

NEWS, JOBS, CONTACTS, ACTIVITIES

WORKING TOGETHER

your online magazine

No. 14



July 30th 2020

A Yorkshire Day Special Edition

INSIDE

Welcome
Issue update

RSA for Health
WfH & The Royal Society of Arts

Time Travelling for Health
Looking at the Civil War in Hull

Re-enacting for Health
A chance to join a Yorkshire regiment

Chariots for Health
The Iron Age warriors of Arras Hill

Looking Back for Health
Hull in World War 2

Trading for Health
The lost pirate town of Revenser Odd

Sport for Health
Rugby superstar Clive Sullivan

Pilates for Health
Stretching for wellbeing



UnLtd * Award Winner

Welcome

Welcome

First, our thanks to those of you who have said such terrific things about this magazine. We love hearing from you and are glad you enjoy the weird worlds and amazing opportunities we offer.

Next, it's trumpets and fanfares for WfH Co-Director Diane and all the advantages her amazing achievement will bring for you. More over the page (oh the anticipation!).

Browse the magazine and look at the world a little bit differently. Remember, all you have to do is click and relax! Dip into something completely different: you never know where it will take you.

In this edition we offer you the chance to get involved with a unique activity involving cannons, muskets and dressing up. Read on and find out more.

With Yorkshire Day on August 1st it seems a fine time to celebrate our local past and *Working for Health* is proud to be based in such a great part of the country.

So this issue we're taking you time travelling for a closer look at a few historical facts which have made this part of Yorkshire so special.

Hold on to your Tardis!

We're also touring bits of Yorkshire you might not have been to yet. This is all about giving you something a bit different to explore. And all of these places are free.

You can even bring the dog.

From making pitta bread to walking the Amazon rainforest, *Working Together* continues to bring you ways to look at the world with different eyes; to join others; to develop your own skills and courage; to experience the magic around you.

There's even an introduction to Pilates to tempt you. Not very Yorkshire maybe, but very good to do!

So... find out about our county, about Hull and the people and places around here.

And, as always, if you want to know more - just get in touch.

We'd love to hear from you.

Editor

Contact us

email: hello@workingforhealth.co.uk

facebook: Working For Health Hull & East Riding

Twitter: [working4health1](https://twitter.com/working4health1)

Instagram: [workingforhealthhulleastriding](https://www.instagram.com/workingforhealthhulleastriding)



R.S.A. for Health



We are proud to announce the new connection between the prestigious **Royal Society of Arts** and your own *Working for Health!*

Congratulations to Diane, Co-Founder and Director, whose lifetime of work in the mental health & employment field has been recognised by one of the oldest and most famous organisations in the world.

She was invited to join the RSA and is now **Diane Heaven, F.R.S.A.** (and has to use the letters after her name!). She has been made a **Fellow of the Royal Society of Arts.**

Cheers and applause!



The Royal Society of Arts

includes - or has included - many famous people.

Try these:

The Duke of Edinburgh,
Princess Ann,
Nelson Mandela,
Charles Dickens,
Stephen Hawking,
Richard Attenborough
..enough!



www.youtube.com/watch?v=cqw70hT_ANU

WHAT DOES THE RSA DO?

'The RSA (Royal Society for the encouragement of Arts, Manufactures and Commerce) believes in a world where everyone is able to participate in creating a better future.

'Through our ideas, research and Fellowship we are a global community of proactive problem solvers, sharing powerful ideas, carrying out cutting-edge research and building networks and opportunities for people to collaborate, influence and demonstrate practical solutions to realise change.

'The RSA has been at the forefront of social change for over 260 years. Today our work focusses on supporting innovation in three major areas: creative learning and development, public services and communities, and economy, enterprise and manufacturing.'

HOW WILL THIS HELP US?

With her new international and national links Diane and WfH will be able to represent your ideas, your views and co-produce a vision for a better world of care and support for wellbeing.

More about these exciting plans in the next edition.

In the meantime, where's that champagne?

Below: The Royal Society of Arts building in London. And a meeting room. (Good grief!)





Time Travelling for Health



Choose your side! It's

The English Civil War

Hull vs King Charles

It's **23 April 1642** (yep, that's right. St George's Day) and **King Charles I arrives at the gates of Hull with his troops.**

He calls on the governor, Sir John Hotham, to open the gates. After all, Hull has a good store of weapons and Charles will need them.

But Sir John has been governor for only a couple of months. Parliament put him there and told him his job was to make sure the King never got them.

Naturally, he refuses.
And naturally, Charles is furious.

'Traitor!' the army cry as they leave. By July they are back, seeking revenge (and the weapons) and the siege of Hull begins.



Hull around 1650

The Civil War was from 1642 to 1651 as King Charles I and the Parliament of England fought over how England should be ruled.

The King wanted to rule without Parliament telling him what to do. Parliament soon decided that the country did not need a king. It was time for him to go.

The Parliamentarians won the war. Charles I was captured, put on trial and in 1649 was executed.

Pretty much until the monarchy was restored in 1660, the country was run by Oliver Cromwell, a former Parliamentarian general.

But after that, kings were never as powerful as they had been before the war. Parliament and the people were finally heard.

Shall I betray Parliament?



Or my King?

I know: I'll betray 'em both!

Meanwhile, both Sir John and his son have changed their minds! They now support the King and want to open the gates.

But the Hull people refuse to let him hand over the arms.

The Hothams make a run for it, are captured and executed as traitors.

Hull stands firm.



Civil War sightseeing in Hull.

Check out the **White Hart Pub** in Hull. It's between Silver Street and Bowlalley Lane and you get to it via alleyways.



This remarkable building was thought to have been built as a Governors House in the 1620's and much of it is largely untouched.

Upstairs on the right is the "plotting parlour" where it is said that Sir John and the Governors met to decide tactics to refuse the King entry.



Want to know more?

Yorkshire's finest civil war regiment is waiting for you just over the page.

P.S. The descendants of Sir John Hotham still live in the area. Be nice to them, eh?



Re-enacting for Health



Looking for something different to try?
Something friendly, unique and fun?

THE SEALED KNOT

is Europe's leading Civil War re-enactment society.

Here is Yorkshire's famous

SIR THOMAS GLEHAM'S REGIMENT.

They're based around the East Riding and York.
And they would LOVE to hear from you.



Everything is open to everyone.
Anyone can do anything.

This is a discrimination-free organisation which welcomes your participation and input.
Browse just a few of their roles below.

What are Pikemen (and women)?

Armed with a 17ft pole with a steel point called a pike and protected by a steel helmet and 'back and breast' armour, the pike form into blocks. Pikemen are a trained unit, who fight against other pike blocks and counter cavalry charges.

Want to fire a cannon?

Working as part of a crew on a cannon crew requires some teamwork, as only as a team will you prove to be a formidable piece on the field of battle. Each crew member assumes one or two particular roles while working a gun.

Water Carriers

The most important role on the field of battle after the medics. Water carriers are supplied with covered water bottles to provide this essential fluid to the rest of the army during a battle and on march - as most events are during the summer we couldn't fight without them.

Front of House Players

Front of House Players provide cameos before and during battles. Roles include lords and ladies, soldiers and civilians, preachers and sinners - and even the odd whipping and hanging!

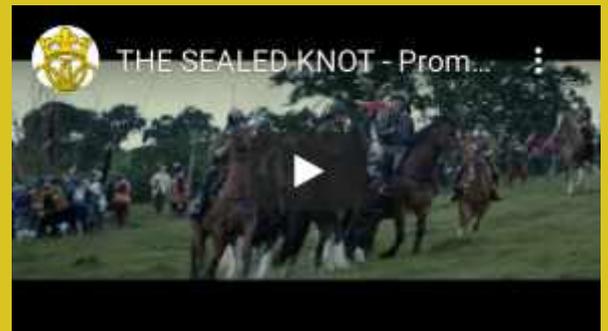
Want to know more?
Let us know - we'll put you in touch.



www.youtube.com/watch?v=GuQcbLhc8Xo



www.youtube.com/watch?v=btQCRBZEK-Y



www.youtube.com/watch?v=75bUncALmLI



Chariots for Health



The East Riding of Yorkshire: Iron Age discovery capital of England

Researchers in **Pocklington** continue to find ancient graves in which bodies are buried with their chariots



The Arras Culture

The East Riding's own warrior tribe.

The so-called **Arras culture** associated with the tribe **the Parisi, 500-300 BC**, is named after the Wolds site of Arras in East Yorkshire, to the east of Market Weighton, where a large cemetery was discovered at the beginning of the 19th century.

The bodies are crouched over and buried with chariots and associated fittings, weaponry and jewels surrounded by square ditches.

While few have chariots, many hundreds of graves in Iron Age cemeteries have been found at **Cowlam, Dane's Graves, Driffield, Eastburn, Hunmanby, Huntow, Pexton Moor and Sawdon** - all in East Yorkshire.



Finding a chariot grave

www.youtube.com/watch?v=izR7PvCYPek



Making an Iron age chariot!

www.youtube.com/watch?v=70bAfc8o-Tc



Iron Age cooking anyone?

www.youtube.com/watch?v=0qWcipiGLXst



Want to get involved?

Maybe in an archaeological dig?

Volunteering?

ERAS (East Riding Archaeological Services) are ideal, but try these too:

Hull City Council Archaeological Services

Hull History Centre

Carnegie History Centre

High Wolds Heritage Group

Hornsea Museum

Southburn Museum.

Or ask us here at **Working for Health** for help



Just look at how many Iron Age finds there are in our area!

5

Looking Back for Health



Hull during World War 2

Large-scale attacks took place on several nights in March 1941, resulting in some 200 deaths. The most concentrated attacks were between 3 and 9 May 1941, resulting in 400 deaths, and another large-scale attack took place in July 1941 with around 140 fatalities.

Hull was the most severely damaged British city or town during WW2, with 95 percent of houses damaged. Only 6,000 out of the 91,000 houses were intact at the end of the war. Half of the city centre was destroyed, plus 3,000,000 square feet of factory space, several oil and flour mills, the Riverside Quay and 27 churches, 14 schools or hospitals, 42 pubs and 8 cinemas ruined.



www.youtube.com/watch?v=s_UjFOIREgA

Get involved.
with your past.

Talk to your
neighbours.

Make a record of
the Blitz and the
following years on
your street.

Hull is rich with
stories. What use
can you make of
them?

Hull's last remaining air
raid shelter. Recognise it?



www.youtube.com/watch?v=9oeTf_B2nm8

Trading for Health



Pirates! The hand of God! Fear, force and corruption!
Welcome to the drowned island of the Humber Estuary:

RAVENSER ODD

Look across the Humber from Spurn Point to Grimsby and let your imagination take you back 800 years. In front of you is one of the most successful ports in England. And today nothing remains...

This is the true story of the glorious
Ravenser Odd.

The year is 1235.

A terrible storm wreaks havoc across the Humber region. Worst hit is the estuary itself but to local people watching from Grimsby it brings a miracle.

Before their eyes the floor of the sea rises and an island appears.

It is thick with mud and the debris of lost ships. Eels and fish are stranded. It looks like a sandbank hurled up by the hand of God and cautiously fishermen approach it. But no-one dares stay there. A decade passes and the island is used only for drying nets.

A decade later a man is shipwrecked on it and from the wood that is left he builds a hut. Over time he becomes famous. Merchants call; he serves food and drink. Others move in. Houses are built; a chapel quickly follows.

Within a few years the island town of Ravenser Odd is flourishing.



By 1251 it has a fair and a market. By 1290 it is so busy that it rivals the great port of Grimsby for traffic.

However, there's a catch: most of the ships are there because the men of Ravenser Odd are pirates who 'by fear and force' make merchants land and trade there instead of anywhere else.

Nonetheless, Ravenser Odd is on the way to becoming the richest port on the east coast. For generations it flourishes, pirates, or no. It even has a month-long fair packed with dubious com-men, horse traders, sellers and buyers of everything you can think of.

But exactly a century after its emergence from the waves it begins to sink again. 'Due to its corrupt nature!' the local bishop claims.



Houses are lost, the chapel is drowned and the final breath of the extraordinary port of Ravenser Odd is taken around 1360. Then it vanishes beneath the sea forever.

The greatest lost village of Yorkshire.



Sport for Health

A great sporting hero. The mighty Clive Sullivan

We've all driven along the A63
named after him, but just
who was Clive Sullivan?
See how much you know!



1972: World Cup Victory

He was captain yet Sullivan's success did not bring national attention. After the team won the World Cup in France, it was a low-key return.

With £50 in his pocket for winning the tournament - about £600 in today's money - he went back to work at an aircraft factory in Brough, though he did take the trophy in for workmates to see.

"When Clive came home with the team there were no reporters waiting at the airport to greet them," remembered his wife, Rosalyn Sullivan. "They slipped back into normal lives."

Most rugby league players at the time were "just ordinary working men". They played professionally on a part-time basis, keeping jobs while playing.

Sullivan himself worked in several factories, a building society and managed a sports trophy shop.

The Clive Sullivan Timeline

1961. An armed Forces player, he is signed to Hull FC, as a winger joining the world of Rugby League of which he has dreamed.

1967. He plays for Great Britain.

1972. Clive Sullivan is the first black player to captain Great Britain. He leads them to victory and wins the heart of the nation with a 60-metre try against old enemies Australia.

1972. He appears on high-profile TV tribute show This Is Your Life.

1961-1974. Sullivan scores 250 tries in 352 games for Hull FC. His speed and strength are legendary.

1974. He crosses over to Hull KR. Fans are shocked, yet support for him remains high. He scores 118 tries in 213 games and is the only player to score over 100 tries at both Hull clubs.

1980. He wins the Challenge Cup with Hull KR.

1982. It's all change again and he wins the Challenge Cup with Hull FC.

1985. Sullivan retires to run a social club with his wife. He dies of liver cancer the same year, aged just 42. At his funeral crowds line the streets.

He remains an inspiration, not just for black rugby players but for all.

Pilates for Health



Lose the stress, lose the weight, boost the wellbeing. Pilates is the keep-fit workout for everyone.

Here's what the NHS has to say.

What is pilates?

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

Who is pilates for?

Pilates has something to offer people of all ages and levels of ability and fitness.

What are the health benefits?

Practitioners say regular pilates can improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension. For elite athletes, including dancers, pilates can complement training by developing whole-body strength and flexibility, and help reduce the risk of injury.

Can pilates help me lose weight?

Pilates is classed as a muscle-strengthening activity, which can help you maintain a healthy weight.

If you want to lose weight, you're advised to combine pilates with a healthy diet and some aerobic activities, such as swimming, walking and cycling.

Here are a couple of introductory classes, for you to explore. One for everyone, one for seniors. Just remember to take it at your own pace and don't take any risks!



www.youtube.com/watch?v=bgzPkvRQnro



www.youtube.com/watch?v=i3PYS_jsA1c

Be well,
stay safe
and keep in touch

