

ACTIVE WITHERNSEA



WE ARE

Listening

ISSUE N°/ONE

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

DESIGN & ILLUSTRATIONS

Sarah Smizz
sarahsmizz.com

Fonts:

Letter Gothic Std

IBM PLEX MONO

PROHIBITION

Yatra One

RUBIK MONO ONE

Lapture Display

PHOTOGRAPHS

All photographs by Les Monaghan unless stated otherwise
[@lesmonaghan](https://twitter.com/lesmonaghan)

ACTIVE WITHERNSEA TEAM

Max Altoft
Alex Camplin
Esther Hall
Adam Jamieson
Jennifer Lount
Rachel Palmer
Lauren Powell
Selena Russell
Angela Williams

There's magic in the air in Withernsea

Withernsea is a big deal. I didn't know this until, as an artist, I was asked to be part of events, trying to capture conversations & feelings and make all this stuff accessible. With some time and trust, people opened up their stories of Withernsea. Of self and of place, both mixed into each other. Showing that the people are the ones creating the greatness of the town.

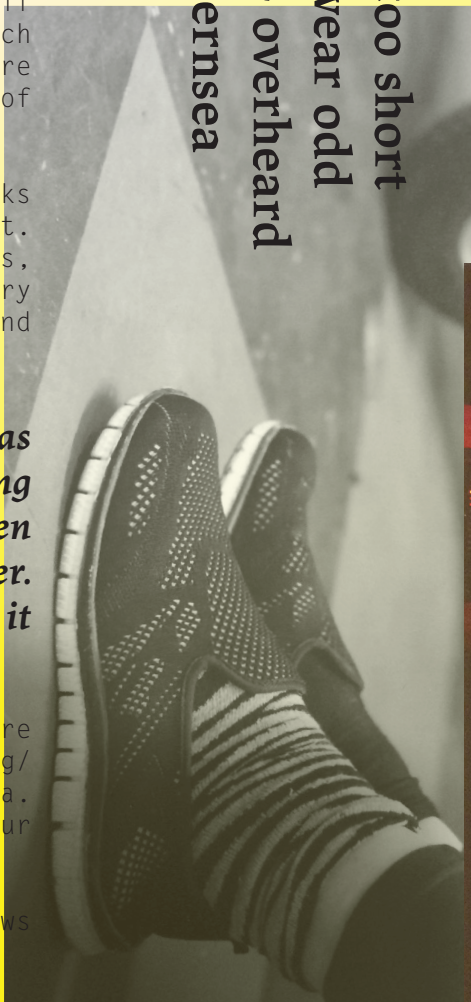
On the surface, Withernsea just looks like a lot of the Yorkshire coast. Quiet, beautiful when the sun sets, a bit bleak in the dark blustery wintery months, both forgotten and very present.

What I didn't see straight away was the passion, the hope, the yearning for sharing, kindness and being seen and involved in activities - together. Even in people who don't know it just yet.

This zine is a way to begin to share just a fraction of what is happening/collected/thoughts in Withernsea. It's a very select collection of your stories.

You will meet characters whose views

"Life's too short to not wear odd socks" - overheard in Withernsea

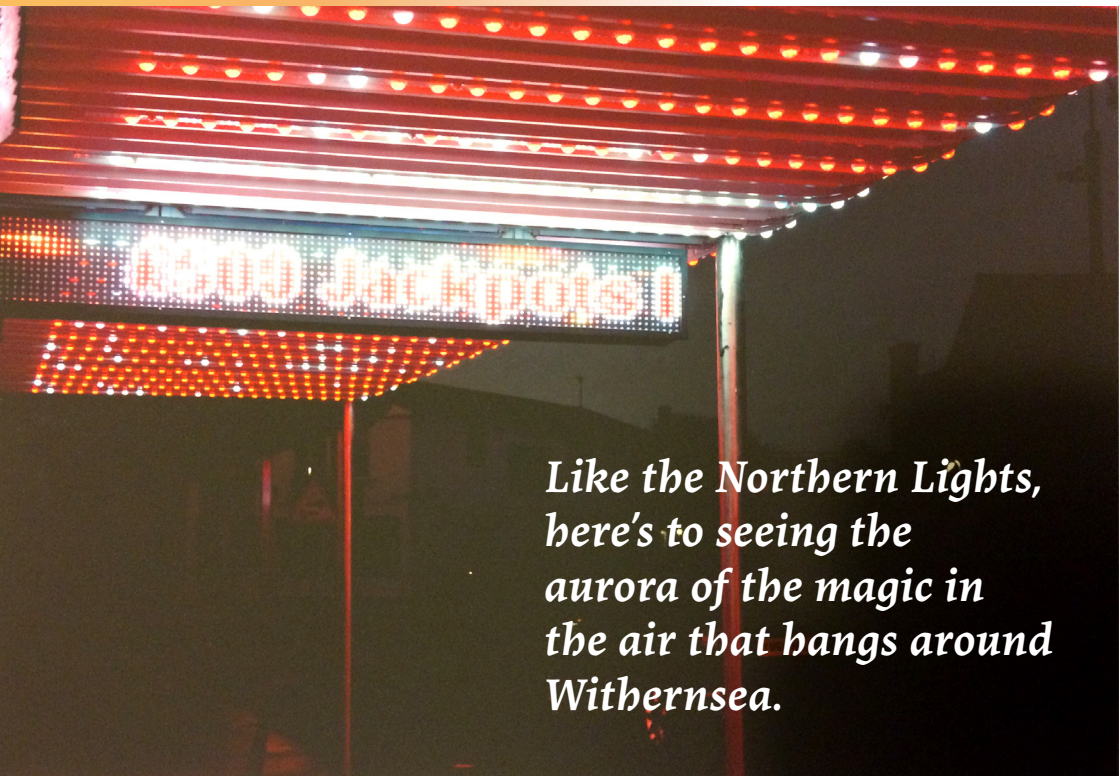


you will agree with, or not. Some of this stuff will make you want to be part of the energy and, maybe, to be part of something bigger.

To tell us what is important to you.

Over the past couple of months, I've watched The Active Withernsea team learn how to knit with the knitting group, volunteer every week late into the evening with the disability social group, join in on TimeBank events, and much more. I've watched people gain new skills, be able to help another person out with their experiences of being a carer, become more confident, express frustrations of not fully being heard and not being able to get a GP appointment. I have watched the AW team be welcomed by the people of Withernsea, which wasn't always easy. But as a result I have seen the team grow, giving more and more of their time in volunteering due to the rewards that they weren't expecting.

There's a new energy really starting to build here, that we hope to share in this publication & we hope that you'll join in with the dialogue.



***Like the Northern Lights,
here's to seeing the
aurora of the magic in
the air that hangs around
Withernsea.***

"THE THING ABOUT BEING A CARER IS, YOU'RE NEVER ALONE BUT ALWAYS LONELY."



THE PAPERWORK IS SO OVERWHELMING



WITHERNSEA 5K

BEACH & TOWN WALK/RUN



HOW ARE YOU WITHERNSEA? TELL US YOUR STORIES...

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

People are supporting those around them, making sure everyone is connected to what they need, and what keeps them well.

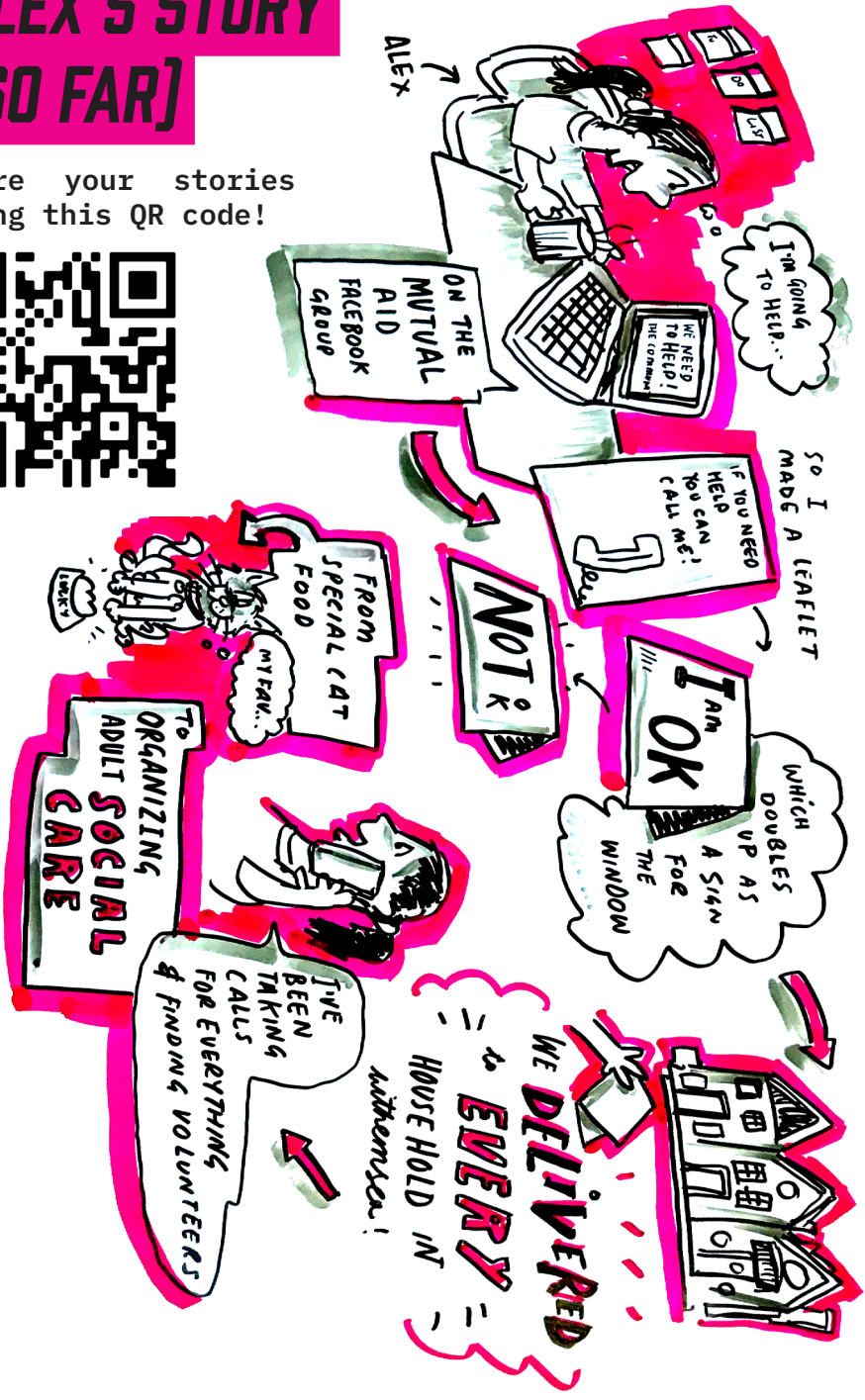
And also knowing, when people are anxious and afraid, helping and being helped might feel more difficult.

This is all part of the big picture of “How are you Withernsea?” We’d love for you to tell us your story using this link <http://qrco.de/bbTsWc> or by scanning our QR code on the other page! You can scan the QR code by downloading a QR scanning app on your phone & it will scan the image & bring up the website.

Active Withernsea will be sending a weekly update through the post and on social media 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. We hope this will help us all feel connected.

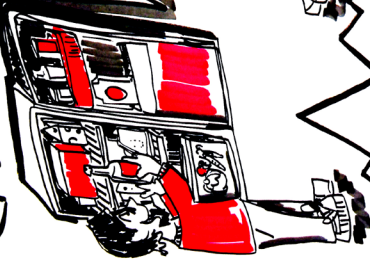
ALEX'S STORY (SO FAR)

Share your stories using this QR code!

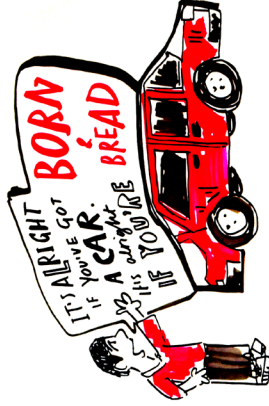


COMMUNITY

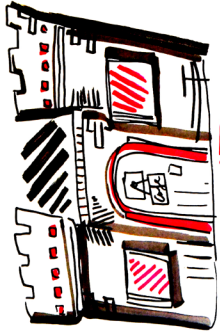
I GO AROUND & SHE'S ONCE A WEEK. SO I CHECK IN & SEE IF HER FRIDAY & TELL HER IF ANYTHINGS GOING OFF



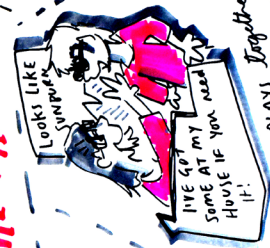
I'M QUITE LUCKY SHE DOESN'T CHAT WITH ANY NEIGHBOURS, JUST ME



I'VE ONLY BEEN A SHORT TIME THAT SHE FELT THAT SHE WASHOME



BOB LIVES ON HIS OWN BUT COMES TO WITH ME SO THAT HE CAN CHAT WITH THE STAFF AT THE CASTLE CAFE & TO GET A COOKED MEAL



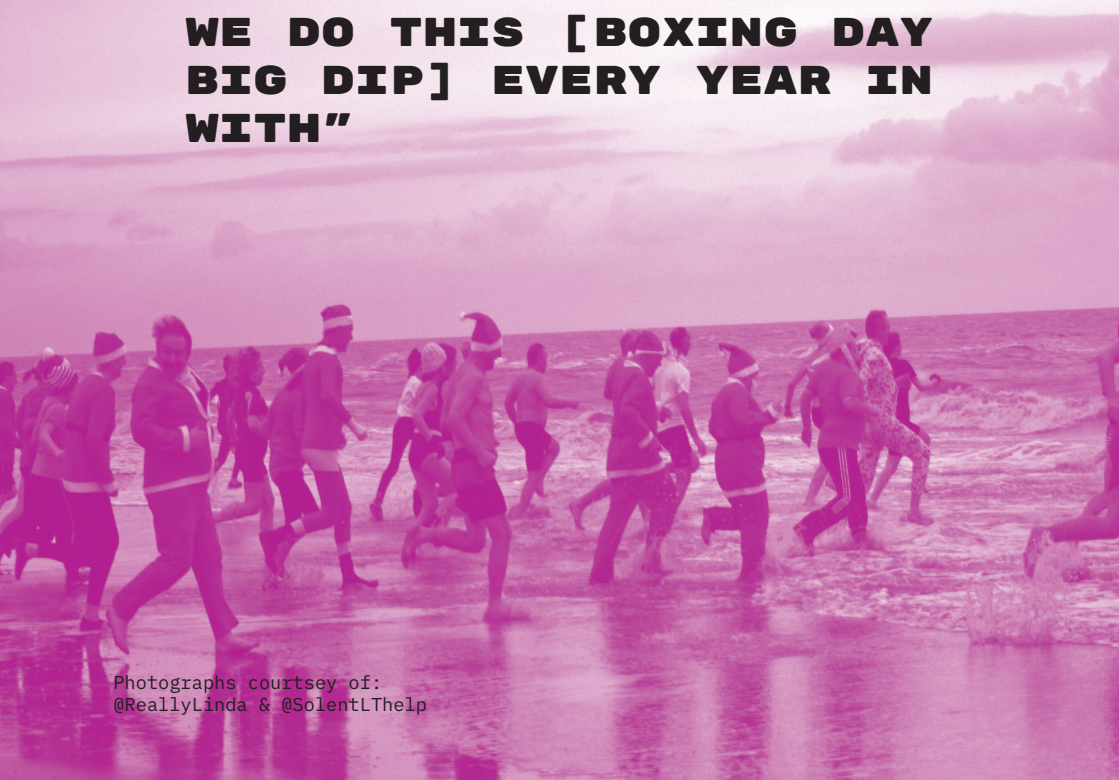
EVERYONE PLAYS TOGETHER!
THERE'S A REAL COMMUNITY FEEL & GENEROSITY HERE!



IT'S AN AWESOME PLACE - THERE ARE FRIENDS & FAMILY BECOME FRIENDS AND FRIENDS become Community



"WE LOVE THE WAY JUMPING INTO THE COLD SEA FEELS. MAKES YOU FEEL ALIVE. WE DO THIS [BOXING DAY BIG DIP] EVERY YEAR IN WITH"



Photographs courtesy of:
[@ReallyLinda](#) & [@SolentLTheIp](#)

So what is Active Withernsea?

Active Withernsea is a pilot programme, chosen by Sport England, to understand more about what makes happy and healthy communities. It's a completely new approach which puts people at the centre of a brand new and brave approach to find new and exciting ways for everyone to enjoy a more active life, regardless of ability or background.

We've been out in the community, talking to people to understand the some of the reasons why people may not be as active as they would like.

We've realised through these conversations that activity is not just about lycra and trainers and running about, it's about the connections in the community - it's mental and social and not just physical.

We've developed some ideas and themes to support and encourage all types of activity. We want the changes to be felt by everyone and to be long-lasting. But it's still developing, if you want you can help us shape the future - just get in touch and get involved.

***THIS IS WHAT WE'LL BE DOING TO
HELP CREATE A HAPPIER, HEALTHIER
WITHERNSEA.***

Love Exploring App

Walking and cycling

Kickstarter investment funds!

Let's encourage long-lasting opportunities

LET'S MAKE THE MOST OF OUR WONDERFUL OPEN SPACES

Specialist support and opportunities for those who want to shape the future of Withernsea

Better wheelchair access to the beach

BETTER WHEELCHAIR ACCESS TO THE BEACH

Special funds for training

ACTIVE WITHERNSEA SHOP @170 QUEEN STREET

Let's support those passionate individuals who make change happen

BEING PART OF THE SKATE PARK COMMITTEE

Adapted bikes so everyone can enjoy the promenade

Community SHAPER opportunities

Community bike hire

Let's get people out and exploring Withernsea

Finding the unexpected in the everyday

Dean Wilson, has a huge repository of poems and works inspired by and made about Withernsea. Having moved here a few years ago from Hull, he says that being in Withernsea has helped him write the most he's ever written.

Dean is a great example of how we can be able to see the beauty of the everyday, taking inspiration from the landscape and its people. Follow Dean on Twitter (@PoetDeanWilson6) to see his Withernsea 'Pebble of the day' pictures - which he takes from his daily walk along the beach. You'll be surprised at what he does find out there, which has inspired people across the region to make patchwork quilts and paintings of his found beach pebbles. Putting Withernsea on the map for different kinds of reasons.

It's here where we hope that you too might be inspired to do a picture of the day, from your walks along the beach or through town. What amazing looking stones can you see? What can you find when you take the time to look and to pay attention? Maybe it's not signs or stones, but the sky. Maybe next time you're down by the coast, you can pick up yourself a beach sculpture and you can use it for a pencil holder, plant pot or a bathroom ornament back at home. Something way cooler than you could ever get at IKEA.

Buy his new book at:
<http://wreckingballpress.com/product/take-me-up-the-lighthouse>

**The turbines are
spinning with joy**

**& my jacket pockets
are heavy with pebbles**

**there's a man
on the cliff top**

**walking so fast
he's a blur**

**I'll turn back
for home soon**

**it's cold
& I've been**

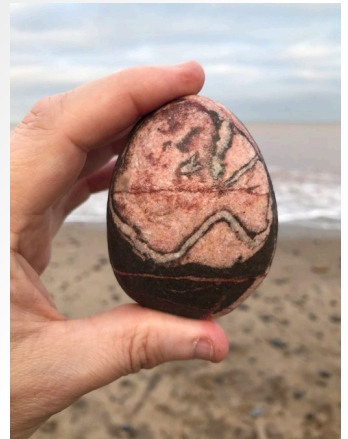
**out for
so long**

**I'm seeing things
that aren't there.**

-- Poet Dean Wilson,
Withernsea Resident
who says "there's
magic in the air"
for inspiration to
create.

Pebble Of The Day

Photographs courtesy of: Dean Wilson





**“THE SKATEPARK IS VERY
IMPORTANT TO THE YOUNGER
LOCALS OF WITHERNSEA.”**



SKATEPARK

CLEAN-UP



IN THE SUMMER

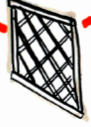
20 KIDS ATTEND, AT A TIME!

NEEDS

FIX BOTTLES



BARBERS TO STOP BEING BURST IN UNDER THEIR HAIR PAINS.



STOP DRUGS



STOP MOTORBIKES FROM USING THE FRONT RAMPS



WANTS

CCTV CAMERAS



LIGHTING FOR WINTER



NEW Bicycles



ESPECIALLY DONE BY THE KIDS

EXTENDING THE PATH



SOUND SYSTEM



CUT BACK VEGETATION



A LIBRARY OF AS MATERIALS SUCH AS SAFETY MATERIALS



LET US KNOW IF YOU'D LIKE TO HELP, OR HAVE ANY IDEAS, OR WANT TO CONTRIBUTE TO THIS DATA.

disability social group

IT'S NO LONGER JUST US ACTIVE WITH ERNSEA

DO I HAVE A LITTLE MORE TOLERANCE? EXPERIENCE DUE TO FAMILY MEMBERS WITH AUTISM

I'M REALLY GOOD & ENJOY IT

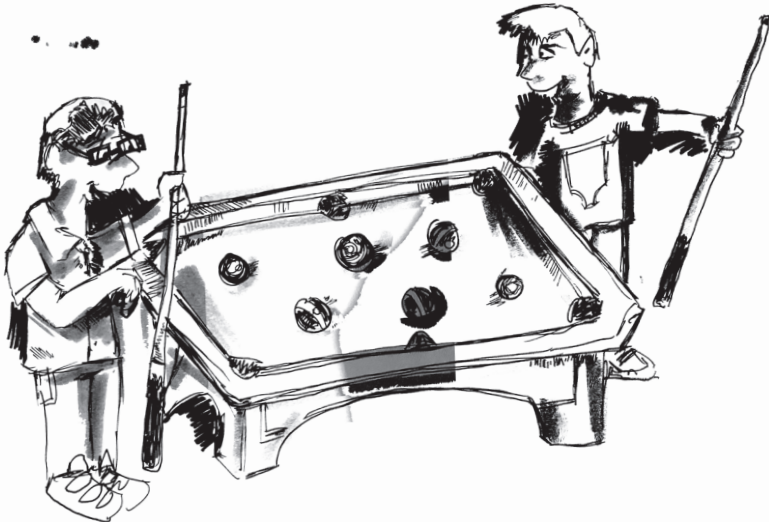
IT'S COMPLETELY CHANGED OUR VIEW OF VOLUNTEERING

SOMETHING THROUGH THIS PROCESS THAT MAKES YOU!


CHANGES YOU

LISTENING & GROWING VORTEX

WE NEED A MILLION PEOPLE WHISPERING TO HEAR IT



"I like to come and play pool because I like playing pool."



“
**I BECAME THE
MOST HONEST
VERSION OF
MYSELF I HAVE
EVER KNOWN.**

“
--- after volunteering with
the disability social group

PERCEPTIONS

OF WITHERNSEA

COMMUNITY
feel



SOLD
PLACE
PEOPLE MOVE
TO...



HE MOVED FROM HULL FOR A MORE PEACEFUL LIFE FOR HIS SON, WHO IS DISABLED AND WOULDN'T CHANGE IT FOR ANYTHING



POSITIVE

NEGATIVE

WHO CARES?

APATHY

DRUG ABUSE & CRIME



SENSE OF LOSS/ DEPRIVATION

PAUL LOVES HOW DOG + PEOPLE FRIENDLY WITHERNSEA



TOURISTS

FRIENDLY PEOPLE



A PLACE FOR



I LOVE WITHERNSEA THE WAY IT IS

IT'S LIKE THE LAND THAT TIME FORGOT



PEOPLE JAY ALOT OF PEOPLE COME TO WITH TO DIE WITH WITHERNSEA

I SAY I CAME TO LIVE TO LIVE



THERE'S A WORLD OUTSIDE

A REMEMBERING PLACE



I'VE HAD MY EYES WIDE OPENED SINCE I CAME INTO A WHEELCHAIR



THE TOWN Change

AFTER 4 OR 5 PM

THEY DON'T COME WITHOUT SANDWICHES



WHEN YOU DON'T HAVE A CAR YOU'LL BE TRAPPED

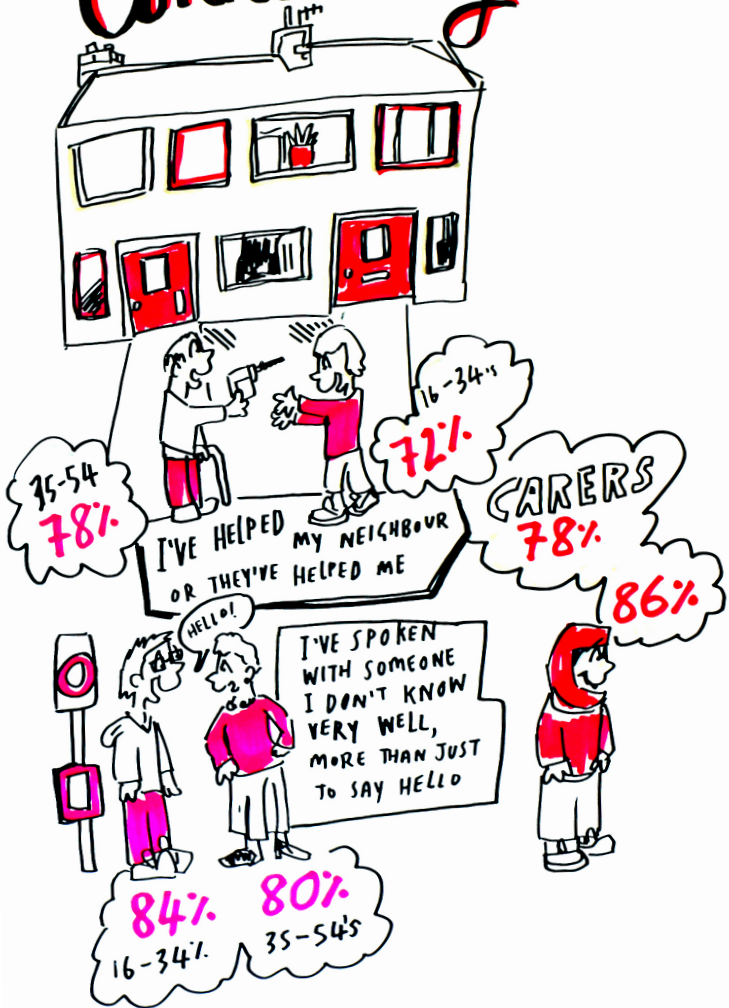


WHERE THEY CAME SUMMERS

THEN MOVE HERE LATER

ISOLATION -OR-

Connectivity





WOOD

REST

PLAY &

YESTERDAY

WOOD