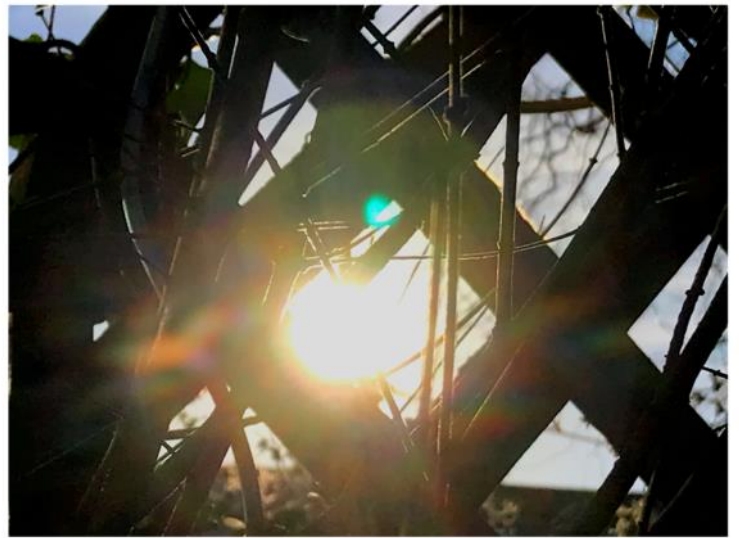
<https://www.nelincs.gov.uk/coronavirus/>

HOT CHOCOLATE AND ICE SCULPTURES

- WINTER IN THE GARDEN

A few issues back, I promised that when Winter came, I would still be out in the garden. Maybe not for quite as long as I stay out when the temperature's in double figures, but at least until I started to lose the feeling in my toes.

Well, as someone who likes to keep her promises, it might have been no more than 2 degrees at the weekend, but I was out there, in my big coat and gloves, the garden covered in frost, but lit by the remarkably bright rays of a low sun. At one point I was getting a bit irritated because I was trying to look at something in the



border and the light was in my eyes, so I couldn't see it properly. Then I stopped being a prat and was just grateful that there was actual sun, because we've had some depressingly dull and rain sodden days recently, something I am reminded of every time I sink into what's left of the lawn.

There isn't a massive amount to do at this time of year in the garden, but if you feed and water the birds, then you need to go out and make sure they're not doing a Torvill and Dean on the bird bath. It's really quite satisfying, cracking the ice, especially on the water butt, from which a couple of weeks ago, I extracted a wheel of ice several inches thick. It looked rather lovely, so I made a

very temporary garden sculpture out of it.

Without a cold frame, horticultural fleece or blind luck, the frost will likely be the death of the not so hardy, but there is something quite magical about the way it coats the leaves, especially of plants like the foxgloves (right) and Jerusalem sage, which are quite furry in texture. There's also that enjoyable crunching sound as you walk across the frozen grass, for once not subsiding into it and emerging with mud-clogged shoes, the cleaning of which isn't on my list of favourite things to do.



Another job that needs to be done regularly is topping up the Hotbin (other composters are available) in the hope of some top quality compost. I used to have one of those green plastic things, which took about two years to produce a very small amount of something resembling compost, which was still so full of seeds from the kitchen waste that I ended up with tomato plants growing here, there and everywhere! The Hotbin does seem to be doing the business, which is good because they're not cheap, although it hasn't



yet reached the fiery 60 degree temperatures that are apparently possible. There's plenty of worms in there though and it's a good way of disposing of the crosscut shredded remains of the work correspondence that has been forwarded to my home address during the pandemic.

If you can put up with the cold, this is a great time of year to just sit outside with a cup of hot chocolate (in my new Sarcasm mug—Pam and Kylie know me so well!) and contemplate the world or, at the very least, the few square metres before you. Not even the mad dogs go out in the midday chill, so it's left to the mad gardeners who are determined to get some fresh air and, like Depeche Mode, enjoy the silence. No children squealing, no DIY, no drunken neighbours mistakenly thinking they can sing Karaoke, no grass cutting; just muted traffic

noise and the starlings pecking at each other in a fight to the death over the last two tonnes of bird seed and fat balls.



What colour there is now is a mix of what should and probably shouldn't be there. In the why are you still here camp, there's a solitary Californian poppy (left) that looks like it's been frozen in time, but may just be frozen solid. The purple of the Sage Clary (right) looks as good as it did in the Summer, but I suspect it's like the dead Hellebore flowers that would just stay there forever if you



didn't cut them down to make way for the next generation.



Another one in the dead but won't lie down until cut down camp is the Sedum (left), with its Autumn-coloured seed heads. The new year's growth is already appearing beneath them, but they're good for a few months yet. Meanwhile, three months after I mentioned them in Issue 6, the Salvias are still flowering!





As for what should be there, well I didn't think Hebes (left) were meant to flower in Winter, but I looked it up and with certain types, it's quite normal. Every day's a school day in the garden!

A few years ago, I bought a Coronilla (right), because it



promised plentiful flowers for up to nine months of the year. To be fair, it hasn't disappointed and, covered in yellow blooms, it now takes up about a square metre of the front garden. Just the sort of shrub you want when there's not a lot of colour about in Winter.



I have come to the conclusion that Heathers (left) thrive best when you plant them in a shady corner and forget about them. This one certainly has, although close up the flowers look like a Caterpillar that's overdosed on summer fruits.

Meanwhile, spare a thought for the Clematis (right) that, even in Winter, has a serious case of what afflicts many of us when the sun comes out. Not surprisingly, it's called "Freckles".



Rising up amongst fallen leaves are the Hellebores. I used to call them Christmas Roses, but they've never actually flowered at Christmas, so Hellebores it is. The foliage is at its nicest in these early stages. Eventually it will grow large and dark green and tough as old boots and I have to strongly resist the urge to cut it back before the new growth appears.

Already, hundreds of bulbs have broken the surface, with hundreds more following on behind. If you've never tried lasagne planting your pots and

containers, give it a try as they will give you months of variety and colour ([click here](#) and Sir Monty of Don will show you how to do it). You can even do a scaled down version of it in small pots like this one(right). My general rule is, if

it doesn't move, plant it up.

As for the future, well it's here, in little packets, ready for sowing in the coming months. I promised myself I wouldn't go mad with the seed this year, but who was I kidding?!



Rachel Branson, January 2021

USEFUL LINKS

KOPS

(Keeping Older People Safe
in Cleethorpes)

<https://www.capacitybuildings.org.uk/kops/>

[clee.tv](https://www.clee.tv/)

Community Television Channel

<https://www.clee.tv/>

VANEL

www.vanel.org.uk/greeninfluencers

February Brain Teasers



1. Which of the following is not white?
Igloo, a white dove, polar bears, milk or snow?
2. You can only do this every four years over snow or ice, people do their very best to claim their prize. What am I?
3. I live and thrive in the winter as I grow down and sharpen but you'll never see me in the summer because I'll die in warmth. What am I?
4. What can be a cap, a bed and a bank all at the same time?
5. It is worn outside in the cold weather, sometimes it is made of plastic, fur, wool or even leather.

ENTERTAINMENT

JIM FINNEY'S HOPE SOCIAL QUIZ

GRIMSBY & CLEETHORPES BUILDINGS



Answers on Page 36

LEARNING FROM THE PAST

BY RACHEL BRANSON

What has Spain ever done for us? Well, as anyone who ever watched Sharpe will know, they fought with us against Napoleon. They've produced some half decent tennis players and golfers, as well as some fairly talented footballers and reasonably successful football teams. Culturally, they gave us two of the Three Tenors, the architecture of Gaudi, the art of Picasso and Dali, oh and of course Antonio Banderas. They get a lot of plus points for him.

Apparently, they also invented two extremely useful devices, the mop and the disposable syringe, but on the downside, they did try to invade us in 1588 and had to be seen off by Sir Francis Drake and the good old British weather. Oh, and there's the small matter of the unwanted gift that kept on giving; the Spanish Flu.

Obviously, the Spanish Flu far outweighs Antonio Banderas in the plus and minus columns. It was a pandemic that killed 50-100 million people worldwide after all, numbers that are almost too large to get your head round. The estimated 228,000 deaths in Britain are hard enough to take in, even in these COVID times.

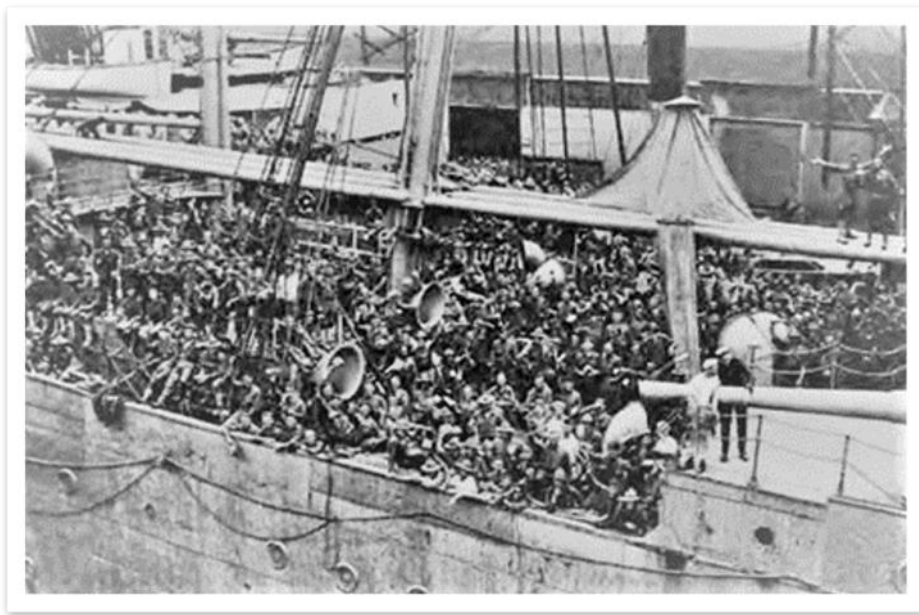
But the truth is that the Spanish Flu wasn't actually Spanish at all. That the country has been inextricably linked with the pandemic is down to Spain staying neutral during the First World War, which meant that the Spanish press was free to report the spread of the disease, whilst the news was suppressed elsewhere in the interests of the war effort. Unfortunately for Spain, the assumption was made that they who wrote it, dealt it.

No-one is entirely sure where it originated, but there are strong arguments for it being the American Flu, the French Flu, the British Military Camp Flu, or the Chinese Flu. Realistically it was probably a combination of all of them and a few more besides. Significant waves of influenza had hit both military camps in the USA and the population of northern China in late 1917 and although America and China were a long way away from Britain in those pre-passenger flight days, both countries crossed oceans to join the fight against Germany towards the end of the Great War.

Around 140,000 Chinese workers served on the Western Front, making the three-month trip to Europe to escape poverty in their own country. But in their search for a better life, they were badly treated, carried out the most menial tasks and many of them died. As a driver with the Royal Army Service Corps in 1919, my twenty-year old grandad, Joseph Collinson, transported members of the British Chinese Labour Corps around France, where they were involved in mine clearance, recovering bodies and filling in trenches.

Meanwhile, after the USA declared war on Germany, hundreds of thousands of American soldiers poured

into Europe to join the fighting, the first arriving in late 1917. It's not hard to imagine what conditions were like on board the packed ships that brought both American troops and Chinese workers to Europe, not when you consider how widespread COVID cases were on the Diamond Princess cruise ship last year, where passengers had their own cabins and bathroom facilities. The picture on the left is probably indicative of what it was like and illustrates that social distancing was not an option.



American soldiers and Chinese workers were arriving in France already sick and then mingling with soldiers who were malnourished and debilitated by gas attacks and the horrendous conditions in the trenches, which are hard for us to imagine even if we have seen the old films and photographs. Months after the war ended, my grandad wrote about having to have a bath in a biscuit tin, but that was probably a luxury compared to what frontline troops had experienced year after year.

The troop staging and hospital camp in Étaples is another place that has been highlighted as a possible source of the Spanish Flu pandemic. As well as the tens of thousands of human beings passing through on a daily basis, pigs and poultry were regularly brought in from the surrounding villages. We now know that the Spanish Flu was a H1N1 virus, similar to Swine Flu, so it seems reasonable to speculate that conditions in Étaples created the perfect melting pot for the ingredients of the deadliest pandemic since the Black Death.

The first wave of the Spanish Flu seems to have begun in late 1917 or early 1918, depending on where you were in the world. The conditions mentioned previously promoted the transmission and transportation of the virus and by 28th June 1918, the Hully Daily Mail was reporting that:

"The influenza epidemic is raging at Grimsby and scores of persons are under treatment. The outbreak is particularly bad in the West Marsh and Little Coates districts and there were several instances reported yesterday in which workmen who had been suddenly attacked had collapsed and had to be removed home. In one important factory the management adopted the precaution of dosing the workpeople at intervals with quinine. The remarkable spectacle of a queue of people lined up outside a chemist's shop awaiting their turn to be served with ammoniated quinine, eucalyptus oil, sweet nitre, and Turkey rhubarb, and other reputed remedies was seen on Wednesday night in this district."

Various remedies were recommended to combat the influenza, and the pneumonia that followed in its wake, at a time when antiviral drugs and antibiotics were unheard of. They ranged from Bovril, salt water and Vicks Vaporub to opium, ammonia, aspirin, quinine and inhalers, not forgetting iodine, turpentine and carbolic acid, the last of which would have proved fatal in the quantities suggested in one newspaper! You would like to think we've come a long way in a century, but the fact that Donald Trump thought injecting disinfectant might be a viable treatment for Coronavirus suggests that some people have not. Meanwhile it was Whisky that the 1918 shopper was panic buying, either as a preventative or to make them forget that Spanish Flu existed. Toilet roll wasn't an issue though, as the population could always use the abundance of newspaper adverts for useless treatments, ripped up into convenient squares.

A public health notice issued in Manchester during the first wave announced that:

- The sick should be separated from the healthy. This is especially important in the case of first attacks in a household, factory, or workshop.
- Persons attacked by influenza should at once seek rest, warmth, and medical treatment.
- Discharges from the nose and mouth should not be allowed to get dry on a pocket handkerchief or inside the house or workshop.
- Infected articles and rooms should be cleansed and disinfected.
- Those attacked should not join assemblages of people for at least ten days from the commencement of an attack.
- Special attention should be paid to cleanliness and ventilation. People should wear warm clothing and avoid unnecessary exposure.

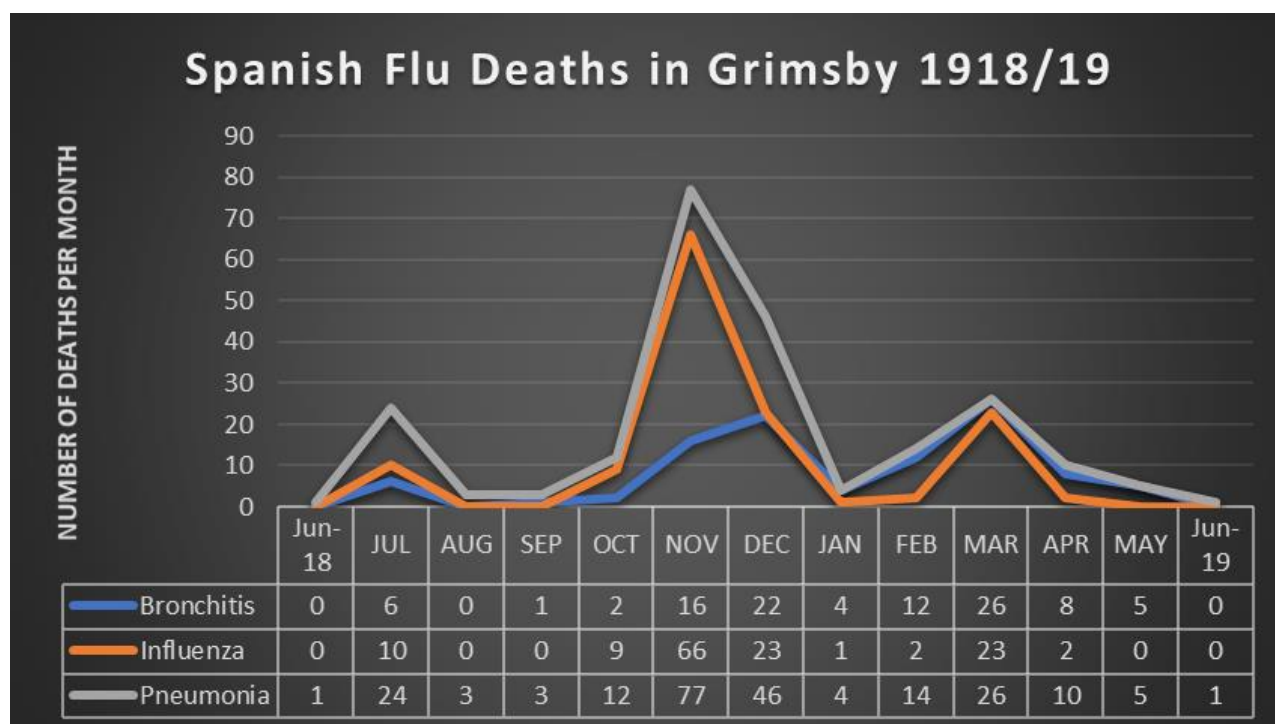
By 1st July 1918, the papers were reporting that fish was going to be scarce, "owing to a number of Grimsby fishing vessels having to return from sea with crews suffering from Influenza." This was no surprise. Although most of the crew would have been out in the open air for long periods, conditions below deck would have been cramped and the engine rooms in particular an ideal breeding ground for the virus. The records of local victims are littered with the names of brave men from the minesweepers and trawlers and their families, who had survived the perils of four years of war, only to be taken by the Spanish Flu.

Five years ago, Hope produced a book as part of a Heritage Lottery project about health in the Hope Street area. There's a page on the Spanish Flu in the book and the information that the team obtained from the Medical Officers report of 1919 was that just over 200 people died of the Spanish Flu in Grimsby between July and December 1918. I have to say I think that number was an underestimation and it also doesn't take into account the third wave, which peaked in March 1919.

I'm a bit of a masochist when it comes to backing up theory with evidence, so I've been through a year's worth of online burial register pages for Scartho Cemetery from late June 1918 onwards and with my respiratory head on (Pam will be pleased), I picked out all the entries, nearly 560 of them, with a respiratory-related cause of death and typed them up into a spreadsheet, which I can sort by date, name, address, age, cause of death and gender (are you impressed Quality & Performance team?!).

Then, having looked at the Medical Officer of Health's Annual Reports for 1914, 1918 and 1920 (also online – where else at the moment!), I discounted 95 of the entries that I'd spent so long typing into the spreadsheet because the death rates for wasting diseases, e.g. any listed as Phthisis, Tuberculosis or Consumption, weren't doing anything particularly unusual in 1918/19. That's not to say that I don't think that the Spanish Flu hastened the ends of some of these people, because I do. I just can't prove it.

So, after all that, I'm left with 464 people who were buried in Grimsby in 1918/19 and died from either Pneumonia (226), Influenza (136) or Bronchitis (102) and in true Chris Whitty-style, here's a graph showing when they all died.



There are an awful lot of very in-depth scientific descriptions out there about the Spanish Flu, who it affected and what it did to them, but I'm ignoring them and going for this from Terry Deary's "Horrible Histories – Frightful First World War" because it's in words that I can understand:

- *People collapsed in the streets, at work and at home*
- *It appeared to hit young, healthy people more than the old or very young*
- *The deadly virus attacked the lungs, which hardened, making breathing impossible; the victim finally drowned in their own fluid*
- *At the moment of death, virus-laden fluid poured out of the victim's mouth and nose.*

Going back to the Manchester public health notice, it was all good advice in theory, but hard to put into practice. Living conditions were often cramped, which made rest and isolation a challenge, and there was no lockdown because the war was at a crucial stage. The government needed the munitions

factories and other businesses to stay open, the minesweepers to do their job and the fishermen to land their catches. Of course, it was false economy, as keeping calm and carrying on just led to more cases.

On 4th July 1918, it was written in the Yorkshire Post and Leeds Intelligencer that,

"Women workers at Grimsby are reported to be victims in large numbers, and at one twine and rope works 20 out of 40 hands are off work."

Elsewhere, the Hull Daily Mail reported that,

"The ravages of the "new influenza" have been very widespread in our midst during the past week. It pervaded Hull and Grimsby as if by magic, although it was to be noted that it raged the worst where the population was the thickest and most crowded, and where the blessed axiom "fresh air" was least understood and admitted. It was not deemed necessary, evidently, to close all the schools – a similar decision was more or less wise during the recent epidemic of measles, which were followed in many cases by Pneumonia. Apart from the suffering of adults, which were so considerable that many offices and factories were partly crippled – it was saddest of all to see the children, who have taken such a lot of care and attention during the past year, in the grip of the "new" disease – or rather, the wave of the old disease which passed across Europe some years ago."

By the time July came to an end, there had been 6 deaths from Bronchitis, 10 from Influenza and 24 from

Pneumonia. The first official Influenza victim named locally was Alfred Brookbank, who was eighteen months old and the only son of widowed Eliza. The excerpt left, from the De Ruvigny Roll of Honour 1914-1919, shows what became of her husband, William Alfred Brookbank. Poor Eliza lost everything in the space of seven months.

BROOKBANK, WILLIAM ALFRED, Sergt., No. 59920, R.F.A. elder s. of William Alfred Brookbank, of 30, Park Road, Hull, Cook on H.M. Transport, by his wife, Eliza Frances, dau. of the late Thomas Walpole, of Norwich; b. King's Lynn, co. Norfolk; was employed by the Great Central Railway Company at Immingham; enlisted 15 Nov. 1909; served three years with the Colours, and joined the Reserve; rejoined on the outbreak of war in Aug. 1914; served with the Expeditionary Force in France and Flanders from 27 Sept. 1915, and was killed in action near Cambrai 5 Dec. 1917. Major Vernon Fitch, R.F.A., wrote: "He died at his post of duty, fighting his gun like the brave soldier he was. The battery was responding to the S.O.S. call, which means the artillery are saving the lives of the infantry in the front, even at the sacrifice of their own. Sergt. Brookbank will be sadly missed in the battery, whilst, personally, I greatly deplore and grieve for the loss of such a gallant and efficient No. 1," and the Chaplain: "Your husband was a brave soldier, and his loss is deplored by both officers and men of his battery." He m. at Grimsby, 4 July, 1915, Eliza, dau. of the late George Clark, and had a son, William Alfred Dennis, b. 6 Jan. 1917 (d. 1 July, 1918).

Young Alfred was one of four children under ten to die of Influenza in July 1918, along with three women aged between 26 and 36 and three men aged between 29 and 43. The Pneumonia took four girls under the age of five, seven teenagers, of whom four were aged 15, five people in their twenties, four in their thirties, a doctor in his forties and three women in their fifties. Although Bronchitis and Influenza didn't favour a gender, over 70% of Pneumonia victims were female.

And then the virus went quiet for a few months in Grimsby. Perhaps our geographical location had worked in our favour as it did during the first wave of COVID, and we just caught the tail end of it. In August and September there were a handful of deaths from Pneumonia and Bronchitis, but nothing to reignite concern and both the government and the press continued to play down the threat. There are parallels to our own pandemic in this quote from an article by Dr Robert Hume, published in the BBC History Magazine in 2018.

"The Times suggested that the illness was probably a result of "the general weakness of nerve-power known as war-weariness", and the Derby and Chesterfield Reporter, 12 July 1918, declared that it was "not really a matter for alarm". The Manchester Guardian scorned protective measures: "Women are not going to wear ugly masks." What's more, masks would steam up people's glasses, and be of "doubtful usefulness at mealtimes". The Sussex Daily News joked that influenza was no more than "an ingenious attempt" to sabotage the forthcoming general election, while Hanningtons department store in Brighton declared that the best way of treating influenza was spending money at their sale."

The war tide had turned in our favour and victory was in sight. The flu had flown away. Surely the people of Grimsby could look forward to better times ahead? Then, with only a few weeks to go to Armistice day, the Spanish Flu came back with a vengeance. On 30th October 1918, the Hull Daily Mail reported,

“A tragic instance of the devastating effect of the influenza scourge has occurred at Grimsby. A Norwegian steamship arrived with several of the crew suffering from the disease. The captain reported that during the voyage a man who was affected became delirious, rushed on deck, jumped overboard, and was drowned. Other patients on arrival at port were removed to the Sanatorium. Two cases terminated fatally, and sadly enough, two of the nursing staff contracted the disease from the Norwegians, became seriously ill, and died, one yesterday and the other early this morning.”

The two Norwegians who died on 19th and 20th October were Erik Wallsten (30) and Arnold Johannes Hammer (26), whilst the two nurses who died on 30th October after treating them were Violet Ann York (30) and Laura Billany (21). I haven't been able to find out much about Violet, but Laura was a Grimsby lass, who lived at 124 Alexandra Road, with her parents Jane and John, who was an egg merchant's labourer. Laura was the third daughter they'd lost, with Ethel (11) and Irene (7) having been taken by Consumption some years earlier. Infant mortality rates were high at the beginning of the twentieth century and most families would have lost at least one child. Some lost more than their fair share, including my great aunt Annie and her husband William, who lost a whole football team's worth between 1908 and 1923.

Had Sir Chris been around with his graphs back then, the authorities might have acted sooner, but theatres remained open, albeit with ventilation and disinfection between performances, and so did schools despite increasing cases amongst children. The medical profession locally seemed unperturbed. Although the epidemic was spreading, they thought they were dealing with the simple form of flu and not the more virulent one with septic pneumonia complications and they were confident that they had prevented any spread of the seaborne outbreak which killed Laura and Violet. They were wrong and reports that the epidemic “was subsiding at Grimsby” in the second week of November proved massively premature.

There has been much talk of super spreader events during the COVID pandemic and this extract from an article by Dr Alan Dowling, originally published in the Cleethorpes Chronicle in 2008, gives a perfect example of one.

“Finally, the armistice was declared in November 1918. When the news reached the town, it was soon decked out with bunting. The band of the Manchester Regiment marched the streets and played Rule Britannia and the national anthem.

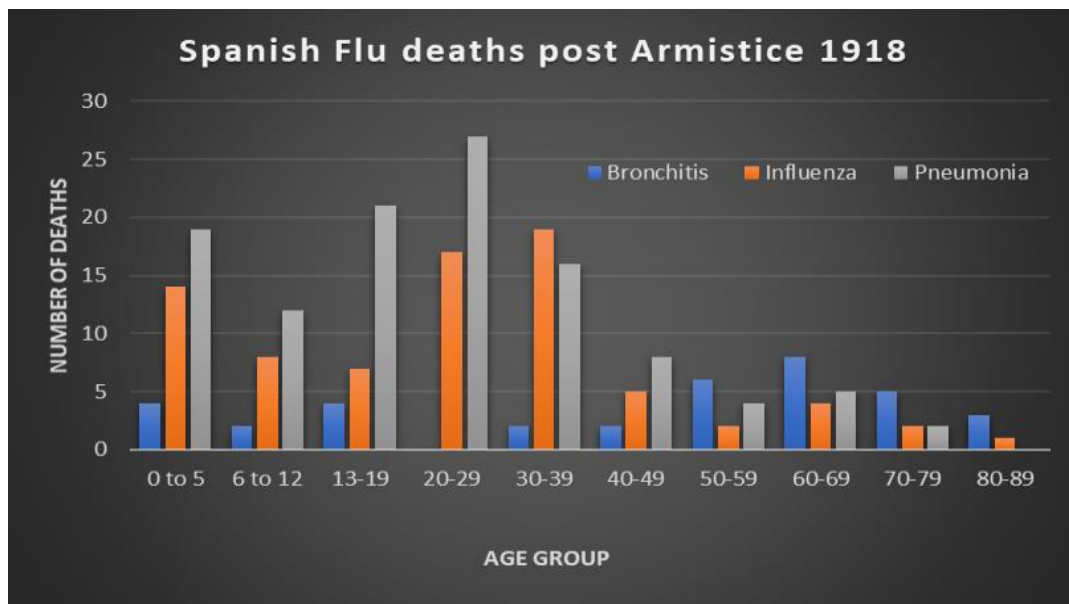
Members of the Women's Army Auxiliary Corps acquired a bell which they gleefully rang – one of their number prancing around the Market Place and kissing all and sundry.

By the afternoon thousands of civilians and soldiers congregated in the vicinity of Alexandra Road, the pier entrance and the Market Place. Here the regimental band played a number of selections and the newspaper reported that crowds joyfully ‘tripped the light fantastic’.

The Empire Theatre gave free entertainment to soldiers. The elementary schools gave a holiday and children paraded the streets waving flags and singing patriotic songs until they were hoarse. And celebrations continued into the evening.”

I must admit that, until recently, I saw nothing wrong in this behaviour. I knew virtually nothing about the Spanish Flu and its impact locally because very little has been written about it in our history books. In 2021, we can view the news from every corner of the world and track COVID cases globally with a few swipes on our mobile phones. It's doubtful that many in 1918 could see the bigger picture and the worldwide catastrophe that was unfolding as the second wave roared in like a Tsunami.

The mass gathering at Cleethorpes would have been replicated all over the country by millions of people, all desperate for some good cheer after four years of hell. They didn't know about R numbers and keeping two metres apart. And as for singing and kissing being a bad idea...



During the first eleven days of November, there were 21 deaths caused by Pneumonia (9), Influenza (10) and Bronchitis (2). The chart (left) shows the 229 deaths that occurred post Armistice Day, with its mass celebrations, from 12th November to 31st December. It's clear that the hardest hit group was 20 to 29 year olds, who accounted for nearly

20% of the deaths, closely followed by 30-39 year olds and 0-5 year olds.

The worst day of the second wave in Grimsby was 2nd December when 18 people died, then after that the death rate slowed significantly, with the last death from Influenza in 1918 that of Florence May Turner, a 36 year old widow from Havelock Street, who died five days before Christmas. Meanwhile the last Pneumonia victim was four year old Elizabeth Mayfield of Hamilton Street, who made New Year's Eve a dismal day for her mother Nellie.

The slowdown was a blessed relief for a town that was having to conduct weekend funerals by lamplight due to the sheer number of burials required. The schools had eventually been closed, and remained so for 13 weeks until mid-February, although half of that time was due to a teachers' strike over salaries. However, the cinemas remained open to anyone over the age of 14 and younger children put themselves at risk for the love of the silver screen by hiring older children's birth certificates for a penny a time to gain admittance!

Unfortunately, there was a third wave of the virus, which began in mid-February (coincidentally at the same time as the schools went back), peaked in the middle of March and then petered out by mid-April. Another 123 lives were lost during this period, although this time Bronchitis made a run for the front, accounting for 37% of the deaths, mainly the under 5s and over 50s, only narrowly being beaten by Pneumonia, with 41%, predominantly at the younger end of the age scale. Influenza accounted for only 27 of the deaths, evenly spread across the ages.

Then it was time to pick up the pieces, with the fatalism and stoicism that typified an era when premature death was an inevitability of life. Memorials were built to remember the war dead, but not the victims of the Spanish Flu, even though the pandemic was surely a consequence of the war and the breeding ground that it created for the virus over the course of four brutal years. It almost feels as though the dates of the First World War should be reclassified as 1914-1919, because if the world had not been brought together in conflict as it was, then it's likely that Influenza outbreaks would have been more localized and less devastating.

If the Spanish Flu had been memorialized, perhaps we might have been better prepared to deal with our 2020 pandemic, rather than repeating some of the same mistakes. A better awareness of the past might have resulted in something more like the New Zealand response to COVID and we wouldn't now be hiding behind the sofa when the daily figures are announced.

Locally, the situation has been bad, but nowhere near as dire as it was in 1918/19. Remember that the figures I have been quoting are for Grimsby only, not for the wider area now known as North East Lincolnshire. Annoyingly, the Cleethorpes Cemetery records don't include cause of death and although I

can see a pattern in terms of an increase in deaths at peak times, I can't prove it was due to Spanish Flu.

Back in late 1918, the Medical Officer of Health, Dr W.B. Simpson, wasn't anxiously checking the BBC website for news of an impending vaccine to cut short the second wave and prevent a third wave of Spanish Flu. He was praying for a change in the weather. So, in the weeks before Christmas when NHS and care home staff and the over 80s started getting their vaccinations locally, Dr Simpson was celebrating an end to the foggy and damp weather and the arrival of wind and cold frosty air to see off the influenza. In 1918 they had no real answer to the virus; in fact, they didn't really know what a virus was and vaccinations and antibiotics were something only dreamed of by scientific minds.

There was no National Health Service, many people couldn't afford to pay for treatment, and medical staff who would normally have attended the sick were off on war duty. At the height of the second wave in Grimsby, it was reported that one local practitioner in a working class district had 120 cases reported to him before 10 in the morning. What could he do, other than advise the patients to stay at home, rest, keep warm and take plenty of fluids? For many it was probably too late by the time the doctor was summoned. Even our stoic early twentieth century ancestors must have despaired that the pandemic would never end when the third wave came and they surely lived in fear that a fourth was just around the corner.

Without wishing to tempt fate, we can have hope for the future. I'm not talking about Hope as a service, although you know that we will always be here for you if you need us. I'm talking about hope that we won't suffer a third wave like our ancestors in 1919. The local vaccination teams, including our own CPG stars at Open Door, are doing an incredible job and are a shining example of how it should be done.

Provided our vaccine supplies don't get held for ransom by our friends in Europe or diverted on a grand scale to other parts of the country so that they can catch us up, we can realistically start planning for a new normal that involves seeing other people in 3D and them not looking like they might be about to rob a bank or a corner shop. There may be some criminal elements who regret this turn of events, as they will no longer be able to hide in plain sight, but the police will be relieved when their witness's description of a mask wearing culprit no longer applies to 99% of the adult population.

This is still some way off though, so we need to remain sensible and stick to the rules, regardless of whether or not we've been stabbed twice in the arm. There are still millions of people who haven't been lucky enough to receive their COVID vaccinations and we need to protect them. Then when this is all over and we are able to celebrate, enjoy our freedom again and start putting the last year behind us, we need to learn from all that has happened in both the recent and distant past and not repeat the same mistakes again. The phrase 'history repeating itself' is very rarely used in a positive light.

Our 1918 counterparts can be forgiven for celebrating the end of the war with such abandon, because they were ignorant of the consequences of their actions. However, the class of 2020 cannot make the same excuse when they refuse to wear a mask for no good reason, drive across the country for a burger, hire a school hall and invite several hundred people to a wedding reception or hold a rave under a railway arch during lockdown. That is ignoring the past, the present, the science and the guidance and just being a selfish, reckless ***** (insert your word of choice here) and we all need to be better than that if we are to successfully see off future pandemics and earn the right to live life as we want to live it.

(4 February 2021)

The sun will shine on you again
and the clouds will go away

Tomorrow will
be a good day



Virtual Tai Chi in Lockdown – Sylvia’s Story



Back on 17th March 2020, I never thought we would still be battling this awful disease today. When the country went into lockdown back in March, I honestly thought that it would all be over by Easter.

The first few weeks involved making sure that all my class attendees and group service users were safe, had plenty of food available and that their prescriptions were being delivered. Most important of all was ensuring that they had family and friends to help them through lockdown.

It was a mammoth task, reassuring them and trying to remove the fear and it was quite upsetting for me personally. I took a lot on board in terms of worrying about our elderly population. Weekly and sometimes daily calls took place for many weeks, but when I was speaking to my class attendees, most of them said they were really missing their Tai Chi and chair based exercise.

So I jumped into action and, with the help of my lovely assistant Jools, I created videos of me doing all the forms of Tai Chi. A link was then sent out by email to the unlisted videos on YouTube and it was refreshing to hear that my class members were able to exercise as a result.

A big challenge was talking through how to use modern technology with some of my class members. For a few weeks I dedicated my time to helping those who struggled to access the internet and talked them through using a step by step guide....and it worked!

Once I had a list of the patients who wanted to attend weekly classes online, I started by sending out a Zoom link. Once they had mastered logging in, it flowed each week and my class and I both felt privileged and grateful to be engaging in such a different way.

After a couple of weeks, the class commented that exercise was key and that “too much sitting” had made their muscles weak. Taking part in the weekly classes was so rewarding and gave them something to look forward to.

Meanwhile, our rehab staff had mentioned that some of the patients on the remote rehab groups had shown an interest in doing Tai Chi after their programme ended. So I set up a beginners list and it wasn’t long before I had 12 new people. So I started a Tai Chi for Beginners group in January 2021 and so far it is going really well and they all seem to be enjoying it.

Whilst exercise is key in these difficult times, I genuinely feel that staying connected is just as important. I have had days when I have not felt connected and certainly doing the weekly sessions has helped my mental health. I believe there is a place for Zoom Tai Chi in the future, but I still can’t wait to get back to delivering my classes in the community.

Sylvia

TALKING ABOUT TAI CHI

Feedback from Sylvia's class members (January 2021)

I would just like to say a big thankyou to Sylvia for her Zoom Tai Chi lessons. They have been a great lifeline in the lockdowns, they have been something to look forward to and a help to keep active and see other people, different faces for a change! It is keeping us going until we can all get together again in person!

Sylvia, just a few words to say thanks for this morning's lesson. I never knew there was so much involved in Tai Chi. I am sure this will be very useful with helping me cope with my COPD. Look forward to learning more next week.

I would like to say a very big thank you to you for organising Zoom Tai Chi every Monday morning. We really enjoy your happy and positive manner during your sessions. We really benefit mentally and physically by joining in. Once again thank you.

Hello Sylvia Thank you for your class on Zoom which is a life saver for me being alone all day I so look forward to seeing you and taking part with other friends it means so very much. It's amazing how you give your time for us and speaking for myself probably the only time to see and talk to anyone today. When finishing Tai Chi I feel so much more energised and my mind so much happier! The sunshine helps too and today will have a walk. Thank you again you mean so much to me.

Dear Sylvia, thank you for our Monday morning Tai Chi session. This has meant so much to me as although I am heartbroken losing my husband very recently, you and the group are my bit of "normal". Am sure it is also helping with my general wellbeing.

Thank you for this morning's class Sylvia. Mum is not an exercise person and never has been but she really enjoyed it and I am sure that over the forthcoming weeks she will benefit immensely. I love walking and until recently Zumba, but arthritis in my knee problems has prevented me achieving my former levels of exercise fitness so I am sure I will get benefit also.

Since I started Sylvia's Tai Chi class about 4 years ago I couldn't believe how much Tai Chi has helped me but more so in lockdown. It gives you something to look forward to each week; with doing this on Zoom you get the visual contact with people. It helps with balance, it keeps your brain ticking over and also enjoyment in what you can achieve and with Sylvia's teaching and encouragement it sets you up for the week. It's a pity there isn't 2 classes a week.

I find Tai Chi good for your health. It's also good for your wellbeing as the Zoom class allows you to interact with other members of the class that we are currently not seeing due to lockdown. The Zoom class is something to look forward to on a weekly basis.

I look forward each Monday morning to Tai Chi class. Sylvia our teacher is always bright and cheerful, which makes you feel good before we start our workout and of course its meeting up with friends. I get such a lot from Tai Chi. Help with posture, balance, certainly helps with loosening up your muscles and joints and helps with your mind etc. I have been doing Tai Chi for about 11 or 12 years as a group. And while on shut down we are on Zoom. While I was in hospital for 7 1/2 weeks I found Tai Chi an enormous help, especially while I was in bed. I would do the exercises that I could and those which were not possible I did mentally.

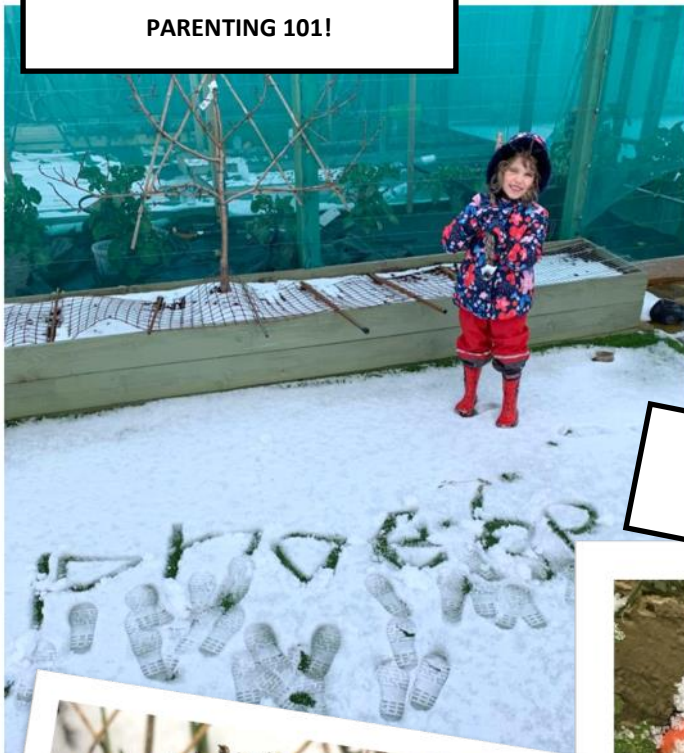
Walk Out To Winter



FREDDIE HIT GEMMA WITH A SNOWBALL, SO SHE PUT HIM IN A CAGE AND STOLE HIS SLEIGH – PARENTING 101!



MAGPIE ON A COLD TIN ROOF



MISS PHOEBE MARKING HER TERRITORY DOWN AT FARBRACE FARM



UP TO NO GOOD AS USUAL, MICK, GEORGE AND DAVE, THE HOPE GNOMES, HAD AN EARLY MORNING SNOWBALL FIGHT

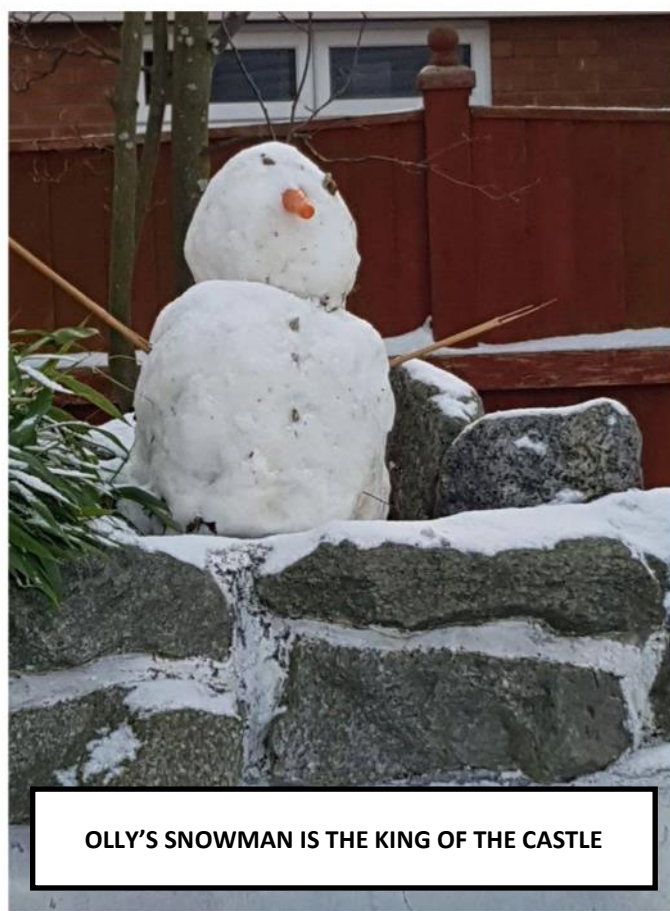




TANYA AND GRANDDAUGHTER MAGGIE WITH THEIR NEW FRIEND OLAF AND THEIR FAIRY GARDEN UNDER THE EQUIVALENT OF SIX FEET OF SNOW



EMMA'S DOG TITAN SHOWING HIS SKILLS. IAN HOLLOWAY WOULD HAVE TRIED TO SIGN HIM BASED ON THIS.



OLLY'S SNOWMAN IS THE KING OF THE CASTLE



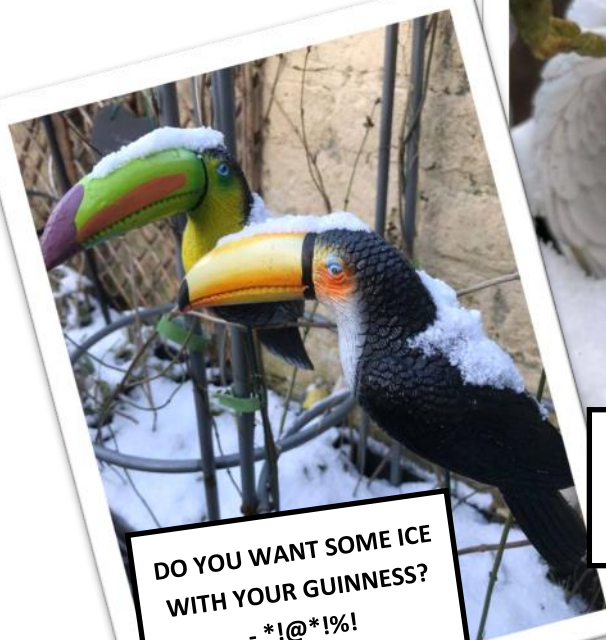
SYLV TRIED MAKING A SNOW DALEK AND ENDED UP WITH MR POTATO HEAD



THEN, LIKE THE UGLY DUCKLING, THE POTATO TRANSFORMED HIMSELF INTO OLAF...SORT OF



JOOLS LEWIS'S MATE SAMMY SQUIRREL WASN'T IMPRESSED WHEN SHE WOKE UP WITH A MULLET!



DO YOU WANT SOME ICE WITH YOUR GUINNESS?
- *!@*!%!



SHE'LL NEED TO DEFROST HER WINGS BEFORE SHE GOES ANYWHERE



EMMA'S SNOWMAN LOOKS IN NEED OF A GOOD PHYSIO!



CHRISTINE GAVE HARRY AN 'A' FOR HIS SCHOOLWORK. DOES IT COUNT AS P.E.?—SNOW DOUBT ABOUT IT!

JIM FINNEY'S HOPE SOCIAL QUIZ

- 1) Ice House 2) Abbey Walk multi story car park 3) Cleethorpes station
- 4) Weelsby Woods 5) Corporation Bridge 6) Discovery Centre
- 7) Fishing Heritage 8) Armed forces arch 9) Central Hall
- 10) Victoria street 11) Gaits Printers Victoria Street 12) Library
- 13) Synagogue 14) Millennium Clock 15) Pelham Road water tower

BRAINTEASER ANSWERS

1. Polar bears, because their fur is colourless.
Each fur strand is actually transparent
2. Winter Olympic Games
3. A Icicle
4. Snow
5. Winter Coat



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