

# HOPETIMES X

## Edition 5



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



HopeStreetTrust



@HopeStGrimsby

# HOPE TIMES

## Edition 5

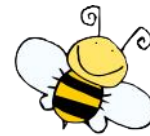
Hello again and welcome to our fifth edition of Hope Times.

We hope you're all still keeping well. 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.

We are currently putting together our own Covid-19 booklet and it would be great to hear your stories and experiences on how lockdown affected you.

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.



## 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](mailto:gary.dean1@nhs.net) or [rachel.branson@nhs.net](mailto:rachel.branson@nhs.net) for more information.





# TRANSFORM A LIFE WITH A SMART DEVICE GO FUND ME

Prior to COVID-19, the Hope Specialist Service provided gym-based 8-week twice weekly rehabilitation programmes for people with chronic respiratory diseases and older people who are at high risk of falling. Sadly all that had to stop when COVID-19 hit, as our patients are all in the high risk categories.

After a couple of months and a lot of hard work to prepare for a new way of working with our patients, we were able to start offering Remote Rehab programmes over Zoom. There were initially doubts that exercise at home would be as effective as exercising in the gym, but our first groups have now finished and the results have been amazing. As a result, when we are eventually able to get back to doing gym based groups, we're going to continue to offer Remote Rehab alongside it. For a significant number of patients, such as those who suffer from anxiety or are particularly prone to infection, it will actually be a better option.

Unfortunately there are quite a lot of our patients who don't have broadband, or a smart device, or both, so they have been unable to access our remote programmes and face a long wait for gym-based rehab, during which time they are likely to deteriorate.

We want every patient to be able to access Remote Rehab and so we have created this donations page to raise money for tablet devices with built-in broadband and 8GB of data a month, that would be loaned out to patients for the duration of the programme, so that they can join our Zoom sessions.

Thanks to a donation of £4100 from Royal Antediluvian Order of Buffaloes' Pegasus Lodge earlier this year, we've just put in an order for 11 tablets, but we'd like to be able to purchase 30 in total.

There is an upfront cost of £245 per tablet and then £126 per year for the broadband/data. We're procuring the tablets through Care Plus Group's F4IT service and they will provide ongoing technical support. We'd like all patients who want Remote Rehab to be able to access it, so any support you are able to offer us to purchase more tablets would be greatly appreciated.

A message from Pamela Hancock, MCSP, Hope Specialist Service Respiratory Lead:

"During these difficult times and beyond, these tablet devices will enable us to have face to face contact with all of our patients and carry out assessment and treatment sessions via Zoom. It will be a lifeline for falls and respiratory patients who would otherwise face a long wait for the rehabilitation programme that could transform their lives by teaching them how to self-manage their condition and be the best they can possibly be".

Click on the link below to visit our Go Fund Me page.

<https://gf.me/u/yrbsvn>



# Hope News Round-up

## **VOLUNTEER WORKSHOP GOES VIRTUAL**

It was great to get back to having one of our quarterly volunteer workshops this week, albeit on Zoom.

After receiving updates from Pam on the COVID-19 situation, both locally and nationally and the great work being done at Cambridge Park, there were discussions about the remote falls and pulmonary rehab programmes that we're currently running.

Pam reported that we are well ahead of a lot of services in the country that are still only at the giving out leaflets stage. There was feedback from volunteers who are already involved in the Zoom rehab sessions and the general consensus was that it has gone far better than they initially thought it would and that it has been good for the wellbeing of not just the patients, but the staff and volunteers as well.

We discussed developing the role of our volunteers in forthcoming rehab groups and talked about the issues that some of our patients have in getting connected and how these can be resolved. We also looked at how we can increase our virtual provision of both social and exercise activities for both our long-standing service users and newer patients who will soon be completing rehab programmes and looking to maintain the improvement they have made in the long-term.

Last but not least, our Falls Collaborative team introduced their new Support to Care Homes online training package, which will provide an alternative to the in-house training sessions that the team are currently unable to deliver to care home staff. The package was very well received and it was agreed that it could easily be adapted for patients and also for the Hospice, with whom we work closely.

All in all, it was a very productive session and it was great to have a few new faces joining us for the first time.

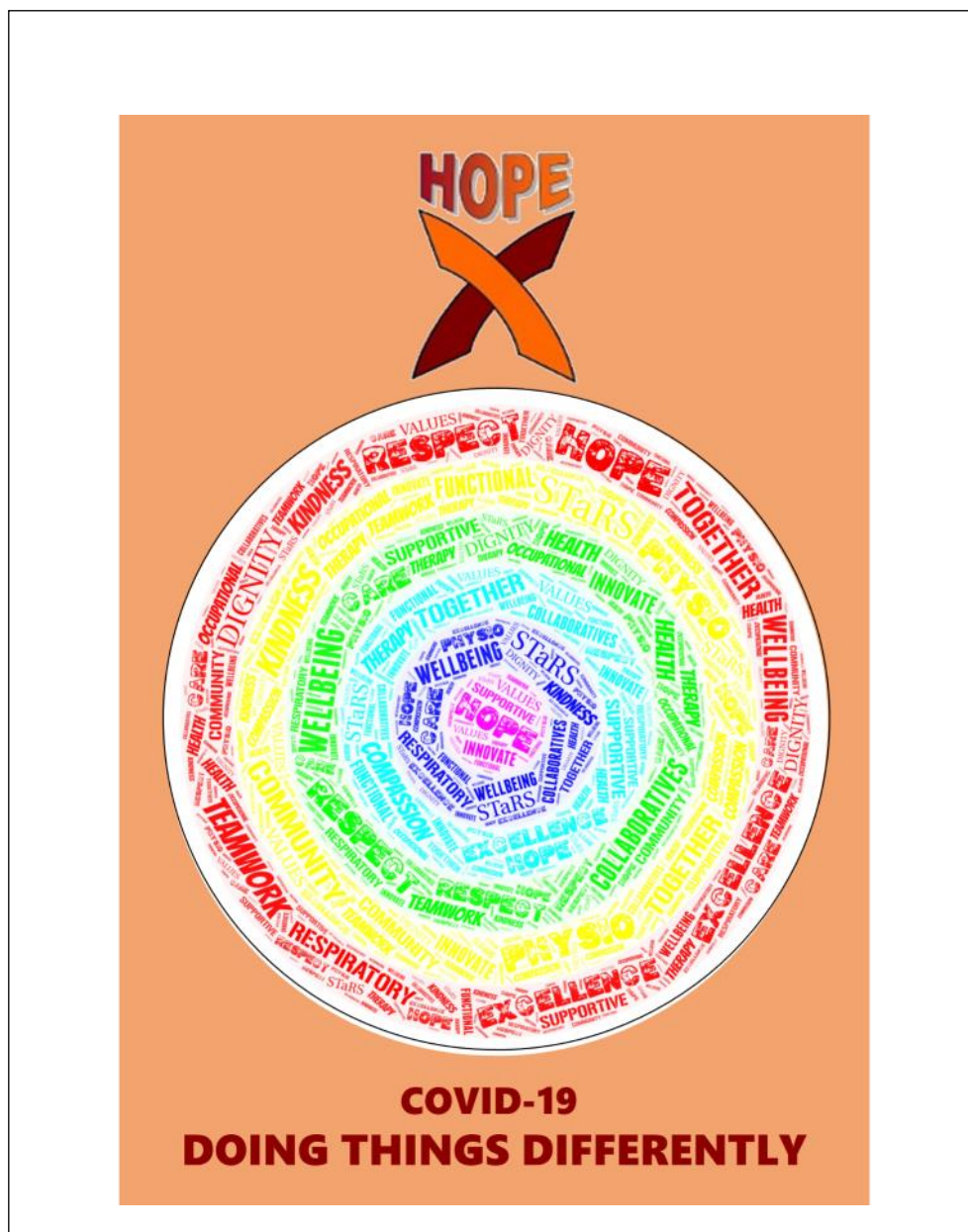


# Hope News Round-up

## HOPE COVID-19 BOOKLET

We are in the process of putting together our very own Covid-19 booklet documenting all the events during the coronavirus pandemic and how we as a service responded.

Our plan is to create a timeline throughout the booklet. If you would like to be included and have any stories or experiences of lockdown you would like to share, or any comments on the phone calls and advice you may have received or virtual meetings that you've attended, please email [gary.dean1@nhs.net](mailto:gary.dean1@nhs.net)





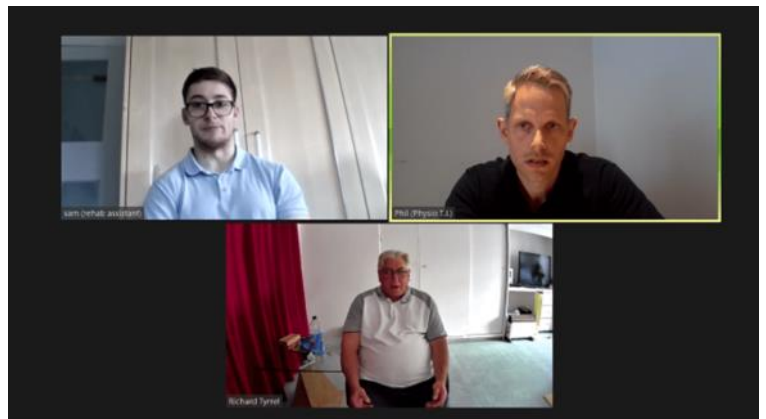
# Hope News Round-up

## PULMONARY RESPIRATORY REHAB

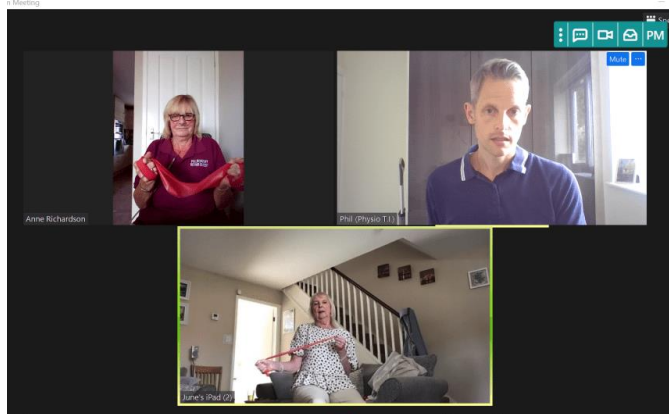
HOPE Respiratory Service took its rehabilitation programme online during the pandemic to help people who have been diagnosed with a chronic lung condition manage it and improve their day to day life.

Here are just a few quotes from Irene Grainger, Senior Physiotherapist at HOPE Specialist Service:

“We have tried to replicate our normal HOPE Respiratory Service framework as much as possible during the pandemic. Rather than saying “we can’t” over certain areas, we’ve tried to look from a “how can we” standpoint. This led us to develop and deliver a Remote Rehab programme to patients via Zoom whilst we’re unable to operate our normal face-to-face sessions.”



“There is a population of people with lung conditions for which remote sessions are their first choice rehabilitation. Some people don’t feel comfortable in group settings so when the opportunity arises to be able to do home visits we will, but I suspect we will use a combination of home visits and remote visits.”



“Using Remote Rehab will also enable us to see more patients during the working week and in less time. We still need to carry out assessments carefully to ensure each patient is directed to the most appropriate rehab for them – but I see a future for Remote Rehab at HOPE Respiratory Service, for sure.”



# CP Interior Design



In case you're wondering, we haven't gone all Billy Bigtime and set up as an interior design company. "CP Interior Design" is just the name of the WhatsApp group where Kylie, Tanya and I share our ideas about what we're doing to give the rooms at Cambridge Park some colour and character.

As you can see from the picture above, the Sunflower Room now has the blooms to match the name, both real ones and the wall stickers, which now decorate the four corners of the window wall. I have to admit that Tan and I were pathetically excited when we put them up and stood back to take a look because they look so nice.



On the opposite wall, we now have a pair of Sunflower windows, which have been glass painted on acetate like the port hole windows at the Val Waterhouse Centre. It's been great to get back to glass painting. It's something I would never have contemplated doing before we started our arts and crafts sessions, because it looks like you need to be able to draw to do it and I'm not great at freehand drawing. But the truth is that if you can trace, you can do glass painting. The biggest issue is for people who



have Arthritis in their hands because having to keep a constant pressure on the tube of gold outliner can really take its toll, especially on a painting of this size. But once you get that out of the way, it's a bit like painting by numbers, filling in each section with the right colour.

Something else that we've been painting is some amazing hard wood carvings that Kylie just happened to have in her garage. Two of them will go above the Sunflower windows and Kylie has been painting those, whilst Tan has been decorating two others for the reading room, now known as Pickwick Corner.

The aforementioned Pickwick Corner is now all painted, thanks to Tan. Once again, I was on hand to perform the very





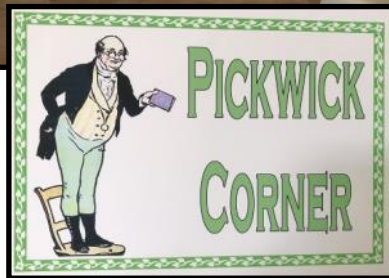


important job of pointing out drips on the floor, whilst not daring to utter the words, "You've missed a bit!"

Pickwick Corner is now a lovely shade of Wise Grasshopper and, although it's on the first floor, we wanted it to feel like it leads out into the garden and beyond, so we've used decals that bring the outdoors into the room. It's a good job Tan's got a lot of patience and is a perfectionist because the tree

decal was all in bits, so the leaves had to be added one at a time. I came in handy as I've got nails, so I was official peeler-off of the decals.

The other important design job we've done at Cambridge Park recently was to display all of the drawings and paintings that were done by local children to brighten up the building. The idea for the drawings stemmed



from local mum and council employee, Jodie Gibbons, as she joined in the 'rainbow trail', which saw children putting pictures of rainbows in the windows of their homes.

The council asked children from across the borough to come together to decorate the new unit and in July the wonderfully colourful results were presented to staff at Cambridge Park.



The Cambridge Park foyer used to be just cream walls and a sign-in table, but now, thanks to laminating pouches, Command strips and a rainbow wall sticker, it's a fully wipe-able mini art gallery, full of rainbows, sunshine, teddy bears, hearts and even an NHS llama! It looks fantastic and really puts a smile on your face when you walk in the building, .



# **Fact Sheets**

## **Community Services**

This information sheet lists all the local food, shopping, befriending and advice services that are currently working to support communities in North East Lincolnshire. Anyone can use the information to get support or make a referral for someone that needs help. It has been compiled by Sector Support North East Lincolnshire and will be updated twice-weekly or when significant changes occur.

If users of this information sheet become aware of incorrect or out of date information, please inform them by emailing [amy@nbforum.org.uk](mailto:amy@nbforum.org.uk), copying [claire@nbforum.org.uk](mailto:claire@nbforum.org.uk) or call 07572 896859 or 07791 041459.

**[Click here to view Fact Sheet for Signposting.](#)**



# Local Services – Updates

Pharmacies in North East Lincolnshire.

[Click here for more.](#)

North East Lincolnshire Supermarket Information including volunteer card schemes,

[click here for more.](#)

Concessionary bus pass services to restart.

[Click here for more.](#)

COVID 19 – Prevention and Support to Black, Asian and Minority Ethnic Communities – a message from North East Lincolnshire Council.

[Click here for more.](#)

Important local guidance for reporting cases of Covid-19 – North East Lincolnshire organisations.

[Click here for more.](#)

Homelessness Prevention support.

[Click here for more.](#)

# Health and Wellbeing

Mental Wellbeing resources-COVID-19,  
[click here for more.](#)

Suicide is Everyone's Business. Information published by  
Spectrum People.  
[Click here for more.](#)

Contact Card: Useful North East Lincolnshire Numbers.  
[Click here for more.](#)

Stop smoking support for public.  
[Click here for more.](#)

Health watch NEL: Your COVID-19 Experience Survey 2.0.  
[Click here for more.](#)

# Travel Advice

Some guidance for those who may be thinking about travelling abroad or in the UK.

Advice about *travelling* abroad, including the latest information on coronavirus, safety and security, entry requirements and *travel* warnings.

<https://www.gov.uk/foreign-travel-advice>

Find Out How To Safely Enjoy The Summer in the UK.

[https://www.gov.uk/government/publications/  
staying-safe-outside-your-home](https://www.gov.uk/government/publications/staying-safe-outside-your-home)

## Community Safety

North East Lincolnshire Council have released general advice & guidance for employers, travellers and individuals, what to do if you think you have Covid-19 symptoms, how to reduce the risk etc. which is being regularly updated

[you can find more by clicking here.](#)



# **Latest Updates in North East Lincolnshire and Other Useful Information**

North East Lincolnshire Council

## **COVID-19 News**



### **COVID-19: Latest News and Fraud and Scams**

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

[https://www.nelincs.gov.uk/covid-19-advice-and-guidance/  
covid-19-fraud-and-scams/](https://www.nelincs.gov.uk/covid-19-advice-and-guidance/covid-19-fraud-and-scams/)

# A Street Through Time

By Rachel Branson

The Val Waterhouse Centre, previously known as Freeman Street Resource Centre, has stood in Kent Street for the past 20 years, but another 140 years of history lies buried beneath Care Plus Group's head office.

Going right back to the beginning, the land on which Kent Street stands was leased in October 1858 by a group of Hull smack owners and when asked what they would like to call the street to be built on their land, they settled on Kent Street because this was the county from which most of them originated.

In his book, "The Rise of Grimsby volume II", published in 1913, local historian, sportsman and all-round character Bob Lincoln claims that it was Kent Street rather than Freeman Street that was once earmarked to be the main thoroughfare of the East Marsh, although this is only based on the fact that the brickwork on one of the corner shops is nicer on the Kent Street side.

Lincoln also conjures up a fascinating image of the area before building began in earnest, when he writes that "Nearly the whole of the proximity of Kent Street and Strand Street, in the early sixties was practically a labyrinth of dykes, in fact a miniature Venice." Sadly, we



ended up with Bridge Street South rather than the Bridge of Sighs and car carriers instead of cruise ships, but at least we were spared the constant singing of "Just One Cornetto" by unimaginative tourists.

Looking at Kent Street now, it's hard to imagine how it used to be, with properties numbered up to 179 on the Val Waterhouse Centre side and 160 on the other. Although the VWC is now 41-43 Kent Street, back in the old days, numbers 41 and 43 were on the other side of Freeman Street and the first property on the site of the VWC would have been more like number 81.

One constant in the block is the MIND building, until quite recently the Kent Arms, which takes in numbers 73 to 79. It seems likely that the public house has been there almost as long as the street, although the earliest mention I have been able to find of the Kent Arms is in an 1871 directory when





it was being run by R. Major. Three years later, it was in the hands of Mr Vessey when a fire broke out in a store shed, destroying cooking and dairy utensils, bacon, an adjoining stable



and an unfortunate horse stabled within. No doubt the building was re-built and extended a number of times over the years, but it has remained number 73, which must be confusing for delivery people as the street numbers jump abruptly from 73 to 41 within the space of a few metres.

Whilst not as old as the Kent Arms, the old Tower cinema is another anchor point to the past. Previously an auctioneers and estate agents, 65-67 Kent Street was purchased from Mrs E. Gresswell and opened as the Picture Playhouse in March 1912, the fifth picture house in Grimsby. The Stage reported that,

“The building is Jacobean in style, and the fittings are luxurious. There is seating accommodation (tip-up chairs) for about 500. Electricity is the illuminating power, and the building is heated by hot water radiators.”.

Eighteen months later, it was doing so well under the management of Mr T.T. Protheroe that five adjoining cottages were purchased from the Freeman and the capacity was reportedly expanded to 1000 seats. By 1914, its address was officially 65-71 Kent Street.

In December 1920, the Picture Playhouse was renamed the Tower Picture Theatre and it remained the Tower, surviving fire and lightning strikes, until it sadly went the way of so many other cinemas, finally closing in December 1976.

The picture below shows just how built up the Kent Street area was prior to the wholesale demolition that took place in the East Marsh in the 1960s. Where the open spaces of the CPG car park and the skate park now stand, once there were terraced houses, with many smaller dwellings, stores and workshops behind.





The area now taken up by the Val Waterhouse Centre encompasses what would have been numbers 81 to 99 Kent Street and for nearly a century these houses were home to a multitude of people. There were smack owners, greengrocers, oilskin makers, bricklayers, blacksmiths, pawnbrokers, tailors, fishermen, boat builders, dressmakers, shop workers, engineers, fish curers, coal heavers, transport workers, bootmakers, coopers, gatemen and firemen, to name but a few.

Many of the householders took in boarders and there were often large families living in these small and not very healthy homes. Infant mortality rates were high and in 1911 seven of the households living between numbers 81 and 99 had lost children, often more than one. Coal labourer John Emerson and his wife Annie, who were living at number 87, had twelve children, but lost five of them in infancy to Diarrhoea, convulsions, Pneumonia and consumption. Meanwhile Ship's engineer James Goodacre and wife Mary Ellen, who lived at number 93, lost four of their eight children to disease of the spine, Bronchitis and Scarlet Fever. There was also the Inkson family, who lived at number 83 for the best part of four decades. Twice-married fish curer Walter James Inkson lost his first wife Annie to Bronchitis at the age of 38, as well as three young children to convulsions and throat disease before Dropsy saw him off when he was 47 years old. It could be regarded as something of an achievement that his second wife Bertha remained in the house and lived to the ripe old age of 61.

Amidst all of this unhealthiness, there rose up in October 1899 a "handsome building... where people could enjoy themselves in a quiet, rational way, and therefore escape some of the temptations and allurements of less desirable places." Well, that was the theory anyway.

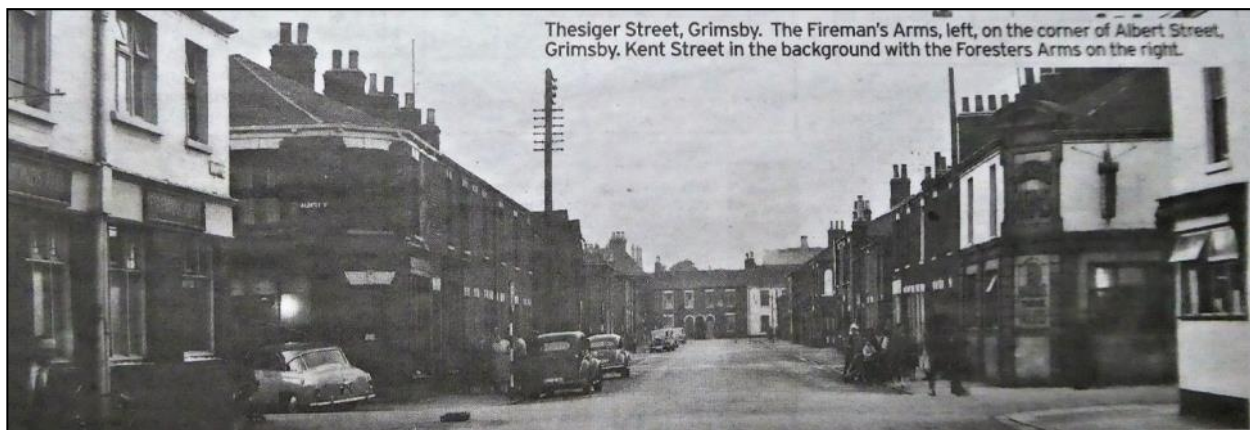


The Grimsby Radicals were a splinter group from the Grimsby Liberal Association, who fell out with the main party and formed their own club. After five years based in Riby Square, they were forced to move when the Royal National Mission to Deep Sea Fishermen purchased the premises they were leasing. Seeing it as an



opportunity to move to larger premises, they purchased 89 and 91 Kent Street and altered them to the requirements of the club's very healthy membership. The picture (left) shows the design for the club by Herbert Charles Scaping (pictured, right), which is held in the local archives.

The picture on the next page, which appeared in the Grimsby Telegraph, shows the view down Thesiger Street, with Kent Street at the bottom, and the white building, part of which can be seen, was originally the Radical Club, although by the time this picture was taken, it had reinvented itself a number of times.



A decision was made that the club would sell alcohol, as it had done in its previous premises. There were some objections to this as there was already a great deal of drink-related trouble in the town and the club had had its share at its Riby Square premises. However, the reasoning behind the decision to sell alcohol was a piece of spin doctoring of which Dominic Cummings would be proud. The powers-that-be reasoned that men wanted alcohol and by giving them what they wanted, they would come to the club and imbibe not only drink but also the political opinions that were taught there. They also claimed that “a man would not get drunk so easily in a respectable club, and in respectable company, as he would in a public house.”

Sadly, the high ideals that were touted when the club opened were not adhered to. Whilst there are reports of genial smoking concerts, lectures and sports matches against other associations and the club played host to an important conference during the Grimsby Lockout of 1901, there was often bad behaviour, including an incident only a month after the Kent Street club opened when a drunken member, James Calver, threatened to kick the club stewardess Mrs Edith Allen from one end of Kent Street to the other!

The Radical Club was still operating in 1902, but at some point during the next few years the politics seem to have been ejected from the club. Perhaps the members they were trying to lure to the party with alcohol had been tempted away by the newly formed Labour party that would soon overtake the Liberals in popularity, but whatever the reason by 1905 the Grimsby Radical Club had become the non-political “(Social) Club and Institute”.

However, removing the politics from the club did nothing for its reputation, as is

demonstrated by this article that appeared in the Sheffield Daily Telegraph on 21 February 1905:



“Some interesting revelations of club life were made at Grimsby Police Court yesterday, when Chief Constable Stirling (pictured, left) applied to the Justices to strike the “Club and Institute”, 89-91, Kent Street, from off the register of clubs. Albert Coe, an engineer, who was secretary of the club, was the defendant, and was represented by Mr H.K. Bloomer (pictured, right).



The Chief Constable said there was frequent drunkenness upon the premises, and that that drunkenness led to disturbances, to the annoyance of the occupiers of adjoining properties. Drunken men on leaving the premises shouted and sung uproariously in the street, and some even fought. In fact, a disgraceful and deplorable state of things usually prevailed at midnight in the vicinity of the club. According to the rules, the objects of the club were “to provide social intercourse, to be non-political, and to promote indoor and outdoor amusements”. Whatever the objects it appeared to him that from the fittings the place was nothing but a drinking saloon pure and simple.

Police evidence having been given, the Secretary, for the defence, said that the club was properly constituted, and governed by the recognised rules. The place was well conducted, and no drunkenness was permitted. – Frederick William Booth, the steward, said he had conducted the place much as if it were a public-house.

The Chief Constable: “About these outdoor sports, which the rules say you promote, is the fighting which takes place outside the club at night part of the outdoor sport programme?”

“The biggest outdoor sport we have to contend with is when the wives come and kick up a disturbance and want to take their husbands home.” (Laughter)

After a brief deliberation, the Bench ordered the club to be struck off the register, and the premises not to be used for the purpose of a club for three months.”

An editorial in the Hull Daily Mail gave more detail of the behaviour that went on at the club, saying that “forty drunken men were seen to leave the premises in seven nights, many of them creating a disturbance outside and making use of obscene language” and going on to describe the club as a “moral cesspool”.



The club did reopen and remained the Club and Institute throughout the First World War. It later became the Sailors & Soldiers Memorial Club and then the British Legion Memorial Club and on 23<sup>rd</sup> April 1925, it received a visit from HRH Princess Mary, the daughter of George V and Queen Mary. After visits to the Cenotaph and the new Queen Mary Hostel for deep sea fisherman at Riby Square, Princess Mary passed through a guard of honour of V.A.D. nurses, Girl Guides and Boy Scouts before arriving at the club where she opened a new billiards and recreation room and received the gift of a hand-knitted suit for her young

son, the future 7<sup>th</sup> Earl of Harewood.

Looking at Kent Street today, it's hard to imagine it decorated with bunting and streamers and packed with enthusiastic crowds, but 95 years ago royal footsteps fell where the Val Waterhouse Centre now stands. The moral cesspool had been well and truly reformed.

For more stories about the area, visit <https://www.facebook.com/InTheShadowofStAndrews/>

or the Lincolnshire Lass website <https://sites.google.com/view/lincolnshirelass>

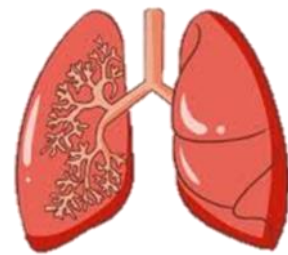


# WHY Exercise?

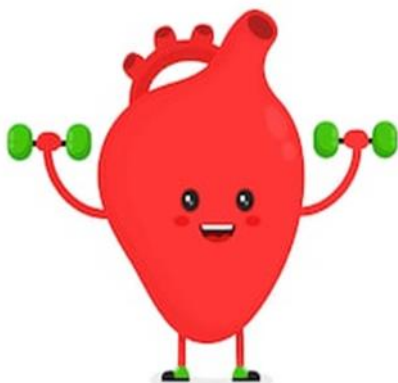
*By Christine Jones*

*Physiotherapy / Occupational Therapy Technical Instructor*

- Exercise can help us maintain a healthy weight, which in turn reduces the risk of other complications/conditions
- Exercise improves the heart's ability to pump blood through the body, including to the lungs and muscles
- Exercise can increase lung strength and function = more efficient
- Exercise can improve lung capacity to increase oxygen in the blood = improved messages throughout the body.



- Exercise helps maintain bone density and strength to reduce the risk of osteoporosis (bone weakness)
- Exercise can also increase balance and co-ordination which can reduce falls risk
- Which then also helps protect your bones and reduce risk of fracture



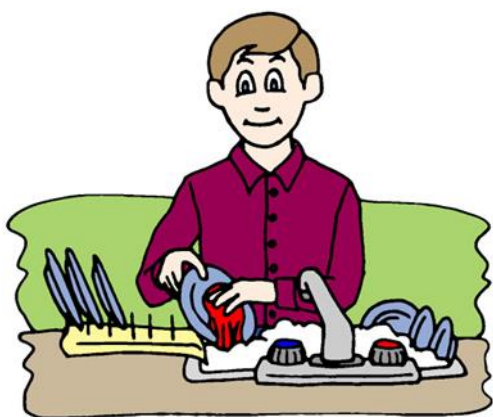
- Exercise helps with our cognition, memory, understanding, communication , function and wellbeing
- Increased oxygen to our brain = decreased decline in cognitive function (thinking, processing, learning, judgement)
- **Exercise = the feel good factor**
- It releases Endorphins which lift our mood, reduces the risk and effects of depression.
- Exercise can give us that sense of achievement
- Exercise can give us a change of focus.

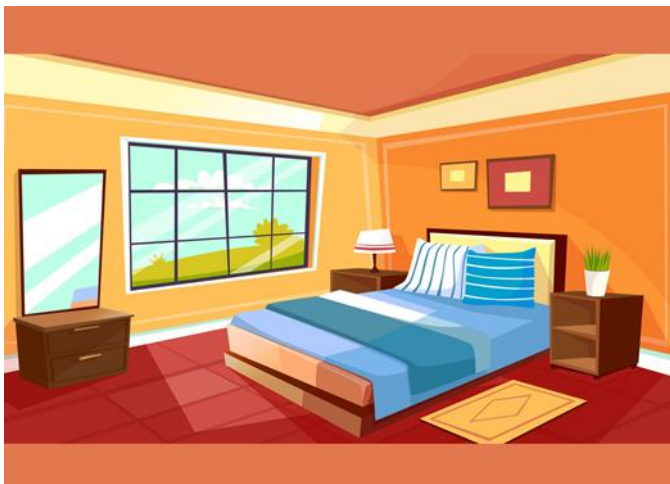


- Exercise helps increase and maintain strength and movement in our muscles and joints
- In turn this will help reduce our risk of falling and increase our ability to maintain functional activities
- Which in turn maintains our independence, self-esteem, self-worth



# ***WHAT COUNTS?***





## Bedroom

### STRENGTH, MOVEMENT, BALANCE

Get your legs and ankles moving before you get up

Moving from lying to sitting involves lots of movement

Standing up and sitting down is actually a great strengthening exercise – try repeating it.

Walk around the room

Reach to open and close curtains - also good for balance

Standing, reaching up and down to get clothes out or put away in wardrobes and drawers

Getting dressed and undressed – can challenge balance, co-ordination, movement- you may need to do this sitting down

Making the bed – working everything- if you can, give the covers an extra shake up or 2!

## Bathroom

### STRENGTH, MOVEMENT, BALANCE

Walking around the room, often small rooms so involves lots of turning which is good for balance

Standing and sitting from a toilet, shower chair or stool

Standing to wash, brush teeth etc challenges strength and balance. If you need to sit down, try to sit up tall and not lean back into chair, then you are still working.

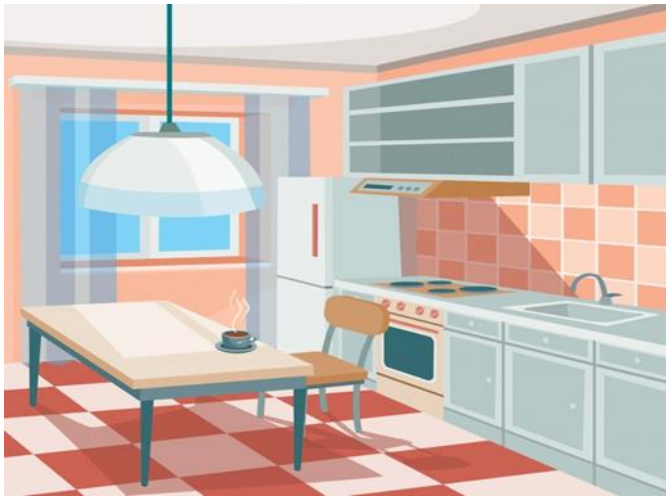
Brushing hair, shaving, washing etc., gets you moving and reaching in all directions.

When showering standing tall or sitting on a stool can be good balance and strengthening , especially if you think about your posture at the same time.

Getting in and out of the bath is a real workout – be aware of safety, it can be slippery in a bathroom!







## Kitchen and Dining room

### STRENGTH, MOVEMENT, BALANCE

Walking around the room

Preparing drinks and meals – standing and sitting helps balance, reaching, turning, co-ordination all help too

Standing or sitting at the kitchen sink

Walking whilst carrying objects to and from the table

Setting or clearing the table, work surfaces, reaching in and out of cupboards or the fridge (high and low) emptying or loading the dishwasher or washing machine – lots of opportunities to exercise in the kitchen

Lifting objects from one surface to another

Pushing chairs in or pulling out from the table

Standing and sitting at the table – again, this can be repeated – great functional exercise

## Lounge

### STRENGTH, MOVEMENT, BALANCE

Walk around the room

Opening and closing curtains is great for balance

Standing up and sitting down on comfy chairs will be more challenging- but do it regularly

Moving and re-arranging cushions – standing will challenge balance more

Bending and reaching to turn lights or lamps on and off

When watching TV, do a few seated knee marches, leg stretches or ankle circles during the adverts

Remember to have a regular stand and stretch, aim for hourly.





## STRENGTH, MOVEMENT, BALANCE

Any movement outside can be a workout.

A good opportunity to practise taking longer steps when walking.

Test your balance by walking on different surfaces, slopes, steps, uneven ground.

Different times of year adds challenges, changing the level of intensity, sounds, smells, adding extra distraction which makes the workout harder.

Gardening can include: balance, reaching, bending, squatting, kneeling, getting up and down off the ground, co-ordination; the list goes on.

Hanging out the washing – works balance, bend and stretch, co-ordination

AND DON'T FORGET THE FEEL GOOD FACTOR

## Have you tried?

If you are currently unable to get out and about to see friends and family, what about a virtual tour of your garden? Pick up the phone and, whilst you are chatting, visually walk them around your garden, describe the colours, smells, textures, what's in bloom, what's not quite there yet.

## BUT LOOK WHERE YOU'RE GOING AND KEEP SAFE



**DO WHAT MAKES YOU HAPPY**





# Hydration

AS A GENERAL RULE OF THUMB WE REALLY NEED A MINIMUM OF **2 LITRES** OF FLUID A DAY!

**ALL FLUID COUNTS**, (EXCEPT ALCOHOL), INCLUDING WATER, TEA, COFFEE, MILK & FRUIT JUICES, WATER IS THE BEST CHOICE.

IT IS GOOD TO AIM FOR **6 - 8 GLASSES** A DAY ALTHOUGH IN REALITY THIS CAN BE VERY CHALLENGING. SO AIM FOR THE VERY **BEST INTAKE** YOU CAN ACHIEVE.

Healthy pee is **1 to 3** ....  
**4 to 8** you must hydrate\*

USE THIS URINE COLOUR CHART TO CHECK FOR SIGNS OF DEHYDRATION

<b>1</b>	HYDRATED
<b>2</b>	HYDRATED
<b>3</b>	HYDRATED
<b>4</b>	DEHYDRATED
<b>5</b>	DEHYDRATED
<b>6</b>	DEHYDRATED
<b>7</b>	SEVERELY DEHYDRATED
<b>8</b>	SEVERELY DEHYDRATED

**SIGNS THAT YOU ARE NOT DRINKING ENOUGH:**

- Dry Mouth
- Thirst
- Headache
- Loose Skin
- Dark or strong smelling urine
- Constipation

**YOU SHOULD AIM TO DRINK 6-8 GLASSES OF FLUID PER DAY**

Please note caffeine and alcohol contribute to dehydration

\*Some medications may affect urine colour.

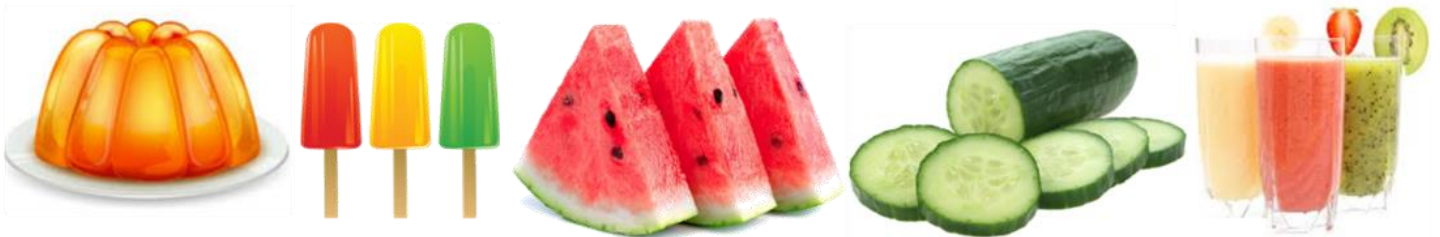
If you are unsure, seek medical advice

**DEHYDRATION CAN CAUSE HEADACHES, CONFUSION AND DIZZINESS  
INCREASING THE RISK OF FALLING  
IT COULD ALSO RESULT IN CONSTIPATION, PRESSURE SORES & UTI's**

# Tips for better Hydration

- Don't wait until thirsty to drink, regular drinking should be part of a normal daily routine.
- Readily available drinks that are within easy reach and sight are more likely to encourage hydration.
- Using appropriate drinking aids or handy drinking bottles can help encourage and improve hydration.
- Carrying a reusable bottle when out and about will help aid hydration.
- Monitor the colour of urine, it should be pale yellow and not dark yellow, nor too smelly or cloudy.

## GET CREATIVE TO IMPROVE HYDRATION



### HIGH FLUID FOODS CAN ALL CONTRIBUTE VALUABLE FLUID INTAKE, THESE COULD INCLUDE:

- Ice-lollies
- Jelly and milk puddings
- Pureed fruit/smoothies
- Water rich fruit and veg such as Melon and Cucumber

### GET CREATIVE WITH DRINKS:

- Fizzy vs flat water
- Ice cubes and straws
- Add flavouring to taste and colour, could use fresh fruit and herbs to make alcohol free cocktails.
- Use a range of drinking vessels and glasses to make drinking more interesting





## ANNUAL GENERAL MEETING (ON ZOOM)

**Wednesday 14th October 2020 at 10am**

If you are a member of the Hope Street Trust and you would like to attend this year's Annual General Meeting on Zoom, please email Sylvia (sylvia.leary@nhs.net) by Friday 9th October.

If you are interested in becoming a Hope Street Trust volunteer Board member, please email Rach (rachel.branson@nhs.net) for further details.

## Virtual Care Plus Group Annual Members' Meeting (AMM)

If you would like to attend this year Care Plus Group Annual Members' Meeting the Communications team will be sending out the Zoom links closer to the date and we can pass on the details to you.

### Virtual Annual Members' Meeting (AMM)

Thursday 10th September

Join us for 3 bite-sized sessions via zoom

- The main AMM business
- The Art of Brilliance Workshop
- Keynote from Dr Andy Cope 'Dr of Happiness'



*More details and invites to follow*





# Brain Teasers



1. What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see? What is it?
2. How do you make the number 7 an even number without addition, subtraction, multiplication, or division?
3. I have a little house in which I live all alone. It has no doors or windows, and if I want to go out I must break through the wall. What am I?
4. If 5 cats catch 5 mice in 5 minutes, how long will it take one cat to catch a mouse?
5. What day would yesterday be if Thursday was four days before the day after tomorrow?
6. Joe is turning 87 this year, yet he turned 86 yesterday. How is this possible?

Answers on Page 22

# ENTERTAINMENT

## JIM FINNEY'S HOPE SOCIAL QUIZ

### Showbiz!

Have a go and click the link below.

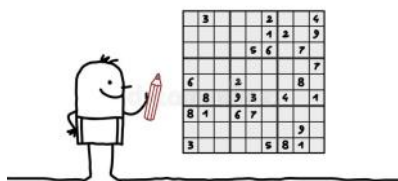
<https://app.involve.me/hopespecialistservice/showbiz-quiz>

## 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/>

# BRAINTEASER ANSWERS

1. A die (dice)
2. Drop the "S".
3. A chick in an egg
4. Five minutes
5. Friday
6. Joe's birthday is on December 31, the last day of the year. The current day was January 1st of the next year.



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

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