

Wolverhampton *together*

In association with CITY OF
WOLVERHAMPTON
COUNCIL

Express & Star

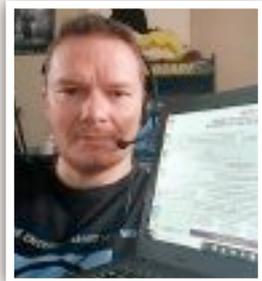
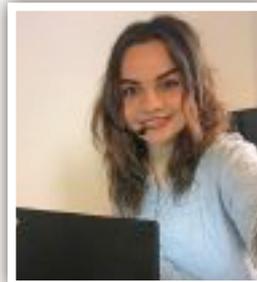
Stay
Safe

Advice, ideas and enjoyable reads to help you stay safe at home

One City: Working together to help you



Majorie, 92, above, is one of thousands of people receiving council food parcels. Photo courtesy of @JLabhart_BBC
Council staff Christopher Jellyman, Hannah Pawley and Janette Huntbatch answer calls to the hotline.



Wolverhampton is coming together as one as it faces up to the coronavirus emergency – with the clear message that together, the city will get through it.

Dozens of City of Wolverhampton Council staff have been redeployed to run an emergency hotline for the city's most vulnerable residents, while hundreds of people from all walks of life are volunteering their time and energy to help local people who do not have family, friends or carers to support them as normal at this time.

The volunteering service is being supported by staff from Wolverhampton Homes, who are providing vital coordination support and volunteers to ensure that everyone who needs support is receiving it as and when required.

In March, the council and the NHS began

writing to residents who have an underlying health condition or disease that makes them more likely to become severely ill if they become infected with coronavirus.

The letters included details of a hotline to ring if people needed additional support, and 60 staff from a variety of council departments have swapped the day job to take calls from residents and ensure they are able to get advice, support and access to basic provisions through the new Wolverhampton Food Distribution Hub.

Meanwhile, Wolverhampton Voluntary Sector Council has had a brilliant response to its request for volunteers, with well over 400 people offering their support. Some will be working with the council to ensure that the most vulnerable get the food and medicine they need, while others will be supporting voluntary organisations, allowing

them to increase the help they can provide.

Leader of the Council, Councillor Ian Brookfield, said: "We've always said we will do all it takes to get through this national emergency, and this is yet another example of Wolverhampton coming together as one city in times of adversity.

"The Food Distribution Hub alone is serving well over a thousand residents through regular delivery rounds and getting supplies to vulnerable residents on the next working day following a referral.

"We are hugely thankful to all those who have supported the heroic effort to get the Food Distribution Hub operational in such a short space of time and continue to be encouraged by the positive feedback we are receiving from residents."

In these difficult times, we will not be beaten

Message from Councillor Ian Brookfield, Leader of the City of Wolverhampton Council



Out of darkness cometh light... Our city's motto has never been more relevant. Times are difficult, many families across our city are struggling and suffering.

If you're getting a copy of this newspaper, you're most likely cocooned in your own home, a harbour from the coronavirus storm. But by being there, you're not only looking after yourself and loved ones, you're doing a service to your city and our NHS. Thank you for this and please continue to stay safe and well.

I hope that you're getting all the support you need from your council. We want to make sure that those that need us most during this crisis are getting help, including vital deliveries like this one.

And though, at the time of writing, the Government's lockdown continues, there are glimmers of brightness at the end of a dark tunnel. This city, resilient community-spirited and caring, has some fantastic people and I've been amazed by the very kind, selfless offers of support we've received (you can see more in the story next to this).

Council employees, local people and businesses have come forward to help – everything from volunteering at the council's Food Hub at Aldersley (where your food parcel came from), to driving delivery vans, fetching and dropping off medicines, offering free equipment or services and even donating protective gear for our front-line social workers and bin crews.

The noise in my neighbourhood every Thursday at 8pm has been a joy to behold, clapping and clattering to celebrate our fantastic NHS and key workers. It just shows how we will not be beaten and that streets and communities can come together to be seen and heard, a common resolute voice.

I've said it before but this is a fantastic city. Please continue to do what you are doing, stay safe, stay healthy and enjoy this latest edition of Wolverhampton Together.

Stay home, save lives

- The Government's social distancing measures remain in place to prevent the spread of virus.
- Everyone must stay home to protect the NHS and save lives.
- People should only leave their homes for very limited purposes, and when they do, they must stay two metres away from anyone else, except members of their own household.
- If you are 'shielding' because you are particularly vulnerable, you must go even further – please stay at home at all times and avoid all close contact with others that live with you.



Need to contact your local councillor?

During the coronavirus outbreak, your local Wolverhampton councillors are still here to help you.

While they are no longer having physical ward surgeries, you can still contact them by phone, email or text.

To find out who your local councillors are and how to contact them visit wolverhampton.gov.uk/mycouncillor

or phone
01902 551218 or
01902 551217.

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Poet Laureate's gift to city

It is at times like this that we see the City of Wolverhampton come together and know that home really is where the heart is.

The city's Poet Laureate, Emma Purshouse has penned a poem from a collection of people's thoughts on what 'home' means to them.

People wrote their thoughts on luggage tags during visits to Wolverhampton Art Gallery and Emma also worked with school children to create poems on the theme of home. The children then wrote down their favourite lines from their own poems onto luggage tags.

The following poem was created from nearly 400 responses collected on luggage tags as the impact of coronavirus was starting to be felt in Wolverhampton.

What a gift to the city for our time and beyond!



Emma Purshouse is Poet Laureate for the City of Wolverhampton. Photo courtesy of Nicole Lovell

Wishing One and All Safe Home

*Malcolm C is there right now
with a moment, or a memory,
Jade is still in touch with friends,
Iris is with family,*

*Simran's feeling happy,
Bea is comfortable and curled
in a cosy bed with teddy,
E. Leslie's shielded from the world.*

*Bad things won't happen to Kadeja,
Kyle, 13, is loved and safe,
Willow, 5, is getting 'cudulls',
Kareena's best people are in their best place.*

*And she is where her Wally is,
and Tiff is in with Dene.
Folk are hanging out with Autan,
Amy, Molly, or Jolene.*

*Jonny Silver-hand, is with his cat,
Patience C is in the warm.
If you're in that house that Aoife drew
it'll weather any storm.*

*And those who've yet to find a home
aren't somewhere truly bad,
they're well away from violence,
not cold, depressed or sad.*

*Those travellers and tourists
from Italy and España
are in kitchens in their homelands
scoffing tapas, or lasagna.*

*You, who mapped Nepal,
got back to loving pups.
Even blessed Baggies fans
made pubs before they shut*

*Boats are moored together,
away from water points, and trees.
And if home means farting freely,
being gay or eating cheese,*

*if it's books or dirty bass lines
or if you live a life like Stu
with a beer in isolation
then I'll lift a glass to you,*

*to your health, your happiness
to doing what you do,
to living life, and staying safe,
being hopeful, getting through.*

**Emma Purshouse
Poet Laureate for the City of
Wolverhampton**

**PS. Hey, Grace. You still out there
being goofy? The world needs
goofy, right about now.**

Keeping fit and well



Building physical activity into your daily routine, if possible, not only helps to keep us fit and healthy but helps with wellbeing.

Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do.

WV Active instructors have created short home workouts for all interests and abilities through a dedicated home workouts page on their website to help keep you active at home.

Visit www.wvactive.com

They include seated workouts, family workouts and popular Les Mills Home Workout classes such as Bodyattack, Bodypump and Yogaflow.

There are also Born to Move classes which are designed for children and Les Mills Mindfulness videos to enjoy.

WV Active are also running Facebook



Live Workouts via their Facebook page @ WVActiveCentres.

These are 20 to 30 minute classes streamed live from the WV Active centres.

And if you can't do the classes live, you can view a full playlist of all the classes and do them at a time to suit you.

Share information, help the NHS

People with potential symptoms of coronavirus are being asked to share them online to help the NHS coordinate its response to the outbreak.



The Coronavirus Status Checker will build up additional data on the pandemic, with people with potential symptoms such as a high temperature or a new, continuous cough, encouraged to complete the checker and answer a short series of questions which will tell the NHS about their experience. It is available at www.nhs.uk/coronavirus-status-checker. Users are told clearly at the beginning and the end of the survey that it is not a triage or clinical advice tool, and that they should visit www.nhs.uk/111 for medical advice about their symptoms.

The information gathered will help the NHS plan its response to the outbreak, indicating when and where more resources like oxygen, ventilators and additional staff might be needed, and will provide valuable insight into the development and progression of the virus across the country.

We must do our bit to win war with virus

The steps everyone must take in response to the coronavirus emergency, the worst pandemic in living memory, are truly exceptional, and indeed unprecedented in peacetime.

In only a few weeks, our normal way of life has been turned completely upside down. Schools, pubs, shops and businesses are closed, and many of us are confined to our homes. Forget what was normal – this is the new normal, at least for the time being.

I have been really impressed by the way the people of Wolverhampton have adhered to the 'social distancing' measures put in place by the Government – that is to say, remain at home unless absolutely essential, and keep at least two metres away from others if you must go out.



Preventing the spread of coronavirus is a national effort and one we are all responsible for. We all understand that is at stake if we ignore the rules.

We know how hard they are, how restrictive they are, but we must keep following them, because by reducing our day-to-day contact with other people, we reduce the spread of coronavirus.

Already there are encouraging signs that we are 'flattening the curve', which in turn will help reduce the pressure on our NHS and, ultimately, help save lives. This isn't going to be a quick win, but if everybody in our city and in our country does their bit, a win it will be.

John Denley, City of Wolverhampton Council's Director of Public Health

Coronavirus: Your questions answered

We know that this is a worrying time and residents and their families may have many questions regarding the current coronavirus outbreak. Here we answer some of the most commonly asked questions.

■ How is coronavirus spread?

Coronavirus spreads when an infected person coughs small droplets – packed with the virus – into the air. These can be breathed in and cause an infection. You can also be infected if you touch a surface that the droplets have landed on, and then touch your eyes, nose or mouth.

■ What are the symptoms?

Different people experience different symptoms, but the main symptoms of the virus are a new, continuous cough OR having a high temperature.

A continuous cough means coughing a lot for more than an hour or having three or more coughing episodes in 24 hours.

If you have either of those two symptoms, you must stay at home and not leave for ANY reason for seven days. You may have other symptoms, such as a sore throat, muscle aches, or losing your sense of smell or taste. Even very mild symptoms could be coronavirus, so act as if you have it and stay at home.

■ What is social distancing?

Social distancing means keeping a safe distance (2 metres or 3 steps) from others at all times. New government rules mean everyone must stay at home and only leave the house for one of four reasons:

- Shopping for basic necessities, which must be as infrequent as possible.
- One form of exercise a day alone or with members of your household.
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

You must always stay two metres away from anyone that does not live in your house.

■ What is shielding and who is it for?

Some people are extremely vulnerable to coronavirus because they have medical conditions that affect their immune system. If you are one of these people you should have received (or will soon receive) a letter from the NHS advising you to stay at home (shield) for 12 weeks from the date on the letter. If you have received this letter, you should not leave your home for ANY reason for 12 weeks. If you have any concerns you should discuss these with your GP. Stay at least two metres away from other people in your home as much as possible and ask friends, family and neighbours to pick up shopping and medicines.

■ Can I go for a walk with someone that is not in my household?

No. You can only go outside to exercise once a day, but this must be on your own or with members of your household only. If you are self-isolating because you or someone in your household has symptoms of coronavirus, or you have received a letter advising you to shield, you should not go out for exercise.

■ Who do I contact if I feel worried or just need to talk to someone?

If you are at home you may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. If you are feeling lonely, remember that the physical distance currently between you, your family, your friends and your colleagues does not mean that you are alone. So, pick up the phone, video call or message those who you are close to.

If you are worried and need to talk, you can contact The Samaritans by telephone on 116 123 or email jo@samaritans.org

■ What should I do if I have a health emergency that is not coronavirus?

Many people will still be experiencing other medical problems during coronavirus. It is very important that you still get the help that you need. Do not suffer in silence. If you are having a medical emergency call 999. Call 999 if you have signs of a heart attack, a stroke, severe difficulty breathing, heavy bleeding, severe injuries, seizure (fit), sudden, rapid swelling.

You can find very helpful information about a wide range of other symptoms on NHS 111 symptom checker at www.111.nhs.uk

■ Can I still make a GP appointment?

Yes. If you need to speak to a doctor for medical advice you can still book a telephone appointment. The GP will call you and try to deal with as much over the phone as possible. If they feel they need to see you and you do not have symptoms of COVID-19 they may ask you to come to the surgery.

■ Where can I check the facts about the virus?

There's a lot of information out there about coronavirus, but not all of it is right. For accurate information and advice, please visit www.gov.uk/coronavirus or www.nhs.uk/coronavirus

■ Can I go out to help a vulnerable person?

You can only provide support to vulnerable people if you fulfil all the conditions below: you are well and have no symptoms like a cough or high temperature and nobody in your household does; you are under 70; you are not pregnant; you do not have any long-term health conditions that make you vulnerable to coronavirus. If the answer is yes to everything above, follow the advice at www.gov.uk/coronavirus



Top tips for Staying well whilst at home

All of us are staying at home as much as possible, to protect ourselves and others and prevent the spread of coronavirus. It is important that we keep physically and emotionally well during this time.

Here are ten things you can do to promote your physical and mental wellbeing:



Be active

Great for mind and body. Find ways to keep physically active that are suitable to your ability and circumstances, e.g. *gardening or home-based exercise.*



Be connected

Know who you need to stay in contact with for help with getting things done or just a general chat; this could include family, friends, local community or faith groups. *Find new ways to connect with them such as video calling.*



Be positive

Try to look for the positives in the situation e.g. *having some extra me time or having the opportunity to catch up with something you have been meaning to do.*



Be occupied

Now is a great time to get on with your current interests or explore new ones. You could try a hobby that you used to enjoy but haven't had the time for.



Be up to date

Know what the latest is, using reliable sources such as: wolverhampton.gov.uk/coronavirus or nhs.uk/conditions/coronavirus-covid-19 *Try to limit how much news you watch or read to once or twice a day.*



Be prepared

Think about what you are going to need and make a plan. You can make daily, weekly, and monthly plans to help get the things you need, e.g. *food, medicines, magazines.*



Be in a routine

Develop a new daily routine that works for you, this could include regular waking up and bedtimes, planned mealtimes, and time to be physically active.



Be helpful

See how you can support others. Whether it's someone you know or volunteering to support people locally, there are lots of ways to get involved with your community even from home.



Be relaxed

Try a relaxation or meditation exercise that works for you and practice it once a day for at least 10 minutes.



Be heard

Talk to friends, family or community and faith groups about how you are feeling. You can do this by phone, or online. Writing things down can help to organise your thoughts. Living through a piece of global history could be a great time to start a diary!

4 Wolverhampton *together*



The Mander Centre ushered in a brave new world, topped off by some modern art. Here it is in the 1960s.



A packed stand for an FA Cup game at Bilston Town FC in November 1968. The stand had been classed unsafe by Wolverhampton Corporation but repair work in the week before the match meant it could be used for the cup tie.

Journey back in time . . .



Workers leaving the famous Guy Motors lorry factory in Wolverhampton in November 1981 on the day its closure was announced with the loss of all 740 jobs.



No, there isn't a rumour that a toilet roll is on sale. This is a bread queue snaking around Cleveland Street and Garrick Street during a strike by bakery workers in September 1977. Queuing in the warm weather could be tough – 13 people, a baker's dozen, fainted in the queues in the Wolverhampton area.

What's Wolverhampton famous for?

Come on, come on, your time is running out. Did you come up with "traffic lights"?

Okay, they're probably not the first thing to come to mind, but Wolverhampton does have an honourable mention in the history of traffic management because it was the first place to introduce automated traffic lights in November 1927 at the junction of Lichfield Street and Princess Square.

Quite a large crowd turned up to watch them being switched on. In the American way, they were suspended across the road by a wire. After a few minutes one of the red lights failed and a policeman had to go back on point duty.

Those traffic lights were dismantled in 1968 and replaced by a more modern system.

In the 1960s traffic islands became the new in-thing. Of course, nowadays we get the double whammy of both traffic lights and traffic islands together.

Sport is another thing Wolverhampton is famous

for. It has a certain football team, but over the years Wolves folk have had much more to enjoy than just football – horse racing, greyhound racing, speedway, even baseball... the latter being during the war of course, when the Americans were here.

Then there's industry. Wolverhampton conjures up images of being a Midlands power house. Sadly so many of those factories and enterprises of yesteryear which were once household names have become fading memories.

In a changing world, Wolverhampton has evolved and adapted.

But what we would like to think Wolverhampton is most notable for is its people. Not for their airs and la-di-da pretentiousness. They are at the heart of England.

Most of all, they have a sense of humour.

And in these difficult days, having a sense of humour will be invaluable in carrying us through to better times.



The Monmore Green area of Wolverhampton, viewed from the air in February 1977. The greyhound and speedway track can be seen in the centre of the picture, with East Park just behind. The main Bilston Road can be seen running along the bottom of the picture, crossing over the railway goods line.



An archive picture from 1968 of the dismantling of Wolverhampton's historic first traffic lights.



The 1960s brought a whole new direction for Wolverhampton. Or, in this case, many directions, as this is the Penn Road traffic island project in 1967.



On an industrial note, this is a picket line, and on a fashion note, just look at the hemlines. In April 1970 these women outside Courtauld's Wolverhampton factory were among 220 women workers who had staged a walkout over pay.



These young trainspotters were comparing notes at the Oxley sheds in 1963 during the glorious days of steam – of course the new diesel trains did not have the same allure. They are David Roberts (left) and Malcolm Andritt.



The train can't be long, as almost all these folk waiting on the platform at Wolverhampton High Level station in the mid-1950s are looking this way expecting the imminent arrival of the 11.20am excursion to Blackpool. We think it was Easter Monday in 1955, although there's an alternative suggestion (which we think must be wrong – look at the warm coats they're wearing) – that it's August 1956. In any event, we have a challenge for you. Spot: a. Six Teddy Boys, b. Two National Servicemen, c. Two trainspotters.



Vin Sneyd of Mander Street had a lot of bottle. He also had a safe driving award back in the 1970s. He was one of a number of Midland Counties Dairy employees to receive such awards. Here he is about to go out on his milk rounds.



The crowds packed out Dunstall Park in Wolverhampton to enjoy horse racing on this sunny day in July 1970



Goodbye to a Wolves legend. Derek Dougan is carried off the pitch by the fans at Molineux in October 1975 after his testimonial match against an International XI assembled by England manager Don Revie. The 25,658 fans were denied a goal by the Doog, or anybody else for that matter, as the game ended goalless – some felt the potential England stars on show took the game too seriously.



The Integral aircraft components factory, Wolverhampton, in April 1973. It was about to become a Yarnolds curtain factory.



Traffic had to be diverted around a van which was being used to carry out overhead repairs to the broken trolley bus wires in Victoria Square, Wolverhampton, when this photograph was taken in November, 1964

Culture vultures can stay connected



During this time of self-isolation, social distancing and home schooling, we're all in need of ideas for creative activities and ways to stay connected with arts and culture. So, the team at Wolverhampton Art Gallery has prepared a variety of free online resources that you can turn to for inspiration.

Simply visit www.wolverhamptonart.org.uk and search 'free online resources' to explore the collections, from Black Country history and ancient fossils to old master paintings and contemporary sculptures; access art books and tune into podcasts about burning topics in the art world; watch selected YouTube channels about art; learn something new with a free online training course for art enthusiasts and practitioners; and watch interviews with artists such as Andy Warhol and The Singh Twins.

Virtual Squad brings activities for children and young people



Children, young people and families can enjoy a huge range of online activities and events from the comfort of their home during the coronavirus emergency thanks to WV Virtual Squad.

Over 70 activities including arts and crafts, cooking, learning, wellbeing, sport, entertainment and music are being offered by local organisations including the City of Wolverhampton Council, The Way Youth Zone, InPower Academy and WV Active, as well as national and international organisations including the BBC, Edinburgh Zoo and even NASA.

Full details of all activities are available at www.wvvirtualsquad.co.uk

Councillor John Reynolds, the City of Wolverhampton Council's Cabinet Member for Children and Young People, said: "Even in these most challenging of times, we are determined to give our children and young people opportunities to be active, to learn and have fun. With many children having to take an extended break from school and their friends because of coronavirus, we've decided to turn WV Holiday Squad into WV Virtual Squad.

"We've been thinking hard about how the WV Squad could support children, young people and families who are staying at home for the foreseeable future because of the Government's social distancing measures to help tackle the spread of coronavirus.

"So we are delighted to bring you WV Virtual Squad, packed with ideas about how you can keep your children active, entertained and amused in the weeks ahead."

Organisations providing online activities or events can add them to WV Virtual Squad via the website.

Mayor's City Quiz

Mayor Councillor Claire Darke has a keen interest in the history of our great city. See how you get on in this quiz she has put together about wonderful Wolverhampton.

- 1) The recent film 'The Aeronauts' was inspired by a record breaking event in Wolverhampton by Henry Coxwell and James Glaisher in 1862. What form of 'transport' did it use?
- 2) Who is the newly appointed Poet Laureate of Wolverhampton?
- 3) Name the Wolverhampton Gymnastics champion who won Gold (Team) at the Commonwealth Games 2014?
- 4) Wolverhampton is one of the few cities in the UK founded by a woman. Can you name her?
- 5) What year did Dunstall Park horse racing course hold its first meeting?
- 6) The oldest, continuous use, speedway and greyhound racing stadium in the world is in Wolverhampton. What is the name of the stadium?
- 7) Name the former world cycling champion who celebrated his 80th birthday this year by cycling 80 laps at Aldersley raising £7,000 for Compton Care?
- 8) Wulfrunian Catherine Eddowes is world famous for her death in 1888, her story is told in a new book 'The Five' by Hallie Rubenhold. What is the reason for her renown?
- 9) What is the name of the USA-born Speedway World Champion of 1993 who rode for Wolverhampton Speedway?
- 10) The first female Mayor of Wolverhampton was Councillor Alice Annie Braybrook. Can you guess which year she became Mayor?
- 11) In what year did Wolverhampton gain city status as a gift of the Queen?
- 12) Which local man was a key presenter on the BBC for Blue Peter, who also had a cameo in Kung Fu Panda 3, and has recently been volunteering in Wolverhampton to deliver food parcels?
- 13) In the 1920s, a Sunbeam vehicle built in Wolverhampton and driven by Malcolm Campbell broke the landspeed record. Can you identify what name was given to this superfast car?
- 14) The Le Mans 24 Hour race was won by a driver from Wolverhampton in 1970. His surname is in lights in Chapel Ash. What was his name?
- 15) Where in Wolverhampton is the location, celebrated by a blue plaque, of the first set of traffic lights in the UK?
- 16) A legendary Wolverhampton Wanderers FC striker, playing between 1923-28 who went on to become Mayor from 1944 to 1945, is the recipient of the city's most recent blue plaque. Can you name him?
- 17) The new film 'How to Build A Girl' is about a girl growing up in Wolverhampton, based on a book of the same name. Can you name the author?
- 18) Name the 1966 FIFA World Cup Winner who played for Wolves. A clue – he only picked up his winner's medal in June 2009 and he has a sports shop in the city centre.
- 19) Who was the famous sculptor who created the statue of Lady Wulfruna that stands outside St Peter's Church?
- 20) Which two teams contested the first all English UEFA Cup final in 1972?

Answers . . .

- | | | |
|--|------------------------------|--------------------|
| 15. 60 Lichfield Street at Junction with Princess Square | 14. Richard Attwood | 7. Hugh Porter |
| 16. Tom Phillis | 13. Blue Bird | 6. Monro Green |
| 17. Caitlin Moran | 12. Rishi Chinyanganya | 5. 1888 |
| 18. Ron Flowers | 11. 2001 | 4. Lady Wulfruna |
| 19. Tom Phillips | 10. 1953-54 | 3. Kristian Thomas |
| 20. Wolves V Tottenham | 9. Sam Ermolenko | 2. Emma Purshouse |
| 1. Air balloon | 8. Victim of Jack the Ripper | |

A message from the city mayor

I hope that everyone reading this is keeping well and that you are following the Government advice to stay at home, protect the NHS and save lives. These are testing times.

I have been so encouraged to see our communities coming together in response to this national emergency. People are doing their bit by looking out for each other and caring for our most vulnerable.

City of Wolverhampton Council transformed WV Active Aldersley into an emergency food hub in just a few days. This facility is delivering thousands of boxes of essential supplies to the doors of people most at risk. The council is being assisted by volunteers and local organisations and companies, such as the logistics expertise of local company Marstons. I would like to thank all who have played a part in making this happen.

Frontline workers such as care workers, bus drivers, shelf stackers, shopkeepers, as well as medical professionals continue to provide vital services for the people of Wolverhampton in this time of need. I have been equally enthused seeing the Wolves owners, Fosun International, donating thousands of protective masks to our social care workers and our supermarkets donating food to frontline workers.

Wolverhampton Voluntary Sector Council has reported hundreds of people coming forward to volunteer to help out in all sorts of roles.

In this time of crisis, Wulfrunians have stepped up to the mark and come together as one city. We will get through this, remember our city motto – Out of Darkness Cometh Light.

Councillor Claire Darke
Mayor of the City of Wolverhampton



Don't stop the music . . .



Wolverhampton Music Service is supporting children and young people across the city with online teaching resources prepared by music school staff.

They include over 30 instrumental tutorials for brass, woodwind, strings, percussion, guitars and ukulele as well as resources to support children, young people and parents with their musical learning.

Recently, tutors from the school came together online for a special video performance of the Stevie Wonder classic Sir Duke.

Ciaran O'Donnell, Head of Wolverhampton Music Service, said: "Our staff miss their children and the schools they work with, and it was their idea to create a video for children

at home. The words in the first verse of this song have a great message to everyone and really chime with us.

"It took a week to put together and we hope it will remind our children that we are here for them and we will be there for them after this is over."

Councillor Dr Michael Hardacre, Cabinet Member for Education and Skills, said: "We've always known how talented members of Wolverhampton Music Service are, and this fantastic rendition of Sir Duke will really put a smile on people's faces at a time when we all need a little bit of positivity."

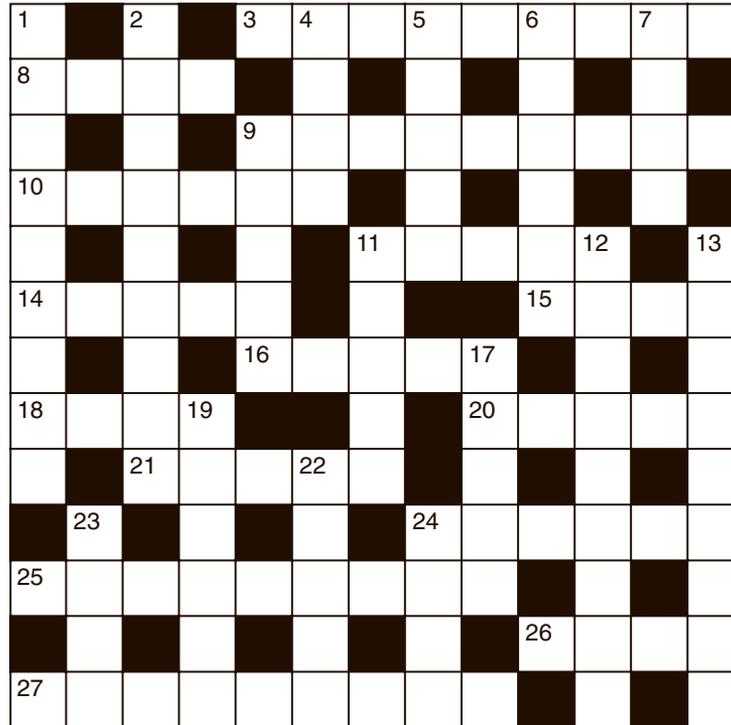
To find out more about the online teaching resources and watch the Sir Duke video, visit www.wolverhamptonmusicclub.org.uk

Coffee Break

A selection of puzzles for you to enjoy

Crossword

- | | |
|----------------------|--------------------|
| Across | Down |
| 3. Disseminate (9) | 1. Profanity (9) |
| 8. Noisy (4) | 2. Self-acting (9) |
| 9. Impudent (9) | 4. Study (4) |
| 10. Impassive (6) | 5. Implore (5) |
| 11. Concede (5) | 6. Free (6) |
| 14. Centre (5) | 7. Row (4) |
| 15. Prophet (4) | 9. Origin (5) |
| 16. Dwelling (5) | 11. Entertain (5) |
| 18. Injure (4) | 12. Stubborn (9) |
| 20. Adjust (5) | 13. Former (9) |
| 21. Arc (5) | 17. Consumed (5) |
| 24. Enjoy (6) | 19. Low sound (6) |
| 25. Fellowship (9) | 22. Poison (5) |
| 26. Haul (4) | 23. Cajole (4) |
| 27. Utmost point (9) | 24. Implant (4) |



Easy Recipe

Cauliflower cheese pasta bake



grain mustard or a little Tabasco sauce if you like it spicy

Method

Cooking is easy. Make sure your cauliflower is cut into small bite-sized pieces. These will cook quickly.

If you leave it in large chunks, it will take longer to cook.

Start with your pasta by boiling a large pan of water, adding the pasta and cooking until nice and soft.

The cauliflower florets will take about three minutes to cook, so add those to your pasta when it's three minutes from being done.

So, for instance, if your pasta takes 12 minutes to cook, add the small florets when nine minutes have elapsed.

Once the pasta and cauliflower are cooked, remove from the heat and drain.

Now make a white sauce by adding the oil, flour and milk to a large heavy based pan and combining with a whisk. Once they are combined and there are no lumps add the stock.

Cook through until it thickens, whisking regularly. Now grate the cheese and stir in to make a thick, creamy, cheesy sauce.

Add salt and pepper and remove from the heat.

Combine the cooked pasta and cauliflower to the sauce and transfer to an oven proof dish.

Now add a little more grated cheese to the top and a few dashes of Worcestershire sauce or grain mustard.

Pop under a medium-hot grill for around 8-10 minutes until the top starts to bubble and turn a delicious golden brown.

This low-cost cauliflower cheese pasta bake recipe is perfect for health conscious cooks who are counting up their pennies.

It costs very little to make, it's nice and easy and it's full of flavour. It also combines two of our favourite dishes; cauliflower cheese and pasta bake.

You can use your favourite cheese, or a mixture of different types. We like to use a really strong cheddar and add a little Parmesan to give it a really strong flavour. But you can use feta or another type of cheese if you prefer – or just use good old cheddar.

The cost per portion works out at about £1 – perhaps a little more – and this recipe will serve four, taking less than half an hour to cook.

Ingredients

- 250g pasta – use your favourite variety or try healthy wholewheat pasta
- 1 large cauliflower, cut it into small florets and discard the stalk
- 3 tbsp olive oil
- 400ml semi-skimmed milk, or use full fat if you prefer
- 250ml vegetable stock
- 200ml cheddar cheese, or use two different types
- A dash of Worcester sauce, or a dash of

Who am I?

1 A novelist, I was born in Hampshire in 1812. My short stories included *To be Read at Dusk* and *The Signal-Man*, but I am best remembered for my famous literary characters such as Fagin and Miss Havisham. My pen-name for many of my works was 'Boz'.

2 An actress, I was born in Chicago in 1968. I have a daughter named Piper Maru, and two sons, Oscar and Felix I played Lady Dedlock in the BBC's 2005 production of *Bleak House*, and was Special Agent Dana Scully in the long-running TV show *The X-Files*.

3 A singer, I was born in London in 1956. A bout of childhood spinal meningitis left me with a curvature of the spine and my characteristic permanent stare. I was the lead singer of the 1970s punk band the Sex Pistols.

4 A governess, I was born in India in 1831. I married in India but moved to Singapore after the death of my husband. Some years later I became governess to the children of the king of Siam. I have been portrayed on screen by Jodie Foster and Deborah Kerr.

5 An actor, I was born in Blackburn in 1942. I made my motion picture debut in the 1962 film *The Wild And The Willing* and went on to play the popular TV character Lovejoy in the 1980s and 90s. I am best known in the US for my star role in the series *Deadwood*.

Wordwise

The word may sound familiar, but what does it mean?

1. AVENTURINE

- A Principal approach to a country house
- B One who takes mercenary advantage
- C A dark-coloured glass

2. BEEVES

- A Wood-boring beetles
- B Cattle
- C Cajole

3. CATAPLEXY

- A Immobility induced by shock
- B Rudimentary leaf
- C Poultice of plant seeds

4. DIGLADIATE

- A Contend or fight
- B Bilingual
- C Ornament consisting of a double groove

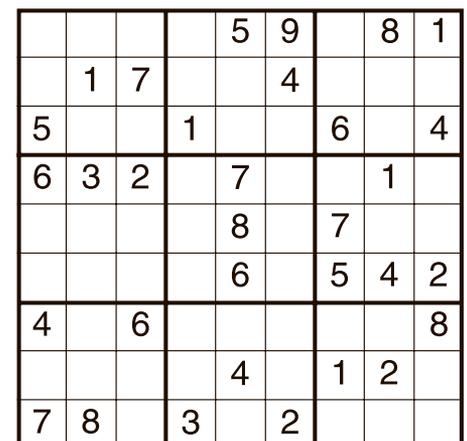
5. EPISTEMOLOGY

- A Theory of knowledge
- B Study of the outer seed-coat
- C Science of lanterns and projection

6. FEDORA

- A Type of grass
- B Kind of felt hat
- C Government seal

Sudoku



Answers

CROSSWORD
 Across: 3 Propagate; 8 Loud; 9 Barefaced; 10 Stolid; 11 Admit; 14 Heart; 15 Seen; 16 House; 18 Maim; 20 Adapt; 21 Curve; 24 Reilish; 25 Communion; 26 Pull; 27 Extremity.
 Down: 1 Blasphemy; 2 Automatic; 4 Read; 5 Plead; 6 Gratis; 7 Tier; 9 Birth; 11 Amuse; 12 Tenacious; 13 Erstwhile; 17 Eaten; 19 Murnut; 22 Venom; 23 Coax; 24 Root.
WHO AM I?
 1. Charles Dickens. 2. Gillian Anderson. 3. John Lydon. 4. Anna Leonowens. 5. Ian McShane.
WORDWISE
 1. C 2. B 3. A 4. A 5. A 6. B

7	8	1	3	9	2	2	4	5	6
3	5	9	8	4	6	1	2	7	
4	2	6	5	1	7	9	3	8	
1	7	8	6	9	6	3	5	4	2
9	4	5	2	8	1	7	6	3	
6	3	2	4	7	5	8	1	9	
5	9	3	1	2	8	6	7	4	
8	1	7	6	3	4	2	9	5	
2	6	4	7	5	9	3	8	1	

Wolverhampton *together*

A European journey



Players of Wolverhampton Wanderers team group. Picture: Sam Bagnall / AMA

Wolves fans are keeping their fingers crossed that they will get to see their club complete its maiden Europa League campaign.

Nuno's men are currently 1-1 with Olympiacos after the first leg of their last-16 tie, which was played behind closed doors in Greece.

Their European journey first began in Belfast in July as they took on Crusaders in the second qualifying round.

Since then the old gold and black fan army has travelled to Armenia, Italy, Turkey, Slovakia, Portugal and Spain to watch them compete in Europe for the first time in 39 years.

They last played in Europe in the Uefa Cup – the previous incarnation of the Europa League – back in 1980/81 after winning the League Cup.

For many of the club's loyal following their success in the competition has brought back memories of watching Wolves taking on sides from overseas in the 1950s.

At the time Molineux has become world renowned for its 'floodlit friendlies' – the stadium was one of the first to have the facility installed – against the top teams from around the globe.

Their classic meeting with Honved in 1954 was broadcast live on the BBC where, after they came from two goals down to win 3-2, they were dubbed 'the champions of the world'.

It led to the creation of what is now the Champions League the following year, a competition which Wolves were one of the first English clubs to participate in.

The 1960s saw the club fall from league title contention and winning the First Division title in 1959 remains the last time they were top-flight champions.

But the UEFA Cup was founded in 1971 and proved a passage for them to finally sample European glory.

They reached the first final, defeating Juventus on the way, but sadly lost to Tottenham Hotspur 3-2 on aggregate over two legs.

This current campaign is the first time Wolves have reached the last 16 in European competition since then and it came after they beat La Liga side Espanyol 6-3 on aggregate in the previous round thanks to goals from Diogo Jota, Rúben Neves, Adama Traoré and Matt Doherty.

At the moment, we still don't know if Wolves' will be given the chance to continue their European adventure, with matches currently suspended until further notice.

But one thing we do know for certain is that Nuno's team have made their supporters and the city of Wolverhampton incredibly proud.



Wolves Collection: Flashback to the glory nights of the 1950s and the advent of floodlit football.

Our boys will soon be back in town



Matt Doherty, of Wolverhampton Wanderers, celebrates after scoring a goal to make it 3-2. Picture: Sam Bagnall / AMA. Inset: Steve Bull celebrates his 200th goal.

It's been another memorable season so far for Wolves who are currently flying high in sixth place in the Premier League, writes Heather Large.

At the moment fans are being kept on tenterhooks as no one knows when the 2019/20 season will be able to resume.

And it's been made even more agonising because the side are ideally placed to fight for a possible spot in the Champions League.

But while many supporters will be missing watching matches at Molineux or listening to them on the radio, the primary concern has to be staying safe.

So while everyone patiently waits until they can see Wolves take to the pitch again, we can look back fondly on how far they have come under the guidance of head coach Nuno Espírito Santo.

He has enjoyed plenty of success since joining the club two years ago, guiding Wolves to the Championship title and then a seventh-place finish in the Premier League, while also securing European football at Molineux for the first time in 39 years.

After a few tough years, supporters have been left pinching themselves and wondering if it's all been a nice dream on more than one occasion.

And it's no wonder really as it's been quite a while since they've had as much to celebrate as they have during Nuno's reign.

The most successful period in the club's history was the 1950s when Stan Cullis and Billy Wright were dominating the pitch.

Wolves won their first league championship title in the 1953/54 season followed by a further two in the 1957/58 and 1958/59 seasons.

While there were plenty of celebrations in 1960 when they won the FA Cup for their fourth and most recent time.

Fans also had much cheer about in the early 1970s as they watched their side reach the final of the first ever UEFA Cup and win the League Cup in 1974.

Having won the League Cup and finished sixth in Division One in 1980, Wolves' fortunes then took a turn for the worse.

In the turbulent years that followed the club were relegated in 1982 and almost went out of business the following year before being taken over by the Bhatti brothers. They won promotion at the first attempt but finished bottom of Division One before suffering a second successive relegation in 1985. By the summer of 1986 Wolves were a Division Four club and the Bhatti brothers' reign came to an end.

Graham Turner's arrival as boss in October 1986 helped to steady the ship followed by the signing of two young players from Black Country rivals West Bromwich Albion the following month.

Unstoppable duo Steve Bull and Andy Thompson, who were snapped up for £65,000, helped to bring

the club back to the second division. Bully remains the club's all-time top scorer with 306 goals from his 561 games while speedy full-back, and penalty taker Thompson, racked up 451 games during his time in old gold and black.

In 1990, Sir Jack Hayward bought the club and after turning a run-down Molineux into a modern all-seater stadium he set his sights on joining the Premier League.

He faced a lengthy wait, but thanks to a 3-0 victory over Sheffield United in the Division One Play-Off Final in 2003 he finally saw his dream come true.

Further challenges followed when the club suffered back-to-back relegations and saw them playing in the third tier before immediately bouncing back up to Championship, winning the title with 103 points.

Following the takeover of the club by Chinese owners Fosun, Nuno was appointed head coach marking the start of a promising new era.

Fans have been blown away by the quality of football played by the likes of Raúl Jiménez, Diogo Jota and Adama Traoré.

Now the future is looking incredibly bright for the ambitious side who are holding their own in the top flight and doing all they can to try to secure a European trophy.

It's certainly an exciting time to be a Wolves fan.



A message for you from Steve Bull MBE



We're going through some challenging times, especially with no football to watch!

However, it is great to know that when trouble raises its head, that's when the people of Wolverhampton come together and show how united we are as a city.

I have seen first-hand how Wolverhampton Wanderers have been supporting the people of Wolverhampton during this difficult period, with the club's owners Fosun donating large amounts of equipment to our local hospital New Cross and also through the 'Wolves at Home' scheme.

I have spoken to many supporters during the past weeks who were just happy to hear another voice on the end of the phone and it has been a privilege to be a part of it.

I hope that we will all continue supporting each other so we can not only get through this uncertain time but create a better future for us all.

Steve Bull MBE

Wolves legend and Honorary Freeman of the City of Wolverhampton