

DIARY DATES

Tues 6 May 6 pm

Note change of time and venue

HFoE bluebell count and Meeting at Nut Wood (see page 2)

Fri 9 May 11am

Planting wildflowers at Pearson Park meadow (see page 6)

★ **Tue 3 June 7.30 pm**

HFoE meeting, Recycling Unlimited 151 Newland Avenue

Wed 4 June 10 am onwards

Volunteers Fair Queen Victoria Square Hull, HFoE stall

Fri 13-Sun 15 June

FoE Basecamp at Derbyshire

★ **Tues 1 July 7.30 pm**

HFoE meeting, Recycling Unlimited 151 Newland Avenue

Sun 6 & Sun 13 July noon-4 pm

Avenues Open Gardens. Visit stalls in YWT Wildlife Garden

★ **Tues 5 August 7.30 pm**

HFoE meeting, Recycling Unlimited 151 Newland Avenue

★ If you haven't been to the previous meeting, please check that we are not out and about somewhere!

Lots more inside...

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Hull FoE and friends clean up on the Humber Foreshore



When Hull FoE member Angela was doing a bird survey along the banks of the Humber near to Priory Way in January she noticed that recent exceptionally high tides had left a lot of rubbish washed up on the shore. A check around Hull Friends of the Earth members and their friends found some of us up for spending a Sunday afternoon clearing the rubbish and getting a bit of post-Christmas fresh air and exercise.

We enjoyed it so much we did a further stretch nearer to St Andrew's Quay in March! Although 'nearer to' didn't seem quite the right description when it came to carrying the bags of rubbish back to the road!

Many thanks to all who took part, including 'Woody' and his pals from Sustrans. (They are volunteers who usually keep the Transpennine Cycle Trail in good condition). Thanks too to Hull City Council's Waste Management team who provided the picking sticks, gloves and bags and took the waste away.

If you think you'd fancy helping with any future similar activities, let Sue know (contact details back page).

Hilary

More pictures on page 5

eco CHIT CHAT

There seems to be an 'energy' theme in this ECO. We certainly expended a bit of energy clearing all that rubbish!

Flooding

Look out for a forthcoming local public meeting on Flooding and Climate Change, being arranged by local FoE groups with national FoE. You'll get to hear about it if you are on our email list [see pg 8].

Waste management

Defra has produced a report on Energy from Waste looking at the role of EfW in managing waste in the future. From www.gov.uk/government/policies/reducing-and-managing-waste

Green Deal

Decc have published statistics on the Green Deal. Lots of assessments done but not many installations as yet. Most have been for boilers, cavity wall insulation and loft insulation. <https://www.gov.uk/government/publications/green-deal-and-energy-company-obligation-eco-monthly-statistics-february-2014> If someone rings you and says you have to have an assessment done by 2016 it's not true, though some private landlords might need to.

Nuclear power?

Susie Greaves tells us that, apart from one under construction which is way behind schedule, there are now no new nuclear power stations planned for France. The only two countries in Europe now planning to build nuclear power stations are Ukraine, where Chernobyl happened, and the UK.

Micro pollution of oceans

We know there is an awful lot of junk out there in the oceans. Just look at how much gets washed up on our bit of coastline! But we might not have realised that tiny fibres from washed synthetic fabrics such as fleeces are ingested by worms which are at the base of our food chain. It's the tiny stuff which could eventually have implications for our food supplies and our health. **Marinet** has brought together several good films on aspects of this micro pollution. We might try to get some of them to show.

Best supermarkets for sustainable fish

Which are the best supermarkets for sustainable fish? The Marine Conservation Society says they are, in order, Sainsbury, M&S, Coop and Waitrose. Iceland and Morrisons are trying. Aldi, Asda, Lidl, Spar and Tesco refused to take part in the survey. **Draw your own conclusions.**

Sponsored run for animal charity

Graham Brooks of Arthurs Organics is celebrating his 50th birthday by taking part in various

sponsored runs including the Beverley 10K on 11 May. All monies raised will go to Farplace Animal Rescue.

Visit www.virginmoneygiving.com/GrahamBrooks where you can also sponsor him online.

Volunteer Fair

See Hull FoE at the Volunteer Fair on Wed 4 June in Queen Victoria Square. Come and help on the stall if you like, or just come and say hello!

Best wishes for the future to Haris and Mal, Hull FoE members, who are heading for a new life on the coast.

Bluebells in decline?

Over the last few years, when I have been able to get to Nut Wood, I've been counting bluebell flower spikes, and trying to find out why they are apparently in decline. I missed last year for health reasons and could do with catching up this year. If anybody is interested in helping to carry out this years count (usually only a couple of hours in the flowering period), I would be terribly grateful.

Please contact me on 01482 655133, or email jon@jc2.karoo.co.uk

Jon Capel

Hull FoE will be helping with this count as part of our May meeting on Tuesday 6 May, starting at 6pm. If you would like to join us, contact Jon as above for details of where to meet etc. We will try to share lifts. Note we will not, therefore, be at Recycling Unlimited for our May meeting.

Hilary

Transition news

Transition Hull has obtained a grant from the Co-operative Community Fund for 2014. This will support the implementation of a permaculture design for the Community Garden on Constable Street Field, and allow us to run another Fun Day on the field in conjunction with the Friends of Constable Street Field. The recent fruit tree planting there was a great success, involving many local people.

Our efforts in working with the Workers' Educational Association to deliver a 2-day Permaculture Course in Hull in March were well rewarded, with 19 people attending. A local Permaculture Network has been set up and anyone interested in becoming involved should contact Lausanne Tranter on 07816 141169.

Our programme of talks and films will resume in the autumn, giving us all plenty of time to spend on our allotments/gardens/community growing projects during the summer.

Jenny Parsons

Low energy, zero bills? We did it!

INGLEHOME—a typically inefficient Hull terrace transformed into a cosy, low energy superhome with zero bills

The most comprehensive IPCC report to date recently told us that the impacts of climate change have already been felt on every continent, and are likely to be, “severe, pervasive and irreversible”.

Meanwhile, increasingly desperate oil and gas companies are industrialising our countryside and putting communities and water supplies at risk, with new on shore exploration just a few miles from Hull—because they say we need more, 'cheap' fossil fuels.

The UK's housing stock is amongst the worst in Europe, contributing to 30,000 excess winter deaths, and a third of UK carbon emissions. So if we're going to deal with climate change we need to deal with our old houses by bringing them up to modern standards of efficiency, comfort and affordability.

Unable to bear burning any more fossil fuels than necessary, and sick of living in cold and draughty, mouldy and unhealthy properties, I took matters into my own hands. When we moved to Hull at the end of 2012 we deliberately chose a property with a high carbon footprint with the intention of improving it as far as practically possible. **Inglehome** is the tale of how I did just that—and how the net emissions and energy bills will be reduced to zero, *proving that there is a very real and immediate solution to the energy cost crisis*, and an alternative to burning yet more fossil fuels.

Our house is a brick, 3 bed end of terrace. Gas use was £1,000 a year and electricity £500.

Reduce Demand

The most important first step is to reduce demand. Revolutionary LED bulbs use half the energy of CFLs. Check the energy label when replacing appliances. Instead of using a tumble drier we dry clothes

on a rack that winches up to the ceiling above the stairs. A low flow shower head not only saves water, but also energy because we need to heat less water.

But we really need to deal with the heat loss. It's perfectly possible to build a house that requires virtually no heating at all, but ours used £800/year.

The first step was easy—loft insulation was increased from 100mm to 300mm, done for free by Warmzone. But the walls lost more heat, so next the extension cavity walls were filled, doubling the existing insulation. But the main house was solid brick walls—hard to treat. I decided on Internal Wall Insulation front and rear to preserve the outside appearance, using natural, breathable materials—wood-fibre boards with lime plaster. On the side wall we'll insulate externally, and go nice and thick.

On a windy day we could feel a cold draught between our toes downstairs, through the gaps between the floorboards. I prised them up, laid plastic sheeting over the joists to form hammocks, and filled with 200mm of

Warmcel—loose-fill insulation made from recycled newspaper, treated to be fire and rodent proof. The sanded floorboards are now draught proof and warm.

The windows were already double glazed, but the doors were single glazed and draughty. They were replaced with high performance timber doors that sealed properly. Further draught-proofing included sealing around window frames and where ceiling light wires penetrated into the roof space.

After draught-proofing it's important to consider ventilation (controlled airflow) to maintain a healthy atmosphere by replacing stale, humid air. We have an Extractor Fan with Heat Recovery in the bathroom, that passes the outgoing air through a heat exchanger to warm the fresh air coming in, so you get to keep the heat.

Sustainable Energy

Having reduced demand as far as possible we want to meet the remaining energy needs as sustainably as possible. We have solar PV on the main roof generating electricity, and a solar thermal panel provides about half of our hot water.



Underfloor insulation going in

PHOTO: Richard Howarth



Richard kneels in homage to his air source heat pump

Our heating and hot water system is an Air Source Heat Pump. This extracts renewable heat at a low temperature from the outside air and pumps it up to a temperature useful for the radiators. Not magic, just a fridge in reverse. It consists of a box like an air conditioning unit outside, and a control box and hot water tank in the garage. It consumes a lot of electricity, but for every unit it consumes it extracts 2 units of renewable heat from the air, making it 300% efficient.

Results

So, we spent a lot of money (£33,000) but was it worth it?

The house has been totally transformed, and is now cosy and warm 24 hours a day. That mould has been eradicated. Last year our gas use was £10 (for cooking) plus £90 standing charge, and our electricity about £500; we were paid £490 for

generating electricity, so our net energy bill, with standing charges, was less than £200. On completion we expect our net energy bill to be **£500 income** a year, and be net carbon neutral. That gives a payback time of 17 years.

Inspired?

The Green Deal is a new government scheme that makes grants, and loans repaid through energy bill savings, for eco-improvements.

Inglehome now has its own website, with photos galore and details of everything I've done, including costs and suppliers.

Go for it.

Richard Howarth

www.inglehome.co.uk

Green homes?

DO YOU LIVE IN A HOME WITH GREEN IMPROVEMENTS THAT MAY BE OF INTEREST TO OTHERS?

We'd love to see a **Green Open Homes** event in Hull & East Riding, and inspire others to take action and improve their own homes. If you might consider opening up for a day please get in touch and let's see what we can do.

Richard Howarth

richardjhowarthSPAM@gmail.com
(remove the word SPAM to email me)
07816 759 121

Biofuels—oily chips?

Trains have been spotted rumbling over the refurbished and widened Spring Bank West overhead railway bridge in Hull, with special vehicles toting a 'Biofuels' livery.

It is not certain at present whether this is liquid vehicle/boiler fuel made from food plant material, or woodchip imported from abroad going to a British power station or factory.

Who knows? Watch this space!

Jon Capel

Woodchips heading from the docks to Drax? If so it might be good for the port but not good news for the environment.

Biofuelwatch says 'Pellets sold to Drax, have been directly linked to the destruction of ancient swamp-forests in North Carolina, one of the world's most diverse freshwater habitats.'

Hilary

Biofuelwatch are protesting at Drax on Wed 23 April.

www.biofuelwatch.org.uk/2014/drax

Ash Dieback, spring 2014

NEW KEY FACTS

We now have the results of surveys carried out last summer. The national situation (as at March 2014) remains little changed. New occurrences of ash dieback seem likely to be from the same import source as the previous year's cases, and there seems more hope for the future.

In East Yorks., it was confirmed only at the three previously known sites, with no new ones. There were occasional outbreaks of dieback on some young trees, but it is thought that this was related to extreme hot, dry periods of weather rather than the ash dieback fungus *Chalara*, as leaf drying and crisping were seen, but no stem lesions. A number of reports by and to HEYwoods members are still awaiting formal results,

but we are hopeful that these sites will turn out negative, and caused as explained above.

Researchers have discovered that *Chalara* has resistance to viruses. A virus is therefore one potential biological control technique that cannot be used with this disease organism.

Last year seemed to be a particularly good year for tree seed, especially that of ash, which carried bunches of seed 'keys' in large quantities. This may only indicate a good 'mast' year, and probably does not mean any special strategic reaction to produce extra seed to see out the disease.

Jon Capel

Enjoying the Humber Foreshore cleanup



Making pots while the sun shines

PHOTO: Hilary Byers



If you want to have solar panels but don't like the appearance of the usual sort, you might be interested in a recent installation on Carrie and Jackie's roof in Victoria Avenue. I popped round to ask them about it.

"We needed a new roof, and as the back of our house faces south and west it was an obvious opportunity to have photovoltaic panels" said Carrie, "but we didn't want a 'big ugly bolt-on'. We investigated those that look like slates but we ruled them out on cost grounds, and in any case weren't sure about their efficiency. One firm investigated setting conventional panels into a

waterproof tray but our roof was too complicated".

"You get the best feed-in tariff if you can generate 4kw" added Jackie, "so we wanted to get as near as we could to that. In the end we settled on panels which are almost flush with the roof; these managed to achieve just under 3kw. They are made by Romag, a firm which supplied the Olympic Park, who are based in Co Durham."

"They were installed by Solaray Systems Ltd, a sister company of local firm Skeer Roofing, who did the main roofing work. We were very pleased and would recommend them" assured Carrie. "As well as going to a lot of trouble to make sure we got the right panels, they retained as many slates for reuse as possible. Of course, we made sure the roof was well insulated at the same time."

"The cost of the panels with installation, including electrics and inverter (to turn DC into AC), but not the other roofing costs, was £7,485—quite a lot more than the £4k to 5k we might

have paid for conventional panels but we thought it was worth it," said Jackie. "The official payback time for our house was calculated at 14 years but we think it will be sooner. The inverter sends a WiFi message so we can track how much electricity is being generated at any time. At present (March) it is about 5 to 6 kw per day; some days it can reach 10kw".

"I must say it's fun seeing how it varies as the sun moves round," added Carrie, "and we tend to think more about when we put the washing machine on, choosing times when the most power is being generated. I use an electric kiln to make pottery, so our electricity bills were always quite high. We expect our bills to reduce by about £600 a year. And the CO² savings have been calculated at 1,096 kilos per year."

(Carrie sells her pottery at the Green Fair in aid of the fund to restore a fountain to Victoria Avenue.)

You can see their panels at **Avenues Open Gardens** on Sun 6 and 13 July.

Hilary

Are we there yet?



Over the winter, scrub has been cut back, hedges laid and bare-rooted trees have been planted before the new growth starts. A number of tree planting events have taken place which have attracted my attention. It's always interesting to see how it's done. Generally, spacing, depth of planting and size of hole are appreciated, but two other points are sometimes missed.

Don't let the roots dry out! Bare-rooted trees should be stored in cool conditions with the roots in damp newspaper or compost in a plastic bag for no more than a few days

before planting. If there is a lengthy delay, then the trees can be planted, heeled in, in a temporary site. Give the roots a drink in water before planting. Container-grown trees still need a good soak, even if the forecast says rain! Once planted, the tree should be firmed in by pressing on the soil around the roots with the heel. This will probably show up some spaces which need filling with more soil. The tree should be heeled in the ground and able to withstand a firm tug. Then comes the wait and the watering can, if it's a dry season.

Water reminds me that the pond needs attention. NO...

David Longthorn

Wildflower meadow in Pearson Park

On Friday, 9 May at 11 am, we will be planting wildflowers in the new meadow that we are developing in Pearson Park, near the Wildlife Garden, off Princes Avenue. This is a joint Friends of Pearson Park, Yorkshire Wildlife Trust and Hull Friends of the Earth activity, and you are welcome to come and help!

Hilary

Fracking near Aldborough—we hear from Rathlin

HEYFrackOff and others have been busy showing the film 'Fracking in the UK—the truth behind the dash for gas' in venues around the county, finding a lot of interest and discussion.

After refusing invitations to address public meetings, Rathlin Energy (the firm which is drilling for gas and possibly oil at Crawberry Hill, near Walkington and West Newton, near Aldborough) held separate private meetings with Hull FoE and HEYFrackOff.

Here is a report from a HEYFrackOff member:

Rathlin Energy have drilled 2 very deep (3km) wells into the Bowland Shale formation, a potential gas resource that could only be extracted by fracking.

Rathlin claimed that they are not planning to frack these wells. They hope to **conventionally extract*** from these wells, but what they have applied to do first is conduct a 'mini frac' which involves injecting saline water into shale which will be "pressured up to the point where the rock would begin to fracture". They are doing this to "help determine whether the formation is capable of being hydraulically fractured". After the test they say they will seal and permanently abandon the bottom section of the well. They do not rule out fracking elsewhere in future.

Rathlin's chair also spoke at an Energy Institute event in Hull, where a crowd of campaigners greeted arrivals at the venue, making it clear to potential investors that industrialising our countryside and putting communities at risk for outdated & polluting fossil fuels will not be tolerated by local people, and that they will never get a 'social licence' to frack in East Yorkshire.

A questioner said, "In every community where water has been poisoned, and people and animals got ill, someone had stood up in front of the community and told them it was going to be perfectly safe".

Rathlin hope to be back on site in mid May. Updates at notofracking.blogspot.co.uk

***Note from Hilary:** Rathlin told HFoE that conventional extraction involves drilling into the sandstone, which is above the shale, from which gas would be released under its own pressure. However, it still involves drilling through the aquifer which will be protected by a steel and cement shaft with an expected life of 30-40 years.

Hull FoE has received campaign materials from Friends of the Earth which are mainly focussed on getting local councils to refuse permission for fracking.

LOCAL GREEN GROUPS NEWS & EVENTS

A Ceilidh for a Fountain!

On Friday 25 April from 7.30pm onwards

at the Endsleigh Centre, 481 Beverley Road, HULL HU6 7LJ

Dance and raise funds to restore a fountain to Victoria Avenue £10 per adult; children under 16 free accompanied by an adult (£4 from every ticket will go to the Victoria Fountain fund).

The Hessle Ceilidh Band call clear instructions for all the dances and can be sure to get even newcomers to Ceilidhs up and dancing! There will be a bar, and you are very welcome to bring your own 'nibbles'.

Tickets from Avenews, Grain, Hilary (see details back page) **or on the door.**

Organised by Victoria Fountain with Hessle Ceilidh Band

Edible Garden Project in Hull In an initiative to demonstrate to members of the public, how attractive and creative growing produce can be, an **edible garden is being created in front of the Wilson Centre in the centre of Hull.** Plants will include coloured swiss chard, chicory, beetroot and lettuce. Height to the display will be provided by runner beans, peas and climbing French beans. As the produce matures, the public will be invited to join in the harvest and learn how to transform the vegetables into tasty meals. The garden will be planted in May, using plants grown by local allotment holders and community groups.

For details on how to get involved email Simon.Race2@hullcc.gov.uk 01482 318396 mobile 07769705860.

Greenpeace locally are very active; last year the emphasis was on the Save The Arctic campaign: www.savethearctic.org They had stalls at lots of local festivals. Get involved in 2014. Greenpeace Yorkshire East Meet 3rd Wed of the month (usually! please check): 21 May, 18 Jun, 16 Jul 7.30-8.30pm at The Admiral of the Humber, Anlaby Road (round the corner from Hull Interchange). Details/contact: www.greenpeace.org.uk/groups/yorkshire-east

Groundwork Hull aim to help groups and individuals gain the confidence, skills, knowledge and resources needed to grow and cook their own food.

They want to hear from groups, or people interested in forming groups, and 'Champions' who can help others. They also want volunteers to help on their community allotment on Newland Avenue, especially if you have woodworking skills.

Contact Karen on 01482 216188
or email hull@groundwork.org.uk

It is well known that men find peace and happiness in sheds!

If a 'Men in Sheds' project appeals to you email Barry at jenx-cooper@tiscali.co.uk or telephone Groundwork on 01482 216188

Humber Wood Recycling Project is a not-for profit social enterprise which is:

- ▶ Reducing waste and saving resources
- ▶ Creating jobs and training opportunities for disadvantaged people and
- ▶ Offering volunteering opportunities in woodworking, sales, collecting, marketing etc.

Bilton Grange Depot; 314 Staveley Road Hull HU9 4DA. Contact Bob Bunce, Enterprise Manager 07473118746.

Community Energy Solutions in Yorkshire & Humber

Tuesday 29 April, Leeds, 9.30-3.30. **Free conference** to look at the potential of communities coming together to solve their energy needs, learn from real experience and consider the barriers that groups often face. Speakers include Anna Watson of FoE supporting schools going solar, and people who have set up projects. For info and booking go to:

www.involveyorkshirehumber.org.uk

Gearshift Theatre

Around the world people watch their climate change. What can their traditional stories tell them? What can they tell us? Tim Padmore of Gearshift Theatre presents '**Giants**' a show for adults and young people. Thursday 24 April 7.30 pm Pearson Park YWT Wildlife Garden, Princes Avenue, Hull. This is an outdoor performance. Please bring warm and waterproof clothes and something to sit on.

Entrance: £3. Pay on the door.

'**Giant Killers!**' a show for children and families. Friday 25 April The Children's Library, Hull Central Library, Albion Street, Hull 01482 300 300 10.30 am-11.15 am Storytelling show. 11.30-12.30pm Workshop. Explore giants using drama and storytelling. **FREE.** Children are welcome to attend one or both events.

Cornucopia

Fri 26 & Sat 27 September, at Burton Constable Hall, HU11 4LN Green tent, bands, local food and beer, family activities, crafts. Camping available.

Tickets now available:

www.cornucopiafestival.co.uk
[facebook.com/cornucopiafestival](https://www.facebook.com/cornucopiafestival)

Community Orchard May Day Event

When: Monday 5 May 12noon

Where: Pickering Road Community Orchard, Cranberry Way, HU4 7AQ (Please park on Pickering Road, not Cranberry Way). **FREE.** All welcome. Celebrate the arrival of the apple blossom with maypole dancing! **Bring a picnic.**

Beverley FoE meet 3rd Thursday of month at CAB office, 100 Lairgate, 7.30 pm.



Hull Friends of the Earth

MEMBERSHIP

I wish to become a member of Hull FoE <input type="checkbox"/>		PAYMENT Please note: subs are due by 1 April each year	
I wish to renew my Hull FoE membership <input type="checkbox"/>			
Name (Mr/Mrs/Ms)		I enclose:	
Address		Membership or subscription fee (£5 waged, £2 unwaged)	£
		Donation	£
Postcode		Total	£
Telephone		Please make cheques payable to: Hull Friends of the Earth	
Email			
WHY NOT PAY BY STANDING ORDER?			
We encourage you to pay your subscription by annual Standing Order. This prevents you from forgetting to pay and saves us sending reminders. But because of problems with fraud we are no longer printing the form here. Please contact Sue (details below) if you want to pay by Standing Order.			

Hull FoE membership

SUBS WERE DUE FOR 2014 BY 1 APRIL

Thanks to everyone who paid their 2014 Hull FoE subs.

If you are a national Friends of the Earth member you do need to pay separately to be a Local Group member.

Subs remain at **£2 unwaged and £5 waged, until the AGM.**

And if you are inclined to forget, please take out a Standing Order (*see above*).

We welcome those donations!

Many of our members are very generous and give us a donation on top of their membership fee; if you can spare a bit extra we really appreciate it. It all helps our campaigning efforts and to keep you informed through ECO. (*See below...*)

We will use the contact details you have provided to keep you up to date on our campaigns and how you can help us. If you'd rather NOT receive this information from us, please tick here

Thanks for all those donations!

Membership of HullFoE stays remarkably stable at around 60 paid up members. But you lovely people doubled your donations last year, so many thanks! This means **we can keep the subs at £5 waged and £2 unwaged for yet another year**, hopefully ensuring we are in reach of everyone. Of course we could always do with more members;

perhaps you could pass your copy of ECO on to a friend with a strong hint!

People are wanting to get out and do 'green' things too, which is encouraging. There are plenty of suggestions in this ECO. Make sure you are on Sue's email contact list so that you hear about activities that crop up between ECOS.

We are also on **Facebook**: To get to it: www.facebook.com

Register—if you haven't already and then go to the box at the top called "search for people places and things". Just type in "Hull Friends of the Earth" and you are off! It will tell you how to get accepted into the group (Lee-Ann is the owner of the site). Alternatively existing "friends" on Facebook can invite you to join.

Hilary



Share your news?

Hull ECO welcomes news and views of all things environmental in Hull and East Yorkshire.

Deadlines are the first Tuesday in January, April, July, October.

Please send to **Hilary (details below)**. Offers of help to deliver newsletters in your area are very welcome!

HULL FRIENDS OF THE EARTH - CONTACTS

Coordinator	Sue Jolliffe, 47 Kingsway, Cottingham HU16 5BB	Tel: (01482) 845958	Email: sue@jolliffe.karoo.co.uk
Newsletter	Hilary Byers, 170 Victoria Avenue, Hull HU5 3DY	Tel: (01482) 445747	Email: hilary@amskaya.karoo.co.uk
Web	www.foe.co.uk/hull or www.hfoe.org.uk		Email: jolliffe@jolliffe.karoo.co.uk