

# HOPETIMES X

Edition 6



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

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



HopeStreetTrust

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@HopeStGrimsby

# HOPETIMES

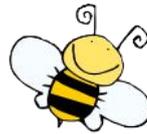
## Edition 6

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

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

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

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



## 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.



# RESPECT

Health and care organisations across [#NorthernLincolnshire](#) have adopted the ReSPECT process to encourage conversations and develop a plan with patients about their emergency care and treatment, should they need it in the future.

More information: [www.resus.org.uk/respect](http://www.resus.org.uk/respect)

## ReSPECT

Recommended Summary Plan for  
Emergency Care and Treatment



The ReSPECT process creates  
personalised plans for a  
person's care and treatment in  
a future emergency

[www.resus.org.uk/respect](http://www.resus.org.uk/respect)



# Hope News Round-up



## FALLS PREVENTION DELIVER ONLINE TRAINING TO THE CARERS CENTRE

The Falls Prevention Collaborative gave a falls talk to the Carers Centre recently covering all topics linked with the risks of falling. The team used their brand new virtual training guide and their new way of presenting was really well received.

Rosa passed on her thanks to Sylvia, Julie and Gary and shares this feedback from participants:

*"I've received a lot of good advice from you. Thank you."*

*"A good reminder, especially about hydration."*

*"Had never considered the ferrules, but will check the walking stick now."*

*"Everything that was mentioned I had some knowledge of, but I always put on the backburner to do anything about."*

*"I wish I had been aware of this advice years ago."*

The Falls Prevention Collaborative will be giving a presentation to nurses at St Andrew's Hospice next, but if you know of any groups that may benefit from a Falls Talk please get in touch with us by either emailing: [sylvia.leary@nhs.net](mailto:sylvia.leary@nhs.net), [julie.lewis14@nhs.net](mailto:julie.lewis14@nhs.net) or [gary.dean1@nhs.net](mailto:gary.dean1@nhs.net)



# Hope News Round-up

## **HOPE STREET TRUST GIVE MORE PATIENTS ACCESS TO REMOTE REHABILITATION**

The Care Plus Group Charitable Trust has recently donated £1,855 to the Hope Street Trust to be used for the benefit of Hope Specialist Service patients, as they continue to support people with mobility and respiratory problems.

The donation has enabled the Hope Street Trust to purchase five android tablet devices, with built in broadband, to offer patients the ability to join a ten week Falls or Pulmonary Rehabilitation programme from the comfort and safety of their own homes.

The use of the tablet devices will also reduce the number of hospital admissions and GP appointments, as the patients learn how to self-manage their condition through their participation in the rehabilitation programme.

Rachel Branson, Treasurer of the Hope Street Trust, said: “Thank you so much to Care Plus Group Charitable Trust for providing funds for the tablet devices. The grant will be a huge help to Hope’s patients and staff as the service continues to offer rehabilitation programmes via Zoom.

“We have found that a significant number of patients have no internet or access to Smart devices. By providing them with tablet devices for the duration of the 10 week programme we can speed up their ability to access pre-assessment appointments and rehabilitation programmes, as we do not anticipate being able to offer gym-based rehab until 2021.

“There are also patients who, for reasons such as anxiety or high risk of infection, are unable to leave their homes to attend a gym-based programme. For them, remote rehab is actually a better option than gym-based sessions. We therefore plan to continue offering remote rehab alongside gym-based sessions when we are able to re-start them post-COVID 19.”



# Hope News Round-up

## CARE PLUS GROUP AMM 2020

Care Plus Group held their Annual Members' Meeting (AMM) recently. Unfortunately we couldn't get together in person this year and showcase what we'd been up to like normal but we did come together over Zoom. Thanks to Jason Todd and Dr Andy Cope from Art of Brilliance for a huge dose of positivity and to all our staff, volunteers and community members who took the time to attend.



AMM 2020

Thanks for  
Attending!

The Care Plus Group Board would like to thank you for taking the time to attend this year's AMM. Your contribution to the future of our organisation is much appreciated.

# Hope News Round-up

## **RECRUITMENT DAY FOR CAMBRIDGE PARK**

A very successful Recruitment Open Day for Cambridge Park with over 30 interested new recruits to various roles in attendance.

Potential new recruits were introduced to Care Plus Group, the new facility and ethos of delivery at Cambridge Park, and current staff shared stories of the development opportunities they had been given whilst working for CPG.

The team were also joined by our neighbours who came to meet the team and have a coffee and scone with us, all socially distanced of course!



# Hope News Round-up



## OCTOBER VIRTUAL VOLUNTEERS WORKSHOP

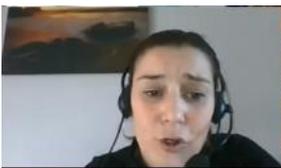


We had a good turnout for our most recent Volunteer Workshop, which featured two guest speakers, a review and service update from Pam, a video tour of the interior design work done so far at Cambridge Park and a short talk from Jane Hyldon-King about her soon to be released book.

Our first speaker was Karl Elliott from VANEL, who talked about some of the many scams out there and the ways in which you can safeguard yourself against them.



Click [here](#) to view the You Tube video



Next up was Debra Fox from Engie's Home Energy Promotions team, who gave us a great insight into energy saving schemes that can also save you money.

Click [here](#) to view this video

The third part of the meeting saw Service Lead Pam review the story so far since COVID-19 took us into this strange new world and also talk what the future holds, both in the short and long-term.



Rach's video of Cambridge Park showed the transformation that is taking place there, as the rooms are injected with colour, character and individuality.



Last but not least, Jane talked about her family's long history in the East and West Marsh areas of Grimsby and why she decided to turn many years of research into her new book, which will be released later this year. With more than 200 photographs in the book, you may spot yourself in there!

Click [here](#) to view this section of the workshop.

## THE NEXT VIRTUAL VOLUNTEERS WORKSHOP

Wednesday 2nd December 2020

We will be more than likely hosting the next  
Volunteers Workshop via Zoom again.

If you are interested please email Gary ([gary.dean1@nhs.net](mailto:gary.dean1@nhs.net))

## REHAB PLUS GANG OF FOUR ON TRIAL!



We know many of you are missing Rehab Plus and we've missed seeing you, but unfortunately until such time as a vaccine is rolled out and we get the Hope team back together and are able to return to the gym at the Val Waterhouse Centre and our satellite base in Immingham, our hands are tied.

However October has seen us start trialling Rehab Plus on Zoom, initially with our Buddies Fred, Martin, Jane and Jenny, who were all regular attendees at Rehab Plus before lockdown. They were joined online by our Technical Instructors, Phil and Christine.

The Buddies are our guinea pigs, so we can figure out what works best online, but we're provisionally looking at four week blocks, with a mix of chair-based exercise and using whatever equipment the patient has in their own home

For patients who have recently finished a remote rehab group, it will be fairly straightforward and they will follow the exercise programme they were given when they finished group. But for people who haven't been on a group for a while, we need to assess what will work best for them and this pilot programme should answer that question.

Christine and Phil have been busy putting together information for exercising safely at home, as well as looking at variation and progression of exercises and we hope to extend the Remote Rehab Plus programme in the not too distant future, although the scale of it will be dictated by the staff we have available.

**Download the NHS COVID-19 app today**

The free NHS COVID-19 app is a vital part of the NHS Test and Trace service in England, and the NHS Wales Test, Trace, Protect service.

[Get help downloading the app.](#)

Public health emails and text messages are being sent from 26 September.  
[Read more in our common questions.](#)

## Protect your loved ones. Download the app.

Owned and run by the NHS, the **NHS App** is a simple and secure way to access a range of NHS services on your smartphone or tablet.

The new NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community.

The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

<https://www.covid19.nhs.uk/>

## You can help fight COVID-19 by aiding research



Join more than four million members of the public supporting the NHS and scientists in the UK. Together we can get out of lockdown safely and beat the disease.

<https://covid.joinzoe.com/>

# THE ALZHEIMER'S SHOW **DIGITAL HUB**

THE  
**ALZHEIMER'S**  
SHOW **18-19 June 2021**  
**Olympia London**

In partnership with



Our new **DIGITAL HUB** are a series of **FREE** webinars – packed with useful advice and practical tips and you'll also have the opportunity to put your own questions to the carefully selected experts and specialists.

## [TOP TIPS FOR COMMUNICATING WITH PEOPLE WITH DEMENTIA](#)

Thursday 3rd September 11:00 – 12:00  
Angelo Makri, Knowledge Officer (Wellbeing), Alzheimer's Society

## [SURVIVING OR THRIVING? RESILIENCE IN FAMILY CARE](#)

Thursday 10th September 11:00 – 12:00  
Dr Sue Jones, Consultant Admiral Nurse

## [SOME OF OUR RECORDED WEBINARS](#)

### [MANAGING BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA](#)

Wednesday 26th August 11:00 – 12:00  
Dr Simon Adelman MRCPsych MSc PhD, Consultant Psychiatrist, Halcyon Doctors

### [LEGAL CONSIDERATIONS WHEN DIAGNOSED WITH DEMENTIA](#)

Thursday 20th August 11:00 – 12:00  
Andrew Robertson, Managing Director, McClure Solicitors

**TO ACCESS ANY OF THE FUTURE WEBINARS OR RECORDED WEBINARS, PLEASE GO TO <https://alzheimersshow.co.uk/digital-hub/> AND CLICK ON THE LINKS TO**

**REGISTER**

**Virtual Group sessions for North & North East Lincolnshire**

We might not be able to see you in person at the moment, but that doesn't mean we can't all still get together! We are hosting 'virtual' groups across North and North East Lincolnshire, for you to join in with.

**North Lincolnshire Groups will be held on the following dates:****Virtual Memory Cafe**

Friday 23 October 1:30-2:30pm

Friday 6 November 1:30-2:30pm

Friday 20 November 1:30pm-  
2:30pm**Virtual Singing for the Brain**

Monday 26 October, 12:15– 1:15pm

Monday 9 November, 12:15– 1:15pm

Monday 23 November, 12:15– 1:15pm

**North East Lincolnshire groups will be held on the following dates:****Virtual Memory Cafe**

Thursday 29 October 1:30-2:30pm

Thursday 12 November 1:30-  
2:30pmThursday 26 November 1:30-  
2:30pm**Virtual Singing for the Brain**

Friday 06 November 2020, 2:30pm – 3:30pm

Friday 20 November 2020, 2:30pm – 3:30pm

Friday 04 December 2020, 2:30pm – 3:30pm

Friday 18 December 2020, 2:30pm – 3:30pm



## Overview of our local services

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

### Dementia Advice & Support

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

### NELLES—NE Lincs—Suspended

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

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

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

Telephone: 01472 359247

Email : [Referrals\\_NELincs@alzheimers.org.uk](mailto:Referrals_NELincs@alzheimers.org.uk)

### Side By Side—North & NE Lincs

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

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

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

Contact us for more details.



### Take a look at our national services

[National Dementia Helpline](#) for information, support or advice about dementia - Tel: 0300 222 11 22

[Talking Point](#) our online community. Visit and browse as a guest or register for free at [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

[Dementia Connect](#) our easy to use online services directory for anyone affected by dementia - [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

[Training and Consultancy](#) - for information on courses or to discuss your training needs—get in touch on 01904 567909 or email [dementiatraining@alzheimers.org.uk](mailto:dementiatraining@alzheimers.org.uk)

[Dementia Friendly Businesses](#) - join us as a partner in the fight against dementia—0300 333 0804 or email [companies@alzheimers.org.uk](mailto:companies@alzheimers.org.uk) or visit [www.alzheimers.org.uk/companies](http://www.alzheimers.org.uk/companies)

# LOCAL SERVICES



<https://www.focusadultsocialwork.co.uk/>



<https://www.ageuk.org.uk/northeastlincs/>



<https://www.biglocalnorthcleethorpes.org.uk/>



<https://care4all.org.uk/>



<https://www.centre4.org.uk/>



**Not Home Alone** <https://www.nothomealone.co.uk/>



<http://www.friendshipathome.org.uk/>



<https://www.carelink24.org/>



<https://www.carenelincs.co.uk/>

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

North East Lincolnshire Council

## **COVID-19 Update**



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

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

# **BE ON YOUR GUARD**

## **TRACK AND TRACE SCAM CIRCULATING NATIONALLY**

North East Lincolnshire residents are being warned to be vigilant after a Track and Trace scam has been circulating across the country asking people to pay for a COVID-19 test.

It is being reported that people are being contacted by someone claiming to be from the NHS Track and Trace service.

They are then being told they have been in close contact with someone who has tested positive for coronavirus and must pay for a test or face consequences for not complying.

Councillor Ron Shepherd, portfolio holder for safer and stronger communities, said: "COVID-19 tests are free and the NHS will never ask for card details.

"We have not had any local incidents reported to our Trading Standards team, but I would still urge everyone to be careful.

"Lots of fraudsters have been taking advantage of the current situation and targeting people with scams and I wouldn't want anyone to fall victim to one.

"Never let yourself be pressurised into doing something you are suspicious of and seek advice.

<https://www.nelincs.gov.uk/be-on-your-guard-track-and-trace-scam-circulating-nationally/>

# Have you got time for victims of crime?

Victim Support Humberside and South Yorkshire is looking to recruit Criminal Justice Champions.

Our Champions help us promote the work of VS to people who may not know they are entitled to support.

We provide training on the work of VS, how crime affects victims and communities, how you can provide first responder support and how to refer on to our services.

No previous experience is necessary – just enthusiasm and a passion to make a difference to victims of crime in your community.

The role will suit someone who works with the public either in work or voluntary capacity.

However, anyone with an interest in knowing more about Victim Support and promoting our service can register.



Interested?

Contact us on:

0300 303 1976

[humbersouthyorks.vs@victimsupport.org.uk](mailto:humbersouthyorks.vs@victimsupport.org.uk)

Registered charity 298028. Registered office Victim Support, 1 Bridge Street, Derby DE1 3HZ

**VS**  
**CRIMINAL**  
**JUSTICE**  
**CHAMPION**

Following on from the talk that Debra Fox from Engie gave to our Volunteers Workshop regarding saving money on you energy bills and making improvements to you home through various grants.

She was kind enough to send the links to be used for your newsletter, where you will be able to find more information and advice.



<https://www.nelincs.gov.uk/homes-and-property/housing-grants-and-loans/>

<https://www.nelincs.gov.uk/homes-and-property/lincs-4-warmer-homes/>

<https://www.nelincs.gov.uk/homes-and-property/big-community-switch/>

<https://www.simpleenergyadvice.org.uk/pages/green-homes-grant>

**NHS**



**Better  
Health**

**LET'S  
DO THIS**

Extra weight can put extra pressure on your body. Which makes it harder to fight against diseases like cancer, heart disease and now, Covid-19. Losing weight can help reduce your risk.

Get help and support at [nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth)

# October Brain Teasers



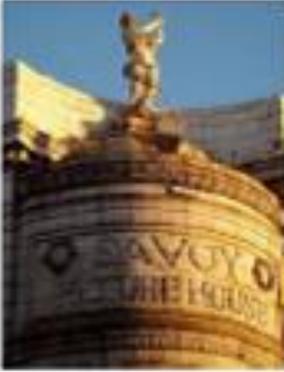
1. What is always in front of you but can't be seen?
2. What can you break, even if you never pick it up or touch it?
3. I have branches, but no fruit, trunk or leaves. What am I?
4. What can you catch, but not throw?
5. What has to be broken before you can use it?
6. A man rode out of town on Sunday, he stayed a whole night at a hotel and rode back to town the next day on Sunday. How is this possible?

Answers on Page 32

# ENTERTAINMENT

## JIM FINNEY'S HOPE SOCIAL QUIZ

### HOW WELL DO YOU KNOW GRIMSBY & CLEETHORPES

			
1	2	3	4
Where is this?	What is the building ?	What is this now?	Where is this?
			
5	6	7	8
What is this now?	Where is this?	What is this ?	Where is this?
			
9	10	11	12
This is at the end of which street?	What is this?	Where is this?	On which street is this?

# CP Interior Design Update

When we left you last issue, we'd just finished Pickwick Corner, the new reading room at Cambridge Park. Our next project was another of the sunshine rooms, this time the upstairs corner room, which looks out over the front of the building. This was to be a music room, where patients can go and listen to music in a comfortable and relaxing space.



Choice of colour this time came after we'd chosen the main wall decal for the room, a three metre long swirl of rainbow musical notes, which almost by accident rather than design perfectly fitted the space. When I ordered it, I forgot about the light and the various switches on the wall and just went by the length, but thankfully the notes curled round them like the decal was made for the space. Sighs of relief all round.

Whilst some people were a bit unsure about the bold green we used in Pickwick Corner until we'd added the decals and furnishings, everyone immediately loved the "Nesting Bluebird" paint. It's really uplifting and brings the sky into the room.

We were considering names for the room when the lovely Jay Sadler asked us if we could include a small reference somewhere to John Fogerty from Creedence Clearwater Revival because Dave, a great and much-missed friend of hers who was once a member of Procul Harum, was in later life part of a Creedence tribute band. It meant a lot to Jay and because she's such an awesome person, we abandoned the idea of a small reference and decided to call the room Fogerty's!

Those of you that have been with us since the Hope Street days will remember our friend and colleague Janice Mumby, the first leader of the Hope Singers, who we sadly lost to a stroke in 2014. You will also remember that we used the money raised in her memory to create a musical area in the Upsy Daisy Garden. Unfortunately we had to leave behind the hard landscaping built by our very own Dave Tully, but we did take with us the moveable decorative items, including the metal musical artwork.

Since the move to Val Waterhouse Centre, the metalwork had languished in a box in the storeroom, but when we started work on the music room, we thought it was time for them to see the light of day again. They had seen better days after their time on the garden



wall, but Tan sanded, repaired, re-sprayed and then repainted them in the same colourful style as the wall decal, after which all that was left was for Keith the handyman to put them on the wall.

We then added reclaimed furniture, lots of plants and of course the Fogerty's sign, but the finishing touch was a record-shaped decal, which says it all really:

"Music is all around us. All we have to do is listen."

When we were first asked to decorate the rooms at Cambridge Park, we looked into colours and found research that proclaimed orange is most suited to promoting energy and enthusiasm. It was therefore an easy decision to make when it came to choosing the main colour for the gym.

We had to work differently when it came to the gym because it was already in daily use. Consequently we had to get it painted as quickly as possible, ideally in the space of a day. So we agreed a date with the therapy staff and arrived at Cambridge Park that morning, only to find that Tan was expected in Remote Falls Rehab. There was no way the painting could be done in half a day, so there was nothing else for it. Even though Kylie had banned me from painting ever since my makeover of the ladies toilets resulted in rather a lot of paint on the floor, it was time for me to once again take up the roller.



It was probably a good thing I wasn't expecting to paint, because it meant I wasn't dressed for it and not wanting to get my clothes covered in "Sunset Over Provence", I managed possibly the neatest and least splashy paint job I've ever done in my life whilst wrapped in several layers of plastic aprons. By the time Tan finished in Falls, I'd just about done the first coat, leaving her to whip round and put the second one on before close of play.

The following day was spent reorganising the layout of the room because, since we'd first set up the gym in April, some of the larger equipment from the Val Waterhouse Centre had been moved across and as a result the room was looking rather cluttered and uninviting. The plan involved splitting the room in two, creating a clutter free exercise space looking out onto the courtyard and a storage area at the back of the room screened off by racking.

With the main colour in the room being orange, we'd decided to give the gym an autumn feel, so we added tree decals, a climbing vine sticker up the central ceiling support and colour coordinated inspirational quotes, both in the gym and in the corridors leading to it.



It can be hard to motivate yourself to do physical activity, especially when you've been ill and only recently discharged from hospital. Whilst there are excellent therapy staff at Cambridge Park, whose role it is to motivate patients to exercise, we hope that the new, warmer feel to the gym will help lift the patients' mood and encourage them to engage.

We've been itching to get our green fingers on the Courtyard area for some time and at last we've done it!

# The Courtyard

In pride of place is the wheelbarrow, made by Tan's Uncle Barry, and then lovingly painted by Tan herself. She was inspired to decorate it by Captain Tom Moore as a tribute to the NHS and naturally there's a bit of Hope in there too!

With the plants put in earlier in the year now fading we wanted to give the patients something to cheer them as they look out from their rooms, so we've added plenty of colour, as well as four Buxus shrubs on the corners of the gravel rectangle, which we've planted in stone planters that have recently been brought across from The Beacon.

We also found a metal bird feeder pole round the back of the building, which is now in the Courtyard and will hopefully encourage our feathered friends into the garden.

The Courtyard is a work in progress, but after leaving our Hope Street haven behind nearly three years ago, it's been great to be able to have a proper garden to work on again.



Click on the link below to watch CP Interior Design's "Decorator's Guide to Cambridge Park" video on YouTube

<https://youtu.be/OBK761XzIXg>

## **FALLS PREVENTION MOVING SAFELY TIPS**

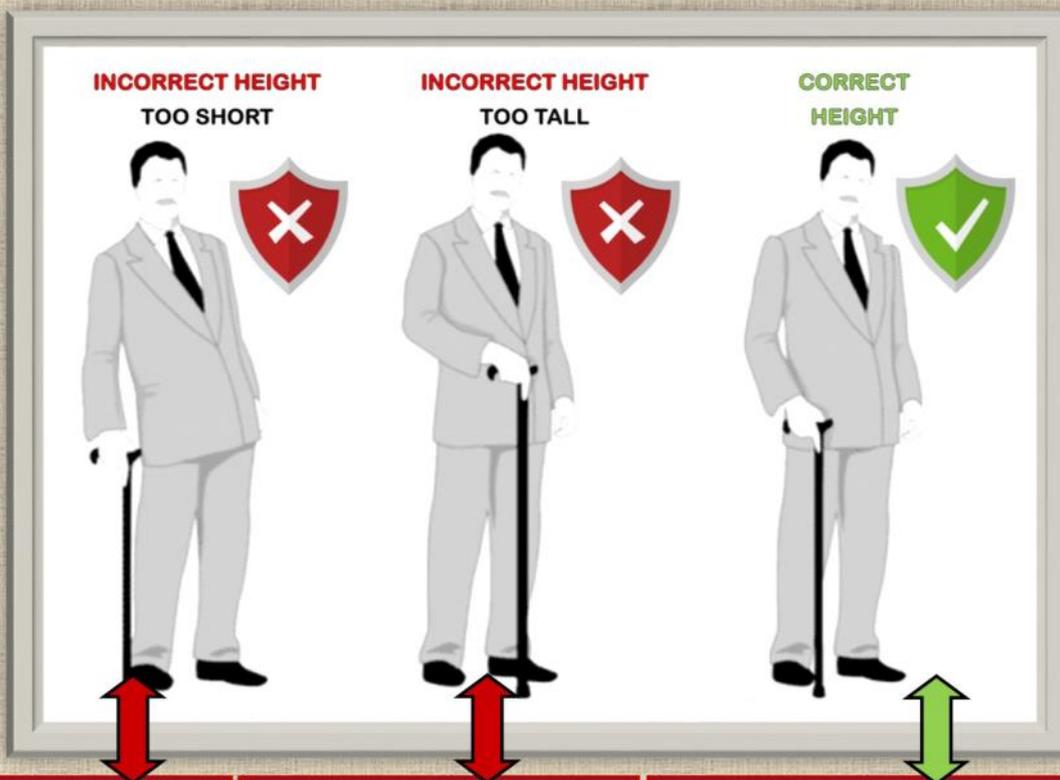
**IT CAN BE UNSAFE TO USE A WALKING AID THAT HAS NOT BEEN ADJUSTED TO THE CORRECT HEIGHT**



**CORRECT WALKING AID  
ASSESSMENT AND MEASUREMENT  
COULD HELP PREVENT A FALL**

**USING THE INCORRECT TYPE OR SIZE  
WALKING AID CAN LEAD TO PROBLEMS  
WITH BALANCE, STABILITY AND POSTURE  
LEADING TO PAIN AND DISCOMFORT**

# SIZE MATTERS



<p>CAN CAUSE BACK PAIN CAN AFFECT BALANCE AND CAUSE FALLS</p>	<p>CAN CAUSE SHOULDER PAIN CAN CAUSE/ENCOURAGE INCORRECT POSTURE</p>	<p>IMPROVES POSTURE , CAN IMPROVE JOINT PAIN CORRECT STICK/WALKING AID ASSESSMENT AND MEASUREMENT CAN HELP PREVENT A FALL</p>
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# WORN FERRULES CAUSE FALLS



<p>STICK EXPOSED BY WORN FERRULE WILL HAVE WORN METAL THAT WILL CURL UP AND ACT LIKE HOOKS ON CARPETS AND RUGS</p>	<p>A WORN THROUGH FERRULE IS DANGEROUS AND EXPOSES STICK/WALKING AID TO DAMAGE</p>  <p>SAFE RUBBER FERRULE WITH GOOD TREAD</p>	<p>PROTRUDING DEBRIS IN THE TREAD OF A FERRULE CAN CAUSE YOU TO SLIP AND FALL</p>	<p>HARD PLASTIC FERRULES ARE VERY SLIPPERY AND DANGEROUS ESPECIALLY ON HARD FLOORS</p>	<p>ALWAYS HAVE CORRECT FERRULE FITTED TO PREVENT SLIPS AND FALLS</p>	<p>SMOOTH OR WORN FERRULES ARE SLIPPERY AND DANGEROUS ESPECIALLY ON HARD FLOORS</p>
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# FIFTY ODD SHADES OF AUTUMN

Back in the mists of time, I'm sure I remember that by the middle of October, the garden was always well past its best and preparing to bed down for a depressingly colourless Winter of soggy and largely barren ground.

Admittedly this was more than a few decades before I succumbed to the gardening bug and began to live by the adage, "Why make room for one more plant when you can have fifteen?" In addition, my back garden looks rather different to the pre-obsessive days of my life. Whilst the Berberis, Camellia, Roses, Mock Orange and Forsythia all remain from way back when, the ground that was once clear around them is now largely invisible and I think I've disappeared a significant slice of the lawn.



The garden is a combination of chance and planning, of success and failure, delight and disappointment. For every plant that didn't thrive, there is another that flourished in the most inappropriate place for the sheer hell of it, like the Verbena, which seeded between the lawn edging and a paving slab and is doing so much better than the one that was planted out with care.

There's the yellowy orange Dahlia, which has now been coming back for a number of years. My guru, Monty the Don, recommends lifting Dahlia tubers every year and storing them over Winter. I've defied him on that one and it hasn't let me down yet.

The Fatsia Japonica, which came as a free gift some years ago and we weren't too sure about, is now about a metre and a half tall and is just producing snowball-like flowers from buds that look a little like Audrey II from Little Shop of Horrors before they open up. There will then be a transition into dark berries before new leaves form, which look quite prehistoric before they unfurl. It really is the free gift that keeps on giving.

A few years ago I bought a load of candelabra Primulas, which failed to impress and disappeared without trace. I could have saved my money because now my bog standard Primulas have decided that they want to grow tall too. Autumn is a great time for Primulas and Polyanthus and the latter with their gold rimmed petals have been a firm favourite of mine for many years.



The Mother-in-Law's tongue, which I removed from the house because it had grown especially large and was more like a lethal weapon than a nice adornment on the window sill, has defied the elements and is flourishing in front of the multitude of bird feeders—the avian equivalent of an all-you-can-eat buffet—despite being constantly bombarded with falling bird food. Will it survive the Winter out there? Quite probably, as it seems more likely to kill than be killed and I fully expect to find a bird or even a neighbourhood cat impaled on it one of these days.

Salvias take up a significant space in the garden and I originally planted about five different types in one of the beds, including Salvia "Amistad", which I bought because:



A) I loved the purple colour

B) I loved the film "Amistad", which starred the brilliant Djimon Hounsou several years before he appeared alongside Russell Crowe in Gladiator (be still my beating heart)

As we've been discovering when it comes to picking paint colours at Cambridge Park, there's a lot in a name. Typically my favourite failed to return from its Winter break after a couple of years whilst its less tastefully named bed mate Hot Lips carried on regardless. Naturally, I replaced Amistad with not one but two plants and they're now about seven feet tall and flourishing. Should they die again though, I will buy four new ones just to be on the safe side...

I also have lots of Fuchsias which, despite looking very exotic and slightly alien, are actually pretty easy to grow. My late neighbour had

a Fuchsia bush, which went mad every year and because I took cuttings before it was dug out a few years ago, Mr Dobbs' Fuchsia lives on!

There are delicate white Fuchsias, like the one I bought from Burton Agnes a few years ago and then there are the pink and purple drama queens, whose stunning lantern-like flowers make me feel regretful when I find them on the grass. I have become more pragmatic over the years, but there are some flowers which really deserve to shine for longer than they do.



Others meanwhile are a bit of a disappointment when compared to their foliage. Take the Cineraria for example, with

its wonderful grey leaves. It deserves to have a majestic rich coloured bloom, but instead it has an apology of a little yellow effort that looks more like it belongs to a weed. Proof that life isn't always fair.



Another one that keeps coming back is the Sedum. During the Summer months and well into Autumn, its clusters of tiny pink star-shaped flowers are a magnet for the bees, then as the colour fades, the seed heads provide a Winter home for insects. Practical as well as pretty.

Back in the day, we used to have a fairly traditional rockery and I kept it that way for a while. Then a couple of years ago, Tan and I had a day out to Burnby Hall and

Burton Agnes, which finished off at a very reasonably priced garden centre and I went a bit mad. To fit everything in, I dug out the whole rockery and created upper and lower beds divided by lawn edging. To a cat, the whole thing probably looks like a woodland walk, but I got all the plants in and have added to them since. At the moment, I have lots of Alpines, mixed with blue-starred Borage that I grew from seed, yet more Fuchsias,



patio Chrysanthus that will flower until the frost takes them, as well as repeat flowering Penstemon and Gaillardia and the last of the vivid orange Poppies.

Another late flowerer that should have been and gone by now is the Cosmos. Normally they grow from seed without a problem, but this year the first two sowings were frankly pathetic. Why did I succeed the third time? No idea, but I'm not complaining as I now have an abundance of white, pink and purple flowers in the middle of October for goodness sake!

Last, but definitely not least, come the Gladioli. Normally they flower much earlier than this, but I went



a bit mad after watching

Virtual Chelsea this year and so my Gladioli are now only just in their prime, in glorious shades of pink and red. They are unashamedly blousy and, to use the word with which Charlie and the Rich Boys are obsessed on Garden Rescue, just gorgeous.



When lockdown first started, lots of people started growing their own in case the toilet roll hoarders did the same with the fruit and veg. I did my best to become self sufficient, but the slugs took most of my beans, the onions were pants and I managed a single tiny cucumber. Suffice to say Asda are still delivering our greens. I also planted lots of tomatoes, but they bolted like Usain and were seemingly a hopeless case. I was just

about to give up on them when I saw something about taking side shoot cuttings, so I gave them the chance to redeem themselves and ended up with some miraculously sturdy offspring.

On the plus side, I have tomatoes. On the minus side, I am now stubbornly persisting in trying to get the late bloomers to go red naturally without having to resort to the kitchen drawer, brown paper bag and banana.

Of course, all of this Autumn colour will eventually fade, but there is plenty to look forward to. The Winter Jasmine will cover the garden shed in tiny yellow stars and the Clematis will hang down from the rose arches that I had to put in to grow upwards when I started running out of space on the horizontal. Plus of course there's the colour that we most take for granted in the garden, the many shades, shapes, textures of green which, even when the flowers have gone, are often just as attractive.

In short, the brown, dead-looking garden that I remember from all those years ago, is a thing of the past. In a way it's a bad thing because the elongated Summer is no doubt a product of global warming, but I'm doing my bit to combat it by growing more plants, recycling the plastic they come in, using peat free compost and letting the Rowan trees grow that the birds seeded into the garden.

And where once I would have been on the inside looking out in Winter, I will once again put on my big coat, scarf and gloves and be out in the garden at every possible opportunity, enjoying the sights and sounds and waiting for the Spring to bring new life again.

Rachel Branson

**PRESS RELEASE: 1<sup>st</sup> October 2020**

**£5194 of National Lottery funding awarded to the Hope Street Trust**

**towards tackling of activity inequalities in patients with long-term health conditions**



The Hope Street Trust has been awarded £5194 of National Lottery funding from Sport England's Tackling Inequalities Fund which aims to tackle inequalities in activity levels through working with its partners to reach those most in need as a result of the impact of COVID-19.

The funding award will allow the Hope Street Trust to purchase a further 12 tablet devices with built-in broadband, which will enable patients currently without smart devices and/or broadband to access Remote Falls and Pulmonary Rehabilitation programmes via Zoom.

Sport England's work and contribution to Tackling Inequalities focuses on reducing the negative impact of the COVID-19 pandemic on activity levels in under-represented groups, ensuring gaps between those who are active and those who are not do not widen during this period.

With a strong understanding of the needs and issues in their areas, Sport England has initially channeled £3.3m through the 43 Active Partnerships across England to support community groups in their areas as a result of the impacts of COVID-19.

This funding and support will enable community groups working with target audiences –

Lower Socio-Economic Groups, Black, Asian Minority Ethnic Communities, Disabled People and People with Long-Term Health Conditions (LTC) – to continue to exist and engage with their communities with a view to keeping them active during both the lockdown and early recovery stages.

Tim Hollingsworth, Sport England's Chief Executive, said:

"We are proud to be able to provide funding and support to the Hope Street Trust in this difficult period. This funding will help support our valuable community

infrastructure that is so important in keeping the nation active and will also provide important connections and reconnections for people whose lives have been affected by COVID-19 and for whom remaining active is so important for their physical, mental and social wellbeing. We know from our research and data that there are existing inequalities between groups when it comes to activity levels and COVID-19 has re-inforced these.

"Thanks to the support of the National Lottery and its players, the Tackling Inequalities Fund will be both crucial and central to ensuring no-one is left behind when it comes to having the opportunity to be active during this period. This builds off the back of our £35m Community Emergency Fund that has already reached and supported over 7,500 community clubs and groups across England."

Thanks to the generosity of the Buffaloes earlier this year, the recent funding received from the Care Plus Group Charitable Trust, donations via our GoFundMe page and now this National Lottery funding through Active Humber and Sport England, we will be able to purchase a total of 25 tablets. We are currently trialing the first few and will then roll out the rest when we are happy with the set-up.

