

The magazine for older people in Leeds

Shine

July 2021

THE NEW NORMAL?

How are you feeling about Covid restrictions easing?

PERSONAL STORIES

Living with a shadow

A love story across cultures

IN CONVERSATION

FROM THE PIT TO THE PITCH

We talk to Leeds Rhinos' CEO Gary Hetherington

MEMORIES OF LEEDS

Leeds Children's Day

Remembering the annual children's festivities at Roundhay Park

HEALTH & WELLBEING

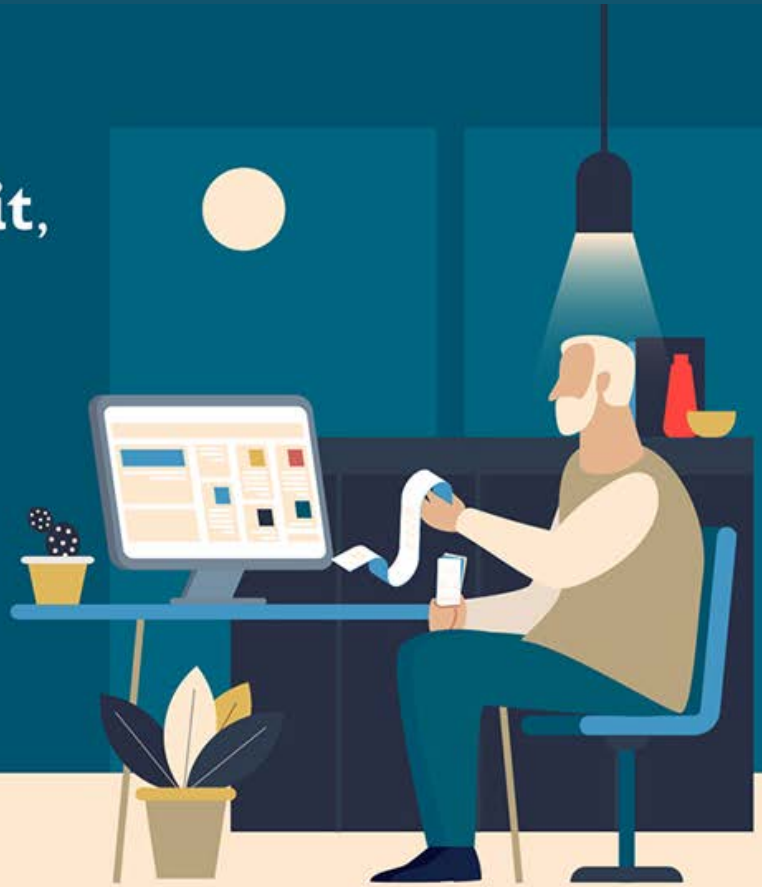
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Shine is a magazine by and for older people in Leeds. We're part of Time to Shine, which focuses on preventing isolation and loneliness amongst older people. Time to Shine funds various projects across Leeds that use creative ways to engage people – some of these projects feature in our magazine. Linda Glew is Time to Shine Programme Manager and she introduces each issue.



Hello and welcome to the July issue of Shine.

We were all hoping that by now we would be able to return to an (almost) normal life - one that resembled the pre-Covid days, but that looks a little further away than we hoped. However, I hope that most of you have managed to reconnect with family and friends and have

been able to enjoy the sunshine that June gave us. Sunshine is so good for us, elevating our mood, boosting our immune system and even helping us to sleep. No wonder we are seeing more smiles - even if they are behind masks!

The July issue's main article looks at that potential return to "normal". Our writers talk to older people about how they feel about getting back to face-to-face activity. The feelings are mixed. Many are enthusiastic (albeit cautious). Others are anxious and concerned. It is really good to read about all the steps that organisations are taking to keep people safe and alleviate their anxieties.

In our Memories of Leeds section, curator Kitty Ross shares reminiscences of Leeds Children's Day. The event used to run every year at Roundhay Park. There are some lovely stories from people who remember how exciting the event was and how their schools got involved.

The first Shine a Light story this month is a real love story: love really can conquer all, despite cultural and religious differences. The second tells us that it really is never too late to follow our dreams or to learn something new. The third shares tales of childhood years and reminds us not to ration friendship. All three stories are inspirational.

Our columnists have come up trumps again this month. Walter returns and puts a smile on our face and Julie tells us about her lovely mum and her recent dementia diagnosis. The My Time to Shine article this month introduces us to Sage, the project that promotes better aging for the LGBT+ community in Leeds. We speak to Colin, a member of the group who tells us why Sage makes a difference to him and others in the community. In Conversation this month meets Gary Hetherington, the CEO of Leeds Rhinos. He tells us how taking an interest in rugby league helped him to avoid following in the footsteps of his father who was a miner.

As always, this issue is packed with varied stories from a diverse range of people - never a dull page! We are always looking for more stories - maybe you have memories of your childhood, you have a love story to share or a funny tale to tell and want to share it with others? If so, we would love to hear from you. Just use the contact details below. In the meantime, have a good read and stay well.

Linda Glew
Programme Manager
linda@opforum.org.uk

Shine

At Shine we rely on our readers to provide stories. We're always looking for people to share their story. Do you have something to say? Maybe you're an aspiring writer, or maybe you just want to get something off your chest?

Send your story ideas to us in the following ways:

POST **Shine, LOPF**
24C Joseph's Well, Hanover Way, Leeds, LS3 1AB.
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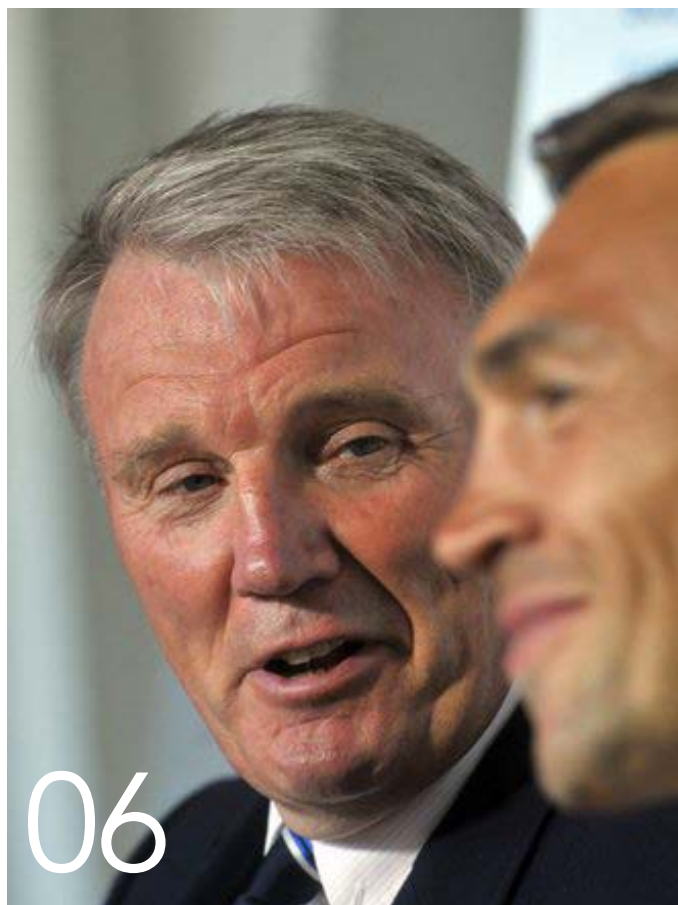
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**WE ARE
UNDEFEATABLE**

Shine

JULY 2021



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Every month we talk to an inspiring or interesting older person and delve a bit deeper into what makes them tick. Sometimes a Leeds person, sometimes someone fascinating from further afield. This month we hear from Leeds Rhinos CEO Gary Hetherington.



“ It’s been an interesting journey over the last 25 years – restoring the fortunes of the team and the club ”

Gary Hetherington is the CEO of Leeds Rhinos. He joined the Leeds Rugby League Club in 1996, and in 1997 he and Paul Caddick relaunched the club as Leeds Rhinos. Gary steered the Rhinos to huge success. Under his watch, the club has won 8 Super League Grand Finals, 3 Challenge Cups and 3 World Club Challenges. Now Leeds Rhinos encompasses several rugby teams, netball teams - and much more. The Leeds Rhinos Foundation is the official charity of the club and does a huge amount in the community to promote health and well-being through sport.

Gary grew up in Castleford in the 1950s. He swapped the pit to the pitch and became a professional rugby league player, making his debut for Wakefield Trinity in 1973.

After a 10-year playing career, he moved into managing. Gary and his wife founded a new rugby club, the Sheffield Eagles, in 1982.

After a life in rugby, Gary Hetherington seems to be going from strength to strength, with no sign he is slowing down. We spoke to him earlier this summer to find out more.

As we speak, you’re about to welcome fans back to Headingley. How are you feeling?

We’ll be attracting a crowd for the first time in 16 months. A limited crowd – only 4000 – but at least it’s a step in the right direction. People have really missed it. The players have missed it – having to play in an empty stadium. We’ve all missed it, not least the impact it’s had on us financially. Our business has been closed down, effectively, for 16 months. We are a people’s sport – we’re all fans. And we’re all connected in a big way. For fans not to be able to meet up in the stadium has been tough for everybody. The games haven’t been any different, in terms of results. But all the players will tell you that the effect of the crowd is quite significant. It’s theatre. Players are playing for a crowd, they play to entertain – it’s that sort of sport. We’ve certainly missed the crowd, the atmosphere and the ambience.

To go back to the beginning, were you sporty as a child?

I wasn’t brought up in a sporting family. I was brought up in Castleford in the 1960s. I reckon that was the last era of proper community living. I grew up in a mining community. My father and all his brothers worked in the coal mines. It was a small place, ►

“I don't think about age as anything but a number, but I do recognise that as we are getting older, we all need to remain involved in things”

In Conversation

around 30,000 people. Everybody got a job – there were so many industries in the town. And there were no real sporting connections on either side of the family. Apart from one. I had an Uncle Tom – my mother’s younger brother. Uncle Tom was a keen sports fan, in particular Castleford rugby league. From about the age of 7 or 8 I used to go along with him to the games. I quickly became fascinated by the sport – the players, the teams, the grounds, the stadium, everything. It gripped me. I played rugby at school. I used to organise the teams. So, it became a big part of my life.

Growing up in Castleford in the 1960s, if you weren’t academic, you were destined for a life in the pits. My father was the manager of one of the 8 pits in the area. Sometimes, on a Sunday, when the pit wasn’t working, I’d go down the shaft with him. I’d be around 8 or 9. I remember thinking, “how do people spend a third of their lives working underground?” I made a strategic decision at a very young age to say, “this is not for me”. So, I was going to have to get good at something else – and rugby was the thing. I decided I wanted to be a professional rugby player. That was the origins of my life in rugby.

You achieved that ambition, didn’t you?

I started at Wakefield Trinity, made my first team debut in 1972. In those days, it was semi-professional. Players usually had other jobs. But a winning bonus was the equivalent to a week’s wages. So, some players made all their money through rugby. It was before contracts, guaranteed payments, all that – so you had to have another job. I actually loved school. I wasn’t mechanically minded – so I went to teacher training college and became a teacher.

Playing rugby as a professional was a big thing for me. And it provided a social life too. We used to look forward to training on a Tuesday or Thursday night and going for a drink afterwards. We’d play every Saturday or Sunday, then meet up with all the players afterwards. It was a really good, social environment. I enjoyed my playing career with a number of different clubs. From a young age – around 19 or 20 – I really wanted to coach. Players normally start thinking about that at the end of their careers.

Tell us why you started the Sheffield Eagles?

I was only in my late 20s when my wife and I created our own club. One reason was that I was never going to get a job myself. A few years earlier I’d been part of creating a players’ union. We were linked to a trade union, and I was president. This was the early 1980s, the height of unionism. I got labelled as a bit of a revolutionary, so nobody would give me a job!

Fortunately, my wife is from a sporting and rugby league background too, so we took the bold step of creating our own club. We thought Sheffield was a good place to do it. Sheffield Eagles started completely from scratch, in a city that hadn’t had a rugby league club before. The city didn’t know rugby – no history, no heritage, no real passion for the sport. It was a real struggle to get it up and running. It turned out to be a successful team and a strong club.

And then you moved over to Leeds?

I’d played for Leeds in the late 70s. I recognised just how special Leeds was as a club – and how special Headingley was too. This was the complete opposite to Sheffield. In Leeds we did have the history, the heritage – big support. Rugby league was a big part of the city’s culture. However, it was in trouble. Me and Paul Caddick came together and took ownership of Headingley and what was then Leeds Rugby League Club. It’s been an interesting journey over the last 25 years – restoring the fortunes of the team and the club – and the stadium.

Where did the Leeds Rhinos name come from?

We wanted to rebrand the team. Retain and showcase the rich history but also look to the future. We looked at a number of possible rebrands. We had competitions in the local media, tried to engage the fans and the public. In the end we plumped for the Rhinos. I have to say, it wasn’t popular! People don’t always like change. It had been Leeds Rugby League for a hundred years, so why change it? But we were convinced it would work. Ronnie the Rhino became the mascot. It was something special and it turned out to be a good move.

How has rugby changed?

Rugby has changed, for sure. And it’s changed for the better. The game is better. 25 years ago Leeds was a rugby club that played at the weekend, and that was the only time people came into Headingley, to watch the team. Now we’re engaged 7 days a week. And we go out into the community through the Leeds Rhinos Foundation, which is our charitable trust. Our mantra is to use sport to change lives. To touch the lives of all sorts of people – disadvantaged people, for example. Engaging with older people is one of our key objectives. A lot of other clubs have done the same. So, the club becomes a big part of the community. We’re able to put all our expertise, our facilities – including our players – at the disposal of the community. We encourage people to come and use our facilities every day of the week. We’re now part of Leeds Beckett University campus, so we have students in here every day. We’re engaging schoolchildren all the time. There’s so much expansion, so much growth, so

much positivity.

How does it feel to have been part of the Golden Era of Leeds Rhinos?

Very proud. To be a significant part of that - very proud. Of course, there are so many people, of all whom have made their own contribution in the success that we have been able to enjoy. Right at the outset, we had 4 key objectives. One of them was to create a team that the city could be proud of. A successful rugby team, not just in terms of winning games and trophies, but a team full of role model players who could make everybody proud. We also wanted to restore the facilities at Headingley. It's got such a rich history, both cricket and rugby. It was crumbling and falling down. So, we wanted to get it back to be an international sporting venue. Our third one was to create a sustainable business. The business had been losing a significant amount of money each year and no business can survive losses like that. We had to turn the tide. The 4th objective was to become part of the community and make a difference. That's what led to the creation of the Leeds Rhinos Foundation, which is a dedicated resource for the community. We're very proud of the difference that it's making to people's lives.

Why have you stayed in the North?

I live in Pontefract. I'm from Castleford and my wife is from Featherstone - Pontefract is nestled in the middle. We've been there for the last 40 years. So, whilst I never lived in Leeds, I know the city really well. I've got a real pride in Yorkshire. We are all connected in one way or another, whether it's in a small town or a big city. I love Yorkshire - I've had no reason to move away!

How do you feel about getting older?

Age has never been a thing for me. Although, as a sportsman, you do get reminded of it quite often. As you get to about 30, you start to ask questions about your fitness! But it's never really occurred to me - until I got to 60. A lot of my friends who had got to 60 told me, it puts a slightly different perspective on things, thinking about where you're going - your mortality. I have found that, but it's not changed my attitude in any way. I have a very active lifestyle and want that to continue. I don't harbour any thoughts of retiring. I want to remain as active as I can for as long as I can, both physically and mentally. I have been very fortunate - a lot of my friends of a similar age can't run any more. But I can run! Though age does remind you that if you do get a needle or a strain, it does take a lot longer to recover than it used to do. Even climbing steps. My wife reminded me the other day about somewhere we visit that has a lot of stairs

- we won't be able to climb them forever!

I don't think about age as anything but a number, but I do recognise that as we are getting older, we all need to remain involved in things. This may change over the years, but all of us keeping active is important. I do think that Leeds Rhinos can provide a small part of the solution to some older people. Coming along to a sports club, being part of a fanbase, making friends at games - that's something we can help with. Sport can deliver a small part of engaging older people and making sure they are involved with communities. I was fortunate enough to be brought up in the 1960s, as I say, that was proper community living. Every street had a shop on the corner and everybody knew everybody else. People looked after everybody - we didn't really have social services in those days. Families looked after their elderly. Some of the answers to the problems we have lie in the past. We have to rely more on volunteers - running libraries and services. Each community has got engaged and capable people to help out and run services. We should be looking at a society that puts more into volunteers, especially as people get older. People tend to have more time on their hands so why not put that time to good use?

What are your plans and hopes for the future?

It's an ever-changing world! We're just coming through Covid - who could ever have planned for that? We're looking at growing and expanding all the time, increasing our reach. We want to be as good as we can be, both on and off the field. We're always striving for excellence, in how we relate to our fans. The kind of environment we're providing for our players, the youngsters aspiring to be players. There are all sorts of ongoing day-to-day challenges and aspirations. But we want to continue being an asset to the city and the community. We want to play our part in making life better for everyone with sport. And I think we can do that! We've got a willingness to engage. Rugby league was a game that was born out of the community and we're still very much a part of that community. We're very proud of that. As for me, I have no plans to retire, so I'll keep at it! ■

The Leeds Rhinos Foundation are actively involved in many communities in Leeds. They currently provide a monthly service for people living with dementia, in partnership with Leeds Peer Support Service. The group meet at Headingley Stadium enjoy afternoons of reliving fond memories of Rugby League.

For all the information on the work Leeds Rhinos does with older people see

www.leedsrhinosfoundation.org

Covid and Dementia

*Every month we feature a column from the **Age Friendly Steering Group**. This issue, Julie Botham shares her experiences around dementia. Julie's mother was diagnosed with the disease earlier this year and below Julie investigates how Covid has affected dementia rates in Leeds.*

My mother has been an amazing and formidable woman throughout her life; someone I love dearly and admire greatly for all she has done for me, my family and many, many others. She began working at age 14 and continued on until age 92 - mostly paid work, but in her later years much voluntary work. She always had a purpose in her life and gave many people great pleasure with her special, caring ways. She seemed to have a special empathy scanner to know when someone needed an emotional lift.

It began when she was young, giving her mother, brothers and sisters support as the eldest girl amongst twelve children, often kneading a stone of bread to feed the household. She worked on the trams and buses during WWII, then raised her own family of four children. She was a brownie leader for many years at St Chad's, Far Headingley, and more latterly prepared dinners for the "old" people at Muir Court in Headingley. She ran the daily tea bar at HEART in Headingley, which has now morphed into the weekly "Rose's Tea Bar" (run by volunteers, OWLS and HEART). It is named after my mother.

She actually made getting older look easy (until very recently), always giving to and supporting others, until her vascular dementia diagnosis that we received on the 9th February 2021. It seems like the impact of Covid - most importantly the isolation and lack of routine - became too much for such a social woman as my mother. The lack of face-to-face contact and interaction with all of her family and friends was probably the hardest thing for her. No loving hugs, no tender kisses - it became an alien planet for my mother.

I talked to my Mum's consultant psychiatrist: he observed that others had been impacted similarly by Covid. He was also finding that in these cases the dementia had advanced further than one would usually expect. So, I spoke to Tim Sanders, who commissions dementia services across Leeds, to explore this further and he shared some of the emerging trends.

What the data over the past ten years shows is that Leeds has had great success in improving the numbers of people who are receiving early diagnosis and identification of dementia. However, the very latest data shows that the pandemic has reversed that trend.

The '2020-21' data shows what happened during the pandemic. Firstly, Memory Services closed from March – September 2020. This meant very few new diagnoses were recorded in that time – and there were excess deaths too. However, the decrease in diagnosis started to change from September 2020 – January 2021, as Memory Services reopened. But there was also the second wave of the pandemic. More recently, there are now some cautious signs of recovery for the February and March data - and it will be important to see diagnosis rates improve again.

There are two key messages. The first message to the Department of Health and Social Care and NHS England is to stop changing the data collection. The data is only meaningful in terms of supporting the needs of a population in dementia services if you can compare trends year on year. Constant data changes make that impossible and stop the ability to make continuous improvements to services. The second message is to everyone in Leeds: if you have concerns you should reach out for an early diagnosis of dementia and make sure that you contact and utilise fully all the dementia services available.

As a family we will continue to support, love and protect our amazing mum and give to her the very best we can, using the available dementia expertise and services across the city. Please make sure you do too. ■

For more information and support around dementia look online at timetoshineleeds.org/friendly-communities/dementia-friendly-leeds

or contact Sarah Prescott on sarah@opforum.org.uk or call 0113 244 1697.

That Reminds Me

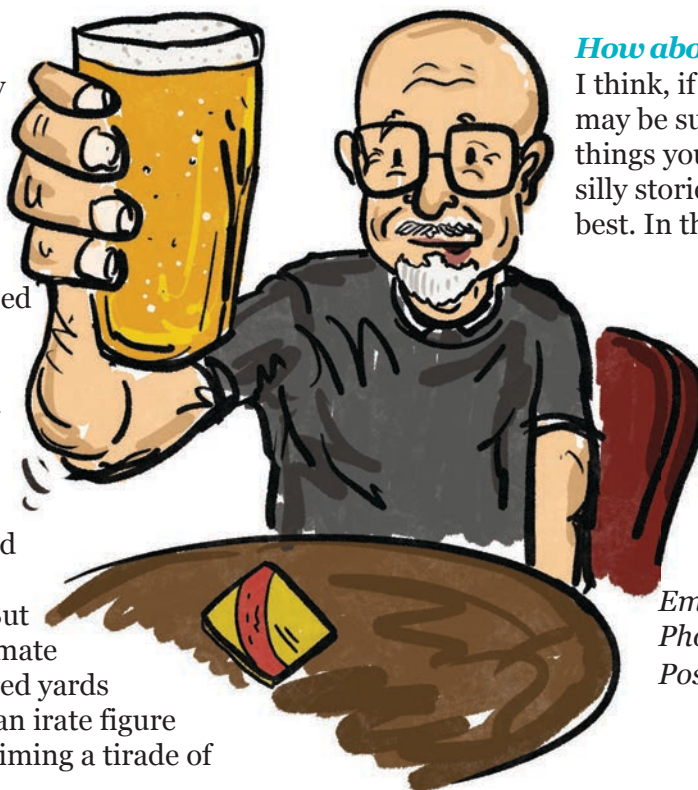
Last year we heard regular updates from **Walter White**, who regaled us with updates from the canal-side. We asked Walter to return to Shine to share some true tales and odd stories he's collected over the years.

I spent the 80s in South Africa. In 1985 I was working at Sasol, which is a huge chemicals and energy company. It's built on the biggest coalfield in the southern hemisphere, for the purpose of making petrol from coal. I had an office in the middle of this huge, ugly site with tall pipes spewing out coloured flames, serviced by a kiosk to supply us with food, drink and cigarettes.

Running out of fags five minutes to closing, I asked Joseph, the old yard labourer, if he wouldn't mind fetching me a pack of Chesterfield cigarettes. He returned empty-handed. Bad news: "No Chesterfield, boss." I changed it to Embassy. "No Embassy, boss" he informed me. Me: "Anything will do – but hurry, it'll be closing soon!" Engrossed in a load of paperwork, I heard footsteps approach, change rattle on to my desk. Without looking up, I asked what brand he could get. A steak and kidney pie plonked in front of me. It took me ten seconds to react: I shoved the pie in my mouth and begged a light. Joseph had gone. Was he winding me up? Probably!

An Unexpected Guest

My mate was on his way to work on the early shift (about 5am), when he pulled up in traffic approaching Armley Gytratory. Suddenly, a bloke climbed in beside him with a "Good morning!" to which my friend replied the same. Taking a slip road this guy quizzed where he was going. "You're not my lift," said the stranger. "I know," exclaimed my friend. "But you got in my car!" My mate stopped the car a hundred yards down the road, leaving an irate figure jumping up and down aiming a tirade of abuse at him. Bizarre!



A Drunken Escapade

My friend, nicknamed 'Lizzy', is more like a brother to me - he told me this one. Lizzy's a big horse-racing fan and has an annual trip to Cheltenham for a flutter.

There's always a gang of them. One night, a member of the gang, Murphy, was feeling ropey. He took himself off to their digs, claiming he couldn't take any more.

Two hours later finds Lizzy and the lads making their way home in the freezing cold. They come across a pair of boots sticking out of a shop doorway.

"Come on boys," says Lizzy. "We can't leave this poor guy out here, let's take him back with us, he can share Murph's bed - he was that drunk he'll not even notice."

Dragging this lump with limbs up on his feet they realise the identity of the sleepy figure. Yes, it's Murphy. "Just had a pit stop boys," said their mixed-up mate. "Hope the bar's still open, could murder a pint!" A bit of a card is Murphy....

How about you?

I think, if you cast your thoughts back, you may be surprised at some of the bizarre things you've been a witness to. Send your silly stories to us at Shine – we'll print the best. In the meantime, see you next time!■

Do you have a story to tell? It could be a memory, a family tale or a story of how you've coped over the last year.

Send it to us at Shine:

Email - hello@shinealight.org.uk

Phone - 0113 244 1697

Post - Shine, LOPF
Joseph's Well,
Hanover Way, Leeds,
LS3 1AB.

Is this the New Normal?

Every month we look at an issue that is important to older people at Leeds. This time we focus on the new post-lockdown world we have entered. How are older people feeling about returning to “normal” life? And what are organisations in the city doing to keep people safe and well?

Over the last few months, Covid restrictions have eased. We started the year with the whole country in full lockdown. Gradually, things have begun to seem more normal: indoor meetings; pubs and shops re-opening; hugging grandchildren. All these pleasures have been allowed as the lockdown has eased. It's not a simple journey. The full opening of society (with no Covid restrictions) has been delayed, with uncertainty over how new variants are infecting people. But, so far, vaccinations have proved effective – far fewer people are getting seriously ill and fewer are dying from the virus than in previous “waves” of the pandemic. As a result, many older people have felt confident to start going out and meeting people. Lots of older people's services in Leeds have re-instigated in-person meet-ups, after many months of reduced contact. How are older people in Leeds feeling about this “opening up”? How are you feeling?

“I feel so much better being back, and so much happier,” says Mildred. Mildred is part of Cross Gates & District Good Neighbours' Scheme and has started attending a Flexercise class – in person! Ellie Dawson from Cross Gates interviewed people in the group. The class isn't the only thing that Mildred has missed. “I'm really looking forward to going on holiday at some point, even to see my sister who lives in Derbyshire, just simple trips like that.” Monica is part of the same exercise class. “It's wonderful to be back,” she says. “It's like turning back time.” Monica and Mildred are just two of the older people who have started returning to some sort of “normality”. They seem really positive about the move to in-person events. “Now things are getting back to normal, I've got everything I need,” says Mildred. “In lockdown I just got on with my normal routine, I missed going out. But with being independent, I could still pop out when I needed to.” Monica didn't really enjoy the enforced isolation either. “What kept me going in lockdown was

company when it was available,” she says. “And waiting for the news to come on for updates.” Sometimes it's the simple things. “I'm looking forward to being able to sit with a cup of tea and chat to everyone again,” says Monica. Like Mildred, Monica is hoping to travel at some point, if she can. “I'm hoping to visit my child in Italy,” she says. It's clear that both women are thrilled at the prospect of being able to see each other at the class, but it does take time. “I'm slowly getting my mojo back,” says Monica.

Some older people are enthusiastic about the return to face-to-face activities; others are more cautious. We asked a few older people to reflect on 3 questions. Firstly: how do you feel about going back to face-to-face things? Secondly: what are you looking forward to, and what are you dreading?


And finally: Is there anything you would keep from this pandemic? You might ask the same questions of yourself as you read others' opinions. Maureen Kershaw, a regular writer for Shine shared her thoughts on the “new normal”:

We are all hoping for a normal summer, not relishing an abnormal one, as with last year. I was longing to take up my volunteering role again, but when the invite came, I didn't feel ready to return. Why am I suddenly feeling apprehensive, when usually confident in my role I wonder? I deduce it is the fear of not being in control. During lockdown I could skirt around people in shops or sit away from someone not wearing a mask on the bus. Now I will have to stand still whilst people come and speak to me! I will return – but not just yet.

A year ago, we'd to carefully plan trips to the shops and supermarkets, having to queue outside until called. However, we have moved with the times and seen increased capacity, less security and easing of rules which lift the spirits and give us hope. Many have been desperate to return to normal and carry on as though nothing has happened, whilst others (some of whom were forced to isolate) will feel uneasy at trying to pick up where we left off. I find myself somewhere in the middle. As might be said in Yorkshire “neither nowt nor summat”!

I rely on public transport. Buses and trains are busier now and I dislike feeling enclosed, rather than being spoilt by minimal passengers as of late. On the ►

THE NEW NORMAL?

“It’s complicated. Older people might be able to meet up with others, but some are choosing not to 

other hand, there are places to go and people to see!

New interests, friends and technology are positives I will take forward and I look forward to volunteering again. I just need that little push ...

Everyone is different and everyone will come to the new “unlocking” with a different attitude. Some will be trepidatious, others a bit more “gung-ho”. Another Shine regular, Mally Harvey, asked some friends what they were thinking. She explains their responses below:

I asked the three questions of 6 people whom I had met briefly, just before the first lockdown in March 2020. I consolidated that relationship through Zoom, arranging to meet weekly and play games, quizzes and conversations. The replies were interesting, in that there was a lot of commonality but also some very diverse views.

All were looking forward to picking up their previously-enjoyed activities, although a couple didn't feel ready to resume those activities that had previously enriched their lives. They were apprehensive about mask-less, face-to-face close contact; there were worries about the efficacy of the vaccine against new variants of the virus. All felt they had to continue to behave responsibly and have an awareness that our lives have changed. There was a cautious excitement as our lives opened up, but also an apprehension about resuming activities because people tend to forget about social distancing. The activities that people were looking forward to resuming were diverse, but a common thread was the joy in being able to see family and friends again. Though Zoom, Google Meet, and all the other ways of contacting people had been amazing (and very welcome), there was nothing to replace being with people. Some thought this reluctance to mix was because they'd been so isolated for so long - only seeing people on a small screen. They would feel overwhelmed by the exposure to lots of people, which is something they had already experienced when they went into Leeds. One person wasn't particularly bothered about going back to being face-to-face with people unless they were wearing masks and keeping socially distanced.

Some looked beyond their own needs and thought of the benefits to the young being able to get on with their lives. The pandemic has interrupted younger people's lives so severely, causing untold mental health problems. There were hopes that the flexible working would continue – less road traffic benefits people, the environment and the planet. Also, there

was a common hope that people would work together to avoid another pandemic. In the first lockdown, people had come together to clap for the NHS. There were spontaneous singing sessions. All this had engendered such a strong sense of community. My friends hoped that this would continue but some doubted it!

Zoom has been very successful and all of us wanted this to continue, to some extent. It can help those who are housebound to access work, education, cultural opportunities or social interaction. Some of us want to continue with home deliveries of groceries, social meetings and social contacts, both locally and from across the globe. The pandemic has required people to seek other forms of interaction; this has been particularly appreciated, as it has enabled family and friends from across the world to 'meet' up. There was a dread expressed that we don't learn anything from this pandemic and that we will continue to carry on jeopardising our health and our environment. But all of my friends were looking forward and were hopeful about the future.

Social distancing

So: it's complicated. Older people might be able to meet up with others, but some are choosing not to, and others are choosing to retain social distancing and masks, even if it's not enforced. What about older people's services? It's important to say that most services didn't just stop supporting older people in their community over the last year or so; they just did it in different ways. Every month, we feature updates from organisations that have found amazing, innovative ways to keep older people connected. But there is a thirst to “re-open” services that have had to close. Recently, Ali Kaye from Time to Shine wrote an excellent piece on the Time to Shine website, summing up the situation. “For the Neighbourhood Networks, a return to regular services can't come soon enough,” she writes. “For staff and volunteers as well as service users. Many people who use services can't wait to get back into the swing of a more regular life.” Ali spoke to Darrell from Richmond Hill Elderly Action. “It will be a gradual re-introduction,” he says. “We're already seeing members who are overtly anxious about coming back.”

As Darell says, older people's mental well-being has been severely affected. Ali Kaye uncovered services trying to help with these concerns. “Seacroft Friends & Neighbours has been running a mental health support group for six vulnerable people,” she writes. “They will soon start a peer support bereavement group.” Mental health isn't the only difficulty. Many organisations have to alter the way they do things. She writes: “The

numbers attending services are reduced due to social distancing and safety requirements, which also puts pressure on transport.” Reduced groups and different Covid-safety measures often mean activities cost more. Ali mentions a few organisations who are starting to return – and some who are waiting for restrictions to relax further. It isn’t easy!

Things are gradually returning. And it’s not only the older people who are full of emotion! Joan runs the Flexercise class mentioned earlier. “It’s great to be back,” she says. Joan has really missed working face-to-face with people like Monica and Mildred. “Seeing they’re back and healthy and enjoying themselves is a relief,” says Joan. Cynthia volunteers to organise the register at the class. “It’s so great to be back,” she agrees. “I’ve missed the company.” Joan assures, “They’re socially distant and the staff sanitise the chairs between each session, everything is in place that needs to be for safety.” A lot of work has gone on behind-the-scenes to make things safe for older participants. Ellie Dawson also spoke to Arun, who runs a Tai Chi class, which has returned to face-to-face meeting recently:

Feeling safe

It’s like an exemplary set up. It’s caring, kind, and they get the job done. It helps me because one of the biggest difficulties I face teaching what I do is getting people in and keeping them. The measures in place at the moment make me feel very safe. We have fewer in the class, the space is nice and big, we keep the doors open so there’s good airflow. There is PPE, social distancing and sanitising areas between classes. There are a lot of people there who would normally consider themselves as vulnerable, but I think they feel confident coming. I’m so happy to be back, we’re off to a flying start, it’s always a great atmosphere. Apart from the numbers it feels exactly like before lockdown.

To get a bit more detail about the practicalities of these re-openings, we spoke to Jo Horsfall, CEO of Cross Gates & District Good Neighbours’ Scheme. “We’ve been doing a staged return,” says Jo. They started in April with a walking group and have gradually added more groups and activities. Covid restrictions means smaller groups, more cleaning – and no tea break. “Now we’ve got a trolley for them to take fresh water and fruit on the way out,” Jo assures us. Smaller group sizes mean fewer people can take part. “We’re trying to get everybody out at least once a week,” says Jo. Initially older people have been “very nervous, not really knowing what to do”, but they’ve settled into it now. The groups now see workers wearing visors, using hand sanitizers,

working with a one-way system – all to keep older people safe.

The Good Neighbours’ Scheme, like many other organisations across the city, really look out for their participants. “We’re ringing people, looking at their situation, what support they need,” says Jo. Often people need help to get back and many are anxious. “Do they need a few phone calls? Can we buddy them up with someone else in the group?” asks Jo. Many older people have found that, because they’ve been shielding at home, their physical condition has been affected. “For instance, there’s one lady who is now in a wheelchair, whereas before she just needed a stick.” Jo makes sure people who need transport have a home visit beforehand, to get a better idea of what they might need. “Some people have literally only walked a few metres in their house – from the bedroom to the bathroom and back.”

“It’s lovely to see people back,” says Jo. Whilst in the groups, strict social distancing applies – but recently Jo did observe a moving scene: “Two of the people from the walking group giving each other a hug. They were both double-vaccinated. But they’d had no human touch at all, so it was really nice to see.”

We all have examples of similar stories: reunions between families and friends; anxiety about going to a group or public space, dissipating the more we do it. There’s a huge feeling of relief when things start going back to normal. Ruth Steinberg, a regular Shine contributor, agrees:

Now I’ve had my vaccinations and the lockdown is easing I feel like I can breathe a bit easier. I realise that I have had an undercurrent of being scared all the time. However, I am still cautious - and I know that it will be a long time until the all-clear can be sounded.

My friends are important to me. I can’t wait to see them face-to-face. Things that used to be ordinary, run of the mill, now seem very exciting and scary, things like going to the cinema or theatre or meeting people in a cafe or inviting friends round for a meal.

However you are feeling, know that others are feeling it too. You might be feeling scared, excited, cautious, reckless, thrilled, anxious, confused, overjoyed, apprehensive – or any range of emotions. You might be taking every opportunity to see people, visit the cinema, cafes, museums – or you might be feeling more cautious. Whatever is going on for you, you are not alone. Getting back to the (new) normal is complicated! ■

Sage

“It’s a very accepting place, that’s part of the appeal. We all seem to be talking a common language.”

Sage promotes better ageing for members of the older adult LGBTQ+ community in Leeds. Below we outline the project and hear from Sage member Colin Halstead.





The MESMAC float at Leeds Pride /photograph by
Duncan Cuthbertson

If you are a member of the gay, lesbian, bisexual and transgender community, more than 50 years old and looking to make new friends, have you ever thought about joining an organised group? Sage is a project managed by MESMAC Leeds and Age UK; it was formerly funded by Time to Shine. The aim is to help to support older adults in the LGBTQ+ community who are 50+ years old and living anywhere in Yorkshire, though the majority of members are from the Leeds area. Since its inception, Sage has undertaken advocacy and networking on behalf of the older LGBTQ+ community. It has also organised a variety of events to help combat loneliness and isolation for its members. And it's provided opportunities to give back to the community through volunteering and training.

Sage members meet up online every week. The group was forced online because of Covid restrictions. But a weekly meeting is more frequent than in pre-Covid days! Sage used to meet twice a month at MESMAC in Blayd's Yard. Hopefully face-to-face meetings will resume soon. As well as the main group, more recently Sage is trialling a separate support group for men only. A more well-established women's group - Women's Space - meets regularly too.

Sage occasionally arranges outings for members (COVID compliant obviously) and has offered people training and development for members. A particular highlight was working with with Jamie Oliver's Ministry of Food, offering short courses in how to prepare nutritious, cheap food. Sage has plans to offer sports and fitness sessions too, though this project is in development.

Newsletter

Sage produces a regular newsletter promoting various activities and opportunities which may be of interest to older LGBTQ+ people. Anyone can receive the newsletter as a PDF. The team can also send the newsletter out in the mail to older people who don't access the internet. The project encourages older people to get more involved with the guiding of Sage. There are various opportunities to volunteer. Volunteers help promote the group, speak in public or organise activities. Sage takes part in celebrating several of the big LGBTQ+ events on the calendar, including Pride and LGBT History month (which is in February). In 2020, was part the inaugural Silver Pride celebration for older LGBTQ+ members. The next Silver Pride event is in the last weekend of July. Sage is a member of the Leeds LGBTQ+ Community Consortium, which supports organisations providing support to older and isolated LGBTQ+ people. Online activities are as varied as: yoga, Japanese, life-writing,

poetry and book groups – and much more. As fewer lockdown eases online activities are required so the Consortium is planning to provide walking groups and other outdoor meetings.

Shine spoke to Sage member Colin Halstead to find out more about the project:

My partner had moved abroad, and I was feeling a bit on my own. Somebody put me in touch with Sage - it was a friend, but I'm not sure who! I found them to be an absolutely fantastic organisation. It's for people who are over 50. Before the lockdown they used to meet every twice a month in person, the first Tuesday and the third Saturday of the month, but it's been on Zoom since Covid.

I wanted people who I could talk to on the same level. Youngsters, God bless them, don't want to talk to older people! They have other interests. They don't want some old person saying, "Did you know, I was born before computers were invented?" That's the last thing they want to hear! As an older gay man, it is hard to meet people. I'm not really comfortable in bars, especially gay bars. I'm comfortable in an old country pub. In gay bars, there are people "cruising". And I just think, "that's not for me". I could never do that casual stuff, even when I was young. So, I find it very off-putting and prefer to meet people away from the "gay scene".

Friendships

Sage is definitely not a dating agency. It's kind of a safe space, where there's no pressure. People just relate to each other as human beings. You just sit and have a coffee together and guzzle biscuits! And talk about the weather – or whatever.

I have found some fabulous people in Sage. I have made a very close friendship with a male-to-female transgender person. It's actually working really well, because we are on a level with our interests and outlook. I'm probably closer to Pauline than any of the others in Sage. After talking to Pauline, it turned out that we were born on the same day, of the same month in the same year. We kind of do this brother and sister act now! That's the kind of warmth you get from Sage. It's like family.

Most people in Sage have had the same experiences in the past. They're pretty much on a level, most people are anyway. Of course, there are differences. But they're roughly the same age cohort. The eldest one we've got is in his 90s, a wonderful guy, with a background in theatre. And the youngest we've got is 50. So that's a 40-year cohort. But the majority are in

their 60s. It's a very accepting place, that's part of the appeal. We all seem to be talking a common language.

For our generation, it was very different, being gay. When we were young, you could go to prison, you were ostracised, people would have nothing to do with you. You had to keep everything secret. And that caused psychological scars. And we look at the young, who seem to have it all so easy. Sometimes there's resentment because it's so easy for them, and they don't know how hard we struggled – and how lucky they are. Then there's a kind of resentment that young people seem to have for us older ones. Most of us aren't looking for sex! When we say hello – we just want friendship. It's just about companionship.

As our host we can use MESMAC facilities and supplies. But we also bring our own food – biscuits, teabags, that sort of thing. We do keep a kind of register, because Sage wants to make sure everyone is alright. So, if someone missed several sessions, they'd get a phone call to make sure they are ok. Which is really kind, really lovely. Like me, when I missed a lot of these Zoom ones because I had physiotherapy. They called me and it was really well meant. After tea and coffee, it's just chatter. It's not like there's an agenda with Item 1, Item 2, you know, it's not like that at all. Keith has organised one or two speakers, but it's only every now and then.

Generation gap

Tracy (who used to coordinate Sage) thought of exciting ways to bring the group to the attention of other people. For example, she made a link with an old people's care home. Sage members went along to read poetry. That was Tracy's vision – a very good vision. After lockdown is over, we'll probably try that outreach again. Everybody in Sage is very concerned about this generation gap.

I think there's still a stigma amongst a lot of older people. When I was young, we never spoke the word – never. My mother was ashamed that she'd given birth to a gay son. It's silent, it's subterranean – but it's very real. A lot of people are still carrying scars. With maturity, they can see through those scars, but they can't get rid of them. They might think, "I have nothing to be ashamed of" but the hurt is still there.

Any new members we get would be so welcome. Everyone would want to make them feel at home but the rules do say you have to be 50+! Anybody eligible would be welcome - we've all had different starting points in life. It doesn't matter what somebody's background was. It doesn't matter how somebody defines themselves: gay, trans, bisexual, queer, pan

– whatever. That really doesn't matter – it's about getting to know them as people, not labels. Sage is pretty evenly divided amongst the genders. Around half men, half women. There is also a separate group for women and one for just men

For me, Sage has been – mentally speaking – a lifesaver. If I had not made contact with Sage, I think I'd have grown into a rather eccentric recluse. By rooting down with Sage – finding people I can text, meeting in person - you feel you're in touch with real people, who accept you as you are. My transgender friend, we meet up regularly for coffee. And that's just wonderful. I was expecting to find a bunch of very closeted people, who were very wary of life – but I found the complete opposite.

Keith is doing a brilliant job. He's on the ball and he looks after people. He hosts little events sometimes to get us all laughing and joking. A pop quiz, something like that. Just for the fun of it. We bond together through the laughter.

After lockdown

I will be very glad to be going back to seeing people in real life. I don't suppose it'll be exactly life as it was before Covid. There will be a difference. I'll be delighted to see everyone at Sage. The Zoom works fine, but I really enjoy the WhatsApp group we have. Everyone says "hi" on a morning and we message every day. If one of us goes for a walk and sees a nice bit of scenery – a sheep, whatever – you'll take a snap and post it on WhatsApp. It's lovely.

I've got a message for older gay people: get out of your rocking chair and come to Sage! ■

*To find out more about Sage,
email Keith Hargreaves
at k.hargreaves@mesmac.co.uk
or go to the www.mesmac.co.uk.*

*For more info on the Leeds LGBTQ+ Community Consortium, go to
<https://leedslgbtqcc.co.uk>*

*For more information on Silver Pride 2021 events go
to www.facebook.com/silverprideuk.*

Thanks to Keith Hargreaves for his help with this article. To learn more about Keith, read his Shine a Light story on p.22.

LIVING WITH A SHADOW



*Keith Hargreaves and partner have
been together for decades.
The problem is, we have to keep
his partner's identity a secret.
Find out why in this month's Shine a Light stories.
Plus: Marcia's life in theatre; and Raye's memories of WW2.*

Keith Hargreaves, 62, is gay and has been with his partner H, 57, for 34 years. This is a love story across continents and cultures. However, H is from Indonesia, where homosexual relationships are less accepted - which is why we haven't shared his real name or shown his picture. Betty Bennison met the couple to find out more.

After meeting Keith and H, it made me feel like love could overcome anything. The magic ingredient is compromise! They've been together for over 3 decades. However, their story isn't simple. Keith was born in Lancaster, H in Indonesia. In July 2007, they were joined together in a civil partnership ceremony in Lancaster. They came to live in Leeds in 2012. I started by asking H how he met Keith. I knew they met in Indonesia, where Keith was working for the United Nations, but I wanted H's side of the story.

H: To be honest, I like a white man. I have friend called Bagus. I asked him about it. I believed he had friends who were white men. He said, yes, I will introduce you. He gave me Keith's number. I rang him and we had a conversation and arranged to meet ...

Keith: ... and to cut a long story short, we've been together ever since!

Betty: 34 years together!

Keith: It was 1987 we met.

H: 1987 – in November.

Keith: Around about my birthday.

H: I was airline staff, ground staff, with an airline called Garuda.

Keith: We met in Indonesia, where H is from. But I travelled a lot. In my career, initially I did 5 years in Indonesia – where I met H - and also spent time in Switzerland and Cambodia.

Betty: Did H accompany you on your travels?

H: Yes, but not in Cambodia. I visited just once, for two weeks. In Geneva, yes, I was over there for three-and-a-half years, then went back to Indonesia. After a few years, in 1999, I got a letter from Keith, he said, "I have good news! I've got a job in Indonesia. Please find a nice house, so we can live together again." It was a very exciting letter for me.

Betty: I've been to Switzerland, it's one of my favourite places.

Keith: We were in Geneva, of course, where the UN European Headquarters is.

Betty: What about your interests?

Keith: We like going to the cinema, we are cinephiles. Obviously, we watch a lot of TV, when the weather is miserable. Actually, we have quite different interests. I like crosswords, art and dance. But we share a lot with food. H is a professional chef and I like to cook too – and eat.

H: I like listening to music with nobody distracting me -

Keith: - which doesn't happen very often!

Betty: What do you disagree on?

Keith: An interesting question. In astrology, I am a Scorpio and H is a Cancer – and these are exact opposites. But in some ways, opposites attract. But we do disagree about a lot of things, partly because we have quite strong views. Often, you're informed by your culture. As you grow up, thinking about what you believe to be true. It's only when you meet someone from a different culture that you realise ►



Shine a Light Stories

what you think is true isn't "true", it's just different. The same issue can be approached very differently, depending on where you come from. We disagree a bit about public space – what you can do in public versus what you can't do.

H: When we watch TV together, sometimes a programme comes on and we disagree. For instance, when we watch Gogglebox! We always have a debate about what they say on that. Especially about family.

Keith: You might see on British TV that children disagree with their parents, and they are quite straightforward about it, but in Indonesia it's very difficult to do that. Parents rule everything; you daren't disagree with them. Another thing is that I come from a very working-class background. I grew up on a very rough estate. But H, his family came from a bit of money. So that's different. But we don't argue about it. I'm not very religious (thought I grew up as Methodist), and H comes from a very religious family – they built their own mosque. H is quite a strict Muslim, in a way.

Betty: What do your family think of you, H?

H: I am the only son from my father's side. My father has two wives. My father wanted me to get married – all the time. When he died, this message passed on to my mother. My mother wants me to have a family and continue the family line. That would make her happy. I always say, "I'm not ready" and give an excuse. I can't say the honest truth that I'm gay. It's unacceptable. That's very hard. Thank goodness I met Keith and we can move here. So, I feel my life is relaxed. I was 50-something when I moved here. Maybe I should have done it earlier.

Keith: H is hiding so much of his life from his family; my family know all about us and came to our civil partnership. But, somehow, I feel I've lost his family. When you marry someone, you do tend to marry the family as well. We do give some support to his family – secretly. My role can't be talked about. And I don't get to have the advantages of having in-laws. In another way, it would legitimise our relationship too. Had I been a white woman, whilst there would have been issues, it would have been easier to get over than the current situation.

Betty: You mention the financial side of things. You send money to H's family?

H: We do. I think it's since my father's company collapsed. Before he died, my father found something



wrong with his business. My father's company was the only source of income for the family. And when he stopped working there was nothing else. And then my father died.

Keith: H works very hard and sends money to his family. We share all our bills, so he pays into that too. Sometimes there's a wedding or some other costly thing, and we can send some money between us. But the bigger picture in terms of financial matters is what would happen if one or both of us were to die? If, God forbid, H died before me, they might be waiting for his assets – but in UK law those assets would come to me, because I am his civil partner. But anything in Indonesia will go to them, because in Indonesian law, they don't recognise our partnership. His family would have more say – and I'm fine with that.

Betty: Is there really no way you could tell your Mum about your life with Keith?

H: Well, as Keith mentioned earlier, the culture means that it's impossible. The religion is another facet. It's just impossible to accept it or understand the gay life. I have the right to have my own life, but I don't have the power to change the mind of the parent.

Keith: And this is where we differ. While I accept everything H has just said about it being very difficult, I think that it isn't impossible, just difficult. For me there's a lot of debate there. Obviously, I'd never go behind his back and tell his family because I respect him. But there may come a time when I have to. If it

comes to it. I won't be embarrassed. I'll be able to say, "what a shame he couldn't tell you." But it may be the other way round, if I die before him. Which is likely, because I'm a few years older. Then it doesn't matter so much, because I'll be out of the picture. My family know that all my assets go to H and they understand that.

Betty: So, it might be very convenient for you to go first Keith!

Keith: Ha ha, that's right.

H: In 2009, we bought an apartment in Jakarta. Most of the money came from Keith, his salary was higher than mine. It was a lovely apartment. But if I were to die first, that apartment would have to go to my family – that would be awful for him.

Keith: Because it was in H's name, not mine.

H: In Indonesia, a foreigner can't buy property, that's the rule there.

Keith: But it was worth the risk, because it meant we could live a good life in Jakarta together.

Betty: Where will you live when you retire?

H: I'm happy to be here but I have to compromise because Keith loves living back in Indonesia. So, we haven't decided yet. It's between Indonesia and England.

Keith: Or possibly both. H now has his UK citizenship, so he can live here anyway without me. I've lived most of my life overseas. I came back to the UK in 2012, having left in 1983. I've never really lived long-term here. I'd really miss the Asian connection. Lockdown has been really hard – no travel at all. We usually travel all the time. It's been a strain. In terms of retirement, I'm unlikely to retire fully. I am already semi-retired; I only work one-and-a half days and I'm happy with that.

Betty: Of all the countries you've visited, which is your favourite?

Keith: I have to say Indonesia! I know it so very well. It's a massive country. It straddles the equator so it's very hot. You might have heard of Java? That's in Indonesia. The main island, where the capital is. Bali, too. Everyone says Bali is a great holiday destination, that's part of Indonesia too. It's a very tropical country. 13,000 islands. The largest Muslim population in the world. The 4th largest population in the world! It's



Keith and H – still together after 34 years

the sort of country that has so much going for it, but is really bad at advertising itself. So it's in the shadows somewhat. It was never really a British colony. It was actually an important Dutch colony.

Betty: You both sound very happy with each other! I'm on my third marriage – so you've done very well at 34 years! What's your secret?

Keith: The big C – compromise. Particularly when you come from very different backgrounds. We're lucky though – because I lived in Indonesia for so long, I had an in-depth understanding of what's going on in the country. I speak the language very well, so I can ask about things I don't understand. And H's English is really good. And having lived in the UK for while, he also understands what it's like, living in a foreign culture. We've got that in common. It's good to be able to step into other people's shoes and look at things from their angle. I do feel strongly about the loss of his family, about how we can't get to know each other. But it's his decision, that I have to support.

Betty: Thank you both for speaking to me and for being so honest.

It was a real pleasure to talk to Keith and H. It was easy because they were so comfortable with each other – I could see how it had lasted so long. Despite having different skin colours, different cultures and religions, and coming from different countries, their relationship has lasted. Long may they continue!■

Thanks to Betty, Keith and H. Keith Hargreaves runs Sage, which offers support to older gay, lesbian and transgender people in Leeds. Turn to page 16 for more information about SAGE.

“Just do it!” - Marcia’s Story

Marcia Wright has become a performer at the age of 71. She’s part of The Performance Ensemble, a theatre company of older performers. Marcia spoke to Ruth Steinberg.

Marcia Wright started her story back as a teenager. She had always loved drama and had a dream of going to drama school. She was born in Bradford, to working class parents who had had to leave school early to contribute to family finances. But Marcia wanted to go to college. “I went to a very old-fashioned school that didn’t really encourage you to speak up or anything,” she tells me. “I had applied to Bristol University, one of the few places that did English and Drama. But you had to have three A-Levels at grade A.” That seemed out of her league. Then came one of those moments that changed her life. On the last day at school, she saw a little advert for Dartington College of Arts in Devon. She hadn’t heard of Dartington, but she applied and got an audition. Dartington was well-known as a radical Drama Schools. “It took me at least the first term to settle in because it was just so different. At home I had been to a lot of drama clubs and had arrived at Dartington with a chip on my shoulder about my northern accent. I’d gone to the Bradford Playhouse for their drama group - and when I spoke, the teacher winced at my accent. Luckily Dartington was not that sort of place. In fact, they loved and cherished my accent.”

Marcia was at Dartington for 2 years, doing drama, dance and all manner of creative things. From noticing and answering a little advert on the last day at her school, a whole world of creativity opened up. “It’s interesting because 50 years later I am doing stuff with the Ensemble that I first did there, which is amazing, really. Another thing I learnt is when you do something, do it 100%. Do it with your whole being. If you’re going to do it, just do it! Which is why I find Alan Lyddiard such a wonderful director.”

Marcia’s life took many different turns. Eventually she came to Yorkshire and worked with excluded children. After she retired, she volunteered, working with people with learning difficulties, which she loved. But then things changed. Marcia talked about how she developed arthritis of the hip. “I had to give up that job as it was quite bad. I was down for a hip replacement before lockdown and that got cancelled. I was feeling quite down, and it was my

sister that encouraged me to join a group. I joined Heydays at the Leeds Playhouse, and through Heydays I joined The Performance Ensemble. Such marvellous things ensued. So now I’m a performer at the age of 71. Not expecting to be, but totally enjoying it. Who knew it would be a new lease of life?”

Performance Ensemble does seem to be special for Marcia. “The delight is a sense of belonging, sense of community. Alan’s the one that used the word community and I think it’s lovely. It’s very inclusive. When I joined them, I was walking with a stick and it was great to see another two people using a walking stick. And we help each other. I’ve made new friends that have been really supportive. We meet up separately”. She continued “Another good thing is, although a lot of the subject matter is serious, we do have a laugh. I couldn’t do it if I didn’t have a laugh.”

The main challenge is health. “I’ve now had my hip replacement, so I’m starting to walk again and that’s fantastic. But I’ve also got other health issues. But I just think, well I can’t get bogged down by this. I’ve just got to seize the moments in between. When I first met Alan he said they were working towards something in 2023. I thought, ‘Will we all still be alive?!’ But you’ve got to just think that you will be. And rather than sitting at home thinking how much longer have I got left, think it and then put it to one side and just carry on with hope. It is exciting. It’s life enhancing. Something is just wonderful. I am looking forward to the performance immensely.

Marcia is part of the new project from Performance Ensemble, coming to Leeds Playhouse in August. The Promise of a Garden blends performance, dance, music, film and photography to create blossoming moments of joy and reflection as we begin to explore and gather strength in the new post-pandemic normal.■

*The Promise of a Garden at Leeds Playhouse
August 18th – 21st at 7.00pm and August 19th & 21st
at 1.00pm.*

*Book Now: 0113 213 7700
info@leedsplayhouse.org.uk*

Careless talk

Raye Whitten noticed the “unnerving quietness of Corona-lockdown” and thought it contrasted with her memories of a noisy wartime emergency.

All during 1938, the talk in my east London street was of the possibility of war. Nearly everyone went to the cinema every week and saw newsreel pictures of human suffering in the Spanish Civil War and images of the strutting Adolf Hitler addressing rapturous, jack-booted followers. Back then, kids played in the street as long as there was daylight. From their doorsteps, watchful groups of housewives speculated if war would really happen. I had heard my Dad and Grandad talking apprehensively, and knew my Dad would keep me safe somehow. But I wasn't prepared for losing all my friends when they vanished to be 'evacuees', something my Mum would not allow, being, I suspect, more worried about me catching nits than having a bomb drop on me.

Once war was declared, in 1939, life began to change seriously. My school was closed, and the non-evacuees all sent to a makeshift school, until lonely evacuees began to trickle back. The bombing didn't start until September 1940, by which time I had a place in the local high school. Back gardens in the street had all been issued with an Anderson shelter, and the full effect of food and clothes rationing realised – people became inventive with quirky corned beef stews and powdered egg recipes; most women knitted jumpers and socks at every opportunity – on the bus, in the tea break at work, in the nearest shelter during air raids.

My Gran lived next door, and my mother's youngest sister, whose husband was away in the Army, came to live there too. On Sundays, my mother pooled all our ration books to get a miniscule joint for Sunday dinner. Every Sunday morning my Dad regaled us at the table with theatrical tales of his Home Guard at “manoeuvres” in the scrubby outskirts of the forest. Not a million miles away from the popular “Dad's Army”, Dad's affected outrage at tripping over courting couples overstaying their amours among the bushes prequelled the pompous Captain Mainwaring.

On one memorable occasion dinner was cooked, my Aunt and Gran were seated at the table awaiting the retuning hero. At last, we heard the key in the door, heavy footsteps stumbling up the passage, and Dad

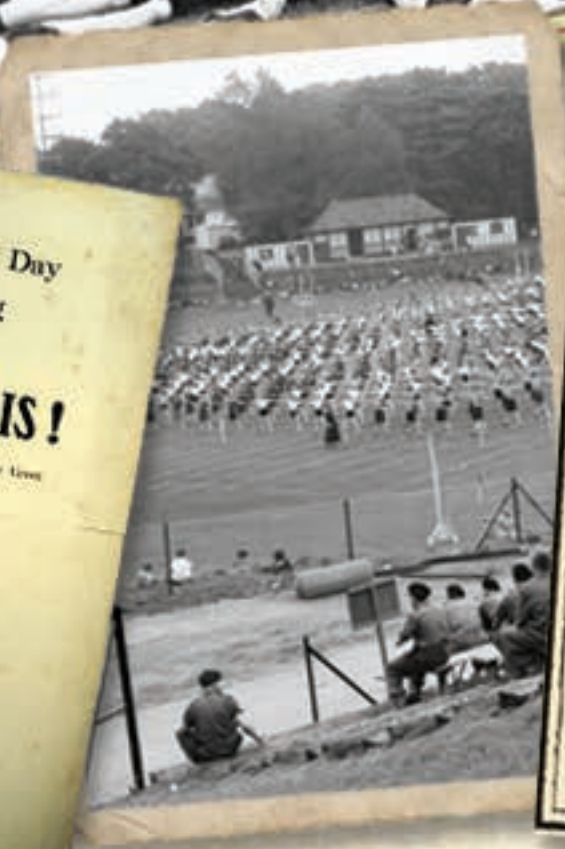
appeared, puffing and panting, both arms around a very obviously ancient (probably first world war) rifle. As he leant against the wall, dropping the weapon in some relief, every female jaw in the room dropped. My Mum rushed to turn off the heat under the gravy and we all stared in disbelief. Finally, my aunt asked, “Where did you get that Arthur?” Not one to miss a chance of milking the laughs from a willing audience, he proudly replied “They issued me with it. It's my turn to defend you against Hitler this week.” All fell about, hysterically unable to tackle the spoiling dinner in the oven. I love this (true) story as it softens the memory of my indomitable father, along with all the parents, exhausted and ultimately unwell from the stresses and strains of the war.

One Friday bath night, after tea, my Mum was helping me to get dry in front of the fire. All was peaceful – baths normally avoided if a raid was on. Suddenly there was an ominous rumble, and WHOOSH!! Black soot tumbled down the chimney into the room, covering me and everything else. My Dad went to investigate: a land mine had demolished virtually half the top end of the street. Next morning, after all the broken glass had been shaken into the gutter, my Mum took me to the shops. I passed the house where my friends lived, a twin brother and sister. Where their stairs used to be, there was nothing. My Mum hurried past, not wanting to gape at this terrible misfortune. I never saw the twins, nor any others from those demolished homes, and never heard them mentioned. Well, I was just a child.

After school one day, I found our shared hallway covered in rose petals. Our upstairs neighbour's son, Cyril, had come home on 48-hours leave to get married. My mum said that as soon as they got back from the Register Office Cyril went straight to the piano and played, “If you were the only girl in the world”. Soon after, D-Day happened and he never came back.

I wrote this, not to make comparisons about who suffers most, but to remember not to ration feelings of care and friendship while those we love are in touching distance.■

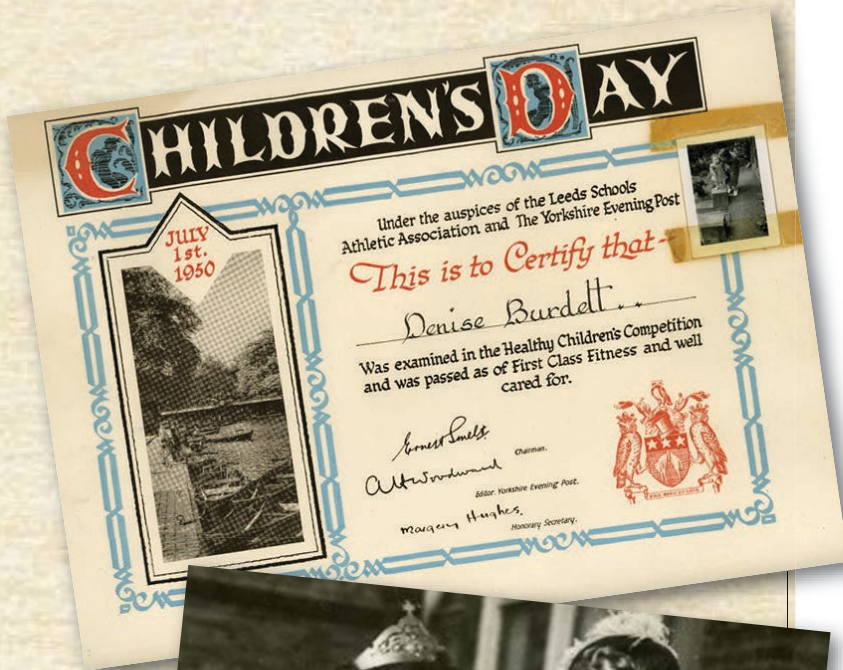
JULY
5th.
1947



Leeds Children's Day
Marching Song
FLOREAT, LOIDIS!
Written and composed by J. Roger Adams, Leeds Town
Council School, Leeds
Price - - 6d.
Printed and published by
The Leeds Education Authority, Leeds, Yorkshire
by "The Yorkshire Evening Post"

Memories of
Children's Day

Kitty Ross, Curator of Leeds History, Leeds Museums and Galleries, has gathered the reminiscences of older people who remember their association with Leeds Childrens Day.



Every July from 1922 to 1968, come rain, wind or shine, Roundhay Park hosted some dizzying displays of gymnastics and whirling maypole dancing. The event brought together schoolchildren from across Leeds to parade and perform for their peers and parents. This annual gala was organised by the Leeds Schools Athletics Association.

Abbey House Museum held a small exhibition about Children's Day in 2014 and gathered some memories from those who were there. Graham Hawkrige remembered "teams of children from schools all over Leeds taking part in the wide range of activities which attracted huge crowds. Yes, it was another age and it took a lot of organising, but the rewards in terms of a job well done by teachers and others, and the pleasure it brought to parents and grandparents - and not least the children themselves made it a well worthwhile exercise."

Graham Hawkrige was a pupil at Ellerby Lane School. "On the Monday after the display [in 1948] a bus turned up at our school in the early morning to take our team to Roundhay Park to help tidy up any debris left by spectators. Having finished cleaning up we managed to have a game of cricket between ourselves along with our school teacher, the renowned Mr. Consterdine. A great time was had by all".

A highlight of Children's Day was the annual selection of a Queen. The first Queen was Elsie Oldfield, who was crowned on 5th July 1922. The velvet knickerbocker suit worn by one of her page boys, F. Jacques, is on display at Leeds City Museum.

Queen of Children's Day

One of the rewards for the early queens was to have their portrait painted. The Leeds Museum collections include two of these portraits. Beatrice Smith from Beeston Council School was crowned in 1930. Her family did not appreciate her success and kept the painting folded up at the bottom of a chest of drawers so that she wouldn't get ideas above her station! Later in life, after she married and became Mrs Norman Hirst, Beatrice became an active supporter of Children's Day.

One of the contributors to the 2014 Abbey House exhibition was Vera Stoney, who was the longest reigning Queen of Children's Day. After being crowned Queen in 1939 she kept the crown and gown under her bed throughout the war but was able to pass it on when the event was revived again in 1946. In 1949 the children's day events were actually ►

Memories of Leeds

staged twice so that a royal visitor, Princess Elizabeth (our present Queen) could be the star guest.

In 2014, Mavis Walker (maiden name Mavis Gregson) recalled her experience being crowned queen in 1955:

“The day before the event there was a deluge of rain when half an inch of rain fell on Leeds. So you can imagine the first thing everyone involved did on waking was look out of the window at the weather. This year we were lucky in that the Saturday was fine with sunny periods but very breezy. Attendance at the park that day was estimated to be 60,000 people. The crowds of cheering people lining the streets, the gloriously decorated floats, the spectacular displays and events in the park and the wonderful, happy atmosphere everywhere are memories I shall always treasure.

The maids of honour that year were Brenda Hall, Hilary Lancaster, Yvonne Hamblin and Denise Bellwood. The train bearers were Graham Waite and David Brown. The crown bearer was Michael Croft who was only six years old at the time. What a remarkable achievement for two seven-year-olds and a six year old boy considering their responsibilities, especially carrying a heavy crown that day.

We five finalists had to recite the poem Home Thoughts From Abroad by Robert Browning and included in the judges were The Lord Mayor and Lady Mayoress and the wife of the chairman of The Education Committee, Mr J S Walsh.”

In an interview with the Yorkshire Evening Post in 1962, Miss Mary Besford, headmistress of Hillside County Secondary School, said that choosing the queen was not a beauty competition. “The girl must be representative of schoolchildren. She must have confidence and dignity and have the ability to speak confidently and clearly”. By the 1960s the validity of beauty competitions were of course beginning to be questioned.



Participation was not just limited to school children. The Yorkshire Evening Post also sponsored a “Healthy Babies” competition. The 150 best entrants were presented with a silver spoon and a certificate.

Regular Shine contributor Maureen Kershaw recalls her involvement with the festivities: “The build-up started a few weeks beforehand, when the Queen and her retinue were chosen from the Leeds’ schools. Photos appeared in the Yorkshire Evening Post followed by the designs and details of their outfits for the day. The Queen’s beautiful white chiffon dress and those of her four attendants were designed and made by Schofield’s, as were the outfits for her crown bearer and two pages carrying the Queen’s red velvet and ermine cloak. The outfits were displayed in Schofield’s Headrow windows before the day and I loved to visit, taking in every detail. In 1960, as part of the English Country Dancing display, I loved the yellow and white dress chosen for my school. With our pristinely ironed dresses and sitting carefully on the ‘Roundhay Special’ bus, I was upset when we collected another dance team who had to sit on our knees! At Roundhay Park, we ate the provided packed lunch whilst watching the various massed displays before lining up in pairs to run into position on the Arena. The Queen was crowned and to ‘The Grand March’ from ‘Aida’ led the procession around the Arena to tremendous cheering and waving.”

Floreat, Loidis!

One of the highlights of the 2014 Abbey House exhibition, was a rousing performance of “Floreat, Loidis!” by the Bramley Elderly Action choir. This was a marching song written for Leeds Children’s Day 1933 by J. Harley Stones, headmaster of Saville Green Council School. It was published as a fundraiser by the Yorkshire Evening Post and sold without profit by Lewis’s Department Store. The idea was that it would be sung not just by the children but by all their parents and relations.

Here are the stirring lyrics:

Verse 1: Floreat Loidis! is our cry, As we gaily march along. Our city's honour we proclaim, with voices clear and strong. Stalwart lads and lasses fair, we sing upon our way. Tribute to our dear city's love, on this "The Children's Day"

Verse 2: Year by year we gather here, in the morning of our days, Ready and keen to show our skill, in pageants and displays. Health and strength we surely win, as we earnestly prepare, Better to face life's sterner plays, And for our city, dare.

Chorus: For we're the lads and lasses of Loidis Town, And we honour her fair name, And we'll always try as the days go by, To add to her ancient fame. In the school and in the playfield, it shall always be our aim, to try in everything we do, And always play the game. Floreat Loidis.

The song was probably only performed once or twice, as none of the interviewees in 2014 remembered it from their childhood.

Large scale event

The last major Children's Day event was held in 1963, although there was a brief revival in 1968. As a large outdoor event, it had always been a hostage to the weather and the 1963 event was a washout. It also proved too expensive to organise such a largescale event, run mostly by volunteers as the committee had made losses over many years.

You may remember that earlier this year we featured Jim Gordon, whose Grandfather set up Leeds Children's Day. We reprint an extract from Jim's story below:

"After the First World War, there was a lack of decent housing in Leeds with overcrowding of large families, many seeking Poor Relief and subsequent poor health. Several teachers were concerned that children couldn't



Display, 1954 © Yorkshire Post Newspapers (c/o Leeds Museums & Galleries)



Leeds Children's Day Queen 1936 © Yorkshire Post Newspapers (c/o Leeds Museums & Galleries)



Mavis Gregson, Queen in 1955 © Yorkshire Post Newspapers (c/o Leeds Museums & Galleries)

reach their full potential due to this - and the fact that they never left the immediate area where they lived. Three teachers in particular (T.V. Harrison, Archie Gordon and Arthur Thornton) realised something had to be done and formed the Teachers' Charities. This was in 1920, the same year as the Boots for Bairns' project. Plans were then made for an annual outing to Roundhay Park. Children's Day was born!

A very popular event was the Bonny Baby Competition. I won a coveted Silver Spoon for this - although I have to admit they were presented by my Grandmother at Children's Day! At its peak, up to 100,000 people visited the event, entire families supporting and enjoying the fun day. However, over the years the crowds reduced due to other leisure opportunities available, and foreign travel. Ever at the mercy of the weather, the sun didn't always shine even though it was held in early July. In 1963 the whole day was a washout. The Queen was crowned on the staircase of the Mansion House, with all events cancelled. It was time to call an end to Children's Day."■

Thanks to Kitty Ross and to everyone who contributed their memories. Please do send us your own memories of Leeds Children's Day!

The Heat's ON

Keep cool this summer with the best tips to stay healthy in the heat.

The weather has improved since those rainy days back in May. Whilst it's lovely to see the sun, it's important to stay healthy, particularly as we're all spending a bit more time outdoors than we normally might. It's safer to meet people outdoors, to prevent the spread of Covid. But older people do need to take more care in the heat. Over the page we hear from Hannah McGurk about ways to keep cool and healthy when the weather is hot and sunny. But first, we asked Maureen Kershaw to share some stories from the summers of her youth. Were summers longer and hotter in our childhood, or did it just feel that way? We reminisce with Maureen:

Those of us of a certain age often remark how summers were sunnier and warmer when we were young. Well, I certainly don't ever remember owning a summer coat as a child - we'd just put on a cardigan or jumper. There was a sense of freedom about going out without a coat, and the weather generally allowed it.

I couldn't wait for the six-week school holiday, particularly during long hot summers. The children of the neighbourhood played on the park, or we'd go for adventure walks, sometimes taking a simple picnic, and play out stories from Enid Blyton's "The Famous Five". We'd join in street games - but any chalking of paths had to be removed, out of respect for our

neighbours. One heatwave summer, we had great fun running around barefoot on the 'liquorice' road. Nearby roads and pavements had been given a new coating of tarmac, which melted in the heat. We were all in trouble on returning home with tar on our feet – not the easiest to remove!

The big train

Living close to a railway line, I would wake to the sound of shunting in the goods yard. During the school holidays, the highlight was the 11.30am 'big train' – the 'double header' - a long train pulled by two steam locomotives on its journey to Newcastle. We would rush to the wall and wave to the drivers and passengers. The annual Sunday School trip took us from Headingley Station to Burley-in-Wharfedale, joining children from their Methodist Chapel, for games and a picnic on the riverbank. As our parents collected us from the station later, our eyes would be smarting and stinging from leaning out of the train windows and being met with smoke and soot from the engine!

In the 1950s, my family were lucky to have a car. It took us from A to B – on most occasions. Many a time the car wouldn't start, or it would stall. Dad would have to crank it with the starting handle. On a visit to Saltburn, the hot day erupted into a terrific thunderstorm; torrential rain poured through the roof of our little car. We had to catch the rainwater in cups, throwing it out of the windows. Another vehicle was a Jowett Bradford van, with a bus seat in the back. Dad would lift out the seat onto the grass for picnics by the river at Bolton Abbey or Burnsall.

A seaside excursion could take around three hours each way, with the inevitable traffic jam through Malton - or queuing for the Selby toll bridge on the way to Bridlington. On a hot day the car would be stifling, so we'd wind the windows down. This often attracted wasps, so we couldn't win! Fearful of us breaking down, Dad would try to avoid long hills going to the coast, but coming home he would switch off the engine – saving petrol, which was still rationed – and freewheel down Garrowby Hill!

Holiday

When visiting Morecambe or St Annes ("more select than Blackpool" Mum would say) we always stopped at the market gardeners en route to buy those wonderful Blackpool tomatoes. In 1953, we had our first caravan holiday at Filey's Primrose Valley. The smell of Calor gas clung to your clothes, even after returning home. The caravan being next to the perimeter fence of 'Butlin's', we heard all the Tannoy announcements: from "Morning Campers!" to the



day's imminent activities. I loved our holiday in a converted railway carriage at Reighton Gap - but Mum hated it, with its damp horsehair beds! The saving grace was the weather: glorious sunshine every day. My young eyes couldn't believe it when my skin peeled with sunburn. In those days, we didn't use sunscreen. Children played out the in hot sun and no-one thought anything of it.

Wales

1957 saw us in North Wales. Mum always wanted to stay in a quaint Welsh cottage and her dream – or nightmare – was to come true. The whitewashed cottage had ivy growing up the gable end, but unfortunately some grew inside too! Stone floors, frugal cooking facilities and a ladder to reach the bedrooms. Again, the beautiful weather saved the holiday. In Snowdonia, we were surprised to see colourful Chinese pagodas amongst the trees. It transpired that "The Inn Of The Sixth Happiness" (a film starring Ingrid Bergman) was being made there!

With hot summers and little rainfall, we lived with the threat of drought and standpipes, relying on the heavy snows of winter to supply the reservoirs. I recall visiting the Yorkshire Dales in 1990 to view the parched Thruscross reservoir, revealing the ruins of West End village. Will we have a long hot summer this year? Who knows? But one thing's for sure – we won't need standpipes! ■

Beat the HEAT

COPING WITH HEAT AND COVID-19

KEEP YOUR HOME *Cool*

Homes can sometimes overheat during warmer weather, and occasionally in cooler months also. Even during a relatively cool summer 1 in 5 homes are likely to overheat. For many people, this makes life uncomfortable and sleeping difficult. Some people are particularly vulnerable to heat and for them a hot home can worsen existing health conditions.

- shade or cover windows exposed to direct sunlight.
- open windows (when it is safe to do so) when the air feels cooler outside than inside, for example, at night. Try to get air flowing through the home.
- check that central heating is turned off
- turn off lights and electrical equipment that isn't in use/

STAY COOL, FEEL *Well*

Bright, hot summer days are what many of us look forward to for the rest of the year – especially in cold, wet England! However, while we're enjoying the balmy days of summer, we should not forget that the temperature can get too high, that it can become uncomfortably hot, and for some, it can become dangerously hot.

- Keep out of the sun between 11am and 3pm, but if you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf.
- Slow down when it's hot and have plenty of cold drinks, and avoid excess alcohol, caffeine and hot drinks.
- take a break from the heat by moving to a cooler part of the house (especially for sleeping).
- Stay connected and listen to the forecast.

Although many of us enjoy the sunshine, we are increasingly likely to experience extreme summer temperatures that may be harmful to health. We do not know whether there will be severe heat over the course of this summer, but we do want to make sure that everyone takes simple precautions to stay healthy during periods of hot weather and when in the sun.

COOLER, SAFER *Places*

Summer is a time for people to get outside and enjoy themselves. However, the effects of excessive heat and sun exposure are sometimes not highlighted enough. Outdoor events increase exposure to heat and direct sunlight and individual behaviours often change (for example, people may be reluctant to use the toilet facilities due to the long queues and so purposely reduce fluid intake). This can lead to heat-related illness, dehydration and/or collapse.

- Find somewhere cool to rest, indoors or outdoors.
- Remember that it may be cooler outside in the shade or in a public building (such as places of worship, local libraries or supermarkets); consider a visit as a way of cooling down.
- Self-isolate at home if advised to do so.
- Use cool spaces considerately, maintaining distancing.

BE AWARE OF HEAT *Exhaustion*

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

- Be aware of signs of heat-related illness: get help if you feel dizzy, weak, anxious or have intense thirst and headache.
- move to a cool place as soon as possible and measure your body temperature.
- Drink some water or fruit juice to rehydrate and rest immediately in a cool place.
- If symptoms persist call NHS 111 or in an emergency 999.

For more information on how to stay safe in hot weather, call NHS 111 or visit NHS Choices <http://www.nhs.uk/heatwave>

Sudoku

The goal of Sudoku is to fill in a 9x9 grid with digits so that each column, row, and 3x3 section contain the numbers between 1 to 9. At the beginning of the game, the 9x9 grid will have some of the squares filled in.

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

Wordsearch - Sports

C	P	I	Y	E	V	G	N	M	M	Y	F	M	S	D
I	O	D	I	B	R	R	N	N	D	T	Y	Q	A	T
G	W	E	I	G	H	T	L	I	F	T	I	N	G	E
N	U	Y	C	T	A	U	Y	I	L	G	E	W	C	K
I	A	O	U	G	N	I	X	O	B	C	U	I	G	C
C	T	P	G	N	I	H	S	I	F	O	Y	Y	E	I
A	H	B	A	D	M	I	N	T	O	N	Y	C	Q	R
R	L	S	C	I	T	S	A	N	M	Y	G	D	G	C
E	E	Y	B	G	U	R	S	A	H	Z	S	N	C	P
S	T	E	U	S	P	S	T	R	A	D	S	C	E	O
R	I	R	O	R	N	Y	N	T	Y	Z	R	R	C	I
O	C	K	O	A	N	C	C	R	V	R	O	J	O	P
H	S	F	O	O	T	B	A	L	L	T	A	Y	W	T

Athletics Badminton Boxing Cricket Cycling
Darts Fishing Football Gymnastics
Horse racing Rugby Weight lifting

This month's puzzle page is brought to you by Home Instead Senior Care. You can find all the answers on the bottom of page 35.



Rugby Quiz

1. Who was credited with the invention of rugby union?
2. And in which school did the invention take place?
3. Which international rugby team are known as the Pumas?
4. Where will the 2023 Rugby World Cup be held?
5. Who has won the 6 Nations Championship the most times?
6. In which year was the Leeds Rugby League Club formed?
7. In which year did the Leeds Rhinos adopt their current name?
8. What colours do Leeds Rhinos play in?
9. Who currently sponsors the Six Nations?
10. Which set piece play is used in Rugby Union, but not in Rugby League?
11. Which one of these is NOT a rugby position: Prop, Goal Attack, Fly Half, Second Row
12. What is the name of Dublin's famous rugby ground?



Word Wheel

Your target is to create as many words of four letters or more, using the letters once only and always including the letter in the middle of the wheel.

Personal care

Home help

Dementia care

Live-in care

The best home to be in is **your own**

Maintaining independence and quality of life is key to ageing well.

Home Instead provides high quality, personalised care in your own home



Covering Wetherby and Leeds, please call our specialists on **01937 220510** or visit **www.homeinstead.co.uk/Wetherby**

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Do you have a story to tell?



We need your stories!

We're looking for interesting true stories about older people in Leeds. We want to shine a light on some of Leeds' most interesting people. Your story could be funny, dramatic, moving or quirky. It could be a story from a long time ago or from the past year. This is your chance to tell your story about your life. It could be ordinary, it could be extraordinary – every story is special.

How to share your story

- Contact us with the theme of your story. Sum it up in a couple of sentences.
- Make sure you tell us the best way to contact you.
- We'll be in touch to work out the best way for you to tell the story. You could write it yourself or talk to us over the phone and one of our writers will write it for you. We'll also ask you to send us some photos.

Contact us:

Phone: 0113 244 1697

Email: hello@shinealight.org.uk

Post: Shine Magazine, Leeds Older People's Forum, Joseph's Well, Hanover Way, Leeds, LS3 1AB

Shine

Leeds Older People's Forum:

0113 244 1697

LOPF can direct you to Neighbourhood Networks and older people's services in your area.

Leeds Coronavirus Hotline

0113 376 0330

For anyone unable to leave their home because of coronavirus, and worried because they don't have family or friends who can help.

Universal Credit Hotline:

0800 328 9559

Dementia Connect:

0333 150 3456

Alzheimer's Society's new personalised support service for people with dementia and their carers.

Covid-19 Bereavement Support Line:

0113 218 5544 or 0113 203 3369

For anyone who has a friend or family member who is seriously ill or who has died from Covid-19.

Leeds Directory:

0113 378 4610

Leeds City Council's Information Service that offers a range of local community care and support services and activities.

NHS:

111

For all non-urgent medical care

NHS number

119

This is the new number for Covid related calls -if you have Covid symptoms, want a test or are over 70 and not yet had your vaccine.

The Carers Advice Line for Leeds

0113 380 4300

If people are one of the 74,000 unpaid carers in Leeds and need some advice, help or support

100% Digital

0113 535 1170

Help with digital stuff or help to just get online

Leeds Gay Community (LGC):

Men's group. lgc@mesmac.co.uk

Sage:

sage@mesmac.co.uk

Group for 50+ year old LGBT+ people

Friends of Dorothy:

info@friendsofdorothy.org.uk

Group for 50+ year old LGBT+ people

Leeds LGBT+ Women's Space:

lgbtwomensspace@gmail.com

Group for LGBT+ women aged 40 years or older.

Silver Pride Social:

A new WhatsApp social 'chat' group with a fast-growing membership of 50+ year old LGBT+ people.

Quiz corner solutions

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

C	P	I	Y	E	V	G	N	M	M	Y	F	M	S	D
I	O	D	I	B	R	R	N	N	D	T	Y	Q	A	T
G	W	E	I	G	H	T	L	I	F	T	I	N	G	E
N	U	Y	C	T	A	U	Y	I	L	G	E	W	C	K
I	A	O	U	G	N	I	X	O	B	C	U	I	G	C
C	T	P	G	N	I	H	S	I	F	O	Y	Y	E	I
A	H	B	A	D	M	I	N	T	O	N	Y	C	Q	R
R	L	S	C	I	T	S	A	N	M	Y	G	D	G	C
E	E	Y	B	G	U	R	S	A	H	Z	S	N	C	P
S	T	E	U	S	P	S	T	R	A	D	S	C	E	O
R	I	R	O	R	N	Y	N	T	Y	Z	R	R	C	I
O	C	K	O	A	N	C	C	R	V	R	O	J	O	P
H	S	F	O	O	T	B	A	L	L	T	A	Y	W	T

Word wheel

4 Letters GENT HINT NEWT THEN THIN
TINE TING TWIG TWIN WENT WHET
WHIT WITH

5 Letters EIGHT NIGHT THINE THING TINGE
TWINE WHITE


6 Letters IGNITE TWINGE WEIGHT WHITEN
WITHIN

7 Letters NIGHTIE WHITING

9 Letters WEIGHTING

Rugby Quiz

1. William Webb-Ellis 2. Rugby School! 3. Argentina 4. France 5. England 6. 1870 7. 1996
8. Blue and amber 9. Guinness 10. Line Out 11. Goal Attack 12. Lansdowne Road

A woman with dark skin and braided hair is looking directly at the camera. She is wearing a grey short-sleeved top and a blue lanyard with 'NHS SHN NHS' repeated on it. A name tag on the lanyard reads '#hello my name is... Adebola Adisa GP'. The background is a bright, modern interior with a white ceiling and large windows. A large blue diagonal shape is overlaid on the left side of the image.

If you or your family need help, the NHS is here for you.

GP surgeries, pharmacies, dental practices, opticians and other NHS services have made changes to the way you access their care to make it safer for you.

Don't delay, contact us to get the care you need.

**HELP US
HELP YOU**

GET THE CARE YOU NEED