

ACTIVE WITHERNSEA



WE ARE

**Here**

ISSUE N°/TWO

**Wishing businesses  
good luck with re-opening,  
& hoping that everyone  
is able to stay safe.**

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## ABOUT

This zine is a collection of material generated by and with the community of Withernsea through *Active Withernsea*.

**Active Withernsea** is part of a pilot programme from **Sport England** aimed at increasing participation in physical, mental and social activities. The goal is for people to live longer and healthier lives by living more actively.

Our golden rule is nothing is done unless the residents of Withernsea have asked for it. This means we listen and understand what is important to the people who live in the town.

*We are keen to work with people who would like to help create a happier, healthier Withernsea.*

Contact the Active Withernsea Team on 01964 782299 or [active.withernsea@eastriding.gov.uk](mailto:active.withernsea@eastriding.gov.uk)

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## DESIGN & ILLUSTRATIONS

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## PHOTOGRAPHS

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# A Withernsea Time-Capsule

**Since the 23rd March 2020 – the nation has been on a lockdown. Life as we knew it was changed in an instant.**

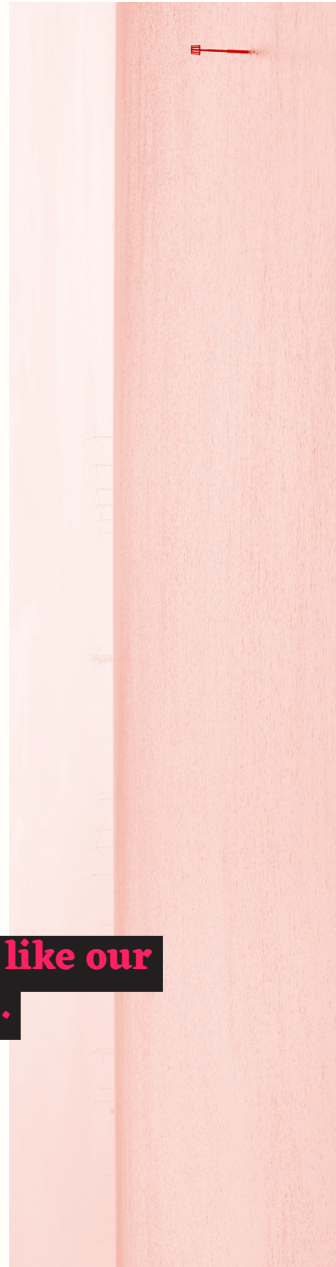
The schools closed, the cafes and the restaurants shut. Gyms, leisure centres, cinemas all closed their doors. Many of us have never lived through a pandemic before. My mom has always told me that going through some tough times helps to make us stronger. Now, I don't know whether that's true or not. But I do know that difficult times can often teach us a lot about ourselves, others, our systems, who was there and what wasn't. These lessons can help guide us to make things better for the future.

This is our second zine (a cool term for a small handmade magazine) from **Active Withernsea**. It documents the first 5-7 weeks of lock down.

We've been trying to keep in touch during lockdown. See how you're doing. Tracking issues, challenges and hearing about what gives you hope. We've captured some of those stories that you have shared with us over the past 2 months in here. They're in quotes, photographs and in comic-book style illustrations. Some of the creative content here has been created by Withernsea residents directly of their experiences during Covid-19 lockdown, such as drawings, poems and Youtube videos, which has been so fantastic!

**In many ways – this zine is kind of like our Covid-19 Withernsea Time-Capsule.**

Throughout the zine it has captured the questions of what this time has meant for you and the community. Things you thought about and the things you ate. How your world has stayed the same and how it's also dramatically different.



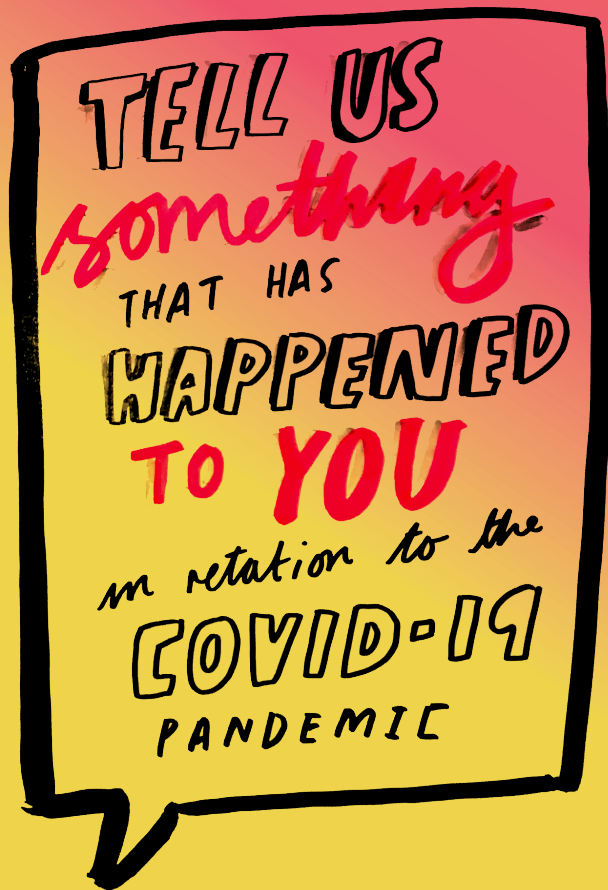
It has things that you struggled with and maybe would honestly rather forget, and the things you found delight in. But it also captures your incredibleness as a community of people. Coming together. Worrying and caring for others, even strangers. Endless actions that helped people get through these difficult times and helped to save lives.

Over time, I think we hope that this zine-time-capsule will show the things you feared, things that will fade and the things that happened that we will hope to immortalize for ourselves now and for the future us.

When a place is jolted out of its usual rhythms, we have an opportunity to look at it again, from a new vantage. We can notice small details that we wouldn't have otherwise, like the sounds that emerge when the cars stop and the streets have quietened. We can zoom out to a bird's-eye view. To be at a distance invites clarity, heightening certain memories, certain emotions, certain senses.

**It gives us time to have some space to reflect, to jump into action, to see how we are all truly connected to one another.**

It captures a first draft of this pandemic for posterity. Thank you to everyone.



**HOW ARE YOU WITHERNSEA?  
WHAT'S IT BEEN LIKE TO LIVE IN WITHERNSEA THIS  
WEEK? MONTH? OVER LOCKDOWN? DURING THE EASING  
OF LOCKDOWN?  
WE'RE HEARING SOME AMAZING STORIES FROM THE  
COMMUNITY AS THE TOWN PULLS TOGETHER.  
HOW DO YOU FEEL? PLEASE DO TELL US!**

# **AS THINGS HAVE BEEN TURNED UPSIDE DOWN WITH THE CORONAVIRUS, THE COMMUNITY ARE SHOWING THE WAY!**

Active Withernsea have been sending a regular 6ish weeks updates through the post and a regular social media update of the stories we're hearing from you and how things are changing or staying the same, how you're feeling, what you're seeing and hearing around you. Some of your stories will be turned into illustrations or photographic collections, and more. We'd also love to share your creative efforts too!

We hope this will help us all feel connected.

We'd love for you to tell us your story using this link:

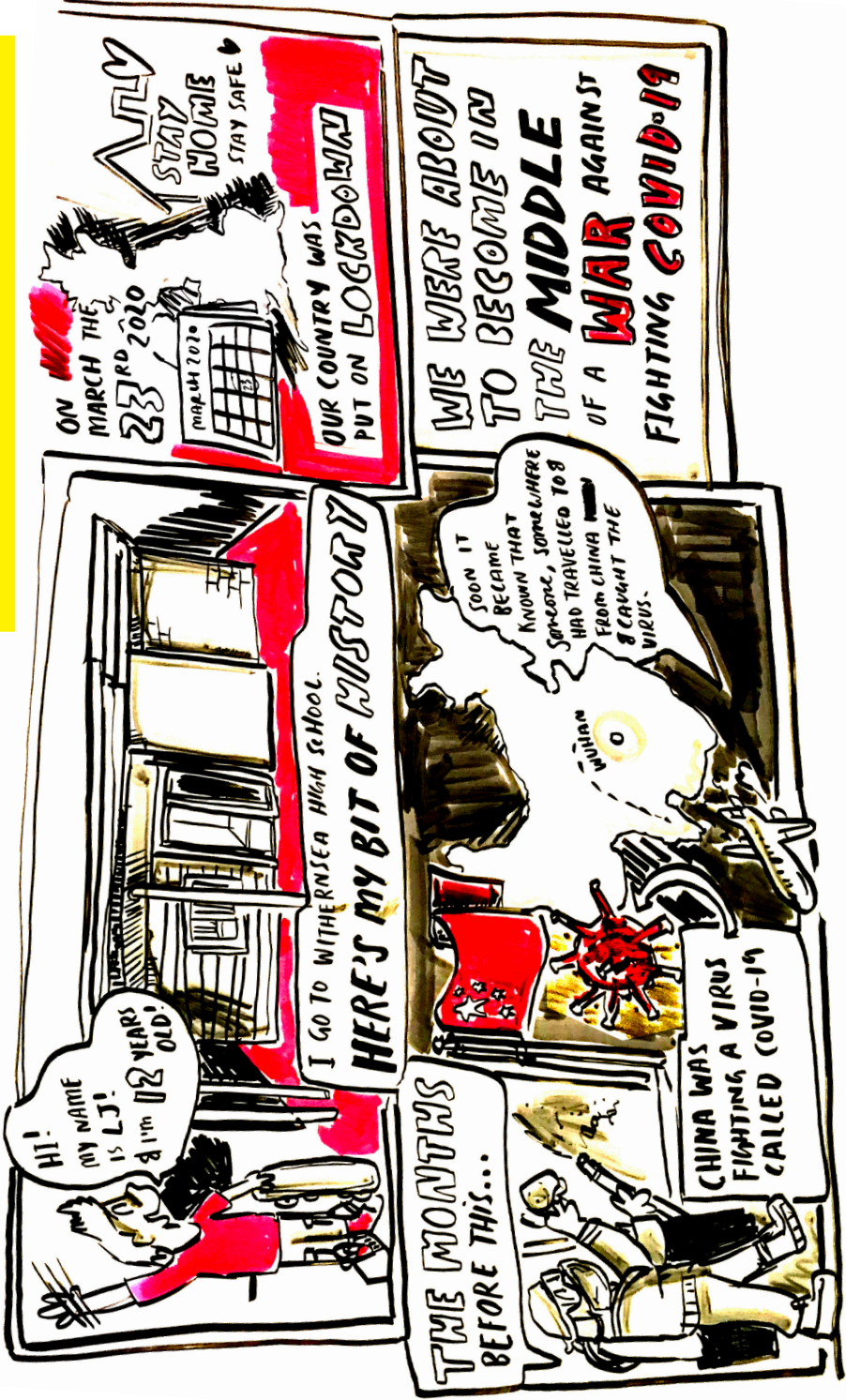
**[HTTP://QR00.DE/BBT5WC](http://qrc0.de/bbtswc)**

or by scanning our QR code below:



You can scan the QR code by downloading a QR scanning app on your phone & it will scan the image & bring up the website.

# 2 MONTHS IN REVIEW





# JUST BEFORE LOCKDOWN...

THIS IS MINE!

NO! I SAW IT FIRST!

PEOPLE WERE PANICKING & BULK BUYING



WHAT EVER THEY COULD... THEY BOUGHT

MY MOM & DAD ALWAYS HAVE A LOT OF FOOD IN, SO THEY NEVER BULK BOUGHT...

WE KNEW WITH MUM & DAD WE WERE **SAFE**

**OUR FAMILY**  
We Always Helping **OTHERS**

MOM HELPS AT THE CHARITY SHOP

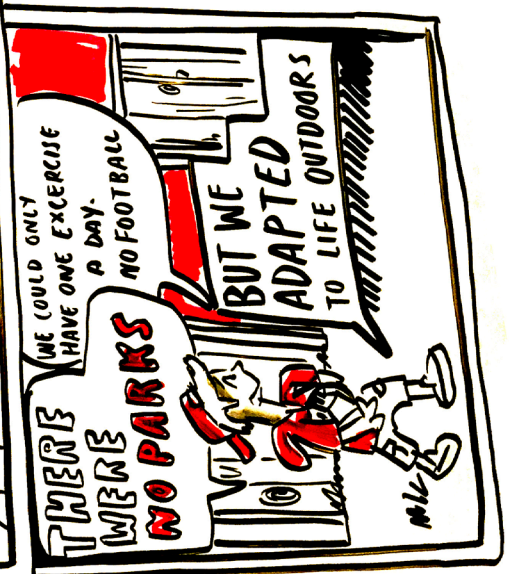
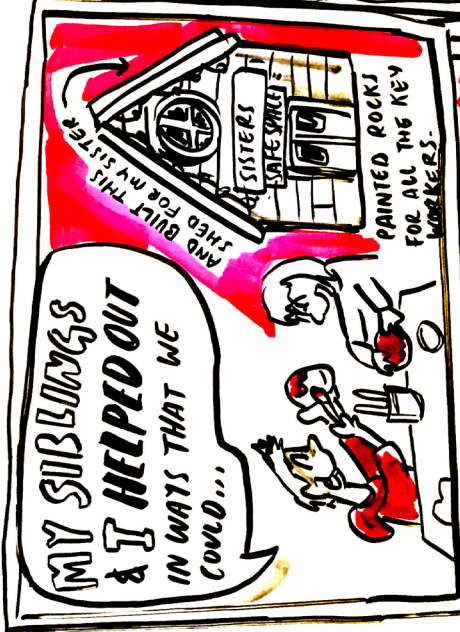
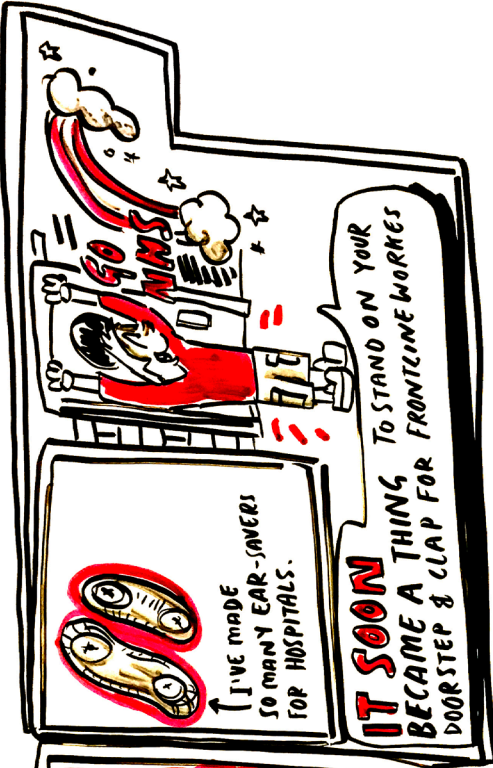
BUT IT BECAME A HUB & THEY BEGAN TO HELP - **NOT KNOWING** what they would be **DEALING WITH**

**SCHOOLS SHUT TO STOP THE VIRUS** SO MY PARENTS BECAME MY TEACHERS

I'M GOING TO DONATE THESE TO OTHERS!

**THIS IS LJ'S STORY OF THE BEGINNING OF THE LOCKDOWN. WE'RE SO GLAD HE SHARED IT WITH US TO TURN INTO THIS ILLUSTRATION TO SHARE IT WITH YOU ALL.**

**LOOK OUT FOR THEIR UPDATES OF WHAT LIFE IN WITHERNSEA HAS BEEN LIKE OVER THE LAST MONTH.**



# **PANDEMIC MOMENTS IN TIME**

**Poems by Richard Harries, written in lockdown**

## **Reality**

It's always been real  
The pandemic  
The virus  
But then a week ago  
A man I know, have  
drink tea with  
Died  
Became more real  
Now today  
It, the virus  
Is on our street  
Real, so real  
And bloody close  
Too close



## **From the Heart**

I have felt the need to  
express my love  
For family and for friends  
I love people in my life  
And I don't tell them  
that  
Other than my wife  
So in the last few days  
I have got sappy  
And told some  
It seems to have touched  
them  
I hope so  
Expressing it and seeing  
their replies  
Has touched me



WEEK 1

SO MANY PEOPLE DELIVERAMS



GROCERIES

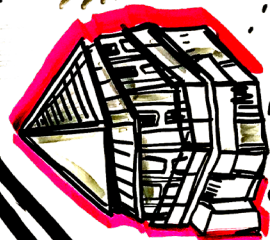


COLLECTING FOOD & HANDING IT OUT WITH IS A GREAT PLACE

COMMUNITY HUB

**PULLING** *together*

**SHARING** *WHAT I HAVE WITH FRIENDS + FAMILY + OFFERED TO HELP WITH LOCAL GROUP IN Supporting TO COMMUNITY WHERE POSSIBLE*



ShoRes center

**AW**

**I DONATED** *all my crafts MATERIALS* **SO THE KIDS & OTHERS CAN HAVE THEM**



# Sheddy & Mave

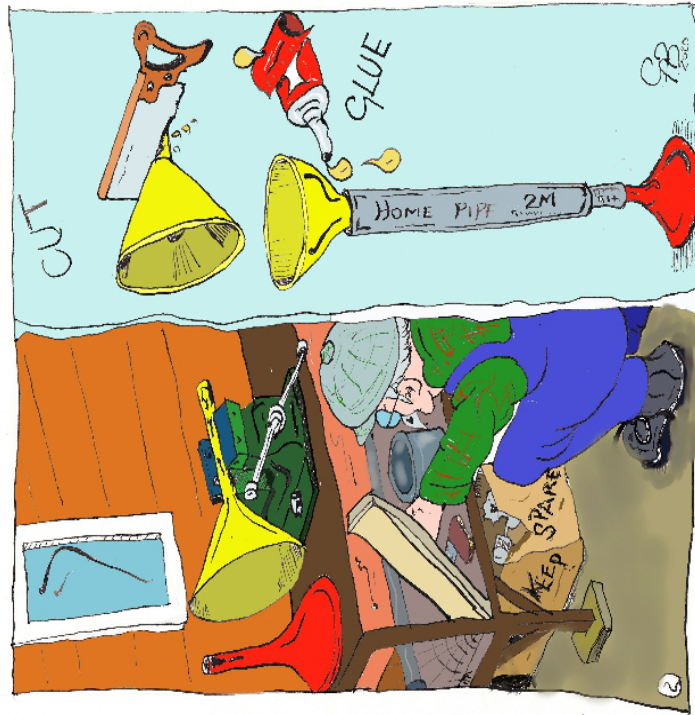
By GAB

**GEOFF BATEMAN**  
Withernsea resident  
with his own  
illustration  
of life in  
Lockdown

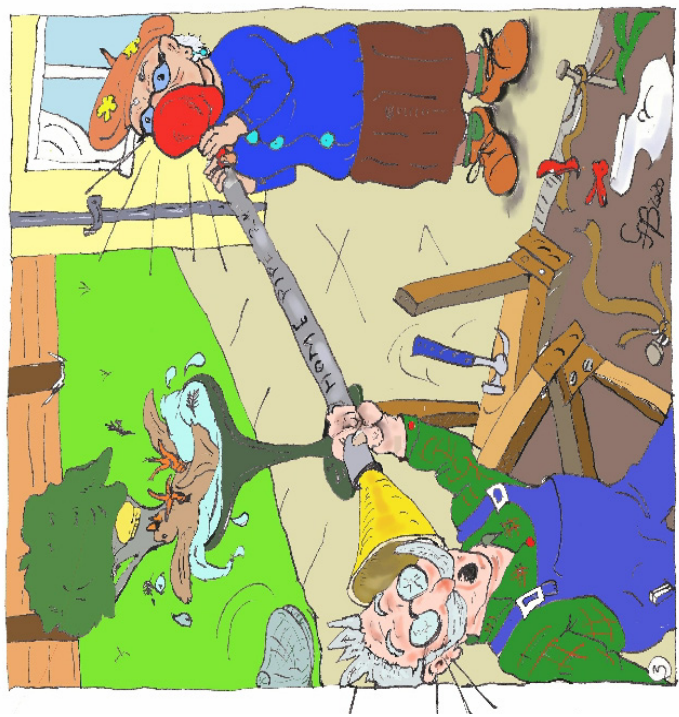
## The Tube



*EH??? Can't hear you .....*



*Now where's that... Ah!*



*I said tea's ready... And... 2 meters is for outside social distancing!!! Not at home.*

THINGS  
to do

BREATH IN

BREATH OUT

REPEAT 10x

BUILDING THE  
PERFECT SANDWICH

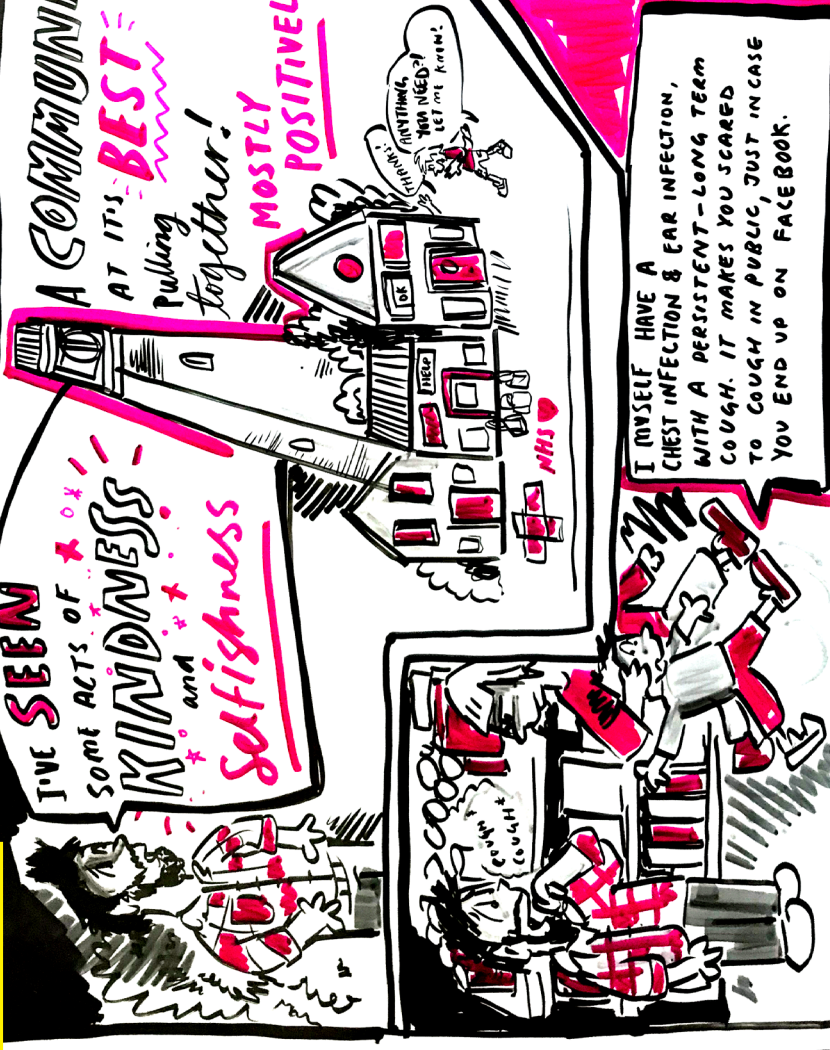
BREAD LABEL-DRAW THE FILINGS

I'VE SEEN  
SOME ACTS OF  
KINDNESS  
and  
selfishness

A COMMUNITY

AT IT'S BEST  
Pulling  
together!

MOSTLY  
POSITIVELY



I MYSELF HAVE A  
CHEST INFECTION & EAR INFECTION,  
WITH A PERSISTENT-LONG TERM  
COUGH. IT MAKES YOU SCARED  
TO COUGH IN PUBLIC, JUST IN CASE  
YOU END UP ON FACEBOOK.

ANYTHING  
YOU NEED?  
LET ME KNOW!

NHS



**ACTIVITIES FOR YOU >>> FILL THESE OUT.**

DESCRIBE <sup>OR</sup> DRAW THINGS YOU CAN FEEL BUT NOT EASILY SEE OR SAY...

DISTRIBUTED  
**MUTAL AID**  
LEAFLETS



HOME

WORKING FROM HOME



**SOCIALLY ISOLATING**  
INCLUDING WHEN I WALK MY DOG



ALTHOUGH, I'VE HEARD SOMEONE PUT

**HELP!**

AND NO ONE CAME FOR 4 DAYS!

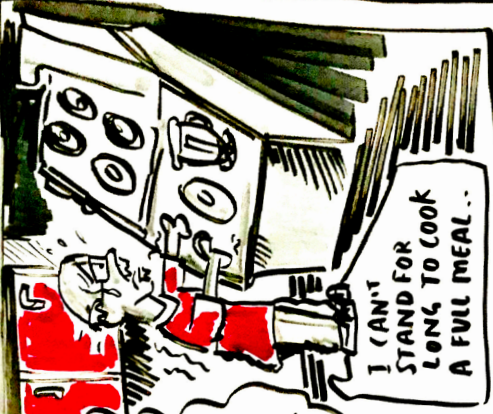
**HOW HAVE YOU HELPED Others?**





Grid Ref E





I CAN'T STAND FOR LONG TO COOK A FULL MEAL...

A FOOD PACKAGE WOULD BE WASTED ON ME AS I WON'T EAT MOST OF IT...

I COOK A PIECE OF FISH

THEN SOME POTATOES...



THEN SOME BROCCOLI...



ERIC RESPONSE HUB

HEY FRIEND WE CAN HELP YOU OUT...

I WAS MAKING CALLS



WE'VE GOT HOT FOOD DELIVERY?

IF NOT THAT, HOW WOULD YOU LIKE US TO HELP YOU?

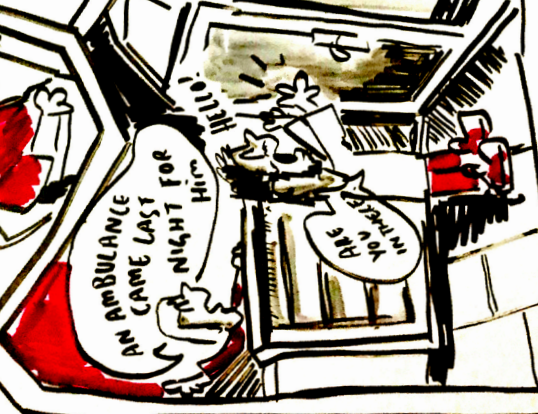


NO PROBLEM!

SO I CONTACTED SOMEONE TO HELP...



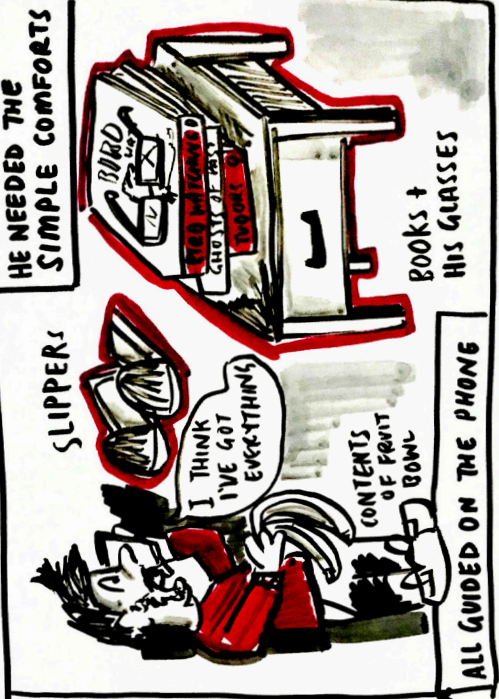
HE HELPED FOR A FEW WEEKS THEN...



AN AMBULANCE CAME LAST NIGHT FOR HIM

HELLO!

YOU ARE IN THERE!



# Cycling In & Around Withernsea

Withernsea ///

Frodingham Lane ///

Railway Tracks >> 9K/5MILES

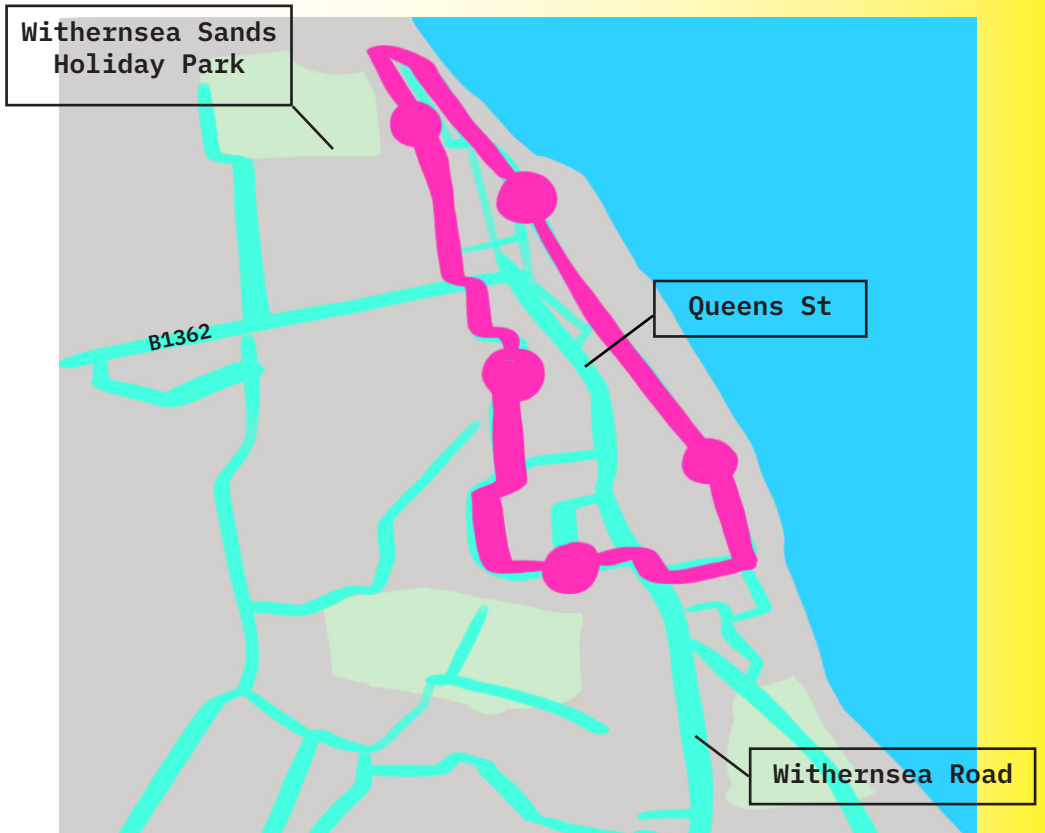
Start at any point  
in Withernsea's  
central town area.



Thanks to <https://www.withernsea1.co.uk/Maps/Wcy2.html> for this map

## SUITABLE FOR WALKING AND CYCLING.

Head east out of Withernsea along Hull Road. At the top of the hill, take the road to the left towards Frodingham. Follow the road south until you get to a farm. Take the gravel track that goes straight on (do not follow the road round to the right) Follow the gravel track south, then east. Cross the bridge at the dike, and carry on east until you get to the old railway track. Follow the railway track north back to Withernsea.



Withernsea ///  
Withernsea Sands ///  
North Promenade >> 5K

Getting to ride a bike is one of life's greatest pleasures. It's easier on the knees, you can get from A to B with more ease & quicker than on foot, and nothing beats riding down a hill with the wind in your hair.

**It's an activity that I do that always reminds me that I'm alive!** You only need to do a few pedals & before you know it, you've left everything behind - even if it's just for that moment.

One of the greatest things about Withernsea is that it's surrounded by fields, and roads that aren't super busy. This makes it perfect to see some beauty, go on a picnic or just to go for a quick ride to feel good. Here's some great routes to try!

# HOW ARE YOU FEELING?



THAT IS NOT ESSENTIAL TRAVEL!

**ANNOYED**  
THAT PEOPLE

**ARE NOT LISTENING & NOT STAYING AT HOME**



THE HOUSE NEXT DOOR TO ME IS A HOLIDAY HOME!

THE OWNERS TURNED UP ON 7TH APRIL...

HOLIDAY HOME

LEEDS

WHAT CAN YOU BUILD WITH A SMALL STEP RIGHT NOW?

→ DREAM+WRITE YOUR PLAN/IDEAS

MAKE A PLAN	WAKE UP	ASK TRY



ACTIVITIES FOR YOU >>> FILL THESE OUT.

WHAT'S THE WORD on the STREET

little Acts of KINDNESS WE <sup>ARE</sup> LISTENING

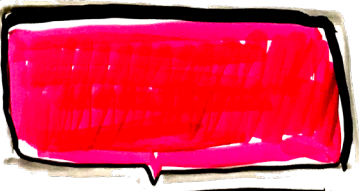
ISSUING LEAFLETS POINT OF CONTACT



DONATED MONEY TO THE GATEWAY COMMUNITY HUB

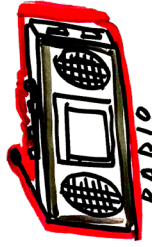


WHAT WAS ONE OF THE LAST TESTS YOU'VE BEEN ABOUT COVID-19 Lockdown?



DRAW OTHER WAYS

HOW DO YOU HEAR ABOUT THE NEWS?

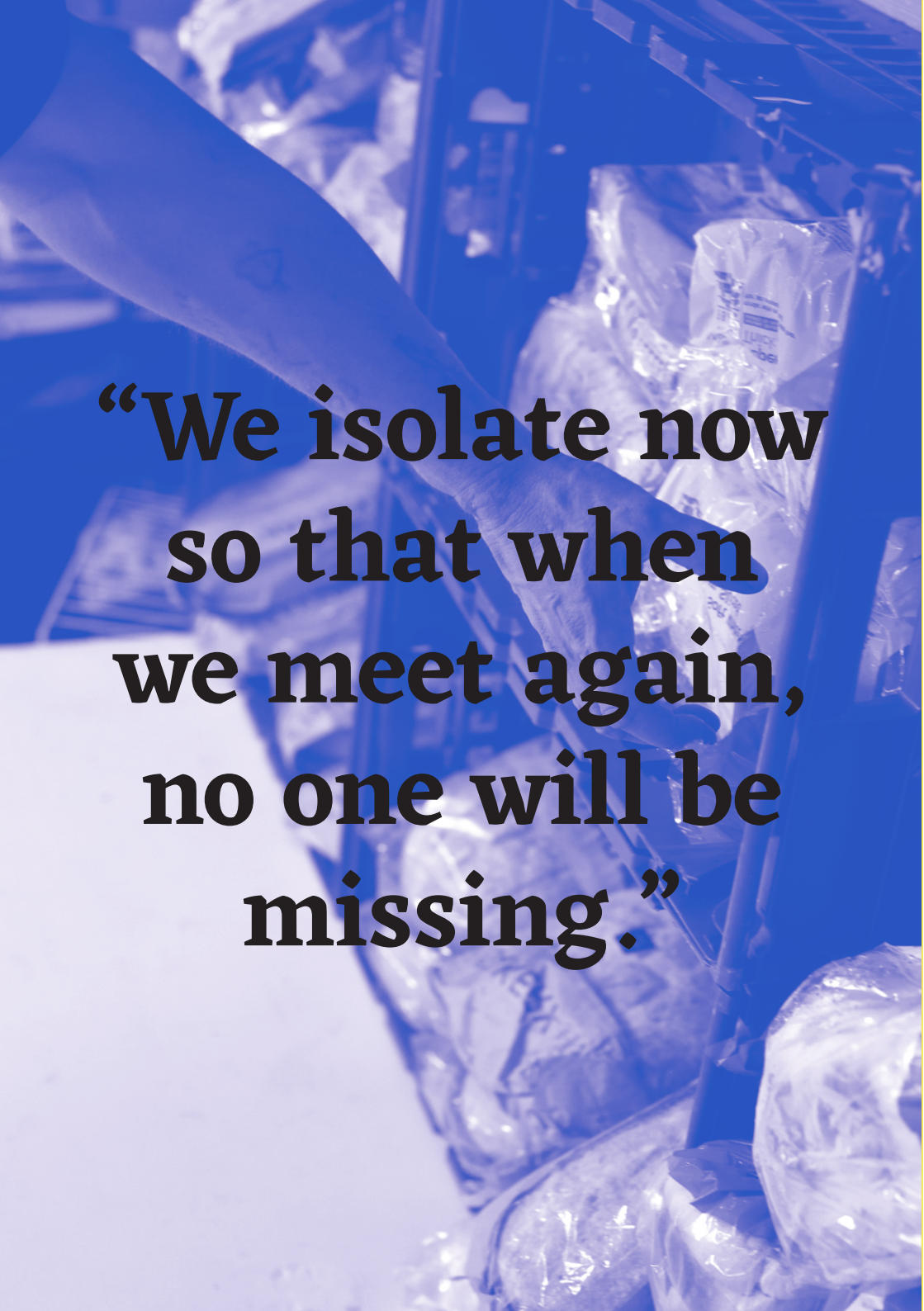


TWITTER



FACEBOOK

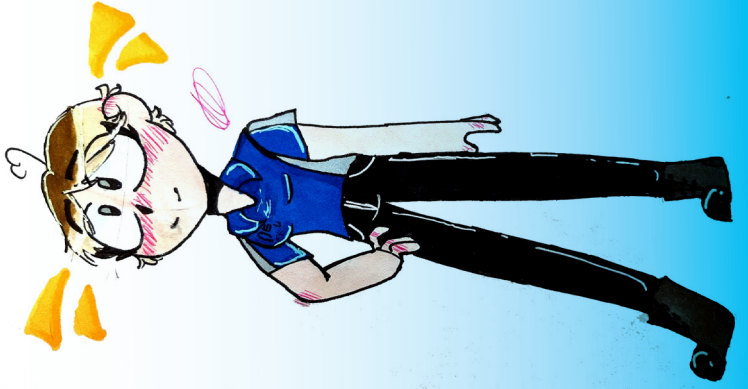
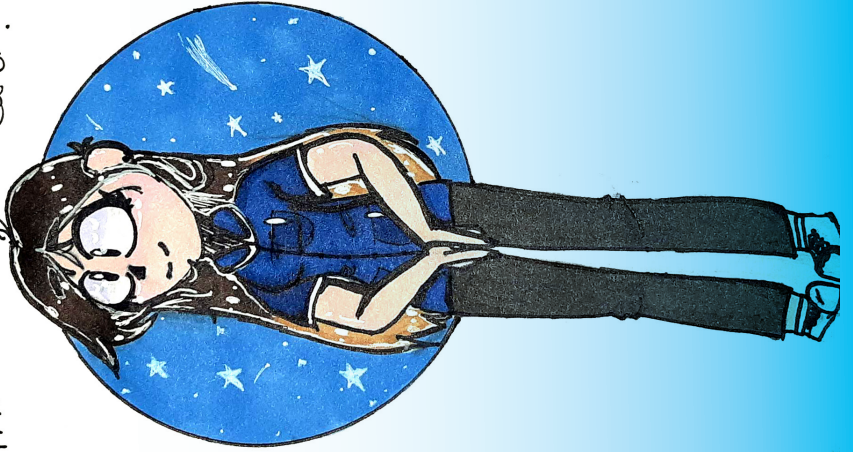


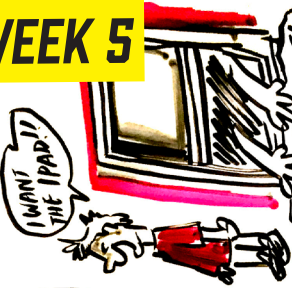
A person's arm is shown reaching into a shopping cart filled with plastic-wrapped items. The entire image is overlaid with a blue tint. A quote is centered over the image.

**“We isolate now  
so that when  
we meet again,  
no one will be  
missing.”**

# ALDI STAFF AS SUPERHEROS BY EMILY CONNAUGHTON

*Xifannica! the super  
carer!*





AI OUR ROUTINE! ARE OUT OF THE WINDOW!

SOME DAYS I LOVE LOCKDOWN!

WE PLAY GAMES! WATCH MOVIES BAKE! HAVE FUN!

OTHER DAYS

HOW IS IT ONLY 10AM!? THE DAY IS GOING SOOOO SLOW!!

SO MENTALLY DRAINING



MY SON WORKS IN A HOSPITAL & EVERY DAY I'M FILLED WITH DREAD

SOME DAYS ARE HARD THAT I CAN'T EVEN WANT TO GET DRESSED

I WISH I COULD JUST MOURN MY THEM LOOK AFTER



HOW HAS LOCKDOWN BEEN...

STRESS. A MIXTURE OF WORKING DRAINING EMOTIONS

I'M ANXIOUS

SPIKE IN DEATHS MAKES ME WORRIED ABOUT EASING LOCKDOWN SO FAST

BAKING HAS BEEN GREAT!

IDON'T THINK I'LL SEND MY KIDS BACK TO SCHOOL ON 1ST JUNE

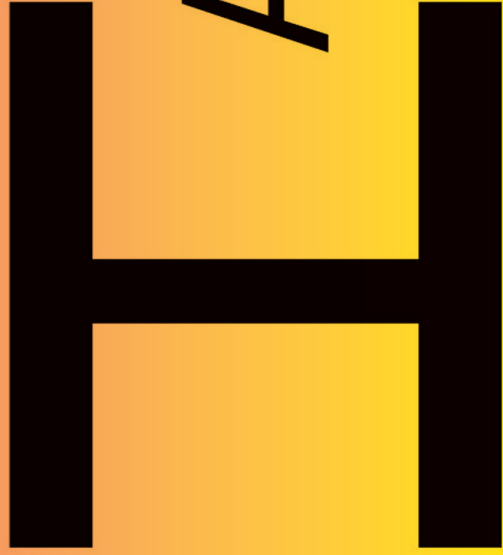




*A space to reflect  
about this time*



FLP



AM OK