

# HOPE TIMES X

## Edition 7 - Christmas Edition



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



# HOPETIMES

## Edition 7 - Christmas Edition

Merry Christmas everyone,

Welcome to the Hope Times Isolation newsletter and our last one for this year. We were hoping back in March that we would only be having to do a few of these before returning to normality, but here we are with our seventh edition.

For many, it has been a very strange and challenging year! As we look to Christmas and the New Year, we can only hope that 2021 will bring back some much needed normality. We believe 2020 will likely be a year to forget and a year to remember in equal measure.

From everybody at the Hope Specialist Service, we wish you a safe and enjoyable Christmas and New Year.



**Oh no!** Our Christmas elf has gone missing, see if you can find where he's hiding in the newsletter!



Wishing You  
a Merry Christmas  
and a Happy New Year!



# Hope News Round-up



## HUMBER, COAST AND VALE INCLUDE HOPE PR REHAB AS A CASE STUDY IN THEIR RAPID INSIGHT REPORT

### 2. Care Plus Group delivery of Pulmonary Rehabilitation (PR) using Zoom

**The Care Plus Group focus on cocreation and development with their patients and the public to ensure services are optimised for patient use. The PR programme at the Care Plus Group involves the use of cognitive behavioural therapy and peer mentorship in the education part of the programme. They wanted to be able to continue delivering this method virtually and chose Zoom as the platform for PR.**

#### Approach / Methodology



At the start of the pandemic, all patients were contacted by the team to triage needs. Those who were eligible were provided with the MyCOPD app to support patient self-management.

The team assessed potential platforms for the continuation of PR and agreed upon Zoom as the best platform. When talking to patients about PR, the team found that approximately 10% of patients didn't have access to the internet. Of these, most were receptive to technology if it were provided and the team supported their patients with using Zoom.

One of the key functionalities Zoom offers over other platforms is the ability to have breakout rooms. The patients are able to have the education and peer support aspect of the course together but are then assigned breakout rooms to complete the exercise element and clinical discussion. Physiotherapists and Occupational Therapists were able to attend these breakout rooms if and when needed.

Risk assessments and disclaimers have been amended to reflect the difference in service delivery and the preassessment process has been streamlined. Patient assessments have also been amended to reflect the change to delivery whilst continuing to monitor a patient's progress.

#### Impact

The first virtual PR course is still taking place so the impact of the course cannot yet be assessed.

The work now involves 1-to-1 interactions with patients which means staff workload is impacted and fewer people can be on PR programmes at one time.

The use of Zoom has been so successful that the Care Plus Group are utilising it for other services as well as non-clinical and social items such as quizzes and Q&A sessions with staff.

Even though the first programme hasn't finished, patients are already reporting that their activity has increased as has their confidence.

#### Next Steps

The Care Plus Group and North East Lincolnshire CCG are looking at ways to support patients who don't have access to technology. Training will be provided for those patients comfortable with using this technology.

When the first virtual PR programme has been completed, the team will be evaluating the course and its impact both from a staff and patient perspective. This will then inform changes needed before the next course begins.

Expect moving forward some PR will be delivered virtually and some will go back to face to face interactions. The team feel there will be some benefit of virtual meetings for those patients who may not be able to attend in person due to illness and would have previously disengaged.

#### Key Learning Points

The relationship between the Care Plus Group and North East Lincolnshire CCG is strong, meaning the group had the freedom to deliver services as they felt appropriate and were supported by the CCG to do so.



Interviewees: Gaynor Rogers, North East Lincolnshire CCG and Pamela Hancock, Care Plus Group

# Hope News Round-up

Well, there have been big changes at Hope with lots of job opportunities coming up for our team, due to the Cambridge Park Rehabilitation and Reablement Unit recruiting to enable the opening up of all 52 beds by November. There were a number of vacancies that needed filling there, as well as new roles available within the Hope Specialist Service. We also had to say goodbye to staff members who have moved onto new ventures outside of Care Plus Group.

## MOVING IN

### **JENNY RILEY**

Those of you who have been with us a long time will probably remember Jenny (then Clarke), who was previously with the Hope team as a rotational Physiotherapist. She re-joined us on 12th October as a permanent part-time Senior Physiotherapist and we're very pleased to have her back.

### **KELLY THORNEYCROFT**

Welcome to Kelly, who joined the Hope team as a Rehab Assistant on 9th November. Kelly worked with Pam many years ago and comes to us with lots of relevant experience. Kelly is currently learning the ropes with the home team and is fitting in nicely.

## MOVING ON

### **BLAKE WOOD**

After nearly three and a half years with the Hope team, Rehab Assistant Blake left us on 16th October to join Thrive as a Social Prescriber, based at Centre 4. The experience he has gained with Hope will be invaluable in his new role with Thrive.

### **SAM DOBSON**

Apprentice Rehab Assistant Sam left the team on 12th November after successfully completing his apprenticeship. He has been a pleasure to work with and has gained lots of new skills and experience since joining the Hope team in early 2019. Sam is determined to remain in the health and social care sector.

### **JULIE GRANT and LIAM ATKINSON**

As you know, Julie Grant and Liam Atkinson, our Galley Café staff, have been working at Cambridge Park since it opened in May. With there being no likelihood of the Galley re-opening anytime soon, Julie and Liam both applied for permanent posts at Cambridge Park and transferred from the Hope Street Trust to Care Plus Group in December. They both did a brilliant job for us in the Galley Café and will continue to do the same for patients at Cambridge Park.

# Hope News Round-up



## MOVING UP IN THE WORLD

### **EMILY GRAY**

Congratulations to Emily who, after five years with the Hope team as a Rehab Assistant, was successful in applying for a band 4 post within the Hope team. Previously working three days a week, Emily is now a full-time Technical Instructor.

### **BECKY MARSHALL**

With lots of previous experience behind her when she joined us as a Rehab Assistant last year, Becky has also successfully progressed to a Band 4 Technical Instructor role within the Hope team.

### **GARY DEAN**

We're delighted that Gary has now become a permanent member of the Collaborative team after successfully completing his apprenticeship. Gary's role has changed considerably during lockdown with face to face care home training out of the question, but his technical skills have made him a real asset as we have developed our online rehab, social and training sessions.

### **MOLLIE MAGUIRE**

Prior to lockdown, Rehab Assistant Mollie successfully applied for a Band 4 post with Intermediate Care at Home and she finally transferred to this post on 1st September. We still see a lot of her at Cambridge Park though.

### **VICKY TOWSE**

Band 5 Occupational Therapist Vicky has been part of the away team at Cambridge Park since it opened in May and she's been doing a cracking job there. It's no surprise that her hard work has been rewarded with a Band 6 post at Cambridge Park.

### **DAMIEN CAPES**

Having been part of the Hope team for nearly two years, Rehab Assistant Damien, who has been with the home team during lockdown, applied for a Band 4 Technical Instructor post at Cambridge Park and started there on 21st December.

*We will be recruiting new staff to fill the vacancies that have been left by staff moving on and up and for new services that are being set up, so there will be new arrivals to the team over the coming weeks and months.*

# Hope News Round-up



We are setting up a Post COVID support group and clinics via online sessions as there have been increasing numbers of people suffering the effects of the virus months after being infected. These effects can cause continuing fatigue, joint and muscle pain, brain fog and breathlessness and have a serious impact on many people's lives.

For those who have found themselves recovering from COVID-19 and still coming to terms with the impact the virus has had on both their body and mind, we have put in place a service to help them with ways they can maximise their recovery. Most importantly, we will help them to understand that they are not alone, provide support and advice and encourage them to share their experiences with other post-COVID group members.

# Hope News Round-up

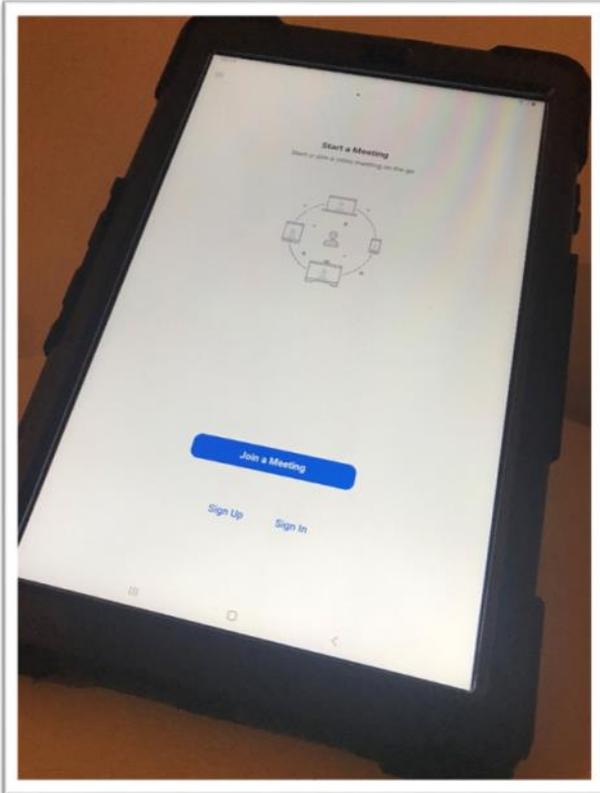
Well, it wasn't a normal Hope Christmas Party by any means, but we all had a great time.

Nearly fifty volunteers, patients, partners and staff joined us at various points during the afternoon, as well as quite a few children and animals. There were bauble stories, chair-based exercise, Christmas quizzes, a zoom attempt at singing Jingle Bells as you've never heard it before and will never want to hear again, thankfully we had nostalgic Hope Choir videos to show how it should be done, we also had poetry from the hilarious to the extremely emotional and final finished on our online raffle, which raised a profit of £325 for charity.

And as always, there was a cracker of a Christmas speech from Kylie and Pam, which looked back on a year like no other.



# HOPE STREET TRUST



It's been over six months since we started offering Remote Rehab programmes over Zoom to our patients. There were initially doubts that exercise at home would be as effective as exercising in the gym, but our second set of groups have now finished and the results have been amazing. As a result, when we are eventually able to get back to doing gym based groups, we're planning to continue to offer Remote Rehab alongside them. For a significant number of patients, such as those who suffer from anxiety or are particularly prone to infection, it will actually be a better option.

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

The Hope Street Trust has received £11,149 of funding to purchase 25 android tablet devices with built in broadband and 8GB of monthly data thanks to the generosity of Royal Antediluvian Order of Buffaloes' Pegasus Lodge's donation earlier this year, funding received from the Care Plus Group Charitable Trust, donations via our Go-FundMe page and National Lottery funding through Active Humber and Sport England. This gives Hope Specialist Service patients the ability to join a ten week Falls or Pulmonary Rehabilitation programme from the comfort and safety of their own homes for the duration of the programme.

We procured the tablets through Care Plus Group's F4IT service who we'd like to thank for providing excellent ongoing technical support.

Pamela Hancock, Hope Specialist Service Respiratory Lead added "During these difficult times and beyond, these tablet devices have enabled us to have face to face contact with our patients and carry out assessment and treatment sessions via Zoom. It's been a lifeline for falls and respiratory patients who would otherwise face a long wait for the rehabilitation programme that could transform their lives by teaching them how to self-manage their condition and be the best they can possibly be".

# HOPE STREET TRUST X

An excellent Volunteer Workshop/Hope Social was held on Wednesday 2nd December. Many thanks to our two guest speakers, Alan Burley from West Marsh Community Centre and Julie Rigby from Friendship at Home, who gave us a great insight into the help and services they offer to people in the local community and Pam spoke about the future of Hope and our new services for post COVID and long COVID.

Thank you to Mr Finney for another great picture quiz and thanks to everyone who attended. These weekly sessions are a real morale booster for both staff and service users.



# **WEST MARSH COMMUNITY CENTRE FOOD LARDER**



SUPPORTING

Vulnerable People & Families  
Low Income People & Families  
The Elderly

**EVERY THURSDAY 11am - 2pm**  
**Beeson Street, Grimsby,**  
**DN31 2QH**  
**01472 269230**



**In Partnership With**  
**We Are One Foundation**



If you or know anybody that is struggling in our West Marsh community, our food larder will be open Thursdays.

To find out more, visit their Facebook page:

<https://www.facebook.com/groups/143529606258594>



Friendship at Home will be continuing to run all regular weekly online virtual groups and activities as normal over the Christmas and New Year period, including a Special Christmas Celebration on Christmas Eve

<https://www.facebook.com/friendshipathome>

# LOCAL SERVICES



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



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



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

Care4all

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



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



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



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

+ CARELINK24

<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/>

<https://www.nelincs.gov.uk/try-the-5-ways-to-wellbeing/>

# COVID-19 VCSE UPDATES

Sector Support North East Lincolnshire have created this page to provide up to date information to all VCSE organisations with regard to local and national Covid-19 response and recovery. If your organisation would like something posting regarding your service, please contact [amy@nbforum.org.uk](mailto:amy@nbforum.org.uk)

## Community Services Fact Sheet

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

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

<https://www.sectorsupportnel.org.uk/wp-content/uploads/2020/12/Christmas-Community-Signposting-Factsheet.docx>



# HANDMADE BY HOPE GETS READY FOR CHRISTMAS WITH FIRST VIRTUAL ARTS & CRAFTS SESSION



It's been nearly 10 months since we were last able to hold one of our Handmade by Hope arts and crafts groups, but we decided we'd have a go at holding a Christmas session over Zoom.

Participants had an arts and crafts goodie bag delivered to them at home by Santa and Elfie, aka Steve and Mandy, our lovely Hope drivers,

which included a pre-cut kit to make a toilet roll elf, as well as blank wooden decorations, glue, acrylic pens and all sorts of festive embellishments.

We weren't sure how well it would work, but it turned out to be a very productive and sociable afternoon. Anne, one of our volunteers, didn't think she was creative beforehand, but she gave it a go, proved herself wrong and is now keen to do more in the future.

We're now looking at how we can use technology in the future, so that when we do get back to holding face to face groups, we can also include people in the sessions who, for various reasons, are unable to be there in person.



# Make Your Own Elf



## Instructions:

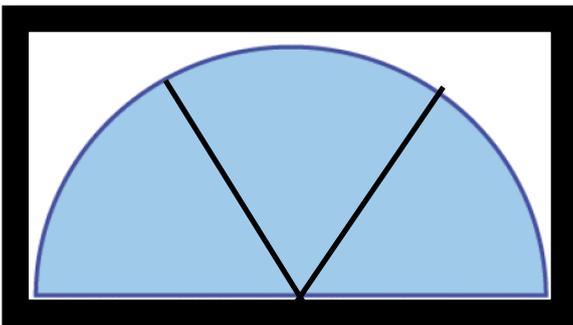
You will need : A cardboard toilet roll (or kitchen roll if you want to make a very tall elf!), felt (various colours—it's up to you!), a small pompom, PVA glue, acrylic paint or marker pen (flesh coloured), a pair of sharp scissors, something to measure with (unless you want to wing it!) and a black marker pen.

Paint the top half of a cardboard toilet roll with a flesh toned colour, using either acrylic paint or

marker pen.

Draw elf ears on a scrap piece of cardboard and paint them. Allow them to dry completely. Cut them out and set them to one side. (The ears are optional—you can always tell people they're hiding under the elf's hair!)

FOR THE HAT: Cut a half circle from felt. Your circle needs to be around 17cm in diameter to ensure that it will fit snugly on top of the toilet roll.



Now imagine that your half circle is made up of three equal segments. You need to fold the outer segments in over the middle one and then glue the top piece of felt to the next one down. Once your glue is dry, you will be able to open it out into a hat shape.

this on.

Cut a 1cm wide strip of felt in a contrasting colour that is long enough to fit around the bottom of the hat and glue

Getting the pompom to stay on the top of your hat whilst the glue dries can be tricky. If you've got a glue gun use it! If not, you can trim the point of the hat slightly so that the pompom has a flat circle to sit in. Then apply glue, set to one side and don't keep shaking it to see if it's stuck yet!

Now it's time to give your elf a nice suit to wear because it's chilly this time of year! First cut a rectangle of coloured felt. This should measure around 15.5cm x 7cm. Next cut a collar in a contrasting colour, as well as a belt out of black felt and a belt buckle, ideally out of glittery felt or card if you have it. When you've finished you should have something that looks like the picture (right). You can either stick the pieces together before gluing them to the toilet roll, or stick them on one at a time.



It's now time to give your elf some hair and stick the ears on if you've made some. I'm not going to specify how big the piece of felt needs to be because it's entirely up to you what kind of barnet you give your elf. You can go short like the picture (right), or you could go the extra



mile and plait it some pigtails. Whatever you choose, you need to make sure that you cut out a face shaped hole in the middle of your piece of felt. Unless of course you're going for a Captain Caveman look, in which case you won't need the marker pen!



Assuming you do want to give your elf some features, it's now time to take up the Sharpie (other fine tipped marker pens are available). If you're not great at drawing



faces, it's a good idea to have a practice first on a piece of paper before going for it on the toilet roll. If you want, you can have a go at making your elf look like someone you know (see Steve and Mandy on the previous page). It's your elf; you can do what you want, but if it's really unflattering don't give it to the person it's supposed to be as a Christmas present! (it's ok, they're still speaking to me).

Fingers crossed, your hat will have dried by now and you won't be chasing your pompom across the table or applying glue for the fourth time. All that remains now is for you to put the hat on your elf's head. Depending how snug the fit is, you may not need to apply glue to stop it falling off.

And there you have it, your very own toilet roll elf. Just stick him or her on a shelf, then move around when no-one's watching to freak out your nearest and dearest!



## A Message from Pam Hancock, Hope Respiratory Lead

### COVID VACCINES



The Pfizer vaccine has now been approved by the regulators and vaccinations have begun. As soon as I am given the opportunity, I will most definitely be taking it!

To get to this stage, they have spent many years on developing the technology and adapted it to COVID-19. In particular the AZ vaccine, which should come very soon, was used for SARS and MERS years ago and has been seen to be very safe. In order to get regulated, it will have had to be approved to

be safe and effective and scrutinised by two independent scientific bodies. The MRNA (Pfizer and Moderna) vaccines have been worked on for years, but are new. I think they are the future for lots of areas of medicine and again I would take it.

Only a few people, like those on Cancer treatment or with compromised immune systems, will probably not be suitable to be given the vaccine, but this only makes it more important that those of us who can have it do so to protect them.

I for one will be getting the vaccine as soon as I am offered it and will be very relieved. We know about some of the fatalities from COVID-19, but with long COVID we do not know how this will affect people of all ages in the long-term. I for one do not want COVID or to give it to my family, as it's a bit of a lottery. (I'm sure those who have had it will attest to this)

For those of you who have had COVID, will you need a vaccine? I'm sure there will be more data coming soon, but I believe at this stage the answer will be yes and it will give you a much better immunity than natural occurrence. But this may be something you discuss with your GP.

The evidence is also indicating that there is a good immunity from the first vaccine dose, which some of you may already have had. So, please be extra careful out there and, as I often say, think what would Pam do and just do that until you get the vaccine.

Stay safe, spread the word and have the vaccine for both yourself and others.



# Christmas Panto quiz

- 1 What is the name of the father of Cinderella and the Ugly Sisters ?
- 2 In which pantomime do Robin Hood and Maid Marion appear?
- 3 What is the name of Aladdin's brother ?
- 4 What phrase does the Giant in "Jack and the Beanstalk" use when he can smell Jack ?
- 5 In pantomime who is Princess Marcella ?
- 6 What is the name of Prince Charming's assistant ?
- 7 In which panto does Buttons appear?
- 8 What is Aladdin's mother called ?
- 9 Who had appeared in panto for 38 consecutive years until 2007 when he won TV's "I'm a Celebrity....." ?
- 10 What told Dick Whittington to "turn again" ?
- 11 In Jack & the Beanstalk what does Jack get in exchange for his cow ?
- 12 In Disney's Aladdin the villain was known as JAFFAR but by what name is he traditionally known in panto ?
- 13 What is the most popular panto ?
- 14 Which panto was created in 1902 for the comedian Dan Leno?
- 15 From what set of stories does the tale of Aladdin originate?
- 16 From what does the Fairy Godmother create Cinderella's footmen ?
- 17 What is Jack's mother normally known as in Jack & the Beanstalk ?
- 18 What name is given to the leading man in a panto, usually played by a woman ?

# Christmas Brain Teasers



1. Two mums & two daughters went out for Christmas dinner each ate one portion, yet only three portions were eaten in total. How is this possible?
2. If it takes 5 elves 5 minutes to make 5 dolls how long would it take 100 elves to make 100 dolls?
3. What do you get if you multiply the number of maids a milking by the number of french hens?
4. I come with many colours, so beautiful and bright, I turn so many houses into a beautiful sight. What am I?
5. What do you look forward to that's filled with stuff and that looks like a giant persons sock?
6. Rudolph is the most famous of Santa's reindeer. Name the rest.

# CP Interior Design Update

BY RACHEL BRANSON

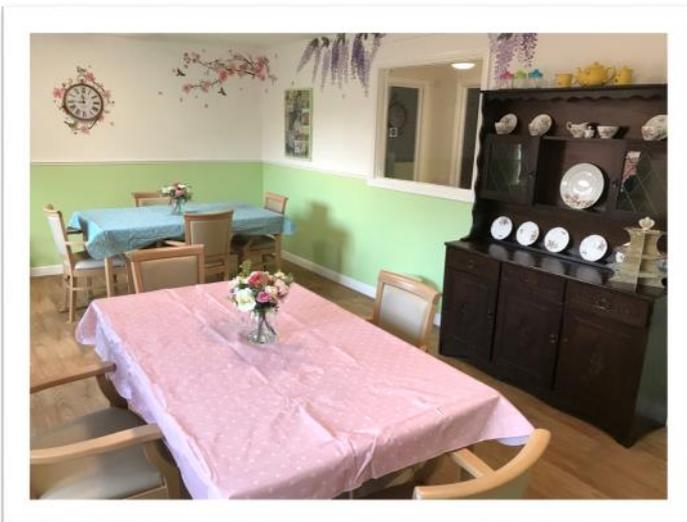


After completed work on the Cambridge Park gym, we were originally meant to be moving on to one of the downstairs sunshine rooms and creating a Sports Bar, but with additional staff having transferred across from the Beacon and things getting a lot busier at Cambridge Park, plans changed and we were asked to work on the upstairs dining room next instead.

Having decided on a tea room feel for the room, we chose a shade of green called Angel's Palace

for the bottom half of the wall, with the top half white. It has to be said that doing the white really is an uninspiring job, but at least once it was done we could get to the exciting bit of putting up the wall decals!

We found a stunning one, made up of hanging bird



boxes and flowers in shades of green, pink, lilac and blue and then carried these colours around the room with beautiful cherry blossom and wisteria branch decals cascading down from the top of the walls.

The dresser came across from the Beacon and we were originally going to paint it but, apart from being

in need of a bit of TLC, it actually looks pretty good as it is, especially filled with the crockery we'd asked people to donate. Meanwhile the lovely clock you can see in the pictures just appeared one day and it suits the room perfectly.

Final touches were the polka dot table cloths, table decorations and lots of plants on the window sills.





You know how it is, when you go into work expecting to be doing one thing and end up doing something completely different? Well that was what happened when we arrived at Cambridge Park one Friday morning and Kylie asked us if we could get the downstairs dining room decorated before the following Wednesday—no pressure, as we've only been working Wednesdays and Fridays at Cambridge Park due to Tan's Remote Rehab commitments. Still, we like a challenge and there's nothing like a

deadline to focus the mind. Fortunately we'd already decided on a theme for the room. It's funny how things happen, coincidence, serendipity, whatever you want to call it. One afternoon we were having a discussion about how Cambridge Park ought to have a local history/reminiscence-themed room and then when we went through the reception area on our way home the same day, three stunning black and white canvases of the Ross Tiger, Dock Tower and the Pier had suddenly appeared. The pictures had been taken by a staff



member, who had taken up photography as part of his recovery after a serious illness.

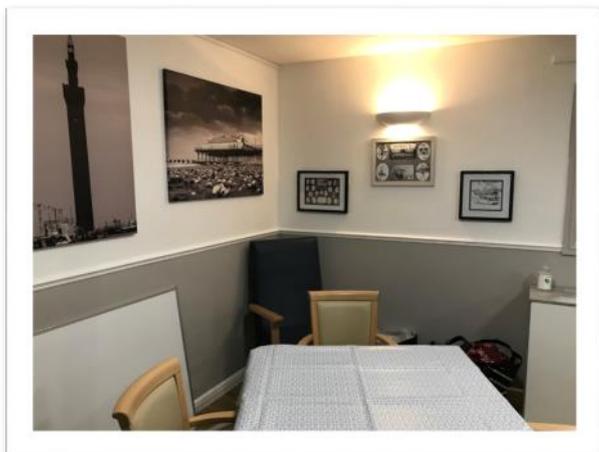
We immediately laid claim to them and they set the tone for the dining room. We chose French Grey for the lower wall and fortunately we'd already bought the paint in anticipation of painting the room at some point in the more distant future. Even more impressive in terms of serendipity, months before

grey and white sideboards had been purchased for the room, long before we decided on the colour and we knew nothing about them until we'd started painting as they were still flat packed.

Speed painting ensued as we got the grey on in record time and painted the top half of one wall white, so that we could hang the three canvases before we finished for the day.



Fortunately Tan was able to swap her days, so it meant we could go in on the following Tuesday to finish what we'd started. Over the weekend she raided the Range and presented me with rather a lot of picture frames, all in black, grey or silver, which I then had to fill before Tuesday. Fortunately it helps when you've been interested in local history for years and also happen to know a very talented local artist.



On the previous page, you can see where we've surrounded a "Home is where your heart is" decal with lots of small-framed local history pictures, most of which were taken from my collection of old black and white postcards of Grimsby and Cleethorpes.

Either side of the "Meals and Memories are made here" decal are picture montages featuring images of the Bathing Pool and the Winter Gardens.

As for the talented local artist, well I first met Jim

Connor about twenty years ago when I got roped into writing an article for the Sing When We're Fishing fanzine about a meeting at the Town Hall about the proposed relocation of the Grimsby Town ground to

Great Coates. Not sure how it happened, but after a while I ended up writing half of the fanzine and editing it as well and Jim was my partner in crime, providing illustrations to go with the nonsense that I wrote. Of course, the recent events at Grimsby Town make some of the stuff I wrote seem a bit tame, but that's another story.

Whilst the club may be struggling at the moment, the cartoons featured in the room hark back to happier times. There's Lawrie McMenemy's Legends of '72, including the lovely Matt Tees, who sadly died just before we did the room. A lot of the Hope staff have fond memories of him.

Then there's George Kerr's class of 1980 and Alan Buckley's double Wembley winning team of 1998, which I decoupage

in a box frame to give it an added dimension. I also showcased some of Jim's very funny cartoons from the fanzine in a multi-frame, including Futchenstein, based on the legend that was Paul Futcher.

The colour scheme gives the room a restful feel and if you like nostalgia, then this is the room for you!





Whilst we were working on the dining rooms, we also found the time to do a bit more in the Courtyard. Our lovely Gemma kindly donated some lawn edging and log roll, so we painted it up, put the edging round the wishing well and created a heart shaped raised bed



with the log roll, which we packed with bedding and daffodil bulbs. We brought large plant pots over from the Val Waterhouse Centre and replanted them and added some sunflower bird baths around the wishing well. Of course, we're not finished yet - a garden should always be a work in progress!

Meanwhile, Kylie somehow found the time to paint this fantastic rainbow heart to brighten up the side gate at Cambridge Park. Sometimes patients have to be brought in through the fire exit rather than the front door, so she wanted them to see something welcoming as they enter the building.



Thank you to Chris Cross from our arts and crafts group for creating these beautiful decoupaged glass jars for Cambridge Park, which are a perfect match for all the colours we've used around the building.

Last but not least, if there's ever a competition for the Best Looking Hand Sanitising Zone, we're in there!!!!



# TRUTH IS THE DAUGHTER OF TIME

By Rachel Branson

I was prompted to write this article by a discussion about the COVID vaccine. When it comes to the truth about the vaccine and the safety thereof, I listen to Pam and when Pam says that she'll be the first in the queue for it, that's good enough for me because I know that she's read and understood all the science and has drawn a rational and informed conclusion from it.

As someone who's done a lot of research in her life – although mine is more historical than scientific- it's hard for me to understand why anyone would make a decision of this importance without taking into account all the facts. As I write, there have been 1.69 million deaths due to COVID-19 worldwide. Admittedly, it's a drop in the ocean compared to the Black Death, which may have taken as many as 200 million lives in two years in the fourteenth century and it's a fraction of the 75 million who died in the Second World War. It doesn't even come close to the Great War, which accounted for about 40 million souls, or the Spanish Flu, which piled on the agony at the end of that war by taking another 50 million at least in the two years that followed.

It's hard to imagine how 21<sup>st</sup> century people would cope with loss of life on this scale. As a nation we grieve for the loss of a single soldier or multiple victims of a terrorist attack and their stories are told in minute detail over many days and sometimes weeks in the media. On 1<sup>st</sup> July 1916, more than 19,000 British soldiers died on the first day of the battle of the Somme. Locally, hundreds of Grimsby trawlers and several thousand fishermen were lost during the two world wars. Our ancestors had to deal with loss off the scale whereas I, as a teenager, felt that the 255 British lives lost in the Falklands in 1982 were 255 too many.

How would we deal with loss on that scale? I'm not sure we would, but it's no bad thing that we grieve for the loss of a single person we never knew and that we now personalise death, because it should make us far less likely to wage war against other nations and it should make us care enough for our fellow man and woman to want to take the COVID vaccine and prevent the loss of further lives.

So, it came as something of a jaw-dropper when a member of our team commented that a relative of theirs wasn't going to have the vaccine because they believed that it would bring about a Zombie Apocalypse. Yes, really. I mean, where do people get these ideas from? It's not like The Walking Dead claimed that Zombies started to appear after people were given a vaccine. They didn't waste time on vaccines; they went straight for it with a virus causing the mutation and the series creator stated earlier this year that the virus he dreamt up was alien in origin.



Whilst it's easy to get sucked into television shows, what we have to remember is that they're not real! Even the ones that purport to be based on real life, like The Crown, bend the truth to make the storylines more exciting and shocking because it's good for the viewing figures. So no, the odds that Pfizer, Astra Zeneca and the rest have manufactured vaccines that will turn us into brain eaters are as about as astronomical as you'd get if you were putting a bet on me to win Miss World and marry George Clooney in the same week. Of course, if we do need Deputy Rick Grimes to go into battle against the living dead on the streets of Great Britain, the good news is that he's currently playing Scrooge at the Old Vic (see picture, left) and he'll be done there by Christmas Eve. On the downside, he

may be a bit rusty as the nearest he's got to the undead recently is Jacob Marley and the Ghosts of Christmas Past, Present and Future!

Whilst you have to take statistics with a pinch of salt, recent surveys suggest that around two-thirds of British people are willing to take the Pfizer vaccine. The other third either want to wait to see if it works (and make sure that the rest of us don't start hunting them down for their little grey cells), don't trust the Pfizer vaccine specifically, consider themselves at low risk, or are opposed to vaccines in general.

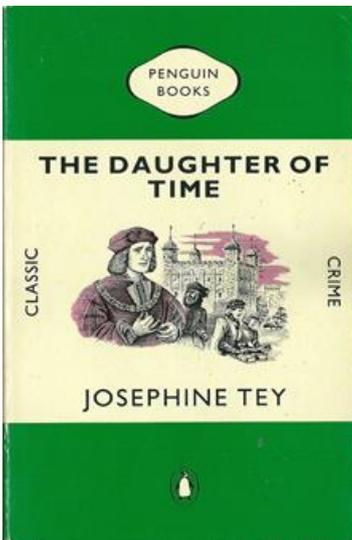
A significant percentage of that third will be sceptical that the vaccine has been approved so quickly but, to me, it's a great thing that the time from trialling to approval has been drastically reduced because we all want an end to the pandemic and these things have historically dragged on for years. I've lost track of the number of times I've heard doctors and scientists talking about a great breakthrough in finding the cure for some dread disease, only for them to then say that it will be another five years before the drug is available. Again, I bow to Pam's greater knowledge in these things and she believes the approved COVID vaccines will be safe (see page 20).

Across the pond, the overall number of Americans who have said they will definitely or probably take the vaccine is around 60%, with only 42% of African Americans saying they will have it, even though 71% of them know someone who has died of COVID-19. It seems hard to believe, with African Americans being at much higher risk of dying from COVID, but there are many factors that have created great mistrust in the US government over the years, not least the Tuskegee experiment, which the United States Public Health Service ran from 1932 to 1972, during which time they systematically lied to the poor African American sharecroppers involved and denied them the cure for the illness from which they were suffering when it became readily available in the 1940s. It seems unthinkable that this experiment was ever begun, let alone that it carried on for forty years, so it's perhaps not surprising that mistrust of the government is deep-rooted, especially as the current occupant of the White House sees evidence as something to be ignored if it doesn't agree with what he just tweeted.

So, whilst I might see the vaccine situation as clear cut, there are many in the world who will view the same facts and see just the opposite, or who aren't sure what to make of all the conflicting information that they are being bombarded with. Where an NHS worker views lockdown, social distancing and the wearing of masks as ways of reducing the spread of COVID, not swamping services and preventing further deaths, another person may view them as an infringement of their constitutional rights and an attack on democratic freedoms.

We tend to blame a lot on the advent of social media for all the "fake news" and polarised views that are out there, but the truth is it's been going on ever since we developed the ability to disagree and the ability to communicate and decided it was a good idea to combine the two. Let's face it, we'll argue and disagree about virtually anything, whether it's who should have won Strictly, what was Ian Holloway's motivation for not investing his £100,000 in GTFC, or if a vaccine will turn you into a brain eater or be used by Bill Gates to track you across the globe!

Going back to the title of this article, it can take an awfully long time and a lot of digging to gather evidence, eliminate red herrings and finally come to a conclusion that is based on facts rather than hearsay. Take Richard III. I think I first saw the Laurence Olivier film at the Whitgift Theatre on a school outing in the early 1980s and it never occurred to me that Shakespeare's portrayal of a black-hearted hunchbacked villain wasn't historical fact.

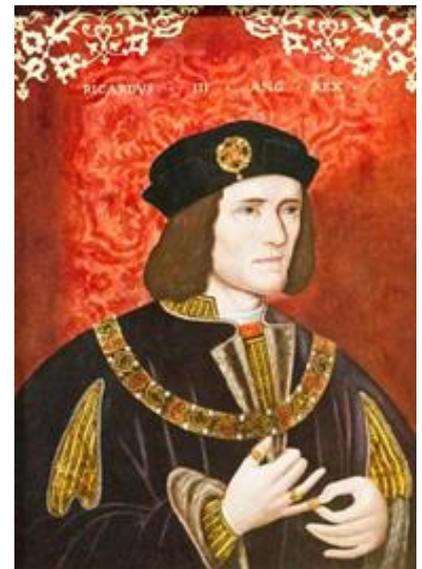


Some years later, I started reading the novels of Josephine Tey, after seeing BBC serialisations of a couple of them and it was then that I came across “The Daughter of Time”, which was first published in 1951, the year before Tey died at the age of only 55.

“The Daughter of Time” is widely regarded as one of the best crime novels of all time and yet the crime is an historical one and the action all takes place in a hospital room, where Scotland Yard inspector Alan Grant is flat on his back, having fallen through a trapdoor in pursuit of a criminal. He’s been there for ages, mapped every crack on the ceiling, despairs at the expensive but uninspiring and predictable books visitors have brought him and if he could move, he would be climbing the walls.

Grant has a talent for reading faces and has been known to spot a criminal in a line up just by looking at them and when an actress friend suggests he could try to solve a classic crime that has puzzled the world for centuries to relieve his intense boredom, he comments that he couldn’t be interested in anyone unless he could see their face. So his friend Marta returns with an envelope full of prints of pictures of historical figures and Grant’s faith in his ability to spot a villain is shaken when the 15<sup>th</sup> century figure with the look of a judge, a soldier, or a prince turns out to be Richard III, infamous for the murder of his two nephews in the Tower.

The more Grant studies the painting, the more he begins to doubt because “nothing in the face fits the facts of history”. Starting with a nurse’s school history book and working his way up to more academic volumes, he becomes increasingly dissatisfied with them all because the facts don’t add up in his detective brain. The man who was supposed to have written the definitive biography of Richard III, Sir Thomas More, and who was assumed to be his contemporary, was in fact only 5 years old when Richard began his short reign and yet this is the work on which other historians based their research and eventually on which Shakespeare based his play.



With the help of a young American researcher, Brent Carradine IV, who trawls the British Museum for contemporary accounts of Richard III, they gather the evidence that proves that Richard was in fact loved by the people, a good and fair king, whose biggest fault was to be too trusting and forgiving of people who would later betray him on the field at Bosworth. The crime that is alleged to have rallied the people of England against him, i.e. the murder of his nephews, is never mentioned in the accounts of the time and the evidence in fact indicates that the man who took his crown, Henry Tudor, had more reason to have them killed.

What Brent Carradine, also discovers to his dismay is that people have known this for centuries and have written before in Richard’s defence. He initially despairs because he was planning to write a book defending Richard, but books have already been written. However Grant persuades him that if he can’t be a pioneer, he can be a crusader. After all, the myth still persists that Richard was an evil despot, rather than a liberal and progressive king.

Tey's novel changed many people's view of Richard III, including my own, but it still didn't stop Laurence Olivier portraying him as Shakespeare's villain in 1955 and I can remember as a kid having a chart of the kings and queens of England on the wall and it mentioned the murdered nephews.

Even after Philippa Langley and her fellow Riccardians led the crusade to mount the archaeological dig that discovered Richard's body in a Leicester car park in 2012, and even after research into the remains debunked many of the wild theories about him, there are still those who persist in trotting out the outdated history. Only last year, I could have stuck my fist through the TV and punched Dan Snow when he attempted to portray Richard and his followers like something out of the Kray Brothers. Sorry Dan, but if you're going to pass yourself off as some sort of historian, then do the research! Hopefully he was chased down the street by a gang of marauding Riccardians for his sins.

So, why have I spent the last page banging on about Richard III? Well, it's not just because "The Daughter of Time" is one of my favourite books and it heavily influenced one of my favourite Inspector Morse novels, "The Wench Is Dead". It's to demonstrate the damage that listening to and believing hearsay can do. Poor old Richard III has had over 500 years of people believing he was a terrible king when, in reality, he was a far better and fairer ruler than the Tudors who followed him. The original biography, attributed to Sir Thomas More, was not a first hand account, it was Tudor propaganda, which then got passed down the centuries as gospel to be taught to schoolchildren and performed in theatres, whilst the truth remained a whisper in the background.

Brent Carradine comments in "The Daughter of Time" that,

"The truth of anything at all doesn't lie in someone's account of it. It lies in all the small facts of the time."

I guess what I'm saying is:

- Don't listen to the bloke in front of you in B&Q or Aldi or wherever, who heard it from his brother-in-law, who heard it from his mate, who heard it from a woman who once walked past the Pfizer Factory and has fancied a brain sandwich ever since.
- Don't watch too many episodes of the Walking Dead before bedtime – it may cloud your judgement.
- Don't listen to the clown on Twitter who catches people's attention by writing everything in **CAPITAL LETTERS**, but wouldn't know a fact if it hit him in the face and writes what he does just to get a rise out of others.
- Don't accept what your best friend tells you as the truth about the vaccine, not unless your best friend happens to be Chris Whitty (or Pam Hancock!)
- Don't be afraid to go and find all the small facts for yourself. Listen to people who know the truth, not the ones with the loudest voices who try and drown it out. Read more than one newspaper, visit more than one website. Take your time, then piece the evidence together and make an informed decision.

The phrase "The truth is out there" is coming into my head, which is ironic given that it's the strapline from the X Files, which had more conspiracy theories than you could shake an alien at. But it is out there and you can find it for yourself. And if you find any aliens, just keep it to yourself for now. There's only so much us 21<sup>st</sup> century humans can deal with in one go.



# Christmas Panto quiz

1. Baron Hardup
2. Babes in the wood
3. Wishee Washee
4. Fee Fi Fo Fum I smell the blood of an Englishman
5. Sleeping Beauty
6. Dandini
7. Cinderella
8. Widow Twanky
9. Christopher Biggins
10. The Bells of London
11. Magic beans
12. Abanazar
13. Cinderella
14. Mother Goose
15. The Arabian nights
16. Mice
17. Dame
18. Principal boy
19. Dick Whittington
20. Stage right

