

May 2021

**Final Foreword from  
the Head of Paper**

**Why is Change a  
good thing?**

**End of Year Roundup**

A man in a red coat is shown from the waist up, holding a camera with a large lens mounted on a tripod. He is looking through the viewfinder. The background is a dark blue night sky filled with stars. The overall mood is professional and artistic.

**The Changes  
we Make**



## MEET THE TEAM



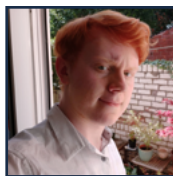
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Head of Phantom Paper



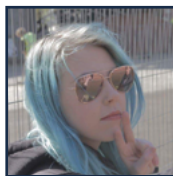
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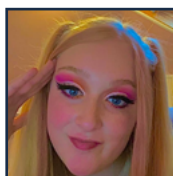
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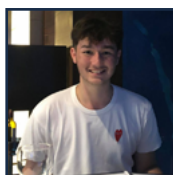
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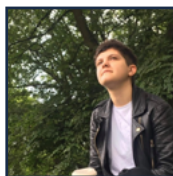
**Jess Sharples**  
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**Bethany Parkes**  
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**Mark Bodey**  
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**Alfie Pritchard**  
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# Foreword from the Head

Hey everyone! It's a strange feeling to think that I haven't written one of these forewords since our first edition back in November of last year. As I'm writing this, I have the foreword from that edition in front of me and the amount of progress we have made as a committee and as a student-led service really is incredible. If nothing else, I finally stopped using justified text!

I want to take this opportunity, if you'll allow me, to take you through the journey of the Phantom Paper since my involvement as Head in July of 2020.

That's right, our first edition may have been in November but there was a lot of work that had to be done until we got to that point.

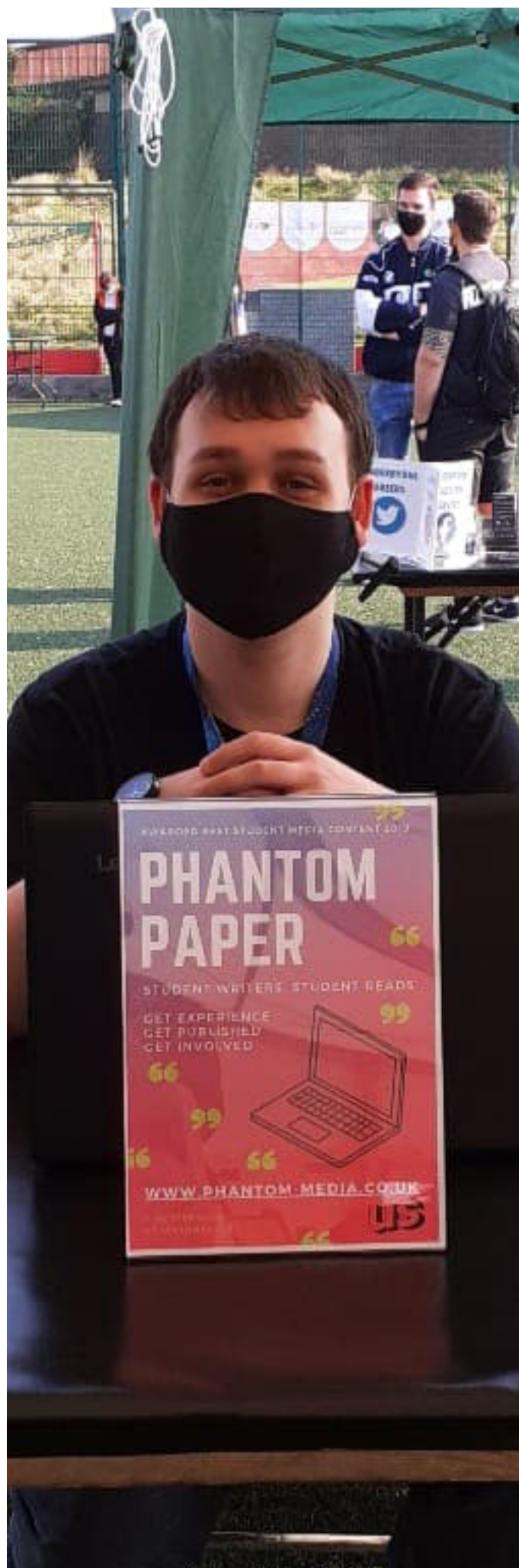
Having been a committee member last year, it was a no-brainer for me to stay on once I got onto my postgrad programme. Taking a leap, I took on the responsibility of becoming the new Head of Phantom Paper – though as most of the previous committee had graduated by this point that meant I had to build a new team from the ground up.

Collaborating with the Union of Students throughout, we started recruiting and the support we found for keeping this magazine going will always be a personal highlight. This has always been a group effort and I cannot thank our team of writers and editors enough. Not to mention the folks behind the scenes for making 'The Phantom' as expansive as it's been: Vanessa Lee, Josh Williams, Molly Morrison, Alex Wood, Francisca Quádrío, Fiachra Johnston to name a few.

I am immensely proud of my committee and what we've managed to accomplish during, potentially, the most restrictive year the university will see in a long time. I'm really looking forward to seeing what Phantom will be up to next year and hope I can still contribute in some way as an alumni!

In celebration, I have chosen one article from every contributor we've ever had for this round-up edition of 'The Phantom' – including a new article from our returning writer Lauren Davison.

Signing off for the last time, thanks for everything.  
Head of Phantom Paper 2020/2021, Owen.



## Why is change a good thing?

Change can often feel like one of the scariest things in the world. Particularly when it's a change we aren't prepared for, or didn't expect. However, it can be a wonderful thing if we learn to look at it in a different way. Change is a constant part of life, whether we like it or not. By learning how to embrace it, not only will we find it easier to accept it as part of our lives, but we'll also see how much good it can bring.

### Adaptability

Sometimes we can become so stuck in our ways, that we can't see the positives that change could bring. Anything that could take us out our comfort zones, can really unsettle us. Yet, through experiencing change, we become better at adapting to different situations and environments. We learn not to panic so much when change is coming, and instead, we look forward to what's ahead. This can also help increase confidence, as we become more familiar with how to deal with changes, and difficult situations.

### New possibilities

One of the greatest things about change is that it can make new things possible. Things that our current situation, or environment, might not allow for, suddenly become possible. Change opens the door for us to enjoy new experiences and opportunities. It can lead to breakthroughs, on personal and professional levels, as our eyes are opened to the



exciting new possibilities that change can offer us.

### New beginnings

The idea of a fresh start, or starting over, can sound terrifying. Yet, sometimes it's exactly what we need. However, for us to experience the benefits, we have to embrace the change. The hardest challenges can bring the greatest rewards, and change can push us towards something better. Whether this be a new job, a new home, a new state of mind, a new beginning can unlock a world of opportunities for us.

### Different perspective

Embracing change can help us to see something in a different light. Sometimes, fear might stop us from seeing the benefits of something new. But, if we can tell ourselves to accept that change, and trust in it, we can begin to see it from a different perspective. We're more likely to see the doors it's opening for us, and the good that will come from it.

### Reflection

Although we might not see it at first, when we reflect on the change later on, we're more likely to appreciate what it did for us. With hindsight, we can see the impact it had. Sometimes, we may not realise how significant a change was, but when we look back, we come to see how important it was to our life.

### Resilience

When we become more accepting of change, we allow our resilience to develop. We learn to embrace things that might normally scare us, and we become stronger because of it. As our resilience grows, things become much easier to deal with. We become less daunted by the challenges facing us. Change can show us how strong we really are, when we may not realise it.

So, while we might not be able to eradicate change, we can adjust how we view it, and learn to appreciate it. There are so many positives to be gained from embracing change in our lives. We can use it as something to learn and grow from. While change can feel like a formidable force, we don't need to fear it.

**By Lauren Davison**



# 4 Peculiar Science Books That Will Blow Your Mind

Who remembers World Book Day? Walking into your school gymnasium/assembly hall only to be greeted by a forest of shelves; each housing hundreds of books. Then to be gifted a small slip of paper with three of the most magical (and geeky) words on it: “£1 Book Token.” This was a book that you could pick, that amount of choice was unheard of to me, as a child. It was a national event for me. As you can tell, I miss being a child on World Book Day. However, that might be because I am a giant nerd.

## What If?

Author: Randall Munroe

Pages: 304

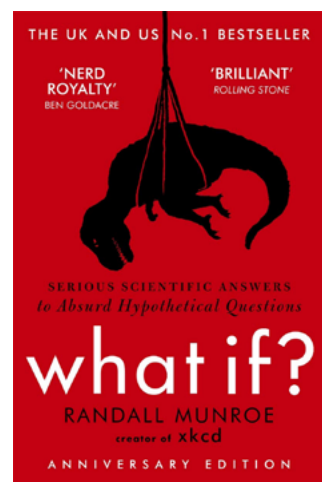
[Price from Blackwell's: £8.99](#)

Described in one word: Unnecessary (in a good way)

Hypothetically. A long word that can start an even more extended conversation. In the world of hypotheticals, nothing has weight as these scenarios do not exist. What if they did?

Coming from creator of popular webcomic XKCD, Randall Munroe attempts to answer many burning hypothetical questions which almost always result in murder. Questions such as: what would happen in the periodic table was created with each element in their respective places, what if a baseball player hit a ball travelling at the speed of light, what happens when a hairdryer produces the same heat as then sun? Now the answer to those questions is, understandingly: explosion, explosion, and explosion.

However, it is not the destination that makes this book



fascinating. It's the journey. Why does francium detonate the moment it touches matter, why does the baseball explode upon impact, how did that hairdryer get so damn hot? All these impossible scenarios and many more can be yours if you buy this book today. I highly recommend it if you enjoy stupidly dangerous situations. Hypothetically, speaking, anyway.

Yet, being a giant nerd, there is nothing I am more excited about than World Book Day and the upcoming British Science Week. Well, there is but let us pretend there isn't for the sake of my journalistic position. Also, what's that, you tell me? You have a £100 Blackwell's voucher sitting unused, as we have no access to the university shop. Well, this is your lucky day, dear reader. Let us spark that old feeling of World Book Day, while getting a bit geeky, by bringing you four unusual science books to spend that voucher on. The voucher works online, by the way. No excuses for not giving one of these a try!

## The Man Who Mistook His Wife for a Hat

Author: Oliver Sacks

Pages: 257

[Price from Blackwell's: £6.99](#)

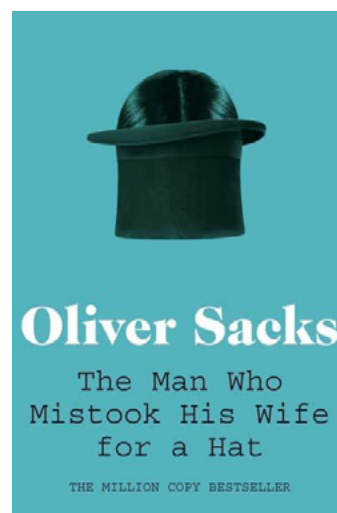
Described in one word: Bizarre

Look, if that title doesn't captivate you, I don't know what will.

The Man Who Mistook His Wife for a Hat is a weird book. It is probably the most peculiar book on this list. Not a story, or a detailed description, Dr Sacks gifts you a series of case studies; detailing many patients' weird, wild and not so wonderful psychological disorders.

Do you want to read about someone whose limbs seem alien to them? How about individuals with immense mathematic or artistic talent (to the point of it being uncanny). If any of those seem the slightest bit interesting to you, buy this book. It will surely be a worthwhile read.

And yes, somebody does mistake their wife for a hat. Stop asking your screen and read it!



# World Book Day: Thurs 4th Written by Harry Potton

## This is Going to Hurt: The Secret Diaries of a Junior Doctor

Author: Adam Kay

Pages: 279

[Price from Blackwell's: £6.46](#)

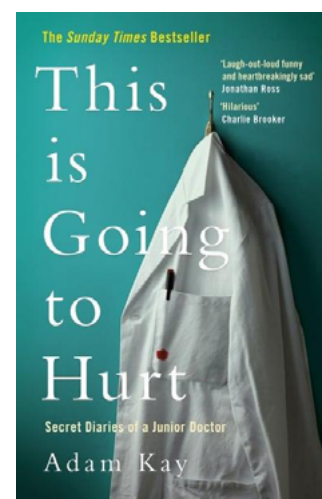
Described in one word: Imagine the sound a guy makes after watching another guy getting hit in the groin hard. That is the one word. It is not a pleasant word.

Dear diary,

I found an interesting book today. It is titled 'This is Going to Hurt'. It was written by doctor/comedian Adam Kay and detailed the many things he endured while working on an NHS hospital ward.

Much like this weird part of the article, it is written in the form of a diary. This is great as you get to see his personality accurately shift after enduring something horrible, amusing, or disturbing. Yikes!

The book has gone on to win many awards. So, I highly recommend it if you want to have any bit of insight into the life of an NHS worker. I can imagine they would appreciate that understanding connection, right now.



Anyway, I shouldn't stay too long; I have one final book to write about.

Lots of love

Your friend Harry xxx

## A Short History of Nearly Everything

Author: Bill Bryson

Pages: 666

[Price from Blackwell's: £9.99](#)

Described in one word: Broad

Where best to start than to get everything out of the way first!

Coming from the author of most topics Bill Bryson, he succeeds to detail nearly everything that has ever existed into a mere 600+ pages. Usually, it would take several libraries to do the same.

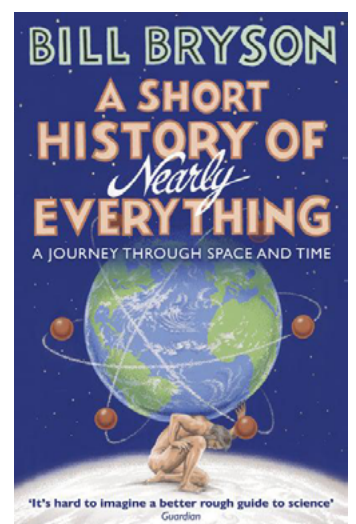
Covering varied topics, from the universe's formation to recent natural disasters, Mr Bryson leaves 1 out of 100 rocks unturned in bringing you, what is basically, everything.

"Yet, what is so different between this and a boring encyclopaedia?" I hear, probably, someone yell. Well, that my dear patroniser is the use of language.

A good friend recommended this book to me about three years ago. A friend who, outside of biology and psychology, was not that much into science. He described it as such.

"Bill's use of language brings you into a world of your own. He describes things that I was previously uninterested in and makes me want to pursue them further. It is the best-written book I have ever read."

You know what? That friend was absolutely right!





# Tymon Talks: Rediscovering the Art of Conversation

We need something to make us feel good and that is more important now than ever before. The only problem I see, is how do we achieve that cosy feeling that should come with winter?

When the clocks changed on the 25th of October and the days appeared to be cut in half, there seemed to be no other alternative than to lock ourselves indoors. It's something we are all extremely good at now. But, without the long and luscious summer days, the gloom of the living room somehow leaves a sour taste in the mouth—no matter how many new Netflix series we binge to keep entertained.



It's hard. We all know it is, and the hardest thing is that we all know that most likely it is not going to get better soon. So, we must make the most of this situation. But how do we do that?

This time last year for me, a cosy night in was a hot chocolate or a glass of red in front of the TV. Now I could not think of anything worse, I yearn for those doors to be flung open again and to see humans.

I know what you're going to say, 'but you can have a zoom call or a virtual pub quiz'. Well, I'm sorry to put a stop to your ideas but if I'm invited to another one of those, there is a strong chance my laptop is being launched out of my bedroom window. I want real people, in real places, talking face to face.

That leaves us with only one option doesn't it: spending more time with those people who can't leave the house either. A daunting prospect perhaps?

If you have spent the past eight months with the same people, I appreciate it might be hard to reinvigorate those conversations, and sometimes it does feel like you're going in circles. I mean how long

can you talk about your trip to Tesco or the fact you can't believe you left your mask in the car again! To some extent those trips can be the highlight of my week now.

What you have got to do is dig a bit deeper. You might think you know your flatmates or your parents but believe me there is more than you might think.

I noticed that about halfway through the first lockdown I had totally forgotten how to have an actual conversation and all I could talk about was what was in the news. But what I've discovered now, and I implore you all to do the same, is try and ask questions you've never known the answer to or get them to talk about topics you've never discussed before.

If it does nothing more than bring a smile to your face to find out that your mum was given knitted knickers to wear for school or your dad would like to retrain as a drum and base DJ (both true) it just takes your mind off what's going on outside.

At first, I will concede it might be hard to get going but just give it a try. If you're struggling, google 'dinner party questions'—there are loads of random openers that will get the conversational juices flowing.

Finding out new things about people close to us when you are convinced you know it all is such a wonderful thing. It somehow does just make you feel good. It gives you that cosy feeling inside. I do not know exactly what it is or how it works, but trust me, it's lovely.

So please this winter, instead of getting that hot chocolate or wine and flicking straight to a box set, turn off the telly and instead turn to the person that's sat with you and just have a natter.



**Jack Tymon** is a 3rd Year Theatre Arts Student. Although he is a new contributor to the Phantom Paper he has been broadcasting on Phantom Radio for the last 2 years and is the Assistant Head of the Radio. Twitter [@jacktymon1](#) Instagram [@tymonj](#)

# Things to Do Differently in 2021 that You Might Not Have Done in 2020

It's New Year's Eve, but not the usual family gathering. The absence of friends and relatives is noticed as we sit in front of a laptop, looking at the familiar faces over Zoom. Glasses are raised hurrying the arrival of 2021, and a mutual sigh of relief is heard as the clock strikes midnight. We are no longer in 2020, a year which has been far from ordinary, but in a new year encouraging optimism, repair and hopefully some degree of 'normality'.

However, despite the excitement, it is important to remember that we are still amid the global pandemic, and it's okay to be feeling a little anxious about what the New Year will bring. Here are some actions to consider taking into 2021, which I believe are essential to promote positivity and wellness after some personal reflection on the past year.

## Don't be afraid to take a break from social media.

Most of the time, social media can be a source of motivation and inspiration. More importantly, though, it has played a crucial role in maintaining connections with friends and loved ones throughout the pandemic. Although to take the occasional break from the likes of Instagram and Twitter can be equally as beneficial.

As many of us may know, social media can become very overwhelming and constant. We are continually exposed to people who we might feel are living 'perfect' lives or doing 'better' than us. However, in actuality, this is usually not the case, and we are doing just fine as we are. It is in these moments where social media becomes daunting that we must remember to take a step back and give ourselves more credit. The world we are currently living in has been entirely flipped on its head; therefore, our expectations of ourselves shouldn't be so high. It is essential to rest and acknowledge that we are all allowed to have bad days.

## Check up on your friends more regularly.

Whilst it is easy to get caught up in your own personal battles and responsibilities, it is vital to

remember that other people may also be struggling. It comes to no one's surprise that people may feel more lonely than usual in the current situation, and studies have shown the rate of suicidal thoughts among young adults in the UK have risen from 12.5% to 14%. Therefore, reaching out to even your 'strong' friends to let them know you're there via a call or text goes a long way and is more critical than ever.

Moreover, I'm sure we all know that the two words "I'm fine" usually have a deeper meaning behind them. Sometimes, people may bottle their feelings and emotions inside of them, whilst others may be desperate to reach out for help but not know where to start. Signs that your friends are struggling might be that they are becoming more withdrawn or quiet, or they could be feeling anxious or nervous. If you notice a change in one of your friends, reach out and ask how they're doing.



## Explore what makes you happy or try something new.

Since there are currently restrictions governing socialising and going out, this is the perfect opportunity to explore what you enjoy doing. Something I learnt during the first lockdown was to devote more time to self-care and putting myself first. I

found that this made me happy, and as a result, I was more motivated to try new things.

Picking up new and old hobbies not only keeps your mind active as you learn new skills, but it can also relieve stress and encourage positivity. Perhaps read that book you've always wanted to, try a new exercise, learn a language or keep a journal. There are so many things you can do to relax and unwind. Although there is no pressure to always be productive, sometimes, it can be just as important to do nothing, literally.

## Finally, don't take life for granted.

The year 2020 definitely brought to our attention that life shouldn't be taken for granted, and it is too short not to live in the present moment or be happy.

When the government guidelines allow it, hug your family and friends that little bit

tighter, know you aren't alone, and be thankful for what you have. Put yourself out there, don't be afraid.



Written by Annabel Herbert



I know people are tired of hearing about Sarah Everard. I understand why that is. But as a woman, I'm not willing to let it go, not yet. Sarah was a woman who was just trying to get from point A to point B, and she never made it there because she was murdered. By a police officer. In a highly populated area, at 9pm, minutes after getting off the phone with her boyfriend. Nobody deserves to be killed for walking alone at night, but Sarah did everything she could to actively avoid it.

There are men that are insisting this isn't a men vs women issue, that not all men are murderers, that they shouldn't all be punished for the crimes of the few. While this is true, it is a gender issue, and this isn't up for debate. We've all seen the statistic floating round in the wake of this tragedy; 97% of women experience some form of sexual harassment or assault in their lives. 97%. I've seen women react in surprise assuming that it would be higher.

I've talked to people about how there's jokes being made about the 3% of women who haven't experienced this, as if they're less than because they haven't been targeted. Those 3% of women are the lucky ones, not the ones who aren't "desirable" enough to be harassed. When men shift the focus from how angry, how afraid, how tired women are – of being victims, of being subject to something worse than the typical catcalling, of ending up like Sarah – it doesn't benefit anyone. Now isn't the time for men to be complaining that they've never done anything wrong, and so therefore women shouldn't be afraid of them.

**“I want to be able to walk home alone in the dark without holding my keys between my fingers”**

We aren't mind readers. We don't know which strangers are the ones we can trust not to follow us, and which are the ones who might. All we know is that men are often bigger, stronger, and faster than us, and if they wanted to hurt us, they likely could. 97% of women have experienced first-hand how men can see us as less than themselves, as nothing but a

potential shag, as unworthy of the same respect they would show their male counterparts. We're tired of it. We don't care that it upsets you to think of women being afraid of you, because we have good reason to be.

The man who killed Sarah was a police officer. If there's anyone you think you should be able to count on to not be one of the bad guys, it should be a cop. But you'd have been wrong, and so you can't just guess, or give someone the benefit of the doubt. Over the past few weeks, police officers have been the ones wrestling women to the ground at peaceful protests. Not just male officers, but officers, nonetheless. There's no one we can simply trust.

If you're a man, and you're angry that women fear you, then you need to take action. Don't become aggressive when we doubt you, don't shout us down for being afraid. Show us that you care about women. Tell your male friends off when they're being inappropriate and making someone uncomfortable. Be proactive. Women can't always simply tell a man that they're being inappropriate, because chances are, if they're exhibiting this behaviour knowingly, they know exactly what effect they're having, and they couldn't care less.

All women want is to be able to do the same things men do. I want to be able to walk home alone in the dark without holding my keys between my fingers, without having to put my hood up so my face is covered and my hair isn't loose, without having to keep one earphone out so I can hear everything at all times. Checking over my shoulder every ten seconds to make sure no one is following me shouldn't be a reflex. My boyfriend shouldn't have to be worriedly texting me to make sure I'm still alive whilst I walk

# Women Won't Accept Your Silence

home. Men don't have these concerns, and they shouldn't have to. But neither should we.

**“We need to know you're on our side.”**

If you're a man reading this and thinking, yeah, I agree with everything you're saying and therefore I'm not the problem and there's nothing I can do, that's fine. I'm glad you know that there's this imbalance, but there is always more that you can do. Make sure your female friends know that they can trust you, that you'll always defend them if another man acts inappropriately or makes them feel threatened. We need to know you're on our side.

Your response to tragedies such as Sarah's shouldn't be “why was she walking alone in the dark?”, it should be “why would someone ever do that?”. It is never the victim's fault. If you're walking at night and realise a woman is ahead of you and looking nervously back, cross the road. Call someone on the phone. Make sure she feels safe and knows that you aren't following her and you aren't a threat.

Sarah Everard's murder can't be brushed under the rug the way they usually are. We're not willing to just forget and allow men to continue to treat us this way anymore. Sarah won't be the last woman to be killed by a man whilst minding her own business. But you have the power to make sure it doesn't happen to someone you know, and you can do that by refusing to ignore the concerning behaviours of your peers. Do something. Don't be a spectator.

**Written by Jess Sharples**





# ALONE BUT NOT ALONE

Though I still can remember the hiss of milk being steamed and the chime of the little service bell, they are now ghosts of a past that feels like yesterday but occurred about a year ago. Haunted now by the very memories as they entwine with the noises that my old house makes. Further echoed within the room I call home. Having spent most of my adult life in a shared house, renting just a room comes with its own curses. Bad habits have worsened and my mental health isn't what it used to be.



In my often silent room, within the seemingly endless days, I've found that the chaos of the world has bled into the once contrasting tranquillity of the very place that is an extension of my mind. My once safe space is now damaged. It has been a challenge to try and stay afloat. It's pretty hard to fix when the place outside those same walls is damaged too. I've always been so hard on myself that I didn't see the signs I was struggling and when I did, I didn't know how to pull myself out of it. Though, being a student is the one thing that I still have that ties my life before the pandemic to my current life. Almost like a life line, pumping the determination through time and where I needed it the most.

A lot of my life has stayed intact due to being a student. Especially in a social aspect. Though I am not alone, I have found that conversations with friends and family have dried up and I've often found the words that have turned into dust become the very clock that counts down the time I have gone without talking to some people. With the world on pause, it's hard to keep going. Therefore, the online classes; an unknown way of study that has been better defined over the term, has given me and other students something to talk about it. Something to discuss. Something to switch our brains on for. A lot of them are trapped in a room like mine. A brick bubble that we seek to escape from but our glass windows seem too fragile to bare the burden.

Days now mirror the night, spending every waking moment in the warm embrace of my bed. The lines between doing assignments or watching TV have blurred so much, it is now hard to separate the important from the unimportant. All productivity has stopped and if it wasn't for the blinking light within the dark recesses of my mind, I'd think I'd given up completely. This has become the new normal. My hopes and desires all fighting for the little energy I have, though my desire to learn always wins. As though cutting through an endless tangle of vines, I've often given in to defeat over the term. Struggling with the classes on campus—any effort to take a step out of the door crippled by fear and worry. Giving in to a world being shaped to exist behind closed doors. Further defeated by my self-created domino effect of becoming further behind because I missed last week's lesson, what's the point of going to this one? My fear agreeing with my state of thinking. Finding a slight moment of peace in the reminder of all the good staying at home will do. Before hearing the front door unlocking, announcing my sister's return from work. Whom does not have the luxury to work from home.

SAFE BUT NOT SAFE. ALONE BUT NOT ALONE.

I have seen the world come together in song and laughter and the internet has become this technical universe where many of us have prayed.

Encouraged by the efforts and support of my tutors, I continue to find and rebuild much of what I have lost over the last year. Slightly diminished like a breath to a candle as I wonder if I'd have done better in my assignments if the world had been what it was before? Though it somehow also reignited my passion for my chosen course. Knowing that I have all the support I need right at my fingertips. Constantly reminded that I am part of a larger community even behind a screen. That we are all feeling a little alien within our own skin. That the future is still unclear. But my time at university isn't. It's not on pause. Every day I have to remind myself. Putting in a little extra effort a day so I don't fall behind, so I don't lose that motivation. Picking myself back up a bit at a time. Though even if I do fall, I have the help I need to get back up again. That, even though in some ways we are alone, we are not truly alone.

**Written by Kaylea Lloyd**

# New Year, New Me?

I've never been one for New Year's resolutions. They're great in concept – you convince yourself that it's going to be your year, and for the first week or so, everything is fantastic. You hit the gym, you keep up that new diet, and maybe even go for a cheeky run or two. More often than not though, I find that I either lose my commitment, or I forget them entirely, settling for starting again next January. With the state of the world at the moment though, just getting through the past year was enough of a challenge.



## 2020 Vision

Life as we know it is vastly different to the lives we led last January, with so many of our everyday actions being dictated by guidelines and tier systems. Even small rays of positivity have struggled to overpower the doom and gloom that COVID-19 brought us. Along with myself, many people seemed eager for the New Year to roll in. 2020 wasn't what anybody hoped for, and as a student, I found it difficult to adjust to online learning and being isolated from friends and family. In spite of this though, I'm heading into this January with a completely different outlook on life. The combination of cabin fever and increased free time helped me come to several realisations.

The first of these, and the largest of all, was that I don't appreciate my family enough. During the first lockdown over the summer, I could hardly wait to return to university again in September. I began to crave the freedom and independence that comes with moving away from home – my mental health had reached a new low, and most of all I hated being so far away from my friends. Zoom calls can only do so much, after all. Two weeks into the autumn semester however, I found myself missing all those little quirks that were so annoying before. My dad's made-up songs and terrible jokes, my mum's numerous craft projects scattered around the house – even my two dogs, who are perpetually underfoot – I wanted them back.

## Too Much Me Time

Quarantine has this weird way of making you vulnerable. You can bake as much banana bread as you want, participate in each weekly Zoom quiz, or catch up on that Netflix show you never had time for – none are a good substitute for human contact. Even though my days became filled with series binging and making baked goods

I couldn't finish, none of it stopped me from almost crying when I first hugged my dad again. Something about the safety and warmth of that embrace made me so emotional, and that joy stayed with me all throughout the car drive back home. Christmas and the holidays in general had become the proverbial light at the end of a long and dark tunnel, whereas in previous years I hadn't cared that much for it.

Being away from home also made me realise the importance of looking after yourself and reaching out. Me and my body have always had a rocky relationship, and I often found myself fluctuating between reluctant acceptance of myself, and flat-out negativity. There's always that persistent, underlying thought that you can't tell anybody about what you're going through, as if struggling equates to weakness. In fact, the opposite is true – to show weakness is to be human. It doesn't make me, or anybody else, less of a person. In a time where our contact with others has become limited, the connections we make now carry a much higher value. Opening up about my problems has never been a strength of mine, but I've learned not to underestimate the benefits of a call to a friend, or a simple text message to a loved one.

## This Is My New Beginning

It's been a custom of mine to keep the darker, more fragile parts of my psyche well hidden. Although old habits really do die hard, it doesn't mean that they can't be replaced with new, healthier ones. Isolation has broken me down, and consequently allowed me to start building a better version of myself – somebody who isn't afraid to show love, or emotional weakness. I'm finally making amends with myself, after a year of being at war. This is my new beginning.

Contrary to my pre-conceptions, a resolution doesn't have to be a goal that's set in stone, or one that you can't deviate from. It doesn't need to be a drastic change – it can be as simple as calling family and friends more often, or spending more time outdoors, or taking more breaks. That's the wonderful thing about them: it serves as a chance to change yourself, and regardless of whether you stick to them or not, it's still a positive way to kickstart the New Year. After all that 2020 had to offer us, a fresh start will definitely be welcomed with open arms.

Like I said, I've never been a believer in resolutions. That was, until I wrote this.

**Written By Millie Hodgson**



# Living Waste Free: Lifestyle Changes to Help the Globe

The world is full of wasteful material and it is important we all take small (or big steps) to help improve our environment for future generations. The first step in this is to reduce waste output by cutting out single use packaging. Plastic consumption took off in the 1950's and since then humans have produced around 8.3 billion tonnes of the stuff, 9% of which has been recycled and the rest has been clogging landfills and polluting waterways for decades.

It isn't easy for us to avoid plastic packaging as our society depends on it for many conveniences and luxuries, and so we are forced to use our own initiative in striving for a better future. To give us a better guide on where to start, there are the 7 R's of zero waste living to start to live in a more environmentally-free way.

## Refuse

Refuse might seem like the most obvious of all the R's but it's the fundamental first step in your new lifestyle. We need to start by recognising what products are and aren't zero waste, as well as being able to say no to once loved items. You need to be able to put the plastic water bottles back on the shelf and purchase a reusable one. Other small things you could refuse are straws and coffee cups by bringing your own, as well as swapping plastic bags for tote bags and bringing glass jars to purchase things such as lentils, nuts and seeds.

## Reduce

The main thing you can do to reduce your waste is to be more conscious when shopping. For example, when you're shopping for clothes you can ask yourself "do i really need this?" or "could I buy this in a more sustainable way". You should always be checking sites such as Swapabee to see whether the item you're about to purchase could be swapped with an item you are no longer using, saving you money and reducing your carbon footprint.

When you buy clothes, it creates a demand for both the item, its journey of production, and the waste that comes along with it. Therefore, swapping with Swapabee would eliminate all these factors, leaving you with a new item, and will make a meaningful contribution in saving the planet. You can also reduce the space in your wardrobe by selling items through Swapabee, donating them to local charity shops, or passing them onto family and friends.

## Reuse

Reuse is all about buying items which have more than one use, rather than throwing out what can't be fixed. Say goodbye to your cotton pads and introduce new washable ones instead, swap your plastic straws for bamboo or metal alternatives and start using handkerchiefs instead of tissues. A great way to get creative when reusing old household items is to upcycle! You could turn an old pair of jeans into a handbag or a purse, paint tin cans to create beautiful vases or fill old teacups with wax and you have custom candles!

## Recycle

If you've embraced the first two steps, there should not be too much left to recycle. Many products tell you exactly what can and can't be recycled and how to do so, if certain items can't be collected from your home you should be close enough to a recycling centre. The plastics you do recycle will be passed on to companies who make all sorts from our old bottles, including clothes!

## Rehome

Rehoming things you no longer have a love for is an easy way to clear space in your home as well as giving someone else the chance to treasure them. Your unloved belongings could be given to a friend as a gift or donated to charities. When upgrading products, making a habit out of rehoming them with these options is a good way to get what you might consider trash out of your house but without putting them straight to landfill. As long as the items you no longer want still work, you can sell many of them on apps such as ebay, depop or swap them on swapabee.



Clothes are a good place to start if you're feeling a little lost. We generally let our closets overfill and clothes start to accumulate, leaving us with clothes we haven't worn for 6 years and have no intention of seeing again. Start by taking them all out of your wardrobe and decide what can't be worn by anyone, these are to be recycled. Then, if something is in good condition but you've grown out of it, it's time to offer it up to charity, sell them or give them to a friend or family member. Alternatively, charities such as Planet Aid rely on donations of clothes and shoes to give to people living in third world countries who can't afford to buy these items themselves.

## Replant

A great way to reduce the footprint of the fruit and vegetables you buy in the supermarket is to grow these yourself. It's surprisingly easy to do and can be made into a fun, family friendly activity. If you've been able to create a compost, which we will talk

about in the last step, then you're already well on your way to your new luscious garden! If not, don't panic as you can make small containers out of old wooden boxes or crates. Firstly you will need to pick the right patch in your garden. Make sure to pick an area where the soil is dry and sunny, nothing will grow if you plant it under a shady tree! The size of your garden is up to you, it's always better to start small and give all your love to a few fruits and veggies than overwhelming yourself with a large area. Now for the fun part, choose what you would like to grow! This can depend on where you live and the amount of sunlight you're able to give your new plants, but a nice place to start is to think about your favourites, and to replace what you would usually purchase from the supermarket.

A great way to acquire seeds is to pick them out of the foods you have already eaten and replant them in your new plot. A couple ideas of plants which are easy to replant is garlic, you only need one clove submerged in water and then wait for it to grow shoots and basil, submerge a few sprigs of this in water also and wait for them to grow around 5 centimetres. You can then pot them separately and watch them grow!

## Rot

It's been estimated by the EPA (Environmental Protection Agency) that up to one-fourth of landfill waste could have been thrown into compost. Composting is really simple but many people don't do it still, once you're in the habit of throwing waste into your compost bin, you will be able to replant all your fruits and vegetables. You can use grass clippings, vegetable food scraps, black and white newspaper and tree leaves in your compost bin and avoid these going into landfill.

These examples will put you on the right track for choosing a waste free lifestyle. Not only does it help the environment, it is a brilliant way of bringing new life to old items, it helps those closest to you, and ensures that the world is kept bright and healthy. We don't have a care in the world for the items we use every day, and maybe understanding the value of having the few items we have will make sure we appreciate how lucky we really are.

## Written by Jena Mitchell

This article is in association with **SWAPABEE**. An environmental app company that allows anyone to swap their items for others. Create an account and start swapping today at <https://swapabee.co.uk/>





# THE FALL OF 2020

Rome must've fallen at least a hundred times, and – for the most part – like any civilisation, it came back stronger. To the point where history no longer talks about it ever *having* to come back.

We're living in particularly unprecedented times. So, with any luck, at New Year's some of you shouted Jumanji – just so we could get back to normalcy quicker. I suppose that's where this whole thing starts; where do we rebuild our lives from?

## The Hero's Journey

The hero's journey is a narrative structure which usually ends with the eager-to-learn farmhand becoming the hero of the village, unable to go back to being a farmhand because they've slain the dragon. Their life has completely changed gears. Our lives will be affected for years to come. Wimbledon has a 'pandemic pot' – a fund set up to pay their players despite the tournament being cancelled – and has had one for years. Everyone probably called the person that suggested that something close to a nutbar. Enter 2020; pandemic pot guy is laughing at everyone. On a smaller scale, more events may now invest in a 'pandemic pot' of some kind. Businesses might reassess their working from home policies, opening up more job opportunities for people (particularly disabled people who struggle to get to an office), as well as being able to cut the costs of office space.

The flipside to this is *you*. How will you rebuild your life? Not just in the context of the pandemic, but new year's too. What resolutions do you have, and how are you going to achieve them? Do you want to go to the gym more? And are you paying a monthly subscription to the gym in order to motivate yourself to get your money's worth?

Do you feel unfulfilled in your current course, or even just drained in general? Consider talking to your lecturers about an Authorised Break in study, or go to an open day and see what else there is out there. It could be as simple as wanting to fit more reading into your year. In which case, Audiobook

services like Audible got you covered buddy!

## It's Not Illegal To Have Hobbies (Yet)

Maybe you found something you're passionate about during lockdown and you want to follow it and see where it leads. I play Dungeons and Dragons, and that hasn't always been enough for me. I've been designing games off and on for the better part of three years. During my lockdown – aside from playing games with my housemates – I've been designing more regularly, so I want to begin to explore that. But I am content with making no money from it. A very Kafkaesque way of thinking.

I'm going to continue doing so, because it's fun, and more opportunities for my playgroup to meet aren't a bad thing. That's kind of my goal; design and write more. Balancing that with something that actually makes me money. Though if Disney's Soul taught us anything, you can (and should) just enjoy things. You don't have to be 'born to' do something to love doing it, and just because you love it doesn't mean you should make a career of it.



## Life Is Like A... Video Game

So – what are your goals? And how do you want to achieve them? As one-track-minded as it sounds, thinking of them like skill tree progressions in video games might be a good way to go about it without feeling overwhelmed.

You can go on seeing life as levels, researching and breaking it down, so you can see them as minor



obstacles to simply step over. Rather than hurdles that anyone who isn't an Olympic athlete, or perhaps a horse, will just collide with.

┌ **LEVEL ONE IS COMPLETED WHEN X GOALS ARE MET.**

**LEVEL TWO IS COMPLETED WHEN Y GOALS ARE MET.** ┐

Every year you learn things, and the following year you have to relearn or alter what you know. That is the principle of personal growth. Constant adaptation to your surroundings. Learning to do what's best for you, in the best way possible.

## The Year Of Just Being Okay

To be fair, we have made it this far through somewhat backbreaking circumstances, so we all deserve a pat on the back. So when lockdown ends, what are you going to do while businesses re-evaluate everything? If you want to go back to being a farmhand, no one will fault you. Like I said, backbreaking circumstances. It might be that you just start practising self-care more regularly.

The changes you make, which make you a hero in your eyes, don't have to be ground-breaking to everyone – they just have to be ground-breaking for you. Not everyone will be expected to take on the position of hero after slaying this particular dragon; you can still return to the farm. So many of us are just desperate to return to our previous lives, and that's okay. Henry Ford said, 'The only history that is worth a damn is the history we make today.' Life comes down to a few imperative choices.

So I guess the only thing left to ask is; what choice will you make when opportunities present themselves?

What history will you make today?

How are you going to change – or simply improve – *your life*?

Written by Connor Hewison



1

# LEICESTER v LEEDS UNITED

## AN UNDERDOG VICTORY

# 3

Marcelo Bielsa has galvanized a team of misfits to equal the highest Premier League points tally for a promoted side after 20 games. The 3-1 win over Champions League chasing Leicester City puts Leeds United on 29 points. Only Wolves (2018/19) and Sheffield United (2019/20) can match that tally for a newly promoted side after the same number of games.

Some of these players have played for clubs such as Valencia, Arsenal and Everton but Patrick Bamford is the biggest success story within the squad. In fact, the Argentine manager has been labelled as the “Bamford whisperer” due to his ability to get the best out of the former Chelsea striker.

Going into this season, many questioned Leeds United's decision to not replace Bamford. He had failed to perform in the Premier League previously, and his struggles had given him a total of one goal in 27 Premier League appearances. Also, in 2019/20, according to FOTMOB, Bamford missed 33 'big chances', 15 more than anyone else, however this season he has proven the doubters wrong. In his first 20 topflight appearances for the Whites, he has bagged 11 goals and five assists including his hat-trick against high-flying Aston Villa.

However, it was his goal and two assists against Leicester City which highlighted what he is capable of; an all-round attacking performance in addition to running the hard yards for his team, nothing less than what Bielsa demands from his players.

Leeds were behind for only 127 seconds before Stuart Dallas secured an equaliser even Brendan Rodgers would be proud of. James Maddison's pass was intercepted by Luke Ayling which triggered a diagonal run from Dallas in behind Leicester's defence. Ayling drove forward and played it into Bamford who slotted the goal scorer through with only Timothy Castagne and Kasper Schmeichel to beat. The Northern Irishman slotted it home with his right foot to make it 1-1 after 15 minutes.

The visitors took the lead after 70 minutes. Pascal Strujik intercepted a pass just in Leicester's half and played it forward to Raphinha. The Brazilian played Bamford through who let it run across his body before unleashing a thunderous strike across Schmeichel's goal, into the top left corner. The ball gently kissed the underside of the crossbar as Bamford scored his 11th of the campaign.

Bielsa's men rounded off the win late on through a counterattack. Maddison whipped in a free-kick but Bamford managed to head it away. Dallas ran on to the loose ball and played it forward to Mateusz Klich, who sent the Leeds number 9 through. The English striker was one-on-one with Leicester's goalkeeper, but he slowed down to allow Jack Harrison to get forward before playing it across the face of the goal for an easy tap-in for the Manchester City loanee.

Patrick Bamford has been ever present under Bielsa's reign in Yorkshire which highlights how far he has



come since being labelled as a Premier League flop. His spells with numerous clubs such as Norwich City and Burnley left many to question his potential, but on current form he has to be in the conversation to be in the England squad this summer with 15 direct goal involvements in 20 games, and 41.7% of his side's total.

In contrast, Ayoze Pérez had an underwhelming game. Despite having a very different style, the Spaniard was tasked with replacing Jamie Vardy. Although getting off three shots and creating five chances looks good, totalling in 0.85 xG+xA according to Understat, his inability to give his side an outlet cost them.

Rodgers' tactical setup was clear,

go toe to toe. This saw The Foxes edge the ball with 51% possession. However, when the home side were under pressure, they struggled to relieve it as Pérez lacked the presence and pace to cause Leeds' defence many issues.

Leicester City must be worried about Vardy's age and the lack of replacements they have for the 34-year-old. Kelechi Iheanacho and the aforementioned Pérez are the only other first team strikers at the club, and both have failed to offer the same threat the Englishman does. Although Iheanacho is only 24 years old, you can expect The Foxes to dip into the market for a striker.

Since winning the league in 2016, the club have reportedly spent £110 million on four strikers with around half of that being moved on quickly in Ahmed Musa and Islam Slimani, who struggled to find their feet.

This may have stung the club meaning they could be cautious in their pursuit to sign a new forward however, they have been linked with Odsonne Édouard from Celtic, who are reported to be holding out for £25 million. The Frenchman has worked under Brendan Rodgers before and has flourished despite the pressure on his shoulders.

With The Foxes challenging for the Champions League, depth for an aging Vardy could make the difference.

Despite scoring first, Leicester couldn't hold on for the win as the visitors showed the strength, character and heart to overturn the score line and grab all three points.

IN FACT, THIS WAS THE FIRST TIME UNDER  
BIELSA THAT LEEDS HAD COME FROM BEHIND  
TO TAKE ALL THREE POINTS, IT ONLY TOOK 122  
GAMES.

A TRUE SIGN OF THEIR EVER-GROWING  
STRENGTH.

Written by Ethan Farmer



# Ferrari 2021 Season Preview: Redemption or Foundation Building?

You can pick out a Ferrari from anywhere; city streets, the countryside and even a rare sighting in your hometown. However, look to the leading positions of any F1 race in the 2020 season and there was hardly a Ferrari in sight.

Formula 1's most prestigious team experienced their worst season since 1980 with a sixth place Constructors Championship finish as the Fédération Internationale de l'Automobile's (FIA) cranked down on engine power, which hit the Scuderia hard. There's no doubt that Ferrari will want to rebuild on the 2020 season miseries as soon as possible.

While Charles Leclerc was able to pull off miracle performances with a third place British Grand Prix finish, and a fourth place Sakhir Grand Prix qualifying result, Sebastian Vettel notably fared worse. The four-times world champion struggled to make it out of Qualifying 2, at the point where it was almost expected that Vettel would only make it as far as Q2 at some races. Belgium and Italy, the sight of Leclerc's first F1 wins just a season before, outlined the Scuderia's problems, clear for you to see. Spa's legendary Kemmel Straight was the venue to see a Ferrari easily overtaken in a straight line, and at Monza's famous Parabolica corner, Leclerc suffered a high-speed crash which he thankfully walked away from.

A team of Ferrari's stature should be targeting an immediate return to winning races but the effective freeze on the widespread rule changes that were due to come in 2021 (the pandemic resulted in the FIA pushing such changes to the 2022 season) means

that elements of 2020 will be carried into 2021. In the minds of some Tifosi, Ferrari's loyal fanbase, 2021 could be totally pointless because of this. The incoming Carlos Sainz does have everyone at Maranello encouraged about what could be achieved in the team's near future.

## Charles Leclerc – Maturing in a difficult period

Taking his post-race team radio message from the Turkish Grand Prix out of the equation, Leclerc can go into 2021 filled with ambition and experience. The re-emergence of McLaren as a team capable of achieving podiums, and the rebranding of Racing Point and Renault into Aston Martin and Alpine respectively, has moved Ferrari to the side in terms of media anticipation, meaning the door is open for Leclerc to produce shock results yet again. Tyre management during races is just one of many areas that the Monegasque has alluded to in improving his overall performances.

The midfield was incredibly tight in 2020 and Ferrari's poor car landed them right in the thick of it. In most qualifying sessions, Leclerc was always there, and races were no different, battling rivals in Sergio Perez, Lando Norris, good friend Pierre Gasly and Daniel Ricciardo in a car that was arguably slower than what his rivals had. This is where Leclerc grew the most as he made the car work for him, Silverstone being the biggest example of this. This begs the question, what could he achieve if he was back fighting for wins on a regular basis with Lewis Hamilton and Max Verstappen?



## Carlos Sainz – The perfect place to settle in?

From McLaren's Woking to Ferrari's Maranello. The Spaniard relocated from the UK to Italy to be closer to his new team's factory. An understandable decision. For a team as historic as Ferrari, what an environment to settle into. The 2020 season was an improvement for Sainz as he maintained his sixth-place championship finish while being nine points better off than in 2019. He did lose his 'Best of the Rest' claim to Sergio Perez but an improvement none-the-less.

Carlos moves to Ferrari brimming with confidence. The Spaniard has built a reputation for himself as a certified 'Smooth Operator', rarely making mistakes and achieving impressive results with relative ease. His two years at McLaren helped to further express his personality to fans as he especially gelled with teammate Norris in creating one of F1's best bromances. He may have also contributed to McLaren now becoming one of Ferrari's biggest rivals!

## My View? – Improving on 2020

Ferrari, and their fans, have never entered an F1 season with more uncertainty. Regularly fighting Mercedes is now a dream that likely won't be realised in the coming season. What will be realised then? Team Principal Mattia Binotto has outlined third in the Constructors championship as being the "minimum target" while accepting that 2020 was "inadequate for what should be the standard for Ferrari." Leclerc and Sainz is a very strong pairing based on recent seasons, despite it also being one of Ferrari's youngest ever driver pairings.

The results that fit the standard of Ferrari likely won't suffice in 2021 but Leclerc and Sainz being given the freedom by Binotto to battle on track should make for very entertaining on-track battles. For Ferrari's sake, everyone connected to the Scuderia will be hoping that it is for regular podiums rather than low-end points finishes, but for now The Tifosi might have to practice the art of patience.

Written by Myles Campbell-Drummond



# University of Derby Rugby Union gave letters to local care homes for Christmas

The University of Derby Rugby Union have decided to mark the end of the 2020 year with a new beginning of their own. To help combat loneliness, the players at the Rugby Union have taken it upon themselves to write letters to the residents at some of the local care homes.



Unfortunately, due to COVID-19 restrictions, care homes are unable to facilitate visitors with residents being vulnerable people to the virus. This means that this Christmas, residents will be unable to see their friends and family.

Christmas can be a lonely time for some people, particularly those in care homes, even without the restrictions

in place. Therefore, the Rugby Union thought this would be a great time to reach out to some of the local care homes and offer some personal letter to pass on to the residents, to show that there are people out there who care about them.

Josh Cant, chairman of the University of Derby Rugby Union said: "Due to the Pandemic and everything that is happening, there's a lot of lonely people out there in the care homes who aren't actually able to meet their families over Christmas".

"What we are aiming from this is to, one, bring a bit of happiness to people and, two, potentially get replies from the residents. Then if it's something they're willing to get involved in, then maybe set up a kind of pen pal thing and eventually, when this all blows over, be able to get the boys introduced to the care homes and then we can do some interactive stuff.

"There will be people out there who won't get any contact or anything from anyone and I think that is pretty sad really, so doing something and giving back to people would be a really good thing to do at Christmas time."

Scott Backler, who plays for the rugby team, has worked in a nursing home himself, and has seen first-hand how elderly people can be particularly susceptible to loneliness.

"For a lot of instances with the elderly people, they

might be sat in their rooms, basically void of a lot of human contact, which for a lot of elderly people that is what they look forward to every week".

"We thought it would be a really good idea to give back to the community, and we thought: how can we really connect with these elderly people? Obviously with COVID-19 we can't really go over there and do events, so we thought this would be the next best thing".

Inside the letters are questions such as 'when was the last time you laughed?', and 'when was the last time you did something a bit naughty?'. These questions will hopefully stimulate their brains and get them to think and reflect back on their lives. By sharing these moments with the rugby club, it will hopefully build a rapport between the players and the residents.

Backler said: "The response from the boys has been really good, and there's been some really good letters. They [the letters] weren't generic either, they've been really heartfelt and really personal. Everyone's got their own personality and there's a little bit of personality in each of these letters".

The idea to do this was inspired by Cant, who has been keeping in touch regularly with his grandma over lockdown. Seeing the positive effects that regular communication can have on elderly people at risk, has encouraged him to give back to the community.

"With everything that's gone on, I would hope that we can draw away from the gloominess of COVID, it's been discussed so much recently. So, for them to have a day filled with thinking about what's been [written] in the letters, would be absolutely amazing," Cant said.



The Rugby Union are no stranger to charitable work. For 'Movember', the club grew moustaches and raised an impressive £6,000 for charity. Whilst this is not a new beginning for their regular charity work, it could be the start of something which not only happens each year, but also continues throughout the year as they get responses from the care homes.

Written by Mark Bodey

# A chilly 5-star performance puts Skegness Town in the hat for the second round of the FA Vase

As the threat of a national lockdown loomed large over the country, the sweet release of a day out at the football has become even more valued. The weekend in question was the second round of the FA Vase come around.

Vics were a club Skegness Town manager Nathan Collins had never heard of before thus, in our strange world of this hobby, it was more attractive for the away side.

As for me, the journey to The Anderson Electrical Arena was a very wet one. Windscreen wipers swished backwards and forwards to try and keep the view in front visible, coupled with the sound of raindrops as they bounced off the screen. I arrived an hour and half before kick-off as the wind whistled in the air. Evidence of the huge downpour filled the potholes in the car park where even the cars looked like they were shivering.

In I went to pursue the stadium for only my second visit of the season. The Arena housed two empty stands, one of which contained a food hut that served the best chance of internal warmth. Burgers, tea, and even the infamous Bovril drink acted as radiators for the bellies of spectators. The steam dissolved in the cold air before attention turned to the players as they arrived.

The rain had calmed down, however the cold remained. Moments later, the players timidly emerged from the changing rooms, smothered in layers as they prepared to warm up.

After getting the team sheet and doing my preparation for the club's social media, I then prepared a warm-up of my own – a steak bake.

After our best attempts of getting warm, the game got underway with The Vics starting the brighter of the two teams. The midfield of Callum Clarke and Morgan Bell controlled the early moments of the game, yet it was the away side who had the first chance from a corner kick. The defence held strong and forced the attacker to head the ball over the bar.

Tension in the technical area was high. The two managers fired comments back and forth and thawed the dugout with their heated exchange. Comments were heard questioning the consistency of the referee and linesman's decisions.

Borrowash almost broke the deadlock on 18 minutes. A superb ball from Adam Swain was met at the back post by Chris Richards but his header glanced the crossbar.

Skegness responded with Danny Brooks whose header was wide of the mark after the ball was cheaply given away.

Another opportunity came when top goal scorer Jenk Acar tingled the cold hands of home keeper Danny Rigley; who was the busier of the two

throughout the game.

The Vics felt the cold and created their own problems. They continuously gave the ball away under no pressure, however the visitors failed to take advantage of the openings presented to them.

As the clouds broke in the grey coloured sky, there was a rare appearance for the sun which caused some players problems as it glistened in their eyes.

Skegness did find a way past before the break. After Daniel Durkin's header trickled into the net, the home side surrounded the referee about what appeared to be an infringement in the bogged area on keeper Rigley.

Half-time came and a half-time trip to the club house was due as I craved a hot cup of coffee in an attempt to keep my body awake and my brain focused as the chilly, bitter wind slashed me in the face.

After the restart, Skegness quickly took control of the game. The away side started well, with Danny Trott's volley superbly tipped over by the Vics 'keeper, but his efforts were cancelled out, as the same man met the resultant corner to get his goal.

The exotically named right-back James Petronzio then wrapped up the tie, after he latched onto a knock-down and fired home the visitor's third goal of the match. A frustrating one for the goalkeeper, who was left helpless as the ball skidded up off the cold and slippery surface.

From there, the game became damage-control for Skegness. The visitors just made sure they gave their hosts no way back into the contest. Joel Isaac came the closest to grabbing one back for The Vics, however his shot was comfortably kept out by the coldest man on the pitch, the opposition goalkeeper, who's layers were the only thing between him and hypothermia.

The opposition were later reduced to ten men after a late skirmish resulted in a silly, needless red. After initially giving a yellow for the foul, a mass brawl erupted, and the referee dished out the red for something said in the aftermath.

To add to the late drama, the brawl appeared to have left The Vics centre back with a bite on his neck, however no further cards were shown.

In the end, it was Skegness who progressed into the next round of the Vase, and myself who progressed to the car, before immediately putting the heating on.



Written by Holly Wright



# Interviewing *Karla Cook*: How the **Direct Help and Advice** charity is helping Derby families and individuals during this pandemic

**Who are The Direct Help and Advice and what do they provide?**

The Direct Help and Advice company provides direct help, via specialists, advice, advocacy and representations for families and individuals with upcoming crises. This is to prevent and alleviate homelessness, debt and housing difficulty. They provide free, independent and confidential services that provide support to the most vulnerable people within the community. The DHA will provide intervention, support and advice. Direct Help and Advice further provide training and skills development to a variety of vulnerable people in order to reduce levels of unemployment and promoting social and financial inclusion. Their aim is to try as much as possible to ensure that people understand to present early so that they can provide help for them quicker. Unfortunately, a number of people present at the crisis point. Having early interventions for those who are at risk of redundancy prevents the crisis. Direct Help and Advice also provide career guidance, employment and training support to those people at risk.

**What problems are the DHA and The Derby Law Centre facing as a result of the Coronavirus pandemic?**

Prior to the Coronavirus pandemic, Direct Help and Advice were receiving on average 75 calls per week. Since the Coronavirus pandemic began to worsen in the United Kingdom, that number has risen to several hundred per week. As a result of this high volume of calls Direct Help and Advice & The Derby Law Centre have decided to open their Ilkeston facility to help keep control of the volume of calls being received. Chief Executive of Direct Advice and Help Karla Cook comments “people are presenting that haven’t ever experienced financial difficulties. People who are self-employed. Who are not able to access benefits such as universal credit so they are not eligible for grants.” The Coronavirus pandemic has affected a wide range of people and now presenting those who may not have rang the Direct Help and Advice prior to the pandemic. However, Direct Help and Advice are working alongside with The Derby Council to try to find a preventative measure.



**What is Direct Help and Advice & The Derby Law Centre doing amidst the Coronavirus pandemic?**

Direct Help and Advice’s aim is to match recourses with the need, to avoid a spike and have a smoother transition to avoid being overwhelmed with a number of people presenting. Now re-opening their Ilkeston office, Direct Help and Advice are using this office to provide a One Stop Shop which offers support and drop-ins to vulnerable families and individuals.



So that they can have a chat with staff around housing and debt. Working alongside. Another great aspect coming from Direct Help and Advice is their recognition that not every individual has the digital technologies to access their facilities, so when safe to do so their offices were open for face to face contact socially distanced and along with the Test and Trace system. However, not only that Karla Cook, the Chief Executive, commented the Direct Help and Advice is providing an “array of different things, such as the I Programme (digital exclusion).” A number of individuals do not have access to technologies or the internet. Karla Cook comments further that “some European social funding is being commissioned providing dongles and laptops, but those people do not know how to use them, so the I Programme shows them how to use it.” The Derby Law centre is further completing preventative work with local authorities. In addition to this there is the Advice hub- through the alliance which is partnered with local authority, Direct Help and Advice.

**How are vulnerable families/individuals suffering amidst the Coronavirus pandemic?**

Due to the first national lockdown in March 2020, as a result of the Coronavirus Pandemic, there were a number of people who found themselves vulnerable and at risk. Stay on possessions were provided that ensured landlords could not evict their tenants during the Coronavirus pandemic which slowed everything down for those presenting they were no longer being at risk of homelessness. However, data provided through charities showed that vulnerable families and individuals were still being evicted. Direct Help and Advice deferred recourse through help through the community, so that there was an advice line available for those who need help that covers a wide range of topics. Again, now entering a second national lockdown as announce by Prime Minister Boris Johnson, this could potentially be another problem faced again.

**Conclude**

To conclude this article, it is safe to say that the Coronavirus pandemic has had a significant impact on families and individuals making them at risk and vulnerable. Going into a second national lockdown could make this worse and at this point everyone needs to come together to support and help each other.

**Written by Bethany Parkes**

# Homeless, not helpless

Consider for a moment. What does the phrase warmth in winter mean to you? What does it imply? How does it make you feel?

I for one envision snowy scenery, hot chocolate, favourite festive films, and cosy blankets. Some of you may envision dark afternoons, roaring fireplaces, and multiple episodes of Game of Thrones. Or how about carolling, crackers with cheese and mulled wine?

Whatever beverage you indulge in or activity you imagine yourself doing, it is often influenced by enculturation. Living in a developed country, the UK is largely secure, despite its personal controversies and conflicts. From annual John Lewis and Coca-Cola advertisements that make us tear up, to Aldi’s new Christmas treats (almond or sloe gin mince pies are heavenly), we should remind ourselves of the small victories we achieve and luxuries we have access to. Particularly going into the winter season, it is inevitable our emotions reflect the weather. This leads me onto a sensitive, yet potent topic regarding a sizeable proportion of UK citizens.

## National Homelessness

Many individuals are feeling the effects of the COVID-19 pandemic more than others. Categorically from rough sleeping to statutory and hidden homelessness, many UK residents are under struggling conditions. Being aware of this does not mean you need to feel guilty for your comforts.

It suggests a shift in mind frame, to seek out gratitude in whatever form this may come as. Some simple at home suggestions are listed as below:

**Meditation/podcasts:** Spotify

**Genres:** Meditation discussions, bookworms, sports, stories, lifestyle, gaming, health and more.

**Current listening to:** Jon Kabat-Zinn

**Youtube channels:** such as Lo-fi, Study Jazz, TEDx Talks, Kurzgesagt in a nutshell

## Mindful journaling

1. Bullet journaling:

Creative way to organise your day to day activities.

- Exercise plan
- Meal plan
- To do list
- ‘What I’m Grateful For’
- Goals
- Appointments

Alternatively, follow social media accounts on Instagram or Pinterest for design inspiration

2. Freehand:

As it states, the act of writing on a blank page.

Often best to do this when your mind is racing with plentiful ideas or worries.

## Embracing your close connections

Catch up with family and friends daily – remain present and talk things through from your day to how you are feeling. Listening is also just as important as being heard.



## How you can lend a warm hand

If you desire to support the community proactively, you could donate unwanted goods, particularly clothing and food items to care for others and their warmth in winter.

Homeless charities current needs

1. Crisis: [Donate and Buy a Crisis gift](#)

[Take on the 12 days of Crisis fundraising challenge](#)

2. Shelter:

You can sign government petitions, [contact to inform them of someone you may know in need](#) or donate to their emergency coronavirus appeal.

## Supermarket food donations

Simply drop off any unwanted goods on the trolleys, usually located near checkouts

- Canned goods, preferably protein-rich and nutrient packed. Examples: soups, tomatoes, baked beans, pulses, sweetcorn, peas, carrots, mackerel, sardines, and fruit are suitable options for winter
- Cupboard essentials: Rice, pasta, wholegrain cereals, bread, potatoes Think of easy meal ideas. Nothing fancy. But with purpose and calories!
- Prepacked bags. If you are in a hurry, Morrison’s have created a new initiative, offering bags filled with ideal food bank goods at a reduced price
- Clothing donations. Morrison’s usually have clothing banks, depending on your area.

You could kindly give a small £5 Greggs gift card to someone in need on your local high street. A warm pastry and drink may mean the world to them. My partner and I did this twice last Christmas - the satisfaction does not compare!

Or it can be a simple act of kindness like smiling. Oftentimes a step outside your own comfort zone. To remember we are all on different journeys. To remember homelessness is a condition standalone, not necessarily a condition attached to the individual’s choices.

By reducing the stigma, we as a nation can remove barriers of access to these winter comforts.

**Written by Kayleigh Ayriss**



# Coping with COVID

For millions of people around the globe the past year has felt like time has stood still. Not only are we in the worst job climate since the great depression, but mental health issues are also skyrocketing in many communities. Although it is difficult to look at the positives, all we can do is hope for a better tomorrow and with that better tomorrow we can think of a future without an endless pandemic.

For some this has been a time for personal development, for others, personal destruction. We can all share a longing to go back to what was; before we couldn't go anywhere or do anything. The best way to move forward is to look at ways by which we can use this time to better ourselves and the people around us. Coping with this situation is important to make sure you come out the other side potentially better than before. Any form of difficulty and hardship can better your perspective.

Social distancing can cause a feeling of isolation and loneliness which can increase stress and anxiety. To try to relieve these feelings there are several different things you can do. Examples such as eating healthy, having a well-balanced diet & sleeping plenty are obvious ones that can have a profound impact on your mood. Reducing self-medication methods such as alcohol, tobacco, and substance use can better your mind and body and allow you some breathing space to develop coping techniques through meditation, stretching, & deep breathing.



Because humans are so very different from one another, some may feel a profound need to do work or keep busy, whilst others may find it difficult to even get out of bed in the morning. Depending on your genetics as well as your personality, healthy living always needs to be developed around your own personal habits and quirks. If you are working 12 hours days you may need to focus on taking regular breaks by journalling, drawing, or learning a new skill like the keyboard or guitar.

Just getting that half an hour break can do your mind a world of good and ensure that you are able to support your method of getting through the Coronavirus. Vice versa, if you get barely any work done in the day start small by completing a simple task or half an hour study session and then begin to expand that moving forwards. Just taking these simple steps to move forward or relax can do wonders to both your physical & mental health.

If you are coping relatively okay it may be an idea to make sure your friends and loved ones are also doing okay as everyone can react to situations very differently to you and if you think spending months in your house is a holiday, many people feel the complete opposite to you so its important to support the most vulnerable individuals who may not have anywhere else to go. A couple of ways you can begin to cope better with COVID include...



## Take a moment to reflect.

Consider how you or the people around you feel and try to tell someone you trust about this. Acknowledging that the pandemic is having an impact on you can be very cathartic and is the first step in identifying issues you may have noticed beforehand. Contacting certain mental health support groups for further information can allow you to better understand yourself.

## Focus on the short term.

When looking into the future it can be easy to get overwhelmed so concentrating on what's important to you and then applying that to the day-to-day can help you to feel more in control.

## Identify your successes.

It's easy to look at the negative impacts this has had on your life but try to look at the positives. The different skills you may have developed over the last 12 months such as independence, conscientiousness, & proactiveness. Coronavirus will be one of the biggest challenges most of us will face in our entire lifetimes and so celebrating the little wins will show you that you can get through anything if you take stock of everything you are doing good at the moment.

## Find a routine.

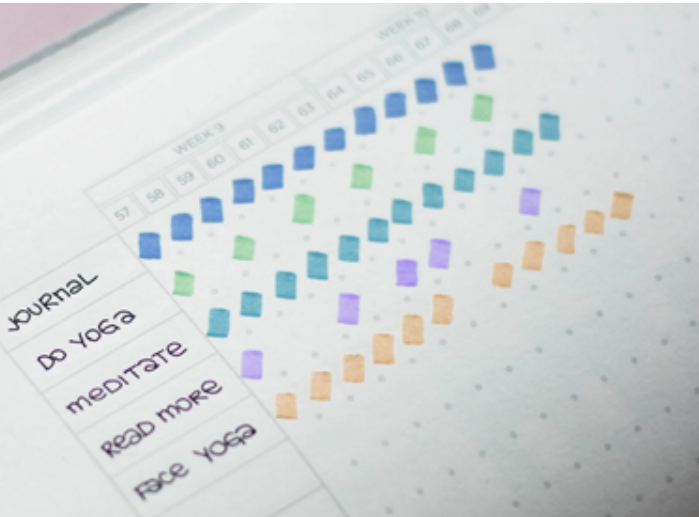
Routines are vital to ensure the regulation of our lives and our moods and due to the absence of clubs, schools, universities, & work it can feel like this process has been pushed off kilter. It is important to find a new rhythm in how your daily routine comes about. One of the best

ways of doing this is to ensure you go to sleep every night and wake up every day at the same time, this maintains your sleep cycles and allows your mood to stabilize.

## Find what works for you.

There is not a one fits all approach to any of this and so it requires consistent changing and perfecting. Maybe you work better when you have five hours sleep as opposed to eight or nine hours. Maybe work is what de-stresses you in the day and you are using it as a crutch, so your mind doesn't wander to dark places. All these situations can happen to you and to say that there is one particular way to go about living is not accurate. However, taking account of your wins, making sure you are eating healthy according to your body type, and ensuring consistent hydration and regular mental exercises can ensure your mood is regulated and that you have the best chance of keeping bad thoughts at bay.

## Written by Tom Berrington





# How has Covid-19 affected the music industry?

Like a lot of people, I was looking forward to spending the summer after graduating watching some of my favourite bands in a rainy field. Festival season is something that many plan for throughout the year, avid festival-goers spend months anticipating line-ups and meticulously selecting the artists that they'll see over the weekend. As the months grew closer to summer, the festival groups that had laid dormant on Facebook began to stir.

Glastonbury, one of the largest festivals hosted in the United Kingdom released the first half of their line up in the beginning of March. Huge names like Diana Ross and Paul McCartney were expected to grace the Pyramid stage as part of the Legends. Bands such as Glass Animals, Fontaines D.C and The Jesus and Mary Chain were also meant to perform

over the weekend to the thousands of customers that attend that magical festival each year.

Unfortunately, the anticipation felt by many festival goers was short lived and, on March the 18th, Glastonbury was cancelled.

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The ever-growing Coronavirus pandemic

affected many industries during the national lockdown. Pubs and schools were shut down. Supermarkets ran out of basic necessities and could only operate on a limited capacity. Students, as well as myself, were left in the dark about whether our exams would go ahead or if we would be able to access the necessary resources to complete our assignments. The holidays people had planned to go on were all cancelled, and no one knew how long all these measures would last for.

An industry that was often forgotten about was music. The rise in cases and the growing deaths across the globes meant that hosting a music festival would be too much of a risk and slowly, each UK festival got cancelled. Some festivals, in a bid to quell the anxious minds of their customers, announced that

their festivals would be taking place in September. Shindig, a festival that normally takes place in May was one of the few that decided to take this approach but that was still a short-lived fantasy.

As the pandemic worsened and the recently promised September festivals were also postponed, customers were then offered the opportunity to roll their tickets over to next year. This meant that people had a guaranteed place at the same festival and didn't run the risk of losing their money. For the Glastonbury ticket holders, this was an offer they couldn't refuse especially since its notoriously hard to get tickets. The rollover also meant that festivals could retain some of their income.

For other festivals, the ticket rollover was not quite enough. Boardmasters had been cancelled in 2019 due to the high winds across the Cornish coasts.



This meant that the Festival Directors had already promised a ticket rollover to 2020. Due to this, a festival that had already lost a huge chunk of its revenue from the first cancellation had now lost another chance at gaining back lost money. These festivals rely heavily on ticket purchases to build stages, hire security and pay the performing artists. Another cancellation would mean that the smaller festivals would lose the chance of hosting another year because of a lack of funds. In cases like Boardmasters, this is concerning as ticket holders run the risk of losing both the festival and the money they had invested in tickets.

Customers were then offered the opportunity to roll their tickets over to next year.

Some other festivals, such as 2000 Trees in Gloucestershire, came up with inventive ways to gather donations from the public. They began to offer rewards based on the amount of money donated to their JustGiving page. A donation of £50 would get an A3 laminate picture of your face plastered on the door of a portaloos. This donation would also mean that you could skip to the front of said portaloos, a perk that many of us would appreciate when you think about the state some festival toilets

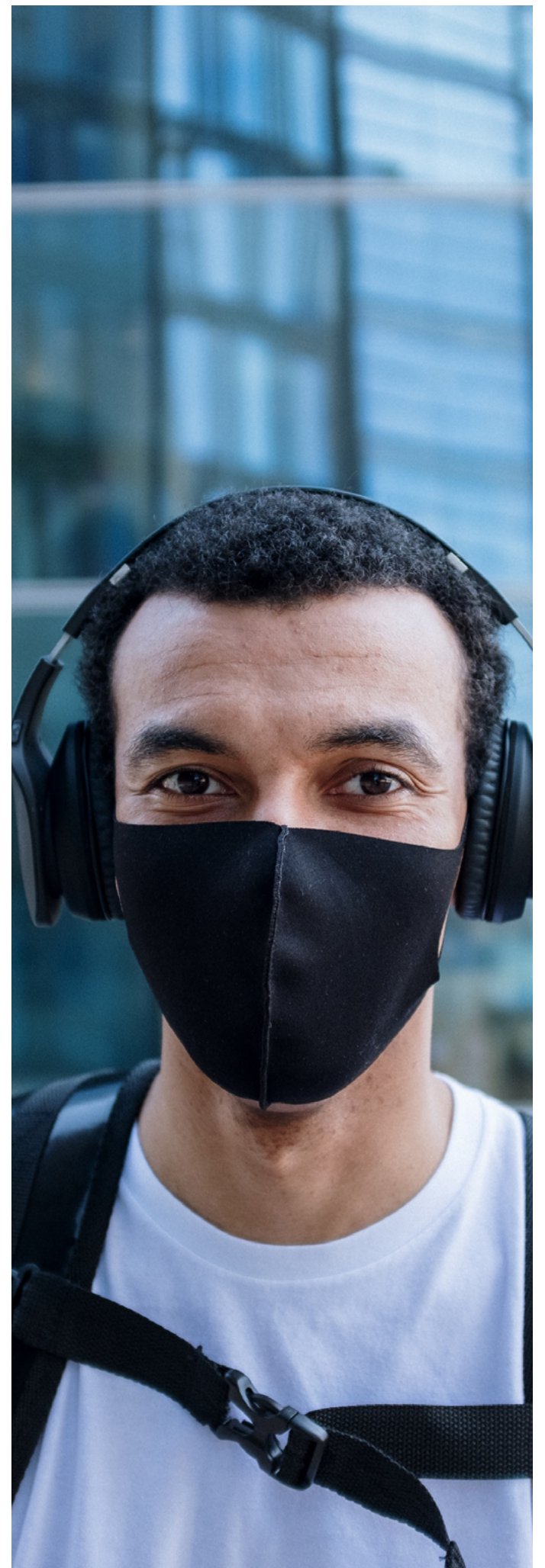
are left in. On the upper end of the scale, a hefty donation of £10,000 would give you the opportunity to become a main stage sponsor and have your name associated with both the stage and festival programme.

During the height of the lockdown, many festivals also hosted online events. This showed to many that, whilst the public couldn't attend in person, people could still have all the festival fun from the comforts of their own homes. Boomtown put on

a weeklong event over Facebook that featured a mixture of DJ sets and circus acts, performed from the artists very own gardens. Glastonbury teamed up with BBC iPlayer to show never televised before sets and for a moment, the festival bug was satisfied.

My family and I spent the months of May and June watching these festival live streams, creating our own lockdown festival. We set up tents in the garden, my dad painted miniature concrete Glastonbury letters. Our weekends were spent drinking, listening to music and cooking vast quantities of barbecue food. Whilst none of us could attend the festivals we had spent the first half of the year pining for, we still had a good time and part of us seemed to forget all the things that Coronavirus had stopped us from doing.

Written by Alfie Pritchard





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