

HOPETIMES X

Edition 2



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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 2

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

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

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

We have many more useful links that you may find 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.



Get Advice: 03444 111 444

Our office is closed but we are still here giving advice.

Phone: 03444 111 444 (local rate)

Email: info@advicenel.org.uk

Fb: [facebook.com/advicenel](https://www.facebook.com/advicenel)



#getadvice
#covid19
#coronavirus

Traders delivering in North East Lincolnshire and Other Useful Information

Click the link below for some details of businesses and traders that are still open in this area.

<https://www.nelincs.gov.uk/covid-19-advice-and-guidance/traders-delivering-in-north-east-lincolnshire/>

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/>

<https://covid-19notifications.questionpro.eu/>

CORONAVIRUS

**STAY HOME
PROTECT
THE NHS
SAVE LIVES**

North East Lincolnshire Council

COVID-19

North East Lincolnshire

Helpline

Support for those who need it most.

If you are aware of someone in North East Lincolnshire who is vulnerable and has no one else to help them, they should call:

01472 313131

8am - 8pm

For support with essential services.

#NorthEastLincolnshireTogether

**For more information go to
www.nelincs.gov.uk/coronavirus**



Useful North East Lincolnshire Numbers

Anglian Water – 0800 145145

Blue Cross – 0300 777 1840

Childline – 0800 1111

Citizens Advice Bureau – 03444 111444

Domestic Abuse Support – (01472) 575757

Electricity (24 hrs) – 0800 66 88 77

Gas (24 hrs) – 0800 111 999

Hospital – (01472) 874111

Multi-Agency Safeguarding Hub (MASH)

(01472) 326292

NHS – 111

North East Lincolnshire Council

(01472) 313131

NSPCC (24hrs) – 0808 8005000

Humberside Police (non-emergency) – 101

Samaritans – 116 123 (free from any phone)

**The Blue Door Domestic and
Sexual Abuse Service**

0800 197 4787

With You (formerly Addaction)

(01472) 806890

Domestic Abuse

Help during the Covid-19 pandemic

Local domestic abuse support services are still offering a full range of support.

If you, or someone you know, is affected by domestic abuse, contact:

Women's Aid NEL (who support both men and women)

Tel: 01472 575757

Email: support@womensaidnel.org if it is safe to do so or

The Blue Door Domestic and Sexual Abuse Service

Tel: 0800 197 4787

At a time of immediate danger, call 999 and ask for the police.

If you can't speak, press 55 on your telephone keypad when the operator is on the line to still get help.

For children and families safeguarding advice and concerns contact the Multi-Agency Safeguarding Hub (01472) 326292 Option 2 or report concerns online at www.nelincs.gov.uk/children-and-families

For adult safeguarding advice and concerns contact the Single Point of Access (SPA) on (01472) 256 256

To report a non-emergency incident contact **Humberside Police** on **101**





<https://mailchi.mp/livebetterwith/dementia-gardening-the-benefits-of-gardening?e=97168ea190>

More useful information around dementia can be found from the website below

<https://dementia.livebetterwith.com/>

St Andrews Hospice have put together a brilliant guide with lots of virtual activities

During this time there will be a number of people with dementia feeling very anxious within our community, whether they live at home, care or residential homes.

For those who are missing our Wednesday morning activities here is a really useful guide to online activities for those with dementia.

This is a directory of online activities including virtual zoos, museums, arts, music and exercises which you may find useful.



DEMENTIA
ACTIVITY GUIDE

Click the link to download

To view the guide click here:

<http://ow.ly/qhwZ50zezyj>

VIRTUAL TOURS & ACTIVITIES

Pop into the Tate Gallery

<https://artsandculture.google.com/partner/tate-britain?hl=en>

Explore the Uffizi in Florence

<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

Visit New York MoMA

<https://artsandculture.google.com/partner/moma-the-museum-of-modern-art?hl=en>

Tour ancient Rome

https://www.futurelearn.com/courses/rome?utm_source=fl_blog&utm_medium=organic&utm_campaign=covid_content

Take a Virtual tours: Buckingham Palace

<https://www.royal.uk/virtual-tours-buckingham-palace>

Paint with Bob Ross

https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ

Try amigurumi

<https://www.instructables.com/id/How-To-Crochet-Amigurumi-Basics/>

LIFE IN LOCKDOWN

By Rachel Branson

In some respects, my life in lockdown hasn't changed a great deal. I've never been one for going out much – two Christmas meals in fifteen years of working for the Hope Specialist Service attests to that and my presence at work social events still causes a ripple of shock. I'm more of a tea for two girl and would rather have a proper talk with one person than be with a dozen people and struggle to have a meaningful conversation with any of them.

The biggest change has been not physically going to work. Since the 18th March, when the team first began working from home, I've only been out of the house once and that was to go to the Val Waterhouse Centre with two other staff to gather together equipment that will be used to rehab patients at the new Cambridge Park facility. It was strange being back there after a month, especially as other Care Plus Group teams are currently using our gym and staff offices.



When we do finally get back to doing what we normally do at the VWC, it's going to be like moving in all over again.

After about a week of not walking to work every morning, I realised that I was going to seize up if I wasn't careful, so now I row to my "office" each day. We have quite a few items of exercise equipment at home, which for many years I have done an excellent job of avoiding. I've also done a bit of Yoga and if anyone saw me trying to be a tree, it would confirm what some have suspected for years; that I'm a bit unbalanced! My downward facing dog isn't bad though and after several attempts, I can now do a half-decent pigeon. I will only worry when I start pecking at the bird seed in the garden and cocking my leg against the plant pots.

As a team, we keep in touch through various WhatsApp groups. Some ensure that we all know what's going on, whilst others are more for staff morale. We have daily 4pm challenges, which have actually taught me more about some of my colleagues than I would ever have discovered from being in the workplace with them. I used to find WhatsApp a bit irritating, but it's proving to be a vital tool for keeping the team connected and it's been the source of some really great ideas.

We also have a weekly team meeting on Zoom, which was weird to start with and a bit of a rabble until Kylie told us all to press the mute button! But it's nice to see everyone's faces and there's some fun to be had in changing your background photo. So far I've been in Berwick-upon-Tweed, Mordor and early 1900s Freeman Street. There, you can still travel in lockdown, even through time!

Whilst some will be finding all the shop closures hard, I've never been big on going shopping, unless it's the food hall at M&S, a plant stall or garden centre. Most of my purchases tend to be online, although typically I'd made myself a promise this year that I was going to buy all my plants locally

and support local businesses. I'd made a start before the lockdown began, but now I'm back to ordering online. That's fine though, because it's helping to keep nurseries elsewhere in business and reducing the number of unsold plants being thrown on the compost heap before they've had a chance to shine.

The garden is the place I spend most time when I'm not working and that hasn't changed. Although I've always enjoyed visiting other people's gardens, I was never bothered about gardening myself until we built the Upsy Daisy Garden at Hope Street. It was ready to plant up and no-one really came forward to take responsibility, so I took it on and a gardening monster was born. Nearly a decade on, sadly Hope now only has a collection of pots outside the Annexe at the VWC rather than a garden, but my own garden has been transformed. It's a source of frustration to some family members that I have taken over the garden path with all my planters and the washing gets caught on shrubs, obelisks, wind spinners and bird feeders, but I am unrepentant. Especially at a time like this, I feel blessed to have a garden and my philosophy is that there's always room for more plants. In the early days, when plants died, got eaten by slugs or dug up by neighbourhood cats, I used to get quite upset. Now I get over it and see it as an opportunity to try something different.



Apart from gardening, I've had a go at learning sign language and I've been getting through loads of books, both hard copies and the audio versions. In fact, I'm listening to one as I'm writing this. I also like music and the theatre, but rarely go and see live performances, so it feels quite special having my favourite singer, Mary Chapin Carpenter, performing songs from her living room especially for me (and a few thousand others). And ironically, I've seen loads of "live" plays and musicals since the lockdown started. From Jesus Christ Superstar, to The Crucible, to Much Ado About Nothing, there's plenty to watch. A lot of it is free, although I have just taken out a monthly subscription to Digital Theatre. In a way, it's better than being there, as I can pause it to raid the fridge and I don't have to cross my legs and wait for the interval!

I'm also doing research and currently writing up the story of a boy from the East Marsh who became a pioneer of X-ray in the early 1900s. He was a true NHS hero before the NHS even existed and he paid dearly for the life-saving work that he did. Not much has changed in a century, has it?

It can be easy to focus on the bad news at a time when so many people have died and life as we knew it has ground to a halt. But side by side with tragedy and the stupidity of people who think social distancing is something that other people do, there has been incredible creativity, innovation, bravery, selflessness and generosity. There is hope in a world where people who normally create to make money are doing it for free, where businesses and individuals are re-purposing their skills to make scrubs, face masks and ventilators, where 750,000 people signed up as volunteers to help those in need, and where Captain Tom Moore has raised £27.5 million by putting one foot in front of the other.

There is always Hope.

JIM FINNEY'S HOPE SOCIAL QUIZ

How well do you know your musicals quiz

If you like to take part in this special quiz please click the link below.

<https://app.involve.me/hopespecialistservice/how-well-do-you-know-your-musicals-quiz>

THE HOPE CROSSWORD

<https://puzzel.org/en/crossword/play?p=-M52RD9Isb-yokU1mHAK>

JOKE OF THE DAY

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

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

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>

**Gardening -
The Ultimate Body & Mind Workout**

BODY	MIND
(per 30 mins of gardening)	
Raking - works back muscles - burns 100 calories	Relieves stress Reduces levels of cortisol (stress hormone)
	
Digging/shovelling - works legs/buttocks - burns 250 Calories	Mood enhancer gardening releases happy hormones
	
Weeding - works triceps - burns 105 calories	Reconnects us to nature Brings a sense of purpose and understanding
	
Lawn Mowing - works arms/shoulders - burns 195 calories	Better Brain Health Protects the brain from ageing
	

SIMPSON'S

* calories burned vary between individuals and are intended as a guideline only



MAKE YOUR OWN WINDOW LEDGE BEAR



1. Take an empty milk carton and rinse out well
2. Cut carton in half
3. Use the bottom half of the carton without the pouring spout
4. Draw the top of bears head and half of the ears on front of carton
- 5 & 6. Continue to draw the other half of the bears ears around the sides of carton and from the bottom of the ear draw around The back of carton to meet the bottom of other ear.
7. Cut out the top of the head and ears and cut away the excess around the back and unfold and flatten the ears
8. Paint first coat with any craft paint you have, I had none in so I used old emulsion, allow to dry thoroughly
9. Paint second coat and allow to dry
10. Draw with marker or paint lines inside bears ears
- 11 & 12. Draw or paint bottom of bears face and colour in bottom corners, add a large oval shape at bottom of bears face and the nose (This can be any colour you like)
- 13 & 14. Draw on eyes and mouth (you could add a tongue if you like make him a little bit cheeky)
15. Add tiny spots of white or light coloured paint to the bears eyes and nose as shown in photo
16. Fill with soil or compost and sprinkle cress or any seeds you like and enjoy your Hope Window Ledge Bear

HOPE FOR PEACE

Hello all,

Well some of you know me very well and some I still have the pleasure of getting to know. My name is Irene Grainger and I am one of the Hope Specialist Service physiotherapists.

In 2018 I was diagnosed with cancer and from diagnosis to completion of treatment I saw some remarkable and sometimes immediate answers to prayer. On one occasion during chemotherapy treatment, I started experiencing 8/10 pain, it was sudden onset and took my breath away. I knew I wouldn't be able to tolerate it for long so asked my hubby to pray for me. My plan was, pray first, then go get a nurse! My hubby prayed a simple prayer, asking Jesus to heal my pain....and it immediately disappeared – from 8/10 to absolutely nothing... in a moment! Now for those of you who know me I am a very evidenced based physiotherapist and I know that pain signals do not work like that! I was shocked by this experience. I'd heard of this type of thing happening to others, I'd even prayed for others who had felt better, but it had never happened to me in this way. That was just one occasion. I have lots of stories that I now call my God stories that happened throughout my treatment, and actually are still happening now. I spoke to our management team and asked if I could offer prayer to our patients who want it. Now I know it's not everybody's "cup of tea" but there's actually quite a lot of evidence in the NHS about spiritual healing and support, so if you would find this helpful this is a new opportunity we are offering from Hope Specialist Service.

I can share from personal experience how I dealt with feeling frightened if that would be helpful for you. There are lots of ways to pray....prayer is just talking with God. In case you need some ideas of how this could work....

If you're anxious about all you see around you and perhaps within you we could ask God to bring you His peace.

If you're having difficulty sleeping, experience disturbed sleep or are having unsettling dreams we can ask God to restore you to good patterns.

If you feel like you've been fighting too hard and for too long we can ask God to lift weight off your shoulders and bring you His rest.

If you need guidance with some decision making we can ask God to lead you in His unique way.

It doesn't matter whether you believe in God or not, or even follow a different faith. All are welcome to try this new opportunity.

The above prayer ideas are some areas I needed help with when going through my treatment, but there may be others more important to you. Please either ring (01472 313400) or e-mail us (cpg.hopespecialistservice@nhs.net) to express an interest in prayer or just a chat and our team will take your details. I will get back to you as soon as I can.

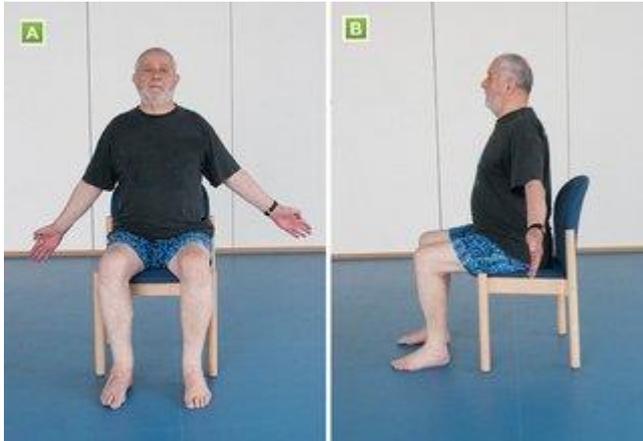
Irene.



EXERCISES YOU CAN TRY AT HOME

NHS upper body chair based exercises

Chest stretch



This stretch is good for posture.

- A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
- B.** Gently push your chest forward and up until you feel a stretch across your chest.

Upper-body twist



This stretch will develop and maintain flexibility in the upper back.

- A.** Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- B.** Without moving your hips, turn your upper body to the left as far as is comfortable.
- C.** Repeat on the right side.

Arm raises



This exercise builds shoulder strength.

- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.

Neck rotation



This stretch is good for improving neck mobility and flexibility.

- A. Sit upright with your shoulders down. Look straight ahead.
- B. Slowly turn your head towards your left shoulder/right as far as is comfortable.

Neck stretch



This stretch is good for loosening tight neck muscles.

- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- B.** Slowly tilt your head to the right while holding your shoulder down.
- C.** Repeat on the opposite side.