

HOPETIMES X

Edition 3



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Socially Distant..... Virtually connected.

We have set up a virtual meeting place for members of the Hope family on our Facebook page, here you can post messages, share photos and stories during lockdown and beyond.



[Hope: Socially distanced, virtually connected](#)

Please also send you stories, photos and leave your feedback on our website

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



HopeStreetTrust



@HopeStGrimsby

HOPETIMES

Edition 3

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

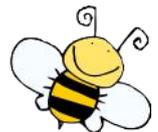
We hope you're all keeping well and staying safe, as the information is constantly changing and being updated and we want to keep you updated as much as possible.

Although the Hope staff are all either working at home or at the new Cambridge Park Rehabilitation and Re-ablement Unit, we're still doing our best to look after the patients who we would normally see at the Val Waterhouse Centre, the Hospice and at home. There has been loads of hard work going on behind the scenes and as a result we started running Remote Falls Rehab groups on Zoom on Tuesday 26th May, with Remote Pulmonary Rehab getting underway in June. More about this in our news round-up, starting on page 4.

We also love hearing your stories, sharing your experiences and seeing your photos and hope you enjoy the virtual links and entertainment that is included in these newsletters and find them helpful.

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

Just for a bit of fun, we have hidden this LET THERE BE HOPE BEE somewhere in the newsletter, see if you can find it.



They've been a bit quiet since the move from the Upsy Daisy garden, but now the Hope Gnomes, Mick, George and Dave are back.

Here they are enjoying the VE Day celebrations and you can read more about what the little tinkers have been up to on page 23.

Hope News Round-up



CAMBRIDGE PARK

Care Plus Group's Cambridge Park opened in early May and is a shining example of what can be achieved when everyone works together for a common goal. The former care home was always going to be Rehabilitation and Re-enablement Unit, but it was knocked about, re-decorated and fitted out in double quick time in order to receive patients being discharged from hospital during the COVID-19 crisis, who need additional intervention before they can go home.



Our Falls Lead Kylie Farbrace is one of the senior managers there, along with the excellent Jay Sadler and Dawn Albiston, and a number of the Hope therapy staff have been seconded there as part of the team who are rehabbing patients so that they are fit enough to go home. Our marvellous drivers Steve and Mandy are assisting with patient transport and with the Galley Café currently closed, we also have Julie and Liam seconded there as part of the catering team.



When a request came for plants and compost to give the Cambridge Park courtyard area a makeover, our Collaborative team took to phone and email and the lovely people at Pennells, who have been very generous to us in the past, answered the call.

Volunteers from Cromwell Road Day Services and staff at Cambridge Park have now planted up both the

window boxes and a boat that was found in a shed.

Meanwhile the Hope Hive heat press, which we use to make our patient mugs and other items, has been busy producing name badges for all of the staff at Cambridge Park. Great job, Julie Lewis!

It's still early days at Cambridge Park, but there have already been a few tears of joy shed as patients have made amazing progress and been able to go home much earlier than anticipated. We're reliably informed that there's a really good feel about the place and Hope will continue to oversee therapy input once the COVID-19 crisis is over.



Hope News Round-up



Hope Zooms into Virtual Rehab



Virtual Falls Rehab has been set up to try and give the patients something that is as much like the Hope experience as possible. As a team, we've never done anything like this before and some staff and patients had never previously used Zoom. This is a new world we are delving into, but an exciting one for both staff and patients, although initially we were anxious about the logistics and there was lots to think about before we got it up and running.

Many patients were interested in Virtual Rehab and having successfully held two pre-assessment clinics on Zoom the previous week, we started our first two groups, with

12 patients in total, on Tuesday 26th May. The oldest person in group is 89 years old, whilst the average age in both groups is 79, proving that age is no barrier to using technology. The first week was a great success and both staff and patients had beaming smiles on their faces.

Working from home has been challenging for all of the Hope team, who have variously experienced problems with low mood, reduced motivation, children and home schooling, living on their own or living and working so closely alongside their family members. Setting this up has been great for staff morale and the feeling of being able to help the patients again is priceless.

The Hope team have done their best to support patients since lockdown began, and have collectively spent hundreds of hours on the phone, helping patients to get medication and essential food supplies, referring them into other services where appropriate and just being there for a chat when patients need to hear a friendly voice. But whilst the patients have been grateful for that contact and support, it's been incredibly frustrating, not being able to do what we do best and run our rehabilitation programmes.



With all of our patients being a part of the population that is shielding due to either age or medical condition, our traditional group sessions are not an option, but being able to enter a virtual world means that we can have the same interaction that we would have at Hope. The patients talk amongst themselves and our falls volunteer Shirley is able to chat to them socially and help in the same way she would at the Val Waterhouse Centre.

Hope News Round-up



Being able to get back into the routine of running groups again has been fantastic for staff and the use of Zoom has been great. We can see the patients in a group, whilst also being able to use breakout rooms for their 1:1 exercises. We are delivering the educational talks live on Zoom chat by sharing the presentation on the screen, with the staff member talking and answering any questions patients may have.

The feedback from the patients has been amazing and they have said that it's been great to see new people and to chat and it's been much better than expected in terms of the exercise delivery. They were initially unsure how it would work, but are now enjoying the sessions.



There have been technical issues in this new virtual world that our patients and staff are now inhabiting, but the team have been great in talking the patients through it all over the phone. Logistically the breakout rooms can be challenging, but when everything goes to plan, they are brilliant.



We have a patient with visual impairment, who is managing to log on and join in and family members and carers are happy to help their loved ones during the call and with exercises. As with all Hope rehabilitation programmes, targets are set individually and are tailored to help the patients achieve their personal goals.

Although this is a pilot programme, from 10th June 2020, we will be running a weekly virtual pre-assessment clinic to recruit patients for the next set of groups, which will start as soon as we have enough patients.

From a Falls Lead point of view, it has been great seeing the interaction and hard work that the team has put in to problem solve and achieve the best outcome for our patients. We have stepped outside of our comfort zones in terms of technology and are all thoroughly enjoying it.

Gemma Capes, Senior Physiotherapist

COMING SOON...

Following on close behind, Virtual Pulmonary Rehab will get underway on Monday 8th June and whilst PR normally runs a little differently to Falls Rehab, the Respiratory team have taken on board valuable feedback from the Falls team when it comes to designing their virtual programme. We'll report on the progress of both programmes in the next newsletter.

Whilst we will get back to running programmes at the VWC as soon as it is safe to do so, our virtual programmes will have a life beyond COVID-19. We have patients referred to us who, for various reasons, aren't able to attend programmes at the VWC. Some still work and aren't able to get the time off to attend group, so Virtual Rehab would be a option at a time that suits them. Anxiety is also a significant issue for many patients and some just don't feel able to leave their homes to come to group, so again, Virtual Rehab could provide them with the opportunity to exercise and learn in the place where they feel safe. And if we have a bad winter and our patients can't get to us, we could still get to them!

Just as our original Falls and Pulmonary Rehab programmes have developed over the last 15 years, so too will Virtual Rehab. Exciting times are ahead!

Hope News Round-up



HOSPICE

Our Physiotherapy Technical Instructor Christine, who would normally split her time between the Hospice and Hope, has continued to work with both adults and children within the Hospice during lockdown.

In spite of restrictions in movement and some communication issues due to wearing PPE, Christine reports that there have been a lot of positives and that she feels a part of the Hospice team and that people are working very flexibly and sharing ideas. She also has the remote support for Hope senior staff when needed.

TAI CHI

To keep her existing Tai Chi class members active, Sylvia has been out in the garden and recorded videos of her delivering three forms of Tai Chi, for Arthritis, Osteoporosis and Diabetes. These were uploaded to YouTube and then links were sent to her class members (see page 26)



HOPE HISTORY

The History of Health in Hope Street Facebook page has been relatively quiet since the project ended, but with people stuck at home, it seemed like a good idea to post some of the family photos from the project on the page and, well, it suddenly got a bit busy. There were loads of comments from people identifying family members and reminiscing about them, 58 new page likes and post reaches topped the 7000 mark.

Rach was also able to help a gentleman who used to live in Victor Street and supply him with some information that he didn't know about his ancestors, after he came up against a brick wall. In addition she filled in some blanks for a lady who wanted to know more about her great-grandfather's adoptive parents.



The "In The Shadow of St Andrew's" Facebook page, which was set up in late March, now has 59 followers and whilst most posts have garnered a few likes and perhaps a post reach of 40 to 50, Rach's story about Alfred Smith, the East Marsh lad who was a pioneer of x-ray more than a century ago, really seemed to capture people's interest, and has attained a current post reach of 14,167!

If you're not on Facebook, but would like to read the story of this remarkable man, you can view it [here](https://sites.google.com/view/lincolnshirellass/alfred-smith-a-man-with-x-ray-vision).

<https://sites.google.com/view/lincolnshirellass/alfred-smith-a-man-with-x-ray-vision>

Latest Updates in North East Lincolnshire and Other Useful Information

North East Lincolnshire Council

COVID-19 Update



Stay alert. Control the virus. Save lives.

[https://www.nelincs.gov.uk/covid-19-
update-wednesday-20-may-2020/](https://www.nelincs.gov.uk/covid-19-update-wednesday-20-may-2020/)

Latest Updates in North East Lincolnshire Useful Information continued

Click the link below for the latest Government updates:

<https://www.nelincs.gov.uk/covid-19-advice-and-guidance/>

Click the link to find a range of useful information, advice and guidance about health & social care services in your area from Healthwatch,

[Healthwatch North East Lincolnshire](#)

This section lists some website links which you may find useful or informative.

<https://www.northeastlincolnshireccg.nhs.uk/useful-links>

Council service updates and reporting faults, incidents, or other issues.

<https://www.nelincs.gov.uk/report-it/>

Emotional wellbeing resources

<https://www.nelincs.gov.uk/health-and-wellbeing/>

New online resource launched to help you live well

<https://www.nelincs.gov.uk/new-online-resource-launched-to-help-you-live-well/>

New Service!

Telephone Memory Cafe

Thursday 28th May, 11am – 12pm
Thursday 11th June, 11am – 12pm
Thursday 25th June, 11am – 12pm
Thursday 9th July, 11am – 12pm
Thursday 23rd July, 11am – 12pm

As we are currently unable to meet face to face we will meet over the telephone. Please join us for some advice, information, support, a good old chat and lots of laughs. It is a great way to stay connected to each other.

To find out more please call us on:
0472 359247.

Or email us at:
Referrals_NELincs@alzheimers.org.uk

Virtual Singing for The Brain

New Singing for The Brain Group

Friday 5th June, 2.30pm – 3.30pm
Friday 19th June, 2.30pm – 3.30pm
Friday 3rd July, 2.30pm – 3.30pm
Friday 17th July, 2.30pm – 3.30pm

We will be using the power of zoom to deliver our new groups. Alternatively you can join us using your telephone.

To find out more please call us on:
0472 359247.

Or email us at:
Referrals_NELincs@alzheimers.org.uk

Here for everyone
affected by dementia
alzheimers.org.uk

Get in touch today

Referrals_NELincs@
alzheimers.org.uk

01472 359247



PLEASE FOLLOW THIS ADVICE TO HELP YOU RECOVER WELL FROM CORONAVIRUS

Even if you don't feel like it, try to eat well and drink plenty of water to build your energy back up, as long as you are not on any dietary or fluid restrictions

When sleeping or resting, try lying on your front or your side, and not just always on your back, to help your lungs expand more.

If you smoked before you became ill, please don't restart. This will help your lungs recover. Please refrain from drinking alcohol.

This might have been an anxious time for you, maybe even traumatic. If you need support or just someone to talk to then we can offer you help by ringing 01472 256256 option 3 24/7.

Try to do some deep breathing exercises regularly whilst sat in your chair or stood up, to stretch and exercise your lungs.

Don't be afraid to cough to help to clear any secretions away from your lungs, but cough away from other family members and use and dispose of any tissues you use.

Allow yourself to get plenty of rest to help yourself recover. Don't try to over-do it if you're feeling exhausted.

Make sure you get up and move around your room, even if it is just for a few minutes every hour during the day-time.

<https://www.nelincs.gov.uk/supporting-people-to-recover-from-coronavirus/>

Upgrade your Health and Wellbeing

<https://www.nelincs.gov.uk/upgrade-your-health-and-wellbeing/>



Scams & Phishing

Please be aware of fraudulent attempts to obtain your sensitive information such as usernames, passwords and credit card details, we have some useful links and examples of things to look out for.

From: TV Licensing <hello@tvlicensing121.com>
To: john.smith@email.com
Date: 15 August 2019 at 13:06
Subject: john.smith@email.com - Your TV Licence will expire on Tuesday, 20 August 2019

TV LICENSING TV Licence Number: 078827854

Switch on sit back tune in wind down and relax knowing you're covered.

Dear Customer,
Your TV Licence will expire on **Tuesday, 20 August 2019**. You must renew now, quickly and easily online. Renew your TV Licence today and save money.

We're sorry to let you know that the TV Licence could not be automatically renewed. Something's gone wrong with your payments. Your bank has declined the latest Direct Debit payment.

TV Licence number: 078827854
Licence expiry date: Tuesday, 20 August 2019

You can update your licence quickly and easily at tvlicensing.co.uk/update

Pay for your TV Licence - Home - TV Licensing™
Please Set up a new Direct Debit Now

This message, its contents and images with it are intended solely for the addressee and are confidential.

Home - TV Licensing™ - P0112 ML TVL2019-05-17

Email in subject line
The scammer wanted the email to look personalised, but they only knew your email. A company is unlikely to use your email in the subject line.

Misspelling and grammatical errors
It's common to find grammatical and spelling errors in phishing emails, such as this misspelling of license.

Account numbers
If an email includes an account number, check that it is actually your number. Often scammers will use a random number in the hope you won't check.

Sender's email
This looks suspicious. The real organisation will use donotreply@tvlicensing.co.uk or donotreply@spt.tvlicensing.co.uk to email you.

No name
TV Licensing will usually include your name in their emails unless you did not provide one.

Alarming threats
Scammers will often try to scare you with false threats of debt collection to encourage you to take action sooner.

Watch out for the URL
Although the URL looks genuine, a different URL will be used when you click on the link, taking you to a fake site. Don't be tempted to click on any links if the email looks suspicious.

TV Licensing TV Licensing

Information about your TV Licence

Mon - Fri: 8:30am - 8:00pm, Saturday: 8:30am - 4:00pm

TV Licensing Official

Dear Customer,

Oops! Something went wrong with your payment.

We're sorry to let you know that the TV Licence could not be automatically renewed.

Renew your licence before it expires on 23 December 2018 to remain legally licensed.

If you don't keep up with your payments, we may be forced to cancel your licence or pass your details to a debt collection agency.

How to pay?
Making a payment is easy - just follow the steps below:
[Update & initiate a new Payment Now >>](#)

Yours sincerely

TV Licensing details

Exp date:	23/12/2018 00:00
TVL No:	067977386
Time (2) days Remaining:	
Ref:	96149707598
Number of 1 Licences:	
Your Personal Details	
Registration:	TV32JML40
Payment Method	
Credit Card:	Visa/MasterCard
Yes claims bonus	
Number of 15 points	
Reduction:	%20

We have some useful links and examples of things to look out for.

<https://www.which.co.uk/news/2020/04/coronavirus-scams-how-to-spot-them-and-stop-them/>

<https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/>

<https://www.ourwatch.org.uk/get-involved/help-and-advice/crime-prevention-toolkits/scams-older-people/scams-older-people>



Some of the best *virtual tours* of the world's natural wonders.
If you're bored of lockdown strolls in the local park, see
museums and the *world* without leaving home

A Virtual Journey Around the World

<https://www.airpano.com/>

<https://www.globotreks.com/tips/best-virtual-tours-world/>

<http://www.virtualfreesites.com/museums.reality.html>

Travel through History in 3D

<https://cyark.org/>

VIRTUAL GARDEN VISITS

In the current Coronavirus crisis, when our beautiful gardens are closed, the National Garden Scheme and its garden owners are working to bring the gardens to life for you with virtual garden visits, gardening tips and great stories.

<https://l.facebook.com/l.php?u=https%3A%2F%2Fngs.org.uk%2Fvirtual-garden-visits>

VIRTUAL CHELSEA

The Royal Horticultural Society took the Chelsea Flower Show online this year and there are loads of interesting and informative videos on their website

<https://www.rhs.org.uk/shows-events/virtual-chelsea>

Brain Teasers



1. What has a mouth, but cannot eat; moves, but has no legs; and has a bank, but cannot put money in it?
2. Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?
3. The number 8,549,176,320 is a unique number. What is so special about it?
4. Your parents have six sons including you and each son has one sister. How many people are in the family?
5. I come in different shapes and sizes. Parts of me are curved, other parts are straight. You can put me anywhere you like, but there is only one right place for me. What am I?
6. It goes in dry, it comes out wet, the longer it is in, the stronger it gets. What is it?

Answers on Page 29

ENTERTAINMENT

JIM FINNEY'S HOPE SOCIAL QUIZ

Music Quiz About Places

Have a go and click the link below.

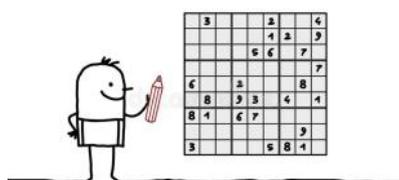
<https://app.involve.me/hopespecialistservice/music-quiz-about-places>



JOKE OF THE DAY

Seriously, you're going to love this cheesy collection of corny jokes

<http://www.jokesoftheday.net/>



SUDOKU PUZZLES

<https://www.livesudoku.com>

DAILY CROSSWORDS



<https://simplydailypuzzles.com/daily-quick-crossword/>

LIFE IN LOCKDOWN

We've received some great stories from you about your experiences in lockdown. Here are three of the stories that you have been kind enough to share with us.

Lockdown in a first floor flat

I live in a block of flats in town. I have COPD so am classed as vulnerable. I am really missing the rehab gym and all the other activities I usually go to. I miss chatting to the others before we go into the gym and finding out how they have passed the time.

Living alone and having to stay in is hard. I usually go out to lunch twice a week and especially miss going for Sunday lunch with two friends. Before lockdown I hadn't cooked a Sunday lunch since 2011 after my husband died! For my exercise I do Tai Chi once a week and have been walking in our communal gardens. When I look out of my window, I see two trees. I have watched them through the seasons ever since I moved here nearly three years ago so I know when it's really windy! Normally I walk through to the car park and my car and don't particularly notice the gardens, apart from a regular magpie and a crow flying around. We are lucky to have two communal gardens as I have seen on tv that some flat dwellers in other towns have no garden at all. This year I have especially noticed the blossom. It has been beautiful. I can't remember if I noticed it before lockdown. My exercise during lockdown has been around the two gardens so I have noticed so much more. Usually I notice when the grass is cut and that's all. We have lots of benches set around the gardens, so it is possible to see neighbours sometimes and still be socially distanced. Sitting on one of the benches recently in beautiful sunshine I listened to the bird song in the trees and the wind gently sighing, fabulous. On the edge of the block are bungalows, which have a small patch of garden in front. As all who live here are over 60 and some over 80 some of the gardens aren't very well tended. On a recent walk I stopped for breath in front of a garden and noticed a butterfly. I managed to get a photo as it was settled.

Not being able to go out has made me look at my life differently and really appreciate my surroundings. The first thing I will do when lockdown is over is go to Lincoln and visit my sister. I am not very good at showing my feelings but I will be giving her a very big hug and going out for a meal.

Jackie Kirk

Lockdown and Me

Well it is almost two months now since this all began and I guess that all of us are feeling affected in many ways, we have lost much but, in a way, gained more. The old wrinkly complex where Carole and I live has always been a friendly place but it is also a warm and kind place where people really care about each other and we are able to do this without visiting each other's homes. We sit outside more and although we remain the obligatory distance apart we have become closer.

Carole and I stay close even though I moved into the spare room when this all began and I felt like I had symptoms so thought keep apart is the answer. Even this has its compensations; Carole sleeps better and I can be as restless as I want without disturbing her.

Before this began I was about to start some craft sessions in our community room, but the virus put paid to that and our community room is now off limits. I had all this craft stuff waiting to be used, so I began "self crafting" and now I have so much finished I am beginning to wonder where it may all go; guess the grandkids will get loads of stuff that they don't really want. I took this picture just to show you some of the stuff I have been doing and maybe



Rachel would like some input into her craft sessions when they start up again.

I do miss the work at Kent Street even if I have scaled back recently and was looking forward to a new role working with Julie on Fridays, but never got the chance to try it. Hope Social is no longer active but I have been helping Gary with a quiz or two and hope people have enjoyed them. I have even completed a couple of free Open University short courses, surprisingly enjoyable.

There are some drawbacks; physically I am good but not sure about mental state. If I am honest I am apprehensive of what happens when lockdown ends. Sure I have been for walks, but have never been in a shop or on a bus since we isolated and am not looking forward to that if I am honest. We have a coach tour to Rhineland booked for August and even if it goes ahead I am not sure that I want to go. So, in a nutshell I just don't feel safe anymore and wonder if anyone else feels the same?

I know you are saying "Blimey he hasn't changed – still gabbles on" so I will end now. Carole has just finished the family bingo on Facebook messenger and now they are doing one of my quizzes and will need the answers soon.

Take care, miss you all and hope everyone is well.

Jim Finney

Shopping, Chiropody and Sing-a-Longs

I tried to order food online to no avail, even though I have been a good customer of Asda, Sainsbury's, Iceland and Tesco using my debit card or cash for yonks. Even when I stated I was over 70 online to Iceland and Sainsbury's, I could not get a slot. I don't bank online and will not do so. My extended family and a few good pals have shopped for me and I paid them either by cheque or bank transfer, which took over an hour to do on my telephone.

I was unable to have my privately paid help around the house in to help me do the chores that I struggle to do or that are a danger to my health and risk me ending up in A&E. So I struggled like anything to do them, even though I was in discomfort and chronic pain.

Before lockdown I paid £ £38 every 6 to 7 weeks to have my feet attended to in order to prevent me being in even more pain and struggling to walk. I ended up limping so badly I had to call the chemist, my GP and then my chiropodist and was classed as an emergency. I was lucky to have a pal with a car who was working from home and he took me to the first and second appointments. Under my right foot was extremely sore and it could have got to the stage where I needed to go into hospital or have care in my home to help me cope with living on my own.

The chiropodist had to obey the lockdown rules, so I and others had to get to the stage where our treatment got to emergency status! I expect this inaction by a health professional in many fields would mean they had to stand back and let their patients suffer more than needs be.

I have the cash, albeit a small retirement state pension, to be able to afford the basics. I don't smoke or drink and have no car, children, holidays abroad, pets or many other luxuries. However I have a computer, a smart phone, TV, landline, a radio and a record player, so I can keep my mind exercised.

Hence, I watch YouTube and have taken up doing sing-a-longs to lift my spirits, exercise my lungs and keep my mind off the dire situation of Covid 19 virus. I was not previously able to go to group sing-a-longs as I don't have transport on a regular basis.

I was not able to bake before my foot got difficult to walk on due to having no flour and now I'm not able to cook and bake with ease. I say with ease, however, I am not going to lay down and die! I struggle and plod on as I always have. There are those far worse off than me.

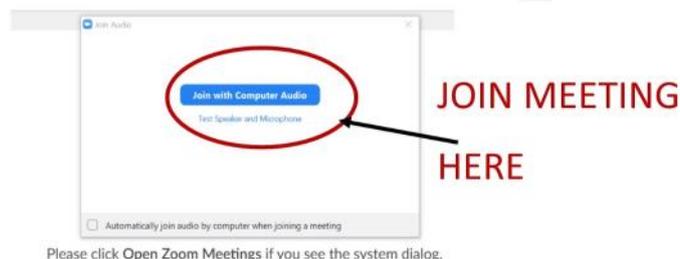
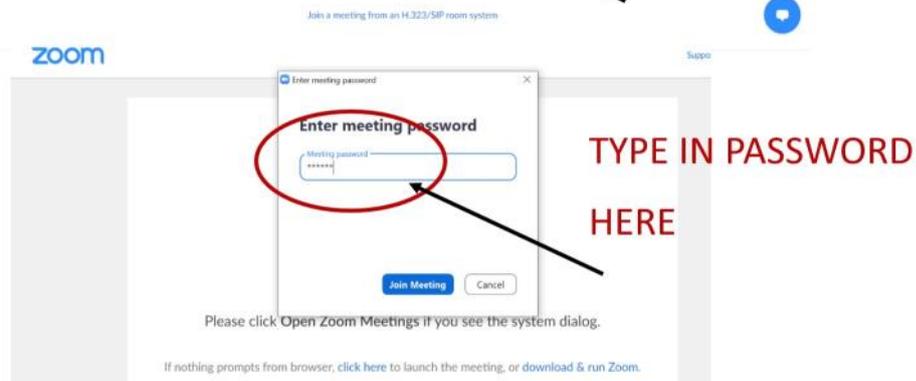
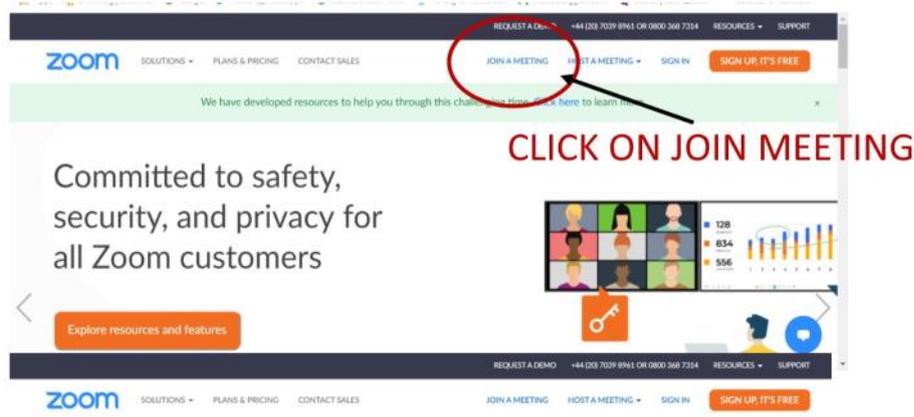
Of course I have always liked gardening, so manage to do that and it's better than living in a flat or a place without a garden. I avoided my neighbours either side before lockdown as they had been less than kind to me in past years and I had been kind to them, so lockdown makes it worse, because I am not able to go out to get away from them. Better the devil you know, I guess.

However, the sun is shining, the sky is still blue and I can hear the birds singing, so there are some good things left in life. Plus I do have good extended family and friends, so I look forward to seeing them again and spending time with them.

Linda

JOIN A ZOOM MEETING

I must admit I had never heard of Zoom before lockdown but it is a great way to keep connected especially as it is free and easy to use, this is a simple step by step guide to joining a meeting.



Come to your senses in the garden

By Rachel Branson

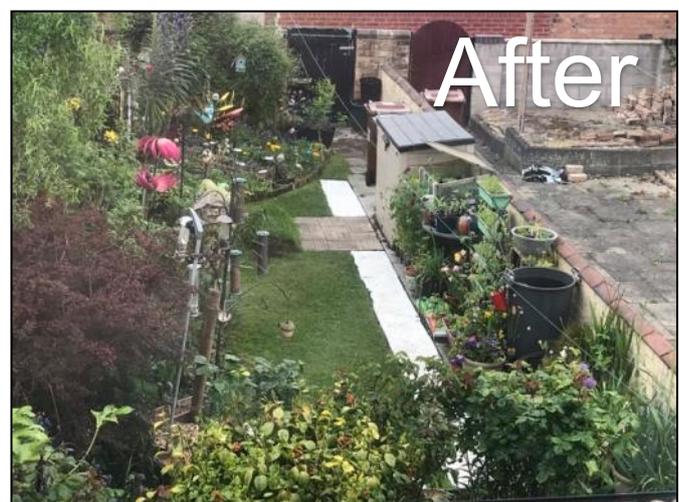
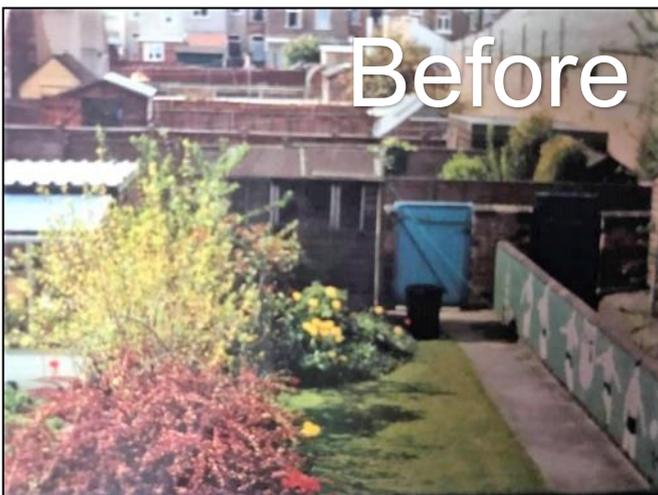
We've always had a garden at home, but for many years I took little interest in it. We also had an allotment near Havelock School when I was a kid, but it was wasted on me because I didn't like getting mucky. It was only when we built the Upsy Daisy Garden at Hope Street in 2011 that I started gardening and that was only because no-one else volunteered to plant up the newly constructed beds.

Fast forward nine years and Hope, plus a major shift in the priorities in my life, has created a bit of a gardening monster. People who have known me for a long time will know that I used to be a fairly obsessive Mariners fan and that for nearly 20 years, most of my spare time and annual leave was taken up with watching football, writing about football and going through the rollercoaster of emotions that come with being a supporter of a club like Grimsby Town.

Then, in 2006, after the play-off final defeat in Cardiff and a rare escape from the supporters club coach for an overnight stay in Wales, I came to the momentous decision that I didn't want to go to away games anymore. I'd travelled all over the country for two decades, but seen nothing but football grounds and the weekend in Cardiff had given me a taste of what else was out there.

I kept going to the home games for another five years or so, although that came to be more of a habit than something I really enjoyed, but in 2008 I started travelling for pleasure, to London, York, Berwick, Edinburgh, Irvine, Scarborough, Stratford and other places I could get to by train and perhaps it was seeing and photographing all of those new places with their beautiful landscapes and gardens that made me open to having a crack at the Upsy Daisy Garden.

What with gardening, arts and crafts, photography, local history research and story writing, the last nine years have been incredibly creative for me, but gardening has to be the ultimate in creativity. Whether you grow your own for food or for beauty, the idea that a tiny seed can grow into a family dinner or a four metre high all you can eat buffet for the bees is pretty mind blowing.



Just as the Upsy Daisy Garden developed over the years, so too has my own garden. It used to be a fairly typical mid-terrace plot, with an unobstructed path, a lawn, a couple of beds outside the kitchen window, a long border, a rockery and a shed. There were long-standing shrubs, like Berberis, Mock Orange, Weigela and Forsythia, as well as roses, a Camellia and native bulbs. There was room to get in and prune, it was all very sensible (apart from the Grimsby Town players painted on the wall) and in the days when we had a proper Winter, it was pretty depressing before the first shoots of Spring appeared.



The old stagers are all still there, but let's just say that if they had to attempt social distancing, they'd be stuffed. The trouble with going to look at other people's gardens – and I've done a lot of that – is that they always have something that you wish you had. Five years ago, I went to Burton Agnes Hall Gardens and saw Echiums for the first time. They were several metres high and covered in thousands of tiny blue flowers, which the bees loved and I wanted one!

Within a few days, I'd ordered some, but my first attempt at growing them didn't inspire. So, I tried again and after waiting for three or four years, the tallest is now four metres high and they are all covered in flowers and bees.

As you can see from the photographs, the garden path has largely disappeared under a mass of trough and pots, a water butt, a split level barrel pond, cold frames and a garden store. I've actually had to dig up some of the

grass to put in another path so we can avoid the bog that is the lawn in Winter. The beds, border and rockery are full of everything that has taken my fancy over the years. Some plants have been more successful than others, but I now view a failure as space for something new. There's always room for one more plant (or ten!)

However, only in the last few years have I really learned to appreciate my garden and how it satisfies all the senses.



Sight - all the colour and variety appeals to the photographer in me, whilst taking the time to walk around your garden and really look closely at all that it contains often brings the joy of discovering a plant that you'd forgotten about or a new arrival blown in on the wind. Then when

it's dark, if solar lights appeal to you, you can have Blackpool illuminations in your garden all year round. Guilty as charged.



Smell - this year, we've planted a couple of lilac bushes, one of which is right next to my garden seat and it's glorious when the wind wafts the scent in my direction.

Taste – fruit and veg always tastes better if you grow it yourself. In lockdown, I've gone a bit mad with salad leaves and fruit bushes, along with various veg, some of which have been more successful than others. It's

a mistake to write things off too soon though. A few years ago, I gave up on a weedy parsley plant and dumped it in the border to die. When I re-discovered it, it had gone mad and created a year's supply of parsley sauce from one stem.

Touch – I used to get frustrated by plants, which flowered in the wrong direction! A prime example is my Hellebores, which have the annoying habit of looking at the ground rather than raising their faces to the sun. Then, I read this book about gardening and mindfulness and realised that one of the great pleasures is touching plants and getting up close to them. If you haven't got a pet, but would like something to stroke, I can thoroughly recommend Stachys (also known as Lamb's Ears). The leaves are incredibly soft and furry and I have some planted just in front of my garden bench.



Hearing – several things come to mind, including the joy of hearing nothing at all, when the neighbourhood kids are elsewhere and it feels like you're the only person alive in the street. Although I live on the East Marsh, it can be remarkably peaceful round here.

I love the sound of running water. As well as my split level pond, I also have a water feature on the rockery and the gentle cascade is a beautiful sound. Then there's the noise of the birds as they demolish the many feeders in the garden as though they've just heard that the government is closing them down due to lockdown. At the other extreme, there's the twilight songs as

solitary birds call out to their mates.

Lastly, there's the sound of the bees. Last night I stood for ages, listening to them as they raided the Echiniums and it was a reminder of the patience that you need as a gardener. It's hard sometimes, waiting for your fruit and vegetables to be big enough to eat, or for a much anticipated flower to bloom, but there's nothing quite like it when the plant that you have nurtured from a seed or a plug finally fulfils its potential. Patience is a lesson learned slowly over time and in lockdown it has definitely proved a blessing.



GNOME AND AWAY

Those of you who have been members of the Hope family for some years may remember the Hope gnomes, Mick, George and Dave, who used to live in the Upsy Daisy Garden at Hope Street. To be honest, they've felt a little lost without their garden and being stuck in a pot outside the Annexe at the Val Waterhouse Centre just wasn't for them, as they like their space to wander.



Being rather contrary gnomes, whilst we've all been out enjoying ourselves, they've spent the last couple of years in isolation, contemplating the universe and pondering on weighty issues such as just who are the actual celebrities in I'm A Celebrity...Get Me Out of Here!

But now, whilst we're all in lockdown, Mick, George and Dave are back and being gnomes they're immune to Coronavirus and free to wander.

They began with a woodland walk and whilst they were impressed by how well lit the path was, they were a bit wary of the local wildlife, especially George who thinks meerkats are vicious little beggars after having his backside nipped by one at The Jungle Zoo a couple of years ago. You couldn't really blame the meerkat though. He was sick of being asked about insurance

quotes and being called "Simples". Very rude.

On the next leg of their odyssey, Dave, George and Mick travelled to South America in search of toucans after seeing a picture of their hero David Attenborough having a chat to one. Unfortunately, they had one of those Father Dougal and the cows moments and failed to take into account that Sir David is much bigger than them, so when they arrived in the Neotropics, they found themselves menaced by brightly beaked giants, who could down a gnome in one.

Fearing that the end was nigh, our vertically challenged friends thought to heck with it and decided to enjoy a last supper of Guinness, pork scratchings and rum truffles before becoming toucan tapas.



As they retrieved the cans from their well-stocked rucksacks, the Toucans' attitude immediately

changed and they swooped around the lads, joyfully croaking "Lovely Day for a Guinness!"

It turned out that their great grandfather Maurice had been the original Guinness toucan and they were fiercely proud of his ability to balance a pint glass on his beak whilst

whistling "Guantanamera".

The lads all agreed that they never normally had that much fun up before the beak and they were reminded how lucky they are to be out and about and free as birds. Even with the easing of lockdown measures, they know that a lot of you are still at home, shielding and protecting yourselves and the NHS. It's hard seeing others out on the beach and in parks, but keep up the good work. Toucan do it.





An art embracing the mind, body and spirit, which originated in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

Tai chi was created based on nature and harmony. The gentle flowing movements contain inner power that strengthens the body, improves mental balance and brings better health and harmony to people's lives. Nowadays, Tai Chi is practised in every corner of the world for health improvement and for good reason. Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as Arthritis, heart disease and Diabetes. In addition, it improves balance, immunity and reduces stress. In fact, Tai Chi improves practically any aspect of health.

There are many styles and forms of Tai Chi, the major ones being Chen, Yang, Wu, another Wu (actually two different words in Chinese) and Sun. Each style has its own unique features, although most styles share similar essential principles. These essential principles include the mind being integrated with the body, fluidity of movement, control of breathing and mental concentration. The central focus is to enable the qi or life force to flow smoothly and powerfully throughout the body. Total harmony of the inner and outer self comes from the integration of mind and body, achieved through the ongoing practice of Tai Chi.

Tai chi for Health Improvement

I qualified as a Tai Chi instructor through Dr Paul Lam's programme back in 2007. I initially qualified to teach Tai Chi for Arthritis basic moves and was amazed how this really works in terms of health improvement. Then I went on to do my advanced teaching and qualified as a Tai Chi practitioner in 2010, which means I can teach Tai Chi for Arthritis, Osteoporosis/ Falls prevention and also Tai Chi for Diabetes. I am hoping that I will soon be able to complete my fourth qualification, which will be Tai Chi for back pain.

I have been delivering classes in the community for 10 years and my participants say that doing Tai Chi not only improves their balance, it also helps with many other areas, namely:

- Improves overall health and wellbeing
- Improves core stability, muscle strength, balance and flexibility
- Boosts cognitive function and improves coordination
- Increases Oxygen flow and improves COPD symptoms
- Helps with better night-time sleep quality

- Improves cardiovascular fitness and boosts energy levels
- Reduces risk of falls
- Reduces stress, anxiety and depression and improves mood
- Enhances mental capacity and concentration
- Reduces blood pressure
- Alleviates Arthritis pain, mobilises joints and reduces inflammation

I would highly recommend some engagement in gentle exercise for older people, and you should start to feel the benefits after a few sessions. Tai Chi is great example of gentle, slow moving exercise and it will improve many of the areas that I have mentioned above. It can also be adapted, for example standing with a chair or sitting in a chair. Each session normally lasts for about 1 hour, which includes:

- Full head to toe warm up exercises
- 2 exercises on the neck, shoulders, spine, hips, knees and the ankles
- Full form of exercises specifically designed for each health condition, whether that be Arthritis, Diabetes or Osteoporosis
- 3 exercises to cool the body down.

Tai Chi is suitable for most people, but if for any reason you are not sure, please ask your GP for advice.

It is essential to keep your body moving and loosen up your joints, especially during lockdown, so I am aiming to resume delivering my classes via Zoom in the next couple of weeks.

If you require any further information, please email me on sylvia.leary@nhs.net

Kind Regards

Sylvia



TAI CHI WARM UP VIDEOS

with Sylvia

Sylvia has created video covering Tai Chi warm up, three forms - Arthritis, Osteoporosis and Diabetes - and then the cool down.

We hope these help and please feel free to do as little or as much as you can.

Please click on the links below to watch Sylvia's Tai Chi videos on YouTube.



If you have never attended a Tai Chi class before and are unsure whether it is safe for you to attempt these exercises, please consult your GP or other appropriate health professional first.

Tai Chi for Arthritis

<https://www.youtube.com/watch?v=JkP9p4BwBuQ&feature=share>

Tai Chi for Osteoporosis

<https://www.youtube.com/watch?v=1reMIVsOUOM&feature=share>

Tai Chi for Diabetes

<https://www.youtube.com/watch?v=DG4fCH043A8&feature=share>



*Stay safe
Keep well
Keep up the Tai Chi*

CRAFTERS' CORNER



Chris, one of the lovely ladies from our Arts and Crafts group, makes really cracking greetings cards and during lockdown she thought she'd "have a go" at quilling.

Now we tried quilling back in the early days of the group and I remember it being quite fiddly and time consuming and my clumsy efforts were nothing like the

delicate and beautiful designs above that Chris has created.



Rather you than me, I thought, when I saw the pictures on Facebook, but when I was looking for a crafty project for the newsletter, I decided it was time I did something with a few of the many empty toilet rolls I've been collecting and having searched the internet for ideas, quilling and toilet rolls came together, in a colourful but altogether less delicate project. Some might even say it's bog standard!

For the petals, I flattened a toilet roll, then cut 1cm thick circular strips across the roll, which were then bent to shape. The insides of the petals and the centres were made by bending lengthwise strips

of the roll into random shapes—I was basically making it up as I went along!

Painting came next and I ended up with more on me than on the flowers. To paraphrase Linda from the group, painting without making a mess is not my forte!

The butterfly started out as a flower with heart-shaped wings, then I changed my mind and gave it a body. To finish, I glued it all to a sheet of black card and added the words with silver paint.

What kind of flowers are they? Loo-pins of course!

Yours, flushed with success, Rach



FACEMASKS



The Hope Street Trust has a supply of disposable facemasks that can be purchased at a cost of £3.50 for a pack of 5. Online payment (by Paypal) would need to be arranged due to cash handling restrictions. If you are interested, please email gary.dean1@nhs.net or rachel.branson@nhs.net for more information.

Government Guidance

<https://www.gov.uk/government/news/public-advised-to-cover-faces-in-enclosed-spaces>

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>



We also have a YouTube tutorial showing you how to make fabric face masks at home. These DIY face masks don't require a sewing machine or any hand sewing. You can make each of these masks in minutes with what you already have at home. I hope you all find these mask tutorials from up cycled items helpful. These masks are comfortable to wear because of the stretchy and breathable materials. Anyone can make these! No SEW MASKS are really EASY!

<https://www.youtube.com/watch?v=KBlecTdhKkg>

BRAINTEASER ANSWERS

1. River
2. Surname
3. This is the only number that includes all the digits arranged in alphabetical order.
4. Nine. Two parents, six sons, and one daughter. All of them have one sister (not six sisters).
5. A jigsaw puzzle piece
6. A tea-bag



The Hope Times isolation newsletter has been produced by the Hope Hive

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