

PROUD EAST MARSHIAN

QUARTERLY - 2021 ISSUE #2-4 FREE

News & views from the East Marsh - EMU/Sun & Moon Festival - online at www.sunandmoonfestival.org



An Anthem for the East Marsh

It is my pleasure to take the editorial reigns for the April edition of The Proud East Marshian, the first in this year's series of quarterly editions.

There are recurring themes in the articles of this edition, with the welcome arrival of spring clearly at the fore. Our writers show their appreciation of the natural world and of the simple pleasures of growing plants, walking in parks and just enjoying the environment.

The teams at EMU and the Sun and Moon Festival have continued to work behind the scenes, planning for the coming months, thinking of ways to involve our community in as much activity as possible and we appreciate the support and the participation that happens. It is our sincere hope that as we go forward and move out of Covid restrictions that we will see much more of people in person. We look forward to being able to welcome you to our base at Freeman Street Market and to events and occasions where we can get together and have creative fun.

In the meantime, we want you all to continue to stay safe and well and to keep in touch. Do get involved with our projects, you are all welcome.

You can find us easily on our Facebook page <https://www.facebook.com/sun-moonfestgy> and we aim to reply to messages as quickly as we can.

Josie



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LOOKING AT THE SPRING

SARAH PALMER

Next door's cherry blossom tree was the highlight of the early part of last year's lockdown – its pink candyflossiness – erupting then dying away gave us a focus in the mornings after we were confined to the house. Once again the cherry blossom is out, and is a reminder to me, more than of the anniversary date, that a whole year has passed since we entered lockdown last March

I took a bike ride through Grant Thorold Park on Sunday and was so cheered to see the beginnings of a cloud of cherry blossom starting to appear under an ocean-blue sky, on one of those days in early March when it's winter in the shade and summer in the sun.

Cherry blossom this spring is a timely reminder that despite what's been going on in the human world, the natural world has been busy doing its thing: growing, blossoming, fruiting, dying down, then starting the whole cycle again. Spring this year might just be the nudge we need to recall that we won't be in this storm forever, sunnier days will return.

The Japanese enjoy cherry blossom in yearly festivals where the temporary beauty of clouds of pink and white are celebrated as a reminder that beauty, though short-lived, should be enjoyed, appreciated and made the most of, because it will soon pass. As will our current situation. And it might be that in times to come we look back and actually miss some of the changes in our lives that these strange times have brought.



Lockdown has meant that many of us have started to use and appreciate our own local parks more. I certainly have discovered plenty to enjoy about mine. Before last year I'd avoided the area (Duke of York Gardens) believing it to be nothing more than a litter-strewn patch of grass next to a river that was full of shopping trolleys. How wrong I was (well not about the shopping trolleys). I've come to enjoy my morning walks appreciating how lucky I am to have a place to escape.

Here at EMU we had a recent meeting to talk about Grant Thorold Park. It occurred to me, that although lately our parks have been in decline, as we've had more glamorous places to visit, the epidemic has brought back the original need that this town's Victorian parks were created for – somewhere to walk, get some fresh air, and a bit of exercise, and to notice the change of the seasons. Grant Thorold is a beautiful park, and there are plans to show it some love.

We've put an appeal out on our Facebook page asking if anyone would like to grow some plants on their windowsill this spring. If you'd like to have a gardening bag delivered to you, including everything you need to start growing, then please let us know by the end of March. We've already got a few people who want to get involved.

Left - Cherry Blossom
Right - Grant Thorold Park

An Anthem for the east marsh

JOSIE MOON

It has been a real challenge to keep performing arts ticking over during the pandemic – particularly singing, which is hard to do online. We have made some videos and we do run a Zoom choir but it is not the same as getting together in a room and having a wonderful sing.

We are now seeing the light ahead and the end of the pandemic is coming. We want to create something very special to both remember this time and to look to the future in a positive and hopeful way.

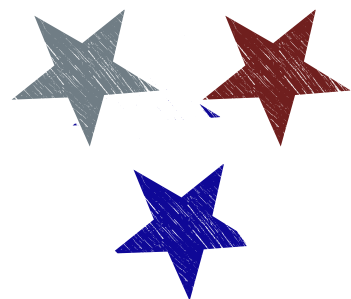
We are truly delighted and excited to announce that we will be inviting our community to join us in the creation, production, recording and performance of a brand new song. We will be asking for your ideas and sharing our ideas with you to make sure that the new song we write truly belongs to and is all about our community on the East Marsh.

We are going to have some fantastic musical support in doing this. Our local creative team will be myself and Jo Townell. Jo and I have been running the Great Grimsby Community Choir for five years now and we also run the East Marsh Peace Choir. Jo is a brilliant writer and arranger. We will also have the fabulous Olivia Townell. Olivia is a music student at the Royal Northern College of Music in Manchester and will be able to help and support us all with our singing.

We also have a super special guest working with us; the one and only Ross Millard, guitarist and vocalist with the band The Futureheads. How lucky are we to have Ross working with us?

Watch out for news of how you can get involved – we will be announcing the process in early April and we are pretty confident that you will want to be part of this. So do watch this space and get ready to sing!

Josie



Top - Ross Millard
L-R:
Jo Townell
Olivia Townell
Josie Moon

What's Happening at EMU HQ?

Since the last issue of the PEM, we have been beaver away behind the scenes to bring you some new projects; a new Friends of Grant Thorold Park, EMU's Kitchen Table and the East Marsh Timebank. Some of these are still in their early stages, so watch this space, and some you can join in NOW!

Friends of Grant Thorold Park aims to make the park prettier, improve sporting facilities, improve accessibility and maintenance. We want to say Good riddance to rubbish, enhance security and put on more events and occasions for our community. We hope that this will create a more positive place for people to unite and come together when COVID-19 restrictions are lifted whilst maintaining and bettering the green space in our ward. If you'd like to join us in making a difference please e-mail info@eastmarshunited.org

We would love to invite you all to join us at EMU's Kitchen Table, a safe space where you can come chat, hear about what we're doing and just relax with other Proud East Marshians. If you are interested in joining us for a chin wag watch out for our Facebook posts for more information on how to join. Alternatively you can get in touch to ask us anything info@eastmarshunited.org

The East Marsh Timebank welcomes everyone! You might have a skill you want to share with others, just want to lend a hand here and there, or you might be someone looking for a new hobby. We are here to help you with that. The East Marsh Timebank

values your skills, no matter how big or small, you never know when your knack for ironing might come in handy for someone struggling to complete such a task. Mowing the lawn might be just what you can offer another person. Join us, share your skills and be rewarded for your hard work.

We look forward to hearing from you.



FRANKIE HODSON



THE SPRING EQUINOX

MARIA GARNER



**Let's dance and sing
and celebrate Spring
and all the good things it brings**

Mid-March and as I write this for our Proud East Marshian April magazine it seems ages since the Winter Solstice, and yes, we are still in lockdown. Like the Earth we are poised ready to burst forth, full of potential and promise of things to come.

The outside temperature is still cold but we can see the difference in the length of days bringing more light into our lives. When you read this, we will have passed the Spring Equinox, our clocks will have sprung forward and we will be celebrating Easter weekend. I hope the Weather Gods will be kind this year so we can all spend some time outdoors with those we love.

This time of year is a good opportunity to think about the balance in our lives. What makes us happy? What makes us sad? What do we want to change? This year we have the additional wisdom that the pandemic has brought us. What have we missed most during the Covid restrictions? What have we not missed at all? This is the best time to decide what we need from the coming year. Seeds of ideas we plant now will turn into action and make positive changes we can all share.

**Plant seeds of joy everywhere
even in dark and sad places
they will grow**

Nature continues to give me great pleasure and I have noticed so much more on my walks during lockdowns. In the absence of

social and cultural events, I have learned to celebrate the little things that make me smile. The first blossoms on the trees, the drumming sound of the woodpecker building a new nest, the skylark's amazing vocal gymnastics. Everything in the natural world is gathering momentum and preparing for their part in this year's show. No matter how urban we think our lifestyle is, we are never far away from nature and the more we look, the more we see. The more I see - the more I find to love and cherish.

Each year on April 22, Earth Day is celebrated worldwide. An annual event on which day events are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now celebrated in more than 193 countries each year. In a world of pandemics, climate change, dwindling resources and continuous species loss, it feels even more important to mark this date in some way. Just thinking about the Earth in a kind and creative way will bring changes and the smallest of actions will bring even more benefits to ourselves and the Earth.

Write a love letter to the Earth and what she means to you. Think about what you would miss if it wasn't there and tell her how you feel. Make it sincere and make it fun. A few years ago a group of us got together to celebrate Earth Day. This is an extract from a poem written by all participants on the day. My good friend and creative collaborator, Vivienne May then made our words into a wonderful picture.

From Earth Poem ...

**Because of trees
the Earth can breathe**

**Because of nature
my heart finds joy**

**Because of bees
honey is so sweet**

**Because of clouds
our imagination takes flight**

**Because the wind blows
seeds are scattered**

**Because I was made to stop
I am now able to see**

**Because of me
the Earth is loved**

Because I was made to stop – has now taken on a more significant meaning.

I wish you all a joyful Spring.

Be kind to yourself, each other and the Earth.

Stay safe.

With love
Maria Garner



V's VANTAGE POINT - THE HUMBLE WINDOWSILL

VIVIENNE MAY

There is something nice about being able to pick fresh organic produce that you have grown yourself. Ah! The smell of fresh sage, rosemary and thyme. I feel a song coming on!

It does not have to be that hard or complex. Also, you do not need to have an allotment, or even a garden! A windowsill is great growing area.

I like to combine gardening and growing with my passion for recycling. As it is Earth Day on 22nd of April this year, I thought I would focus on that for my article this season.

I know my effort to recycle and help combat climate change is a drop in the ocean to what is needed, but then, what is the ocean? The ocean is trillions and trillions of drops. The way I look at it is that my drop may go unnoticed but, it is there, with many others.

This last year has shown, yet again, that our beautiful Mother Earth is crying out for us to help her, it has also shown that we do not need half as much as we take, that we do

not have to simply chuck away the rubbish we produce, contaminating our own lives alongside the flora and fauna that share the planet with us.

Humans are the only creatures that produce junk! Unfortunately, junk is cheap to produce and oh so costly to get rid of!

Unfortunately, many of us do not have the spare cash to purchase biodegradable pots and trays etc. Sadly, buying landfilling alternatives still tends to be cheaper but, that is changing, as more and more waste products can be reutilised in industry and as more sustainable replacements are developed.

Tips for Easy Growing

I use what is easily to hand and whether recyclable or not, packaging is in abundance. All food safe packaging is usable; milk cartons, bottles, plastic and glass, tin cans, egg trays, yoghurt pots etc

The important thing to remember is that plants need drainage; they do not like to sit in water.

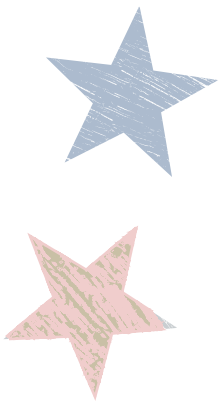
- If you are planting into a glass jar, or container without drainage, make sure you put a layer of rocks or broken crockery in the base before adding the soil.

- Alternatively, plant into a pot with drainage and then place inside a decorative container to hold the water.

The humble windowsill
A little growing spot
No mass of soil to till
But room to place a pot

No need to be too fancy
A yoghurt or butter tub
You can grow a pansy
And bits of tasty grub

Some sage for my roast dinner
Hot peppers, just a hint
Lettuce to get slimmer
And I'll grace my Pimms with mint



I use a lot of recycled materials in my arts and crafts so, it is a natural progression for me to carry it through into the gardening, here are some examples of this year's efforts; all fit nicely on a windowsill.

- Toilet roll tubes are great for seed starter cells.
- Old pop bottles make great self-watering plant pots
- You can decorate them if you would like or, if you would like to see how the roots grow, you can leave them clear.
- Cut the bottle in third; using the top third as the plant holder, pierce the bottle's top and thread some old cotton sheeting, (torn into strips) through to act as a wick for the water.
- Fill the bottom third with water, pop in your seed, seedling or plant and watch it grow.
- Make use of old yoghurt pots and milk cartons. Again, its up to your individual choice if and how you decorate it.
- Pierce yoghurt pot bottoms for drainage, fill with soil and put the plant in.
- Cut a rectangle out of one side of milk, juice carton and pop in your planted/seeded pot.
- When watering, put the water into the carton, not the soil, keep the soil moist but not soaked.

It would be lovely to see how you would make and decorate your own windowsill growing stations. Send in your pics and ideas for recycling and show us how your windowsill plants are growing.

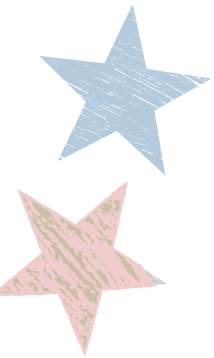
With that, I wish us all a bright and open April, a very happy Easter and a Mother Nature blessed Earth Day

With love,
V xxx



Top left - Lettuce
Top right - Sunflowers

Left - Mixed Herbs



POSTCARDS AND POEMS

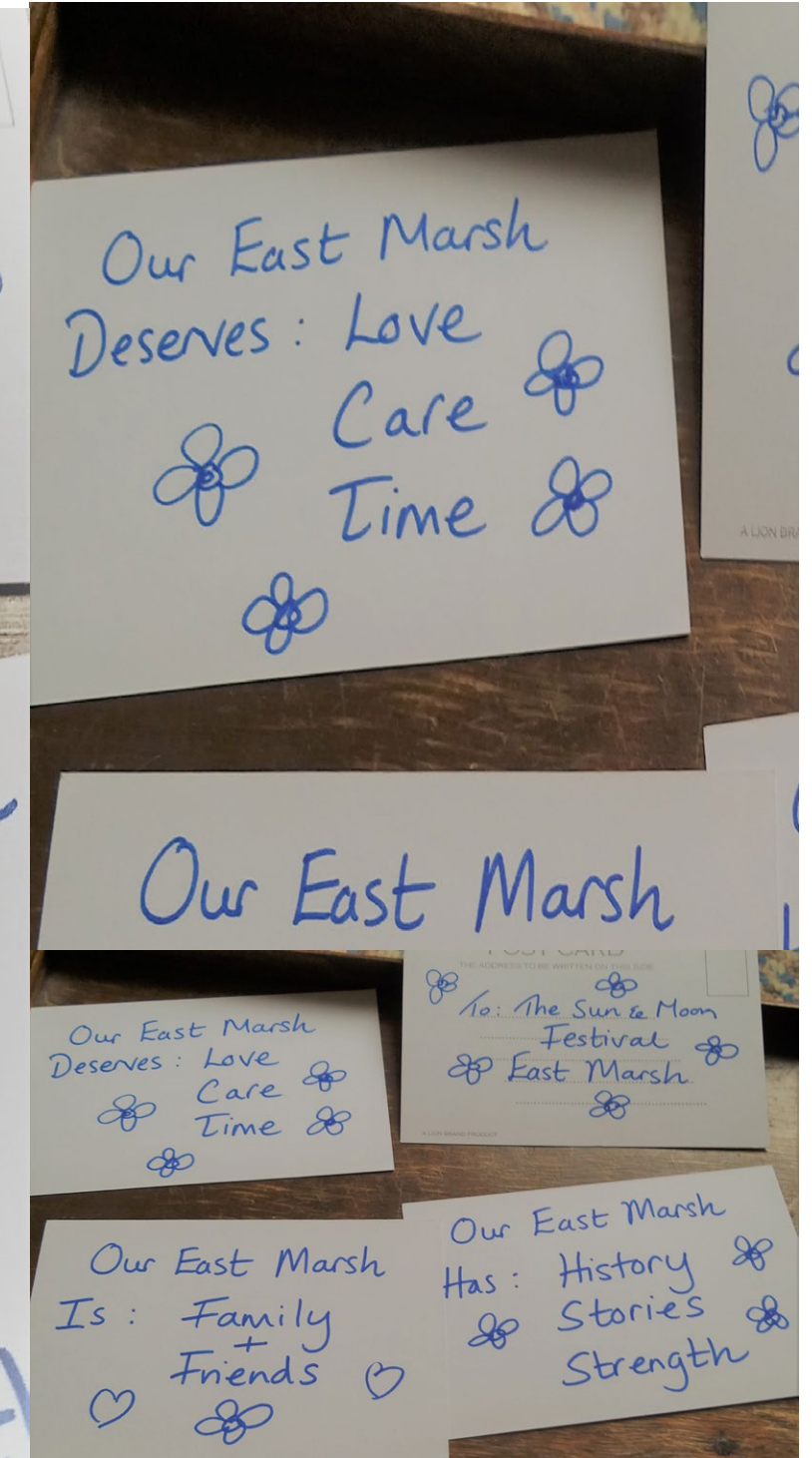
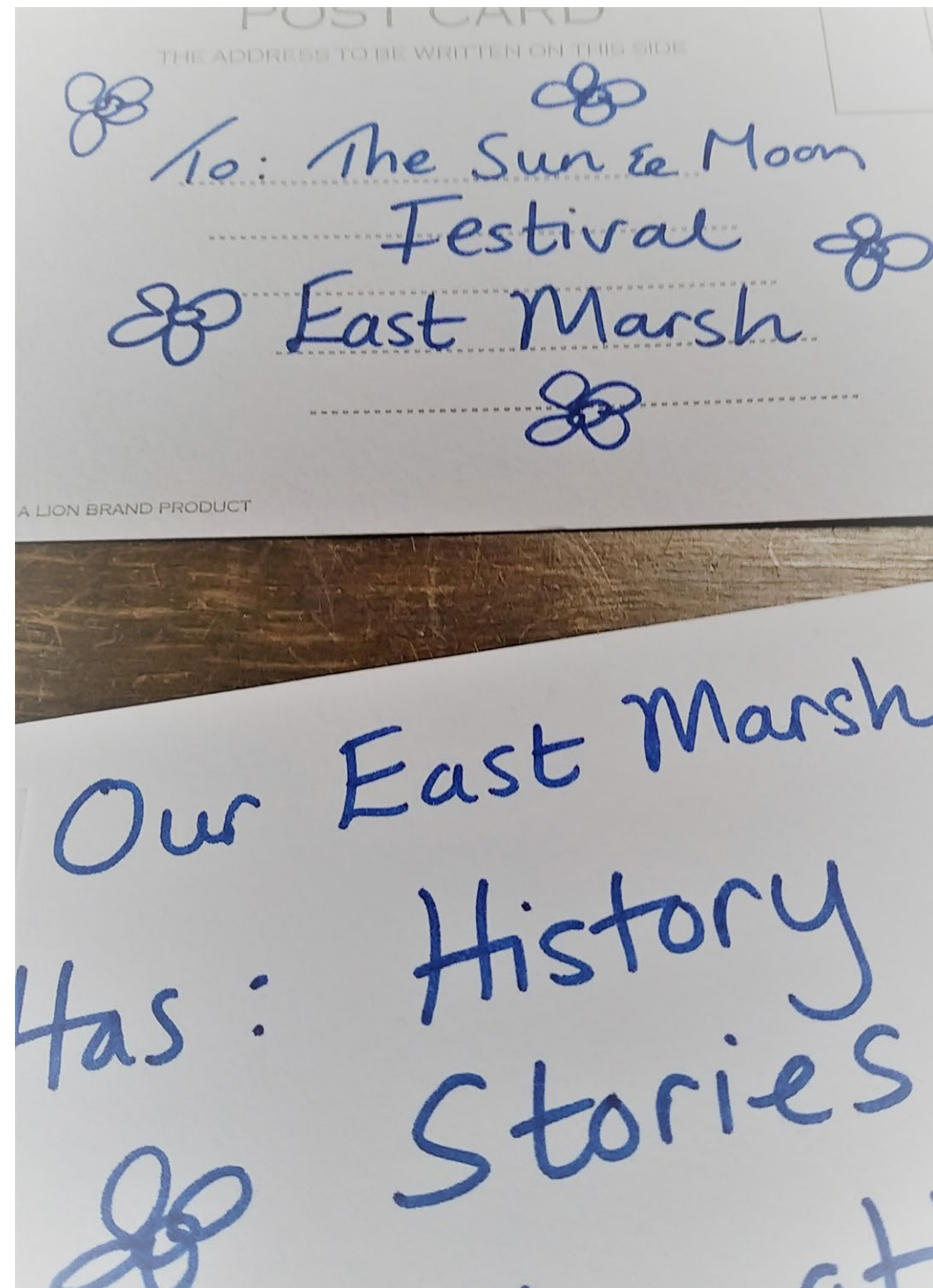
You might have seen our shout out on our Facebook page for members of our community to receive a postcard. What's that all about then?

Postcards are an old-fashioned form of communication. I used to love sending them from holidays, often to find the postcards got home after I did! I have a big collection of postcards from places I've visited or from friends and family. I even have some going all the way back to the 80s. They can provoke strong memories when I look at them.

We would love for our community on the East Marsh to get involved with our Postcards Project. It really is very simple – here's what you have to do:

- Request a postcard – you can do this on our Facebook page via a post or private message: <https://www.facebook.com/sunmoonfestgy>
- You will receive a postcard with a stamp and an address on it.
- Write is a message on the postcard focusing on these things: COMMUNITY, HISTORY & HERITAGE, PEOPLE, PLACE
- Post the card back to us.

We will collect the postcards and look at the themes and the key words that jump out. Then we will arrange the words into what is called a found poem, a poem literally found from words that are collected and arranged from other people and places. We will then create an installation with the found poem and it will be published in the real world and on line. It really is that simple – please do get involved.



LIFE THROUGH THE LENS

WITH RICHARD McCLEAN

It's been a difficult year for everyone in many ways. But the days are growing longer, the flowers are beginning to bloom again and COVID restrictions are slowly lifting. It is a time of hope.

These pages have often contained prompts for writing or drawing so here is a prompt for taking photos. Most of us have a camera of some kind and photography is a great way of thinking creatively about the world around us.

The prompt for this issue is HOPE. You can interpret that in any way you wish, you don't need any fancy equipment (a smartphone is great!) and your photos can be of anything or anyone, inside or outside. Here are a few tips:

- What makes you feel hopeful or might represent hope to others? It might be your child or grandchild, your pet, a bar of chocolate, or even a plateful of your favourite food – anyone or anything that brings you hope
- Looking for something different? Change the angle of your photo or try getting closer to your subject. You might want to focus on a particular feature, for example a close-up shot of your child's eyes
- Practice makes perfect, look at your picture, think about what you like or don't like about it and try again. And again
- Add just a few words to your photo, for example 'my girl's big blue eyes' or 'my favourite pizza topping.' There's no need to write lots (unless you want to)!

We can't wait to see the pictures that you take and the stories that they tell. Send your pictures to carolyndoyley@gmail.com and we'll include a selection in the next issue.





TOMORROW

STEVE BARRETT

The world has been crying,
Faces all hidden,
So I started praying
To at least give us hope.

So many have left us
The horrors all seen,
The years are so real,
The faces extreme.

I've watched those families
With so little hope,
Cry out to doctors, 'just how do I cope?'

The pains that you've suffered,
A year of no hope,
We'll all stand beside you;
We'll all help you cope.

The future is brighter,
We 'll soon all hold hands,
Move forward together
That's what is planned.

Introducing the Young Dads Collective in Grimsby

An initiative by Grimsby,
For Grimsby

YMCA HUMBER



YMCA

In partnership with

coram
Family and Childcare

Young Dads
Collective

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The 'Young Dads Collective' (YDC) is currently being established in Grimsby.

The YDC is a nationally acclaimed and evidence-based initiative that supports young dads to reach their full potential. It is being hosted by the YMCA Humber and I am currently in the process of contacting organisations to identify young dads who may benefit from being involved.

The project involves a collaboration with 'Together for Childhood' and is a community led initiative. Our aims are to bring together young fathers, soon-to-be fathers or carers aged 25 and under to support them to share their experiences with local organisations, practitioners, and policy makers.

Research shows that when young fathers are supported to be involved as fathers, this results in better outcomes for them, the mothers of their children and most importantly, for their children.

Through reaching out and working with local organisations, particularly those working directly with young mums and dads, we hope to get the word out there and in doing so, identify young fathers who would be interested in taking up this opportunity to share their stories and experiences. Our past work shows that young mums are generally supportive of identifying young dads who are likely to benefit from this kind of support.

I have attached a leaflet which provides further information about the project. I hope that you would be kind enough to distribute to your colleagues and through any other channels that you feel appropriate and relevant, to help the information reach young fathers. We would especially appreciate it if you can pass this on to the young mums that you work with and ask them to pass it onto the dads they know.

This YDC project is important to the community and could benefit the lives of young fathers, in so many ways. If you require any further information, or you are a young father who would like to benefit from being involved please do not hesitate to contact me and I will be only too pleased to help.

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find us online:

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

<https://www.sunandmoonfestival.org>

Creative
Civic
Change

Lincs
Inspire

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FREEMAN STREET MARKET

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