



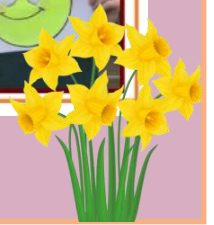
HOPETIMES X



Edition 9



April 2021



CONTENTS

Page 3	Welcome/ Rob Returns!
Page 4 - 5	Hope News Roundup
Page 6	Hope Online
Page 7	Celebrating Our (Missed) Milestones
Page 8	Virtual falls training making a real difference
Page 9	Volunteer Workshops
Page 10-13	Age UK Services
Page 14-15	Alzheimer's News
Page 16	Learn My Way
Page 16	My Mother's Purse Writing Project
Page 17	Latest Covid-19 Advice
Page 18	Remote Rehab: Getting to grips with frailty
Page 19	Remote Rehab: Going For Goal
Page 20-21	Spring Is Here!
Page 22	Spring Brainteasers
Page 23	Remote Rehab Wordsearch
Page 24	Jim Finney's Quiz
Page 25 - 29	Weekly Challenges
Page 30-35	What A Picture!
Page 36	Quiz Answers

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



HopeStreetTrust



@HopeStGrimsby

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

HOPE TIMES X

Edition 9

Hello again and welcome to Hope Times.

We hope you're all still keeping well and safe. Spring is on it's way.

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.



ROB RETURNS!



We were delighted to welcome North East Lincolnshire Council's Chief Exec Rob Walsh to our Hope Social meeting on 14th April. As you may remember, Rob attended one of our meetings earlier this year, so we applaud his bravery for coming back a second time!

Rob went away with a list of comments and queries about Council-related matters and he now also has a good idea where to get a king-size mattress from if he needs one (no, we don't mean the ones that get dumped round the back of the Annexe at the Val Waterhouse Centre!)

Incidentally, it's been lovely to welcome some new faces to the Hope Social over the last few weeks - not that there's anything wrong with the old ones!

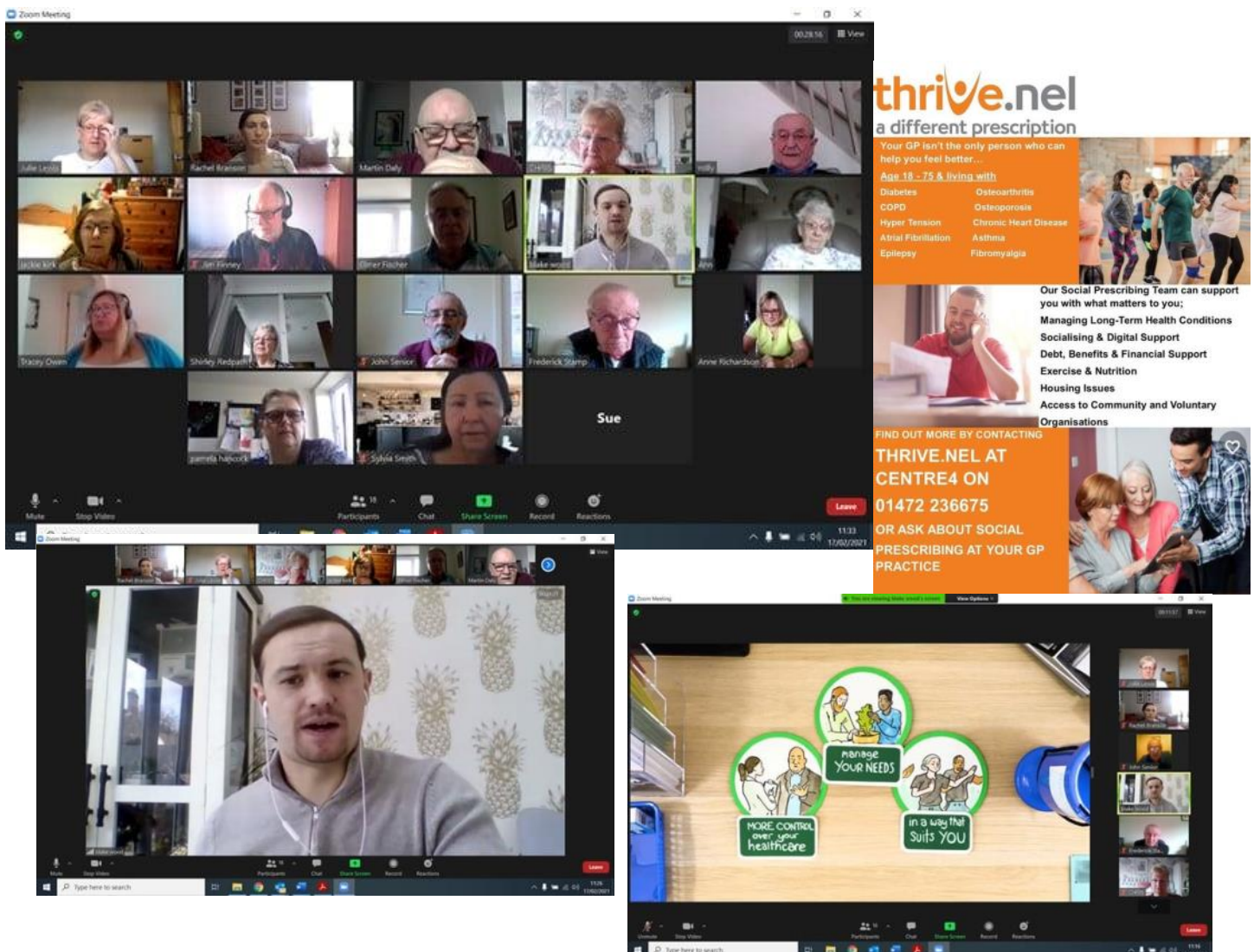
Hope News Round-up

THRIVE.NEL JOIN OUR HOPE SOCIAL GET TOGETHER

A familiar face joined us at the Hope Social in February. Our former Rehab Assistant Blake Wood was our guest speaker in his new role as Link Worker with [Thrive.nel](#). He's been doing a grand job there and has already helped out a number of our patients.

Blake filled us in on the many services that Thrive have been providing during lockdown, such as housing and financial support, food parcels and online social and activity groups. Thrive also have a community shop, gym facilities (when they're allowed to use them again), a tool library for those of you who want to do a bit of DIY but don't fancy spending a fortune of equipment and a tablet loan scheme.

If you want to know more, click [here](#) to visit their Facebook page.



Hope News Round-up

HOPE SOCIAL PLAN TO SET UP NEW HISTORY GROUP

Last month at the Hope Social, we talked a lot about family and local history research, as we're planning to start up a bit of a Hope history group in the near future, initially on Zoom.

Some of the group shared great stories about their families and the picture below was taken just as Sylv finished her story about the porkie pie she once told her dad about her mum doing handstands without any knickers on. Bad Sylvia!



In advance of us starting up our Hope History group, you might like to have a look at the website that Rach has set up - click [here](#) to go to Lincolnshire Lass.

It features stories about local people and places, as well as photos, videos, booklets and links to other websites and Facebook pages, including Friends of Cleethorpes Heritage's archives. Rach and Sylv were both members of the group for a number of years and a great deal of research was done during that time. You can also look back at the work that was done on the History of Health in Hope Street project, which was funded by the Heritage Lottery.



If you'd like to be a part of the group and have ideas about what you think

we should research, please complete our survey by clicking on this [link](#).

HOPE ONLINE

<https://sites.google.com/site/hopestreethtrust/home>

Even though we're on Zoom at the moment, the Hope team is still here for you!

Hope Street Trust
Grimsby

Home

- Who We Are
- Our Trustees
- Hope Times Newsletters
- Hope Social
- Hope Street Trust Annual Membership
- Make a donation to the Hope Street Trust
- Our Objectives
- Contact Us
- Hope Specialist Service
- Our Volunteers
- Latest News
- The Gallery Cafe
- Activities
- Information Leaflets
- Hope Recipe Book

HOPE STREET TRUST

Supporting the work of the Hope Specialist Service

HOPE TIMES X
Edition 8

READ OUR HOPE TIMES NEWSLETTERS HERE

Stay up to date with all things Hope-related

MEMBERSHIP CARD

JOIN THE TRUST!
FRIEND OF HOPE

JOIN THE TRUST HERE

Membership costs only £5 per year and gives you automatic entry into a monthly prize draw. You can use your Paypal account to pay, or if you haven't got one, you can select the option to pay using a debit or credit card.

You can choose to set up a recurring payment, so that your membership will renew automatically on the same date each year.

HOPE STREET TRUST X

MAKE A DONATION TO THE HOPE STREET TRUST

If you have a Paypal account, you can make a donation to the Hope Street Trust through Paypal Giving without us incurring Paypal charges.

If you would like to make a donation by cheque, you can send it to us at the Val Waterhouse Centre, 41-43 Kent Street, Grimsby, DN1 2YH. Cheques should be made payable to "Hope Street Trust"

USEFUL LINKS

[CATCH UP WITH OUR REGULAR UPDATES ON OUR FACEBOOK PAGE](#)

[YOU CAN ALSO FOLLOW US ON TWITTER](#)

[READ MORE ABOUT THE HOPE SPECIALIST SERVICE ON THE CARE PLUS GROUP WEBSITE](#)

We've recently updated the Hope Street Trust website - click [here](#) to view it - because, to be honest, it's been a bit of a poor relation compared to Facebook and Twitter when it comes to updates.

PLEASE NOTE, DUE TO COVID RESTRICTIONS, OUR REHABILITATION PROGRAMMES ARE CURRENTLY BEING DELIVERED TO PATIENTS IN THEIR OWN HOMES VIA ZOOM.

The Hope Specialist Service is supported by the Hope Street Trust charity (registered number 1140997). Click [here](#) for more information about the charity.

Hope Specialist Falls Service

HOPE Respiratory Service

HOPE Classes and Groups

Hope Falls Prevention Collaborative

page, Twitter feed, or the Hope Specialist Service pages on the Care Plus Group website.

We've also started work on updating our CPG pages too, including adding a page for our wonderful Falls Prevention Collaborative team, which outlines the great work they do with care home staff and in the community.

Click [here](#) to visit our CPG webpages.

The updated home page now provides a link to a library of all our Hope Times newsletters and also makes it dead easy to find where to make donations and become a Hope Street Trust member. Lastly there's a Useful Links section that, with a click of your mouse or touch of your screen, will take you to our Facebook

care plus
Provider of Choice

01472 266999

Home About Care Plus Group Our Services Work For Us Fairways Care Home Business Services CPG Charitable Trust Contact Us

HOPE Specialist Service

Helping people with mobility and respiratory problems live their lives to the full

The HOPE Specialist Falls and Respiratory Service provides a patient-centred one-stop-shop for people with chronic respiratory diseases, such as Chronic Bronchitis and Emphysema (COPD) and older people at risk of falls.

This innovative and award-winning service offers individually tailored and holistic assessment, treatment, rehabilitation and education.

Everyone is different and has different needs, so our programmes are tailored to suit the individual and considers the causes of ill health as much as the ill health itself.



Celebrating our (missed) milestones

So, there we were the other day, discussing the fact that we need to celebrate 15 years of the Falls Prevention Collaborative this year. But there was something nagging at me and when I looked back at our Twitter account, I realised what it was. We should have celebrated it last year!

To be fair, there was rather a lot going on twelve months ago, what with us all just gone into lockdown and being more concerned about whether our patients and volunteers were able to get food and medication. But it was indeed six years ago that we enjoyed that spectacular beehive cake and gathered together to mark 15 years of our amazing Falls Prevention Collaborative.



Similarly, when it came to 15 years of Pulmonary Rehabilitation in October last year, we were more thinking about Remote PR and delivering our second lot of groups over Zoom than celebrating the past. But if you were around in 2015 when we marked 10 years of PR, you may remember that we had a cycle, row and walk event where patients, volunteers and staff got together and completed the 368 miles that was the total increase in distance walked by our patients during post testing since PR first began.

Better late than never though, so we will be belatedly celebrating 15 years of the Collaborative and Pulmonary Rehab, as well as 10 years of the Hope Street Trust charity and anything else important that we might have forgotten about mid-Pandemic, during

National Volunteers Week, 1-7 June 2021.

Unfortunately the celebrations will be on Zoom, so you'll have to bring your own cake and cuppa, but keep checking our social media for more details.

THE VIRTUAL FALLS PREVENTION TRAINING THAT'S MAKING A REAL DIFFERENCE IN CARE HOMES!



Back in the old days, pre-COVID, our Falls Prevention Collaborative team were tasked with delivering five training sessions at each care home in North East Lincolnshire as part of the Support to Care Homes project, covering various topics relating to preventing falls in residential care. A great job they were doing too, until they were setting up for some training one day, only to be politely asked to leave because the care home they were in was going into lockdown.

That was thirteen months ago now and the team haven't set foot in a care home since. However the good news is that we've found a new way to safely deliver our whole falls prevention

training package in a user friendly way and at a time that's convenient to both the care homes and their staff members.

At the end of March we launched our Falls Prevention e-learning video on YouTube and, less than a month later, we've already had 116 members of staff complete the training and achieve a pass mark of 20 or more on the 24 question multiple choice test.

Top of the class at present are The Grove, where 27 staff members have completed the training. Following close behind are Eaton Court (25), whilst The Anchorage (19) and Cloverdale (18), are also doing brilliantly at ensuring their staff achieve their Falls Prevention training certification. Chestnuts, Yarborough House, Glyn Thomas House, Eastwood House and Cranwell Court have also started using the training package, with 24 homes in all having so far requested the link to the e-learning video.

By comparison, when our team went into the care homes in 2019 to deliver the first training session face to face and at a fixed time,

Cloverdale and Eaton Court were only able to free up 8 members of staff each to attend and if a new member of staff joined the team after that, chances are it would quite some time before we could go back and deliver the training again. Now new members of staff can complete the training as part of their induction, so that they are falls prevention aware almost from day one.

The new training package is already changing the way staff think in care homes, with one manager commenting that,

"I am going to implement some further exercises for the residents, as this can be accomplished through our smart television in the lounge to improve balance and coordination. I will encourage staff to participate in this also."

Another staff member said that they would,
"Ensure that residents drink enough throughout the day. Ensure that at every contact, encourage drinking."
A third promised to "ensure walking aids and ferrules are in good condition."

These might seem like small improvements, but they can make a huge difference when it comes to preventing falls.





NEXY VOLUNTEER WORKSHOP (ON ZOOM)

WILL BE ON

WEDNESDAY 12TH MAY 2021

AT

11am - 1pm

Hope to see you there!

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





Hot Meal Delivery Service

All meals are freshly homemade and come with a range of vegetable and potatoes with any gravy or sauces in separate pots. All crumble, sponge and pie puddings come with custard, again in a separate pot.

All meals are delivered direct to your door.
Payments can be made by cash, cheque or BACS.
Hot meals are £5.50 and salads are £5.00.

Please call on **01472 344976**
option 1 to book

Please try and give as much
notice as possible when ordering.

Please find our menu on
the reverse of this flyer.





Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Sausages or sausage pie	Gammon	Roast Chicken	Mixed Salad	Fish Pie or Mixed Salad
Treacle Sponge	Fruit Crumble	Rice Pudding	Cheesecake	Pie/Sponge or cake
Week 2				
Lasagna and Side Salad	Steak Pie	Roast Pork	Mixed Salad	Fish Pie or Mixed Salad
Chocolate Sponge	Fruit Crumble	Sponge Pudding	Gateaux	Pie/Sponge or Cake
Week 3				
Cottage Pie	Corned Beef Hash	Roast Beef	Mixed Salad	Fish Pie/Mixed Salad
Coconut Sponge	Cheesecake	Gateaux	Trifle	Pie/Sponge or Cake

We can also deliver a sandwich deal which includes a sandwich, sausage/cheese & onion roll and cake for a further £3.50. Available daily.

Please note that friday's meals will currently be delivered on a thursday.

Gravy and white sauces will be served in separate pots.



Please remember to ring us and give as much time for your order on:

01472 344976
Option 1

Thank you!





AGE UK FOOTCARE SERVICE

A new Foot Health Care Service is coming soon to the Grimsby site.

The range of services will include everything from toe nail clipping to full clinical services from a fully-trained Foot Health Practitioner.



Prices start at £20

A percentage of this will go to supporting your local charity.



Grimsby Site

**27 Osborne Street
Grimsby
DN31 1EY**

**Appointments available on Fridays
Please ring to book
01472 344976
option 1**

**Bring this flyer to your first appointment
for a 10% discount.**

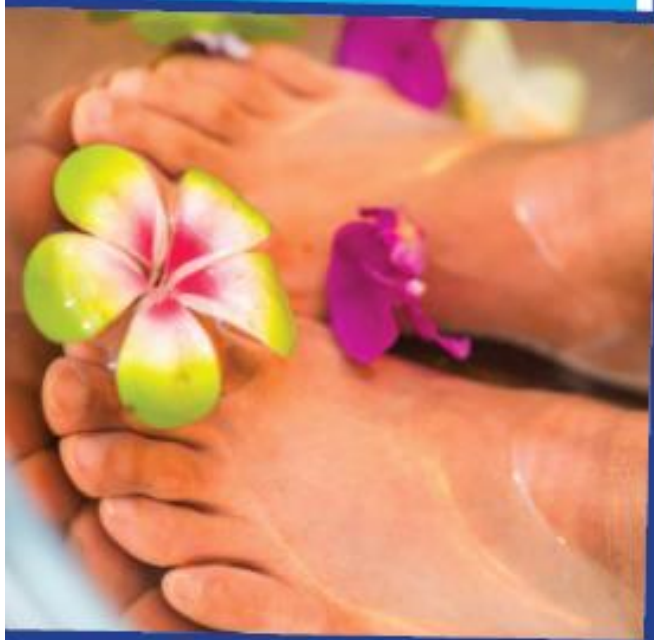
AGE UK FOOTCARE SERVICE

A new Foot Health Care Service is coming soon to the Cleethorpes site.

The range of services will include everything from toe nail clipping to full clinical services from a fully-trained Foot Health Practitioner.

Prices start at £20

A percentage of this will go to supporting your local charity.



Cleethorpes Site

**20 Wardall Street
Cleethorpes
DN35 8DN**

Appointments available on Thursdays

Please ring to book

01472 344976

option 2

**Bring this flyer to your first appointment
for a 10% discount.**

Come along to your local Dementia Café in an informal online group session

Information and advice in a relaxed setting for people affected by dementia in an informal online group session

Your local Dementia Café provides a safe and supportive place for you to:

- discuss your own dementia diagnosis, or someone else's, and think about what it means for the future,
- get answers from health and social care professionals and other voluntary organisations
- meet and learn from other people in similar situations

Where to find us?

Online—from 11th January 2021

Please contact us on

01472 359247 to register your details so we can send you the Zoom details to get you online

Our Dementia Café runs

Weekly every Monday: 10.30am-11.30am



'The people are so friendly and helpful. It stopped me bottling everything up and going into a downwards spiral.'

Judith, who has dementia

**To find out more
contact us on:**

Referrals_NELincs@
alzheimers.org.uk

01472 359247

alzheimers.org.uk



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

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

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

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

Where to find us?

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

Our information programme runs

Wednesday 14 April 2021: 1.00pm - 2.30pm

Wednesday 21 April 2021: 1.00pm - 2.30pm

Wednesday 28 April 2021: 1.00pm - 2.30pm



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

Anna, who cares for someone with dementia

To find out more contact us on:

Referrals_NELincs@alzheimers.org.uk

01472 359247

alzheimers.org.uk

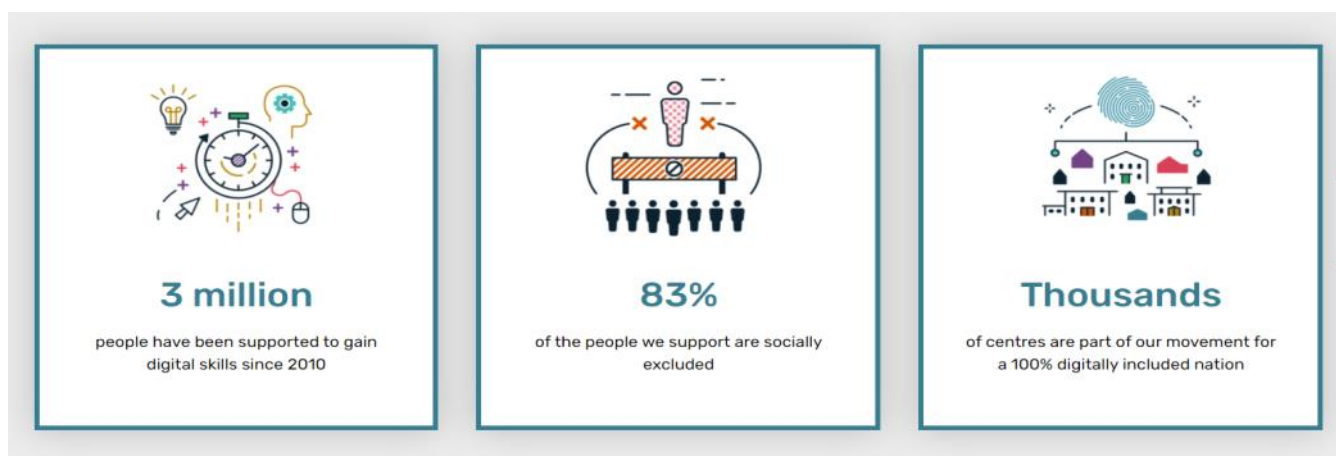




Learn My Way, is a website full of free online resources to help people develop digital skills to make the most of the online world. Learn My Way covers everything from using a computer or tablet for the first time and staying safe online, to using the internet to shop or socialise.

The Learn My Way website also has a very useful [Help Someone Else](#) page, where you can download lots of useful learning guides that complement the courses.

Click on the Learn My Way [link](#) for a range of courses. Learn My Way is part of the [Good Things Foundation](#), who are doing great work to help people gain digital



<https://www.learnmyway.com/subjects>

FREE MEMORIES WRITING PROJECT

Would you like to share your memories with others and even see them in print completely free? Everyone had stories to tell and I would love to hear yours. I am thrilled to say that I have been awarded funding by the Care Plus Group Charitable Trust to run a Life Stories Writing Project for 9 older adults: 'My Mother's Purse'.

The 5 month project will be delivered on Zoom and consist of a 2 hour interactive writing workshop once a month, followed by a one to one session each month to discuss your writing and to help the participants find, tell and write their stories. A selection of these will be published in an anthology and shared with local communities at the end of the project.

The first workshop will be on Thursday, 10th June, 10.30am-12.30pm.

If you live in North East Lincolnshire, are over 55 and are comfortable using Zoom, do please contact me for a chat and an application form. Absolutely no writing experience is necessary, however you do need to be able to take part in all of the sessions to join the project.

Why 'My Mother's Purse'? The title was inspired by one of my own childhood memories growing up in Nottingham. I was asked by my mother to pop to the corner shop to buy a loaf of Golden Wonder. In the 70s it was perfectly normal to send a 7 year old to the shops by themselves. I stood at the counter and opened the clip of the purse, about to pay. However, I had opened the wrong side. Instead of money, when I peered into the threadbare interior, staring back at me was a collection of my own baby teeth which- until that moment- I believed had been taken by the Tooth Fairy!

My Mother's Purse is about our hopes and dreams and memories. It's about family and our place in our family. Most of all it's about remembering, sharing and preserving our life stories.

Rosanna McGlone email: mcglonehealey@yahoo.com Telephone: 07570 480802.

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/>

REMOTE REHAB:

Getting to grips with frailty



Looking at the clinical audit results for Remote Pulmonary Rehabilitation at the end of last year, we noticed something out of the ordinary. Since early 2006, we've been using grip strength as one of our pre and post test outcome measures and in all that time, the average percentage increase in grip strength was always around 8%.

Due to COVID restrictions, we weren't able to test grip strength for the first two Remote PR groups last year, but we were for the next two groups that finished just before Christmas and the results stood out a mile. Usually the average increase in grip as a number is around 2, but with the 12 patients who completed the test in December, the average increase was 7.83, which equates to a percentage increase of 61%. Obviously we were chuffed to bits, but it was only 12 patients and we needed more proof.

In January this year, we also started using grip strength as an outcome measure in our Remote Falls groups and the 13 patients who have just post-tested achieved an average increase of 7.15, which is a percentage increase of 44%, the same average percentage increase achieved by the Remote PR patients post tested so far this year (average score increase 8.67).

Whilst the percentage increase may have dropped this year, average grip strength at PR pre test last year was only 12.92, compared to 16.31 for Falls and 19.55 for PR this year. Starting from a lower baseline means an increase of 8, for example, would carry greater weight. So a person who scored 12 at pre test and 20 at post test would register a 67% increase, whilst a patient who increased from 20 to 28 would achieve a smaller but still excellent 40% increase.

Of course, whether a 44% or 61% increase in grip strength, both are a dramatic increase on the 8% we used to average in face to face groups and with grip strength now being used as one of the main indicators in measuring frailty, it's great news for our patients that they're demonstrating such improvements.

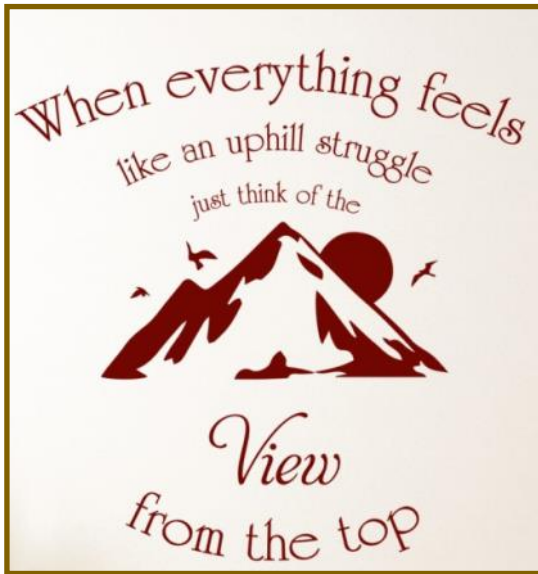
And the reason? Well, we need to keep gathering more data, but we believe that it's down to type of exercises the patients are doing in Remote Rehab and how they're doing them.

Senior Falls Physiotherapist Gemma Capes explained,

"During the virtual rehab sessions, we have been doing our exercises a little differently. In most of the sessions at Val Waterhouse Centre we would use Therabands— different lengths and strengths of elastic. These would usually have a handle on them to grip. However, during virtual rehab the patients have been wrapping them around their hands as a way of keeping hold of them.

With resources also limited on virtual, we have been making use of our hand weights and again patients need to take a grip of the weights throughout the exercise. These are the exercises where we feel we may be getting carry over and helping to increase the grip strength. We are also doing grip specific exercises where patients are squeezing items such as stress balls or a ball of socks. We are starting to see this is also helping with the increase in results."

Going for Goal



Although we sometimes share patient feedback with you, when it comes to audit, we tend to focus on the more clinical outcomes, such as increases in grip strength, number of sit-to-stands, walking times and distances and the various pre and post test questionnaires that you will know all about if you've been one of our patients or volunteers.

However, another outcome measure that is very important to our patients is their personal goal. Looking at the patients who have completed Remote Pulmonary Rehab since we started, there are a number of common and not surprising themes, such as being able to walk further, to climb the stairs and to control their breathing and be less breathless, all things that someone in relatively good health takes for granted.

Being able to climb the stairs means that one of our patients is able to carry his shopping bags upstairs to his flat, whilst another can now go upstairs to bed, rather than having to sleep downstairs. One lady reported that she has been able to stop using her stairlift, whilst another, who still works, is able to manage better in her workplace. By the end of the group she was achieving 5 consecutive flights of stairs whilst managing her breathlessness, which probably makes her fitter than me after all these months of working at home!

Depending on which end of the MRC scale our patients are at in terms of the severity of their chronic respiratory condition, their goals when it comes to walking vary greatly. For one it is to walk to the end of their street, for another it is to walk 6 miles in a day - and he actually achieved 9 miles in the end!

Some want to walk for pleasure, including a gentleman who was able to accompany his wife on a walk around the country park and a lady who started taking her dog out again after completing Remote Rehab. Others were keen to get out onto Cleethorpes seafront or to get back to rambling. Being able to manage inclines is also an important goal, as it will get you up Isaac's Hill!

However, for others, increased exercise tolerance is a means to an end. The lady who wanted to walk 40 yards to the end of her street was able to take her bin out for collection because she achieved her goal. Another lady who initially wanted to walk the length of her garden quickly completed this and successfully achieved her second goal, to vacuum her lounge in one go.

The combination of education and exercise in the Remote Rehab programme and the fact that it is tailored to the individual means that patients have been able to resume many of the activities of daily living and pastimes that they thought they wouldn't be able to do again, such as making the bed, washing the windows, showering and dressing, getting in and out of a car, playing with and looking after grandchildren, gardening, fishing, shooting, cycling and kneading bread.

The picture above is one of the wall stickers we put in the gym at Cambridge Park when we were decorating last year and our Remote Rehab patients really have earned their view from the top.

Spring is here!



I think we've made spot the bee a bit easy this issue!



Photos by Rach

Spring Brain Teasers



1. Although I'm a flower, you can find me in your eye. What am I?
2. What goes up when the rain comes down?
3. What has no fingers, but has many rings?
4. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
5. What can you hold without ever touching or using your hands?

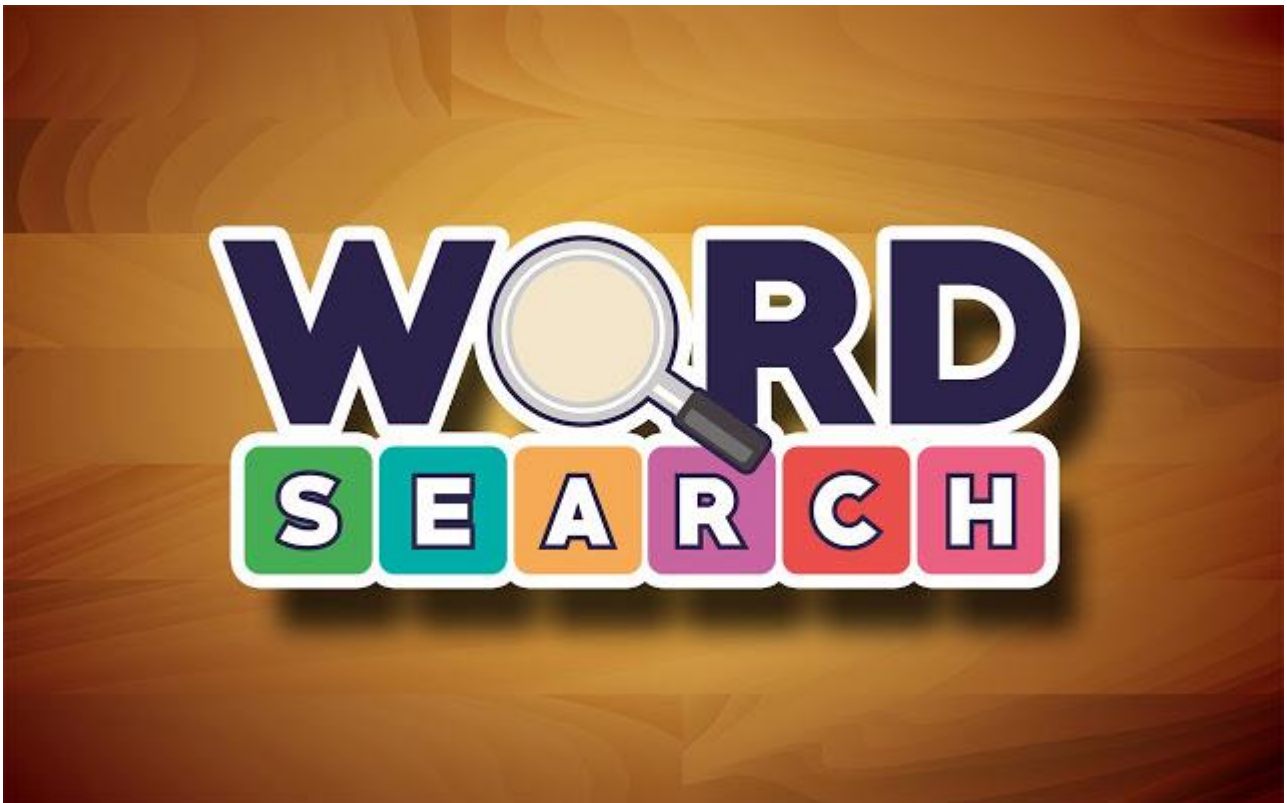
Answers on Page 36

ENTERTAINMENT

THE REMOTE REHAB WORD SEARCH

Try your hand at our very own word search using words that all appeared on remote rehab patient feedback forms.

See how many you can find!



[https://thewordsearch.com/puzzle/2045778/
the-remote-hope-wordsearch/](https://thewordsearch.com/puzzle/2045778/the-remote-hope-wordsearch/)

JIM FINNEY'S HOPE SOCIAL QUIZ

RIGHT UP YOUR STREET QUIZ - GRIMSBY & CLEETHORPES

Cryptic clues for the quiz	
1	A good road to wear small jackets
2	Is there a Christmas little town in this street?
3	Camilla and Kate would feel quite at home in this street
4	Does quite contrary Mary live in this street?
5	Just the street for wet weather footwear
6	Could there be a Uni in either of these Grimsby/Cleethorpes streets
7	Maybe the old roundhead general marched down this Cleethorpes Road
8	Is this the French odd street right here in Grimsby?
9	A royal residence maybe in this Cleethorpes road
10	Sounds like this avenue should suit you sir
11	Does this road have a light to warn of danger?
12	Flour used to be made in this road in Cleethorpes
13	Hardly the street to find a dark haired sibling
14	Surely this must be the street to find grumpy old Meldrew
15	You can leave your car in this street, but you may have to pay
16	Is this street full of grazing cows and sheep
17	This street could do with a good clean up
18	This street does not quite match up with all the hills in Rome
19	This street takes the Italian fruity biscuit
20	Not the most expensive place to live in old Waltham then

Weekly Challenges

With a break in groups in April, we thought it would be fun and good for staff morale to take part in some weekly challenges. We've done guess the intro, stone decorating, step counting, bucket lists, blind drawing, joke telling and doodles, but the challenge that most seems to have captured the imagination of the team so far was to write a poem. We had short, medium and long poems, from Haiku to semi-epic proportions and here are some of them.

Coronavirus I hear you shout
A bat, in Wuhan, what's that all about?
It's here, it's there, in Italy - Rome.

Airports, schools they start to close.
Will it come here? Nobody knows.

The news reports it can be found in the air,
The news also shows the growing despair.
Then Boris announces to stay at home,
With many people sighing, I am here all alone.

The nation unites and the world comes together,
Whilst some people ask, will it be like this forever?
A year full of sport all now in doubt,
The Euros, Wimbledon no crowds you will hear shout.

Anger and frustration we start to feel low,
The four walls are closing, the tensions begin to grow.
Resentment and hurt for a daily routine
It's not their fault, I don't mean to be mean.

Chris Whitty he says we can open with caution,
So Boris thinks he's got the wheels in motion.
Eat out to help out, that seems really bright,
But pubs don't you open past 10pm at night

And here it comes, the second wave in sight.
But do not fear, the vaccine is here, right?
The deaths increase much higher than before.
Another Lockdown is placed to protect the NHS for sure.

We can meet up for Christmas for 5 days you're free,
Santa will be here, with presents under your tree.
He changed it to one to save lives once again.
Again confirmed on the News at 10.

A new year is here, 2020 is the past,
Will we get to hug our family at last?
A lockdown again, when will this end?
I just want to sit and chat with my friends.

The road map appears, with a glimmer of hope.
How, just how have we all learned to cope?
A year of stories and memories to tell.
For some it's been heaven and for some it's been hell

This year it has taught us to keep everyone close;
We realise that love really is the best dose.
To love and to cherish all that we have,
Not to take note of Chris Whitty's graph.

Some things are still closed,
Our friends are so near,
But when they say it's over
It will be with a hug and a cheer.

By Gemma Capes



WE WILL SURVIVE (AND THRIVE) Or A Homer's Odyssey

At first, we were afraid; we were petrified,
Of the unseen and the unknown.
Our homes became our offices,
Once together, now alone.

Countless hours spent on the phone,
Rating amber, green or red.
Whilst our Dial a Ride bus heroes,
Queued for Matey, milk and bread.

Zoom became our lifeline,
Our work family we could see,
In team meetings and on webinars
Albeit in 2-D.

Like an Aussie soap, our team was split,
Some Home and some Away.
At Fairways, Hospice and CP,
They stepped into the fray.

Meanwhile, our home team blazed a trail,
Way ahead of the rest by far.
Whilst others were giving out leaflets,
We launched Remote Falls and PR.

Some doubted it would work online,
With everyone on home turf.
But with tech support, our patients learned,
You're never too silver to surf.

Now our talks are all on YouTube,
And so is Sylv's Tai Chi.
There's Hope Social Zoom
And we're even training care homes virtually.

We did arts and crafts at Christmas,
And the party went with a swing.
But Happy Birthday to you and Jingle Bells prove,
You shouldn't attempt to sing!

We've all stepped out of our comfort zones,
And mostly it's turned out fine.
Never thought I'd be picking out wall stickers,
And doing interior design.

We've learned so much in this last year,
About COVID, truth and lies.
Sir Chris, JVT and our own Auntie Pam
Have opened up our eyes.

We've worn our masks, we've kept apart,
And sent bodily fluids to labs.
Then when our early Christmas present came,
We lined up to get our jabs.

Barring mutant vaccine eating strains,
The future could be bright.
Every shot in the arm for our patients,
Means a restart is in sight.

We want to be back at the VWC,
So we can do what we do best.
But reception is like a warehouse,
And there are CUCTOOS in our nest.

There's a red zone and a blue zone,
Cos' the heating's up the spout,
For the present Hope is annexed,
But we'll get those squatters out.

We've laughed, we've cried, we've lost and gained,
But when all this has ended,
The family that was split apart,
Will be well and truly blended.

by Rachel Branson



YOU'LL NEVER KNOW

It breaks your heart, when comes to mind
How lonely folk can be.
To have no one to pop on in,
Or telephone just to see.
I have spoken to people throughout this
time
Their stories make you sad,
But then the difference they say you make
Makes your heart real glad.
Be aware, take time, think twice,
Is all that we can do,
It's good for the soul and also the heart,
It don't take much

BE NICE

One thing this time has taught me
Anxiety amid,
There's always someone worse off than you
'YOU AINT SO BAD OFF KID'
I love my job and love the team
In fact I'm truly blessed,
Between the laughs and wit of Rach
And support from friends the best
You fill my tank and stock me up
To be able to deal with the rest.
My life could have been so different though
Throughout this horrid time,
If Employability had not been there
Where would I be right now?
The twists and turns of life's great plan,
Never ceasing to amaze,
As it brought me right to here and now,
Living and loving my Hope days. 😊

By Julie Lewis



A year has gone by,
Still working here at home.
I might be British,
But I am not gonna moan.

Benno's now a mum,
And Ali is a gran.
Jo's been setting off fire alarms,
I just want a campervan.

Claire's itching to get back to the office,
For this I am not sad.
Avoiding rush hour traffic,
It's not that bad.

Beer in a tea cup,
I know you've done it too.
Phil's away from his desk again,
Calling patients from the loo.

Poor Jenny's now in a care home,
And Tracey wants to be a cat.
My hair is now a mess,
And I have got a bit fat.

I haven't covered you all,
In this half an hour slot.
I am not one for many words,
But I gave it a shot.

And now I have a patient,
So I have to go.
Bye.

By Arlene Johnson

Imposed isolation is one of the not-so-kind kind,
But free choice isolation can be so much more.
Open space, air to breathe is medicine for the mind,
Venture out, walk away from your own front door.

Feel the clean air fill the body and the soul,
Feel the cold breeze's welcome chill from top to toe.
Find the courage to take a step and just stroll,
Find a desolate path where no-one else will go.

See the sky of blue, broken with clouds and soaring wings,
See the landscape open up its heart to you.
Spend time and focus on what nature offers and brings,
Spend a minute to reflect on what feels true.

Hear the passing wind as it collects the sands of time,
Hear the stillness of the air and safe steady beat of the heart.
Hope and visualise the journey to when you can climb,
Hope for a future with loved ones who seem far apart.

Smell the fresh damp dew of the grass disturbed by your touch,
Smell the damp musty earthy soil as it passes under foot.
Seek solace in the space and nature's humble input,
Seek no answers, no plan, just stop. Too much!

Taste the dryness of your lips from exposure to the elements,
Taste the welcome fresh water to rehydrate the senses.
Take time to observe and respect nature's tenants,
Take a moment to breathe and rest upon fences.

Not all isolation brings a negative thought,
Take a minute to stop and embrace you for you.
Take a minute to feel what nature around has brought,
Take a minute to capture and visualise what's new.

By Christine Jones



At Hope Specialist Service you'll find,
Rehabilitation is always in mind.
No matter how dark,
You won't lose your spark,
That silver lining we'll find.

By Irene Grainger

This virus is s🦋t
That is it

No more to say
No more to convey

You don't have to believe me
But wear a mask to relieve me

Please keep two metre distance
Cos this virus has persistence

I am not being rude
The virus I have brewed

And trust me, I tell you
Avoid the COVID crew

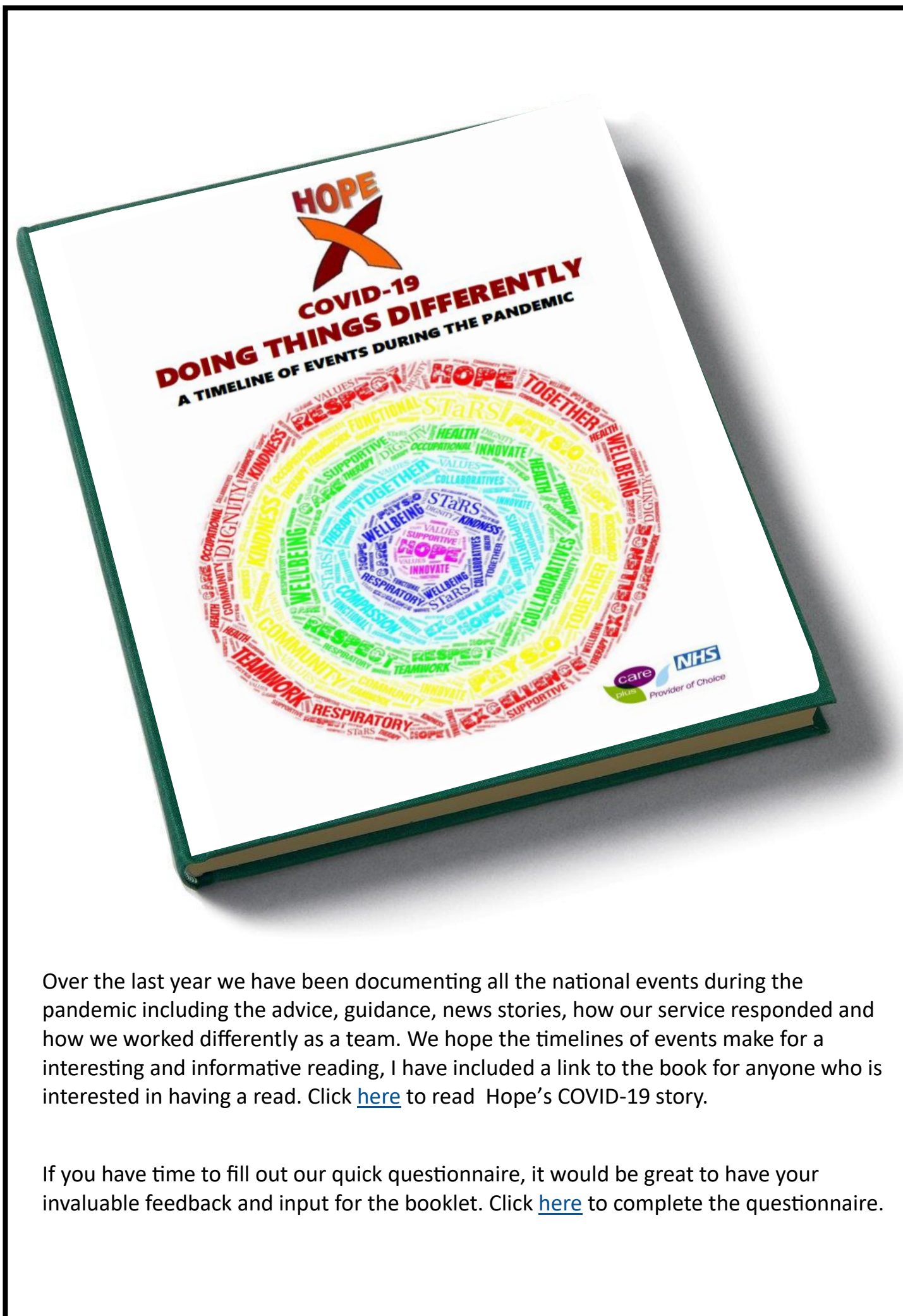
Keep the virus at bay
At home just stay

And if you are smart
Keep HOPE in your heart

By Kylie Farbrace

Coronavirus,
The worry, the wonderful
Bonds revealed

By Pam Hancock



Over the last year we have been documenting all the national events during the pandemic including the advice, guidance, news stories, how our service responded and how we worked differently as a team. We hope the timelines of events make for a interesting and informative reading, I have included a link to the book for anyone who is interested in having a read. Click [here](#) to read Hope's COVID-19 story.

If you have time to fill out our quick questionnaire, it would be great to have your invaluable feedback and input for the booklet. Click [here](#) to complete the questionnaire.

What a Picture!

By Rachel Branson

Taking a photograph is something that we take completely for granted these days. It's just so easy; tap the screen on your phone a couple of times and almost instantly you can have a high-quality image that, with a few more taps, you can make even better thanks to all the special effects that come as standard on most decent smartphones.



It's a far cry from my memories of when I started taking photographs. As with most things, I can't remember exactly when that was, but certainly by the late 1970s, I was taking a Kodak Brownie 127 with me on school trips. I didn't realise at the time that it was already an antique when I was using it, as it was first manufactured in 1965 and they stopped producing it in 1967, the year I was born, so it's positively ancient!

The camera went with me to Scarborough (1979), Ripon and Fountains Abbey (1980), Stratford-Upon-Avon and Butlins Skegness (1981) and lastly a

1982 school trip to the battlefields of France and Belgium. I know because I have the funny little square photos with rounded corners (like this one of the Monument du Flambeau at Neuville-St. Vaast near Arras) to prove it. The double exposure on my photos of the White Cliffs of Dover is a reminder that you had to manually wind on the film in those days. Clearly, I was so excited to see Vera Lynn's old haunt that I forgot to do so.



Then the film had to go away to be developed and there was the nervous wait to see if you'd managed to record some decent quality memories, rather than something that looked like it had been taken in the dark with your eyes shut and your finger over the lens. To be fair, apart from the White Cliff debacle, my early photos weren't too bad, although I'm glad I've been able to return to a few of the places in later years with my digital camera and have another go at it.

If the old photos are half decent, perhaps it's because film was precious, with a limited number of exposures on each roll, so I took care not to waste them. Nowadays I think nothing of taking hundreds of photos in a day with my trusty Lumix and then sifting out the photographic wheat from the chaff, but forty years ago I probably had a couple of rolls of film and a few dozen exposures at most and had to be more selective.



Also, in the early 1980s, we had the almost instant gratification of the Polaroid camera, which shot your photograph out of the front where you could watch it develop before your eyes. It was a bit of a marvel at the time, but the picture quality was actually pretty pants and there was something about the feel of the photos that I never really liked.

After that, we had a Kodak Disc camera, so it was back to sending off the film for developing, albeit in cartridge form. The photos were now rectangular, rather than square, and the quality was better. I have many pictures to remind me of the people and events from my days in the sixth form at Havelock School and it's the only proof I have that I was there at the same time as our Physio Irene, because neither of us remembers the other being there and yet I have a lovely

photo of her in fancy dress, so we were clearly in the same room at some point. The disc camera is still in a drawer, even though it broke many years ago, patiently waiting to become an exhibit in a 1980s museum.

I took photos all through the 1980s and 1990s, but I can't for the life of me remember what camera I took them with or how many I went through. The photos are nothing inspiring, mainly social functions and either work or football-related, as they date from an era when my life was dominated by following Grimsby Town all over the country and being the reporter/secretary/general dogsbody for a Sunday League team. It all seems a lifetime ago now and if it wasn't for the photos, I would find it hard to believe that was my life for nearly two decades.

The process of sending off films continued for many years until at some point, probably early this century, I got a digital camera as part of a computer package and I've been a digital girl ever since. In the beginning, I used to print off the photos I took, but as the years have gone by that's happened less and less and now they just sit on my laptop, backed up on an external drive and on various clouds, just in case, waiting to be remembered and reviewed. Of course, if the "just in case" happened to be a solar flare or something equally catastrophic happening to the National Grid and the internet, I wouldn't be able to sit and console myself with my memories of happier times once the battery power had drained. I really must print off more before disaster strikes!

My photographic tastes have changed a lot over the years, especially since I gave up on Grimsby Town and started seeing more of this country than the inside of football grounds. I'm more into gardens, historic buildings and beautiful landscapes now. I'm like a kid in a sweetshop when I get my camera out, so perhaps it was for the best that I had switched to digital cameras with very large memory cards by the time I had a free run of the pick and mix.

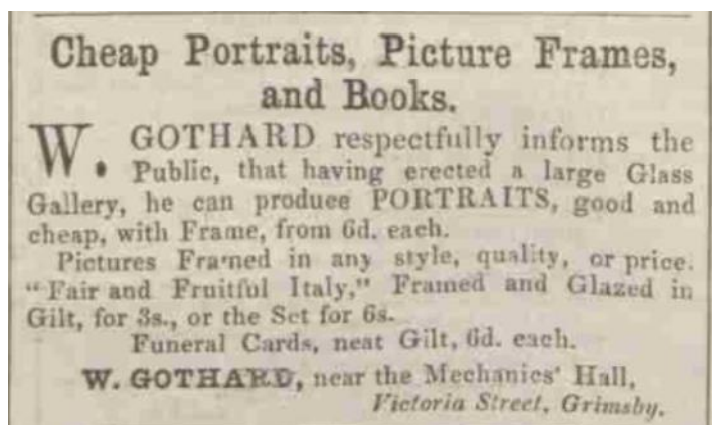
If things have moved on a lot since I first started taking photographs, imagine how far removed we are now from the photographic studios, which began appearing on the streets of Grimsby and Cleethorpes in the mid-1800s. It must have been an almost magical thing to have your portrait taken in those early days of photography. Indeed, in some cultures, it was believed that your soul would become trapped in the picture if you allowed yourself to be photographed. If you've watched a very creepy 1980s Sapphire and Steel story about old photographs, you may still have an aversion to being caught on camera. Maybe I'll start using that as my excuse for preferring to be behind the lens.

Scientific minds had been trying to capture images since the 18th century, but their existence was frustratingly fleeting and it wasn't until the mid-1820s that what is thought to be the oldest surviving photograph was taken. However, as exposure took anywhere between 8 hours and several days, it was still a long way off commercial use.

In subsequent years, Henry Fox Talbot, Louis Daguerre and others continued to experiment and develop new equipment and processes and - without getting into the science of it all as I don't really understand it - by the 1850s, photography had become something that the enthusiastic man on the street - or in the field, in the case of this story - could learn and then take up as a profession.

One such man was Warner Gothard, born in Littleport, Cambridgeshire in 1835 who, at the age of 16, was an agricultural labourer. Then, along with his shepherd father Joseph and elder brother William, a brick and tile maker, he decided to study photography in his native village, a decision that would dramatically change the course of his life and others.

In the early 1850s, he and brother William left Littleport behind and moved to Grimsby, where they established what was possibly the earliest photographic business in the town if the local directories are anything to go by. Later biographical newspaper articles suggest that the Gothard



brothers came to Grimsby in 1852, however the first evidence I have found online that they were running a portrait business was in May 1859 when this advertisement appeared in the Louth and North Lincolnshire Advertiser.

Records suggest that the brothers had to support themselves by other means whilst they built up their photography business as when William married Susanna Gover in November 1856 at the Primitive Methodist Chapel in

Grimsby, his occupation was given as "joiner". Perhaps the monied people in town were at first reluctant to go down the Oliver Cromwell "warts and all" route and still preferred their portraits painted to perfection?

By 1861, William, his wife Susanna and Warner were all residing at the Royal Oak and "William Gothard, Photographic Artist", of Victoria Street South, was listed in the Post Office Directory of Lincolnshire, sandwiched between Robert Gossop, tailor, draper and grocer of Church Street and George Goulding, pork butcher in the Bull Ring. In 1863, he had progressed to being a "Photographic artist and picture frame manufacturer", at 28 Victoria Street North – those joinery skills were obviously coming in handy!

However, at some point in the next few years, William seems to have quit the photography business, leaving Warner to take over the reins. Perhaps he didn't like spending hours in the dark or the noxious chemicals used in the developing process didn't agree with him. We will probably never know, but I do know that Warner took over because I have two of the cartes de visite that were produced by him.

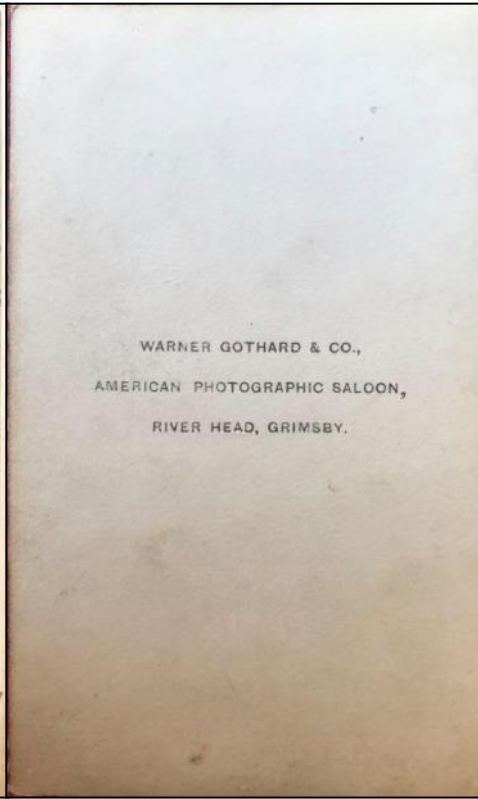


Sadly, these aren't family heirlooms and I have no idea who the people are in the photographs, although the back of the card on the left suggests that one of these two was very affectionate! The truth is I bought them on ebay during the last five years, along with many other cartes de visite, cabinet photos and postcards.

I blame Pam and Kylie for starting me off down the collecting route. When they moved into their current home some years ago, they found a collection of old photograph and postcard albums in a secret hiding

place that had been missed by the house clearers. I bought all of the local postcards off them and it went from there.

For a while I wasn't particularly interested in people; I preferred places and I honestly can't



remember why that changed, but it did and I now have around 250 photographs of long dead total strangers!

Perhaps this makes me no different from the Victorians who avidly collected these 4 x 2.5 inch cards from family and friends. It was just their equivalent of collecting Panini stickers or trading cards and certainly on a par with how, as kids, we swapped the little passport size photos that were taken by the school photographer and put them in a cardboard multi-frame.

Anyway, if you'd like to see some more of the collection, there's a couple of video slideshows on YouTube. The titles stem from the fact that there's an ethereal quality to many of the photographs, particularly the head and shoulders shots.

[Ghosts from the Past part 1](#)

[Ghosts from the Past part 2](#)

I can say with reasonable certainty that these two photographs were taken in the mid 1860s, not because I'm a genius at dating Victorian apparel, but because I know that Warner Gothard upped and left Grimsby in 1866, not long after son Warner junior was born, and moved his business to Wakefield. Before he left though, he also took this splendid photo of Scartho Church, which was recently shared by the Grimsby Local History Library on Facebook. They commented that it is the oldest picture of the church they have come across, which would tie in with the Gothard brothers being two of the earliest photographers to ply their trade in Grimsby.

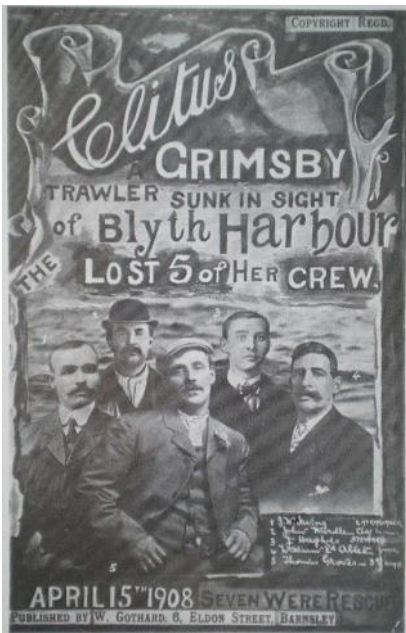


Whilst older brother William was last heard of as a traveller in a show in the Durham area in 1871, Warner stuck with photography and went on to do rather well for himself, capturing the great, the good and the royal including, in 1886, the Duke and Duchess of Teck and then Prince Albert Victor in 1888.

By the time Warner Gothard Sr. died in 1909, he had not only established a successful business in Wakefield, but also another in nearby Barnsley and a third in Rochdale. A number of his many children joined him in the family business and carried it on after he retired. An obituary in the Barnsley Chronicle describes Warner and his many achievements:

"The deceased was a quiet, painstaking worker, and an ardent experimenter, always ambitious to lead in new inventions and processes, and all his discoveries and improvements he freely

communicated to the trade. In the sixties came the rage for the carte de visite, which he took up with wonderful success, mastering the technicalities, and taking advantage of the popular taste for that kind of portrait. When the collodian transfers were introduced his pictures became famous. Earlier than the gelatine bromide plate, in the days of the dry plate, he was one of the first to manufacture them. He had mastered the iodized collodion dry plate, and also the paper now in use, out of which inventions large fortunes have been made. The imitation of crayon drawings he carried to a high point of excellence, and in the carbon method he soon came to the front rank; his work in that line remains as perfect in tone as when executed. In the copying of oil paintings and in painting copies he not only found out secrets and overcame difficulties, but he perfected the style of finish, and in this time the firm has taken the masterpieces in oil in many of the aristocratic homes of Yorkshire... The deceased, engrossed in his art, found no time for public office, but all who knew him cherish his memory as that of an honourable and genial citizen."



Although he spent hardly any time in Lincolnshire, I am claiming Warner jr. as one of our own on the grounds that he was born in Grimsby and his mother, Annie Howlett, was a Grimsby lass. Warner inherited his father's talent for photography and was himself an innovator, being responsible for a series of montage postcards in the early 1900s, which depicted both notable events and disasters, including the sinking of the Grimsby trawler Clitus in 1908.

As the eldest son of twelve children, Warner (pictured right, photo courtesy of warnergothard.com)

inherited the business from his father and did extremely well for himself. By the time he died in 1940, he left effects worth in the region of £2 million in today's money. As well as having made some very astute investments, he probably saved

himself a fortune by never marrying, although this wasn't for the lack of trying on the part of several ladies!

In 1906, Warner found himself in court for breach of promise after Annie Fleck, the manageress of one of his shops, claimed that they had been in a relationship for years and that he had asked her to marry him, then refused to go through with it. The newspaper reports read very much as "he said, she said", with Warner denying all the lady's claims, but it probably went against him that he had previous form and was having to pay some form of maintenance to another former female employee, with whom he had had a relationship in 1901. Warner claimed he couldn't marry Annie because his affections lay elsewhere, but, in the end, he chose not to marry anyone. He paid Annie £250 compensation for breach of promise and then, perhaps wisely, remained a bachelor for the rest of his days!



In spite of this case, Warner was a respected photographer and businessman and there is a blue plaque with his name on in Barnsley. Having purchased a great deal of land during his lifetime, when he died he donated the area known as Seckar Woods to the councils of Wakefield and Barnsley for the benefit of the people. The Woodland Trust website comments that,

"Seckar Wood isn't just a woodland, it's a whole variety of habitats including ancient woodland, heathland and wetland. For this reason the wood is designated as a Site of Special Scientific

Interest and a Local Nature Reserve”.

The wood is still enjoyed by the people today and all because a shepherd, a brick and tile maker and an agricultural labourer decided to learn how to take photographs.

Many professional photographers followed the Gothards in Grimsby. Whilst some seem to have operated for only a few years, others such as Garthwaite, Jeffray, Audas, Greenwood, Lowthian Bros, Sherlock and Noble were in business for decades. Meanwhile, if you visited Cleethorpes in the twentieth century, there was a good chance of being snapped by the Hardy family as you walked along the Prom. I have some wonderful group photos in my collection of day trippers crammed into deckchairs on Cleethorpes beach and up on the promenade, usually in their hats and overcoats, presumably wrapped up against the cold!



There are still plenty of photographers around today, but the way we use them has changed over the years as the process of taking a picture has been increasingly demystified. Now virtually anyone can take a photo and, thanks to technological advances, even the happy amateur can capture images to be proud of. Whilst the Gothard brothers once made magic, now we make the mundane. We click away and share our snaps with the world in a matter of seconds, without thinking about how lucky we are to be able to do it.

During lockdown I discovered the artist Eric Ravilious (1903-1942) and then through him his son, the late photographer James Ravilious (1939-1999). Normally I much prefer colour photographs and was very excited to discover an app last year that colourised old images. It's hard to explain, but putting a bit of colour in your black and white ancestors' cheeks does something to bring them alive and somehow narrows the gap between you and people who were born more than a century ago. However, in the case of James Ravilious's black and white photographs, there's something about the way they capture a bygone era that would have been lessened if he'd taken them in colour. Over three decades from the early 1970s, he photographed a rural and unspoilt region of Devon before it was modernised and, as a result, there are now more than 75,000 images in the [Beaford Archive](#), which make you wish Ravilious had lived in Lincolnshire rather than Devon, so that he could have captured our history so brilliantly.

James Ravilious harks back to the days when photographers were part artist, part scientist. In her book "James Ravilious : A Life", his widow Robin describes the process of developing photographs as *"a bit like elaborate cookery, but done mainly in the half dark, dabbling in nasty liquids in an evil smelling kitchen, with no guarantee that the resulting dish would be satisfactory."*

She goes on to say that,

"The traditional photographer worked with a double dose of suspense. The image he hoped he had taken was invisible in the camera till he could develop the film; and then the print he made of it could not be fully assessed until it had been through all these processes. The moment he had tried to capture was usually unrepeatable".

So next time you take out your mobile phone or digital camera, spare a thought for the many artists and scientists, whose vision, talent, patience, determination and blind faith made it possible for us all to be photographers.

JIM FINNEY'S HOPE SOCIAL QUIZ ANSWERS

1) Littlecoates Road 2) Bethlehem Street 3) Duchess Street 4) Garden Street 5) Wellington Street 6) Oxford Street 7) Cromwell Road 8) LeStrange Street 9) Sandringham Road 10) Taylor's Avenue 11) Beacon Road 12) Mill Road 13) Farebrother Street 14) Victor Street 15) Park Street 16) Pasture Street 17) Grime Street 18) Sixhills Street 19) Garibaldi Street 20) Cheapside

BRAINTEASER ANSWERS

1. Iris
2. Umbrellas
3. A tree
4. They all do
5. Your breathe



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

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If you would like to send us stories, photos or feedback, please email
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