



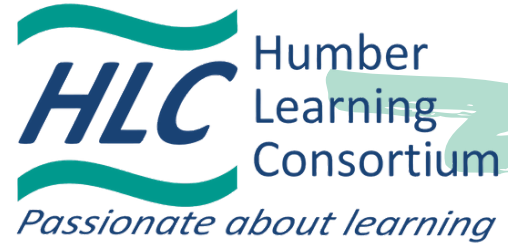
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E-Bulletin

JULY 2020 Vol.9



WELCOME BACK TO THE E-BULLETIN...SHARING YOUR GOOD NEWS AND SHOWCASING SOME OF THE BEST PRACTICE FROM ACROSS OUR NETWORK.....

Thank you for all the interest that's been shown in the HLC E-Bulletin. We have received some amazing feedback to our new feature 'Tales from lock down.' It's been great to hear about your experiences and what you've been up to during this working from home period. We aim to celebrate all your stories and photos not only in the newsletter but on our website in the coming weeks. Please keep emailing them across to Katie.freeman@hlc-vol.org.

GOODWIN BBO KEY WORKERS NOMINATED FOR COMMUNITY AWARD.....

The Building Better Opportunities (BBO) key workers at Goodwin Development Trust (above) have been nominated for a community award, in recognition of all the support and help they have provided to their participants, engaged on the The National Lottery Community Funded programme.



The Hull Daily Mail's newly launched 'Commemorative Big Thank You' tribute has been set up to celebrate all the key workers and health workers in our communities who have been crucial in helping people get through the pandemic.

We wish the team all the very best of luck for the awards announcement this summer. [LINK](#)



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'IT'S GOOD TO TALK - IT'S EVEN BETTER TO BE HEARD' ...SPOKEN WORD PIECES WRITTEN AND PERFORMED BY THE WARREN YOUNG PEOPLE..TELLING US HOW IT IS FOR THEM...

Throughout lock down the young people at the Warren Youth Project have been commissioned to write and perform Spoken-Word pieces about their experience of COVID-19. These have been released as part of a series of films to give young people the opportunity to be heard, alongside the likes of journalists and politicians.

This project has been supported by The Paul Hamlyn Foundation; The National Lottery Community Fund; and Hull City Council.

The latest film is titled 'LITTLE BY LITTLE,' and performed by Jodie Langford. This is the sixth in their #InOurOwnWrite series of Spoken-Word pieces. Have a watch by clicking the [LINK](#)



HELP!!!...GOODWIN NEED YOUR PLASTIC BOTTLES...AS PLANS FOR A RECYCLED GREENHOUSE TAKE SHAPE..

The BBO Team at Goodwin Development Trust have been busy over the last six weeks preparing their allotments, ready for when participants are able to return. As part of this they have come up with the idea to build a recycled greenhouse, made entirely out of plastic bottles, so their participants can to learn more about how to grow their own food.



They aim to collect around 1500 empty plastic bottles - the kind that fizzy water typically comes in - and have set-up a drop-off point every Thursday, from 10am until 12pm at the allotments to the rear of the Octagon Building car park on Walker Street, Hull, should people wish to contribute.



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CATZERO...SUPPORTING FAMILIES ON PRESTON ROAD IN HULL THROUGH LOCK DOWN...

VITAL work that is helping to change the lives of some of Hull's most vulnerable families has continued during lock down, with young children entertained and adults supported.

CatZero has a full families programme running on the Preston Road Estate, which is supported by the Community Led Local Development Fund.

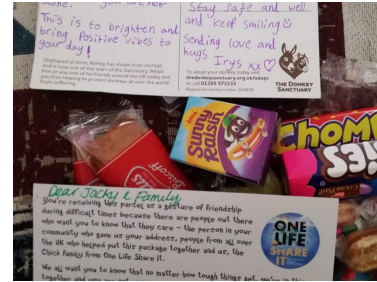
Whilst still providing successful programmes for individuals (using its yacht currently moored in Hull Marina for life-changing sailing experiences), the CatZero team has recognised the benefits of its multi-generational work with families.

For some time now it has been supporting those family units most in need in the Preston Road area and that has involved one-to-one and group visits for support, personal intervention and meetings, as well as family group activities. All that had to change due to lock down but COVID-19 restrictions have not signalled an end to the charity's life-changing work.

By working together, CatZero has continued to offer support. All the families have their own bespoke plans, which comprise of multi-needs' assessments and agreed actions and CatZero has been able to continue their progression.

Families are contacted weekly, emails are sent and advice for adults, including the distribution of Food Bank vouchers, has been delivered. Children have also been sent treats and 'cress jars', which were donated by the Chick family. Mum and Dad Jem and Dave Chick and their children Gracie, Evan and Irys are long-term supporters of CatZero, raising more than £16,000 when they travelled 'around the UK on a tenner a day'. CatZero Director of Operations Dave Bertholini said: "The situation has been unique and has brought challenges. We have all had to adapt, and that is our teams just as much as our families. We have done so and with pleasing results."

For more on the work of the charity, please go to www.catzero.org



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TALES FROM LOCK DOWN.....ERIKA, EAST RIDING OF YORKSHIRE COUNCIL BBO KEY WORKER, SHARES HER STORY....

What's your experience of lock down been like?

On the whole I have been fine. I am lucky I have my family all around me so I am not worried about someone living in isolation away from me. My grown up kids have returned home from university to 'lock down' with me. I am able to work from home. I have had lower days like most where I have felt desperate to get back to working in a normal way. But I have managed thankfully.

Have you learnt any new hobbies or skills?

I have dusted off my old sewing machine which I have not used for years and made masks for friends and family.

If you could go back to the start of lock down with what you know now, what would you tell yourself?...

Borrow an office chair from work straight away! I waited for 9 weeks before I borrowed an office chair. I had been sitting all day on hard dining chair and my back was really suffering. Also enjoy the sun and get straight out in it as much as possible because come July it will be over! Oh and persuade your hairdresser to move in, as you will really need him in 12 weeks!!

What would you like to see carry on post-lock down?

The use of technology to stay connected more. Keep using Microsoft Teams and Zoom to meet up, as driving around the county is time consuming and not at all environmentally friendly. I have also used Zoom and Facebook messenger to meet with friends and family regularly to socialise, catch up and do all kinds of things like family quizzes and so on.



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