

The magazine for older people in Leeds

# Shine

February 2022



IN FOCUS

## WHAT NEXT?

How to cope with an uncertain future

PERSONAL STORIES

## An Anthropologist in Leeds

Christiana tells us about African history and ancient practices

## The Abbey Was My Playground

We share memories of growing up next to Kirkstall Abbey

IN CONVERSATION

## "WE ARE ALL HEROES!"

Deputy Mayor Alison Lowe on crime, inclusion and being a survivor

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Keep Warm This Winter

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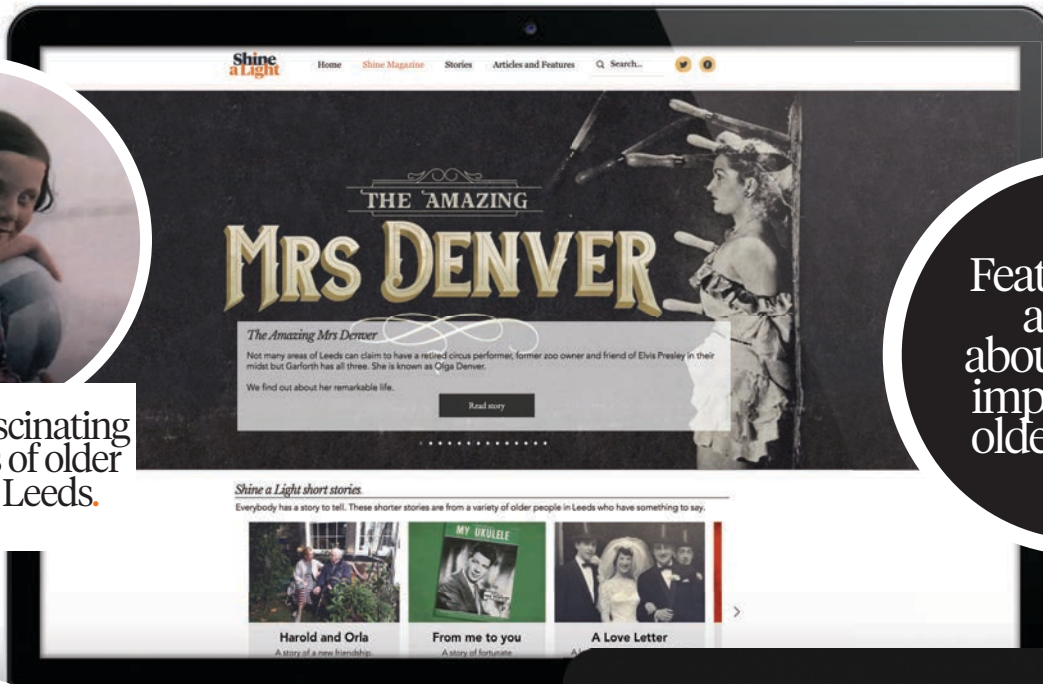
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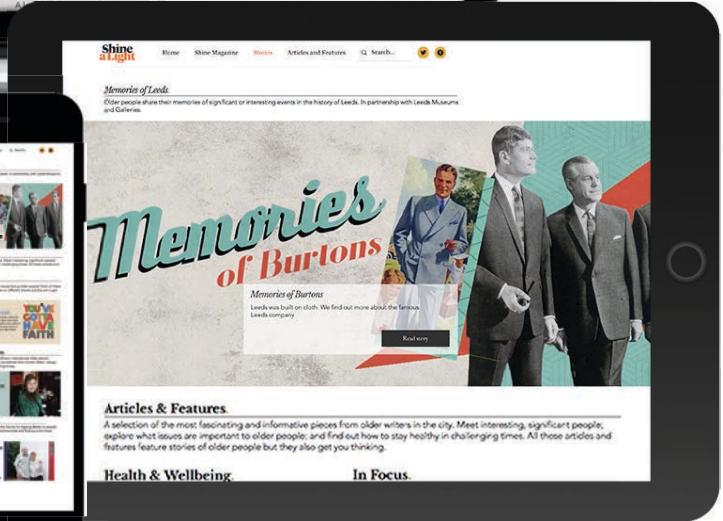


Discover fascinating true stories of older people in Leeds.



Features and articles about what is important to older people.

Memories of significant events in Leeds' history.



We chat to well known or local inspiring or interesting people.

Keep well with the best health advice and information.



## Join our online community *today.*

*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.*



**W**elcome to the first issue of Shine for 2022. I hope you all had a good Christmas and that this bright new year brings everything you hope for. Covid is, of course, still with us, but we seem less affected than we were when I was writing this message this time last year - so hopefully life is getting easier.

This issue is, as always, bulging at the seams full of wonderful stories and articles - I will let you explore the pages and see for yourself!

Time to Shine and its lottery funding comes to an end at the end of March 2022. There are only 3 more Lottery funded issues of Shine left for us to create.

**“This issue is, as always, bulging at the seams full of wonderful stories and articles”**

I think we've done pretty well - Shine was created as a lockdown project of 6 issues in 2020. After these next 3 issues, Time to Shine (with the support of Leeds City Council) will have produced 20. It has been a wonderful project and one that you tell us should continue. Consequently, we are working really hard behind the scenes to ensure that Shine carries on.

Shine is a unique project that allows you to read about older people in Leeds – and creates ways to tell your own story and share your own memories.

There will be a little gap between the Lottery-funded issues and the next stage for Shine. When we do come back, you may see a few changes. Rest assured, all of the content will have you in mind. Stories for older people in Leeds, written about older people in Leeds and mainly written by older people in Leeds.

I will bring you more news in March about what the future of Shine will look like, but in the meantime, you can read most of the stories online. If you want to share your story with one of our writers, do let us know. We love hearing from you!

**Linda Glew**  
Programme Manager  
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## Shine

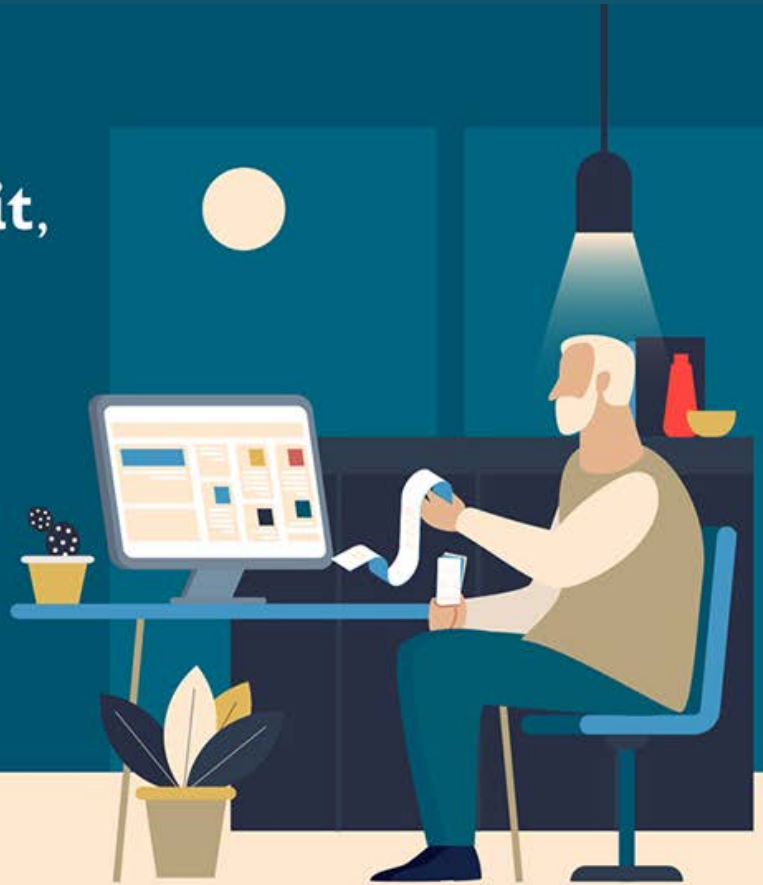
At Shine we rely on our readers to provide stories. We're always looking for people to share their story. Do you have something to say? Maybe you're an aspiring writer, or maybe you just want to get something off your chest?

Send your story ideas to us in the following ways:

POST **Shine, LOPF**  
**24C Joseph's Well, Hanover Way, Leeds, LS3 1AB.**  
PHONE **0113 244 1697**  
EMAIL **hello@shinealight.org.uk**

You can also visit our website at [www.shinealight.org.uk](http://www.shinealight.org.uk)

If you get **Pension Credit**, you may get other help too, like with housing costs, council tax or heating bills.



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# Shine

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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. This month we talk to Deputy Mayor for West Yorkshire Alison Lowe .

# “No-one is one thing; we are really complex as people.”

**A**lison Lowe was appointed Deputy Mayor for West Yorkshire for Policing and Crime in 2021. She works with Mayor Tracy Brabin to oversee policing across the county. Alison has a particular focus on strengthening links between the police and local communities.

Alison was born and raised in Seacroft and is “proud to be from East Leeds.” For many years, Alison was the chief executive of Touchstone, a mental health charity in Leeds. She was also the first black woman councillor elected to Leeds City Council. In the 1980s Alison studied for a BA in History and MA in Medieval Studies at the University of Leeds – her thesis was about Edward II and homosexuality.

Many years later she won Stonewall’s Senior Champion of the Year, to recognise her work to support and include people who are lesbian, gay, bisexual or transgender (LGBT+).

After decades of fighting for equality and inclusion, Alison was appointed Officer of the Order of the British Empire (OBE) in the 2022 New Year’s Honours. The appointment came in recognition for services to mental health and wellbeing during the pandemic.

## *How does it feel to get an OBE?*

I’m really pleased! You get a letter – and you’re not supposed to tell anyone about it. I got mine on the 1st December and I just felt really overwhelmed with pride. I was definitely surprised. I wanted to tell everybody but I couldn’t. There’s a dichotomy for some people about Empire. I have had a few emails about it. But for me, integration in communities is really important. I’m black and British. My dad came from the Caribbean and he saw himself as British – and I see myself as very British. I do not forget what has happened. Empire was an evil thing and we can’t forget the negative history. And as black people, we can’t forget our journeys across the world as a result of empire. But I live in this country and I’m part of this country. I want to be part of the infrastructure of the country so I can be part of changing how this country works for black people and others who are marginalised – who don’t get equal access to services, who face discrimination. For me, you’ve got to be in it to change it. I’m all about being positive about how we contribute to the country we’ve chosen to live in.

## *Why did you get the OBE?*

I’ve been really lucky to have been the chief exec of the most amazing, brilliant, inclusive organisation ►



## In Conversation

called Touchstone. The staff are all leaders – I get the credit for all their hard work! A group of staff and volunteers saw the despair and distress the citizens of Leeds were experiencing at the start of lockdown [in 2020]. We asked people what they wanted, what they needed – and then created Touchstone Loves Food, which was a food bank. We provided over 300,000 meals to vulnerable people across the city. As well as that, there was a really strong mental health element. You got your food but you also got a personal phone call and 1:1 support. We kept a lot of people safe, sane, and here. Not just to survive, but to thrive. I get the credit but all I said was “yes”. The staff and volunteers did the work.

### ***The OBE recognised your work in mental health. Why is it important to address mental health issues?***

Mental health affects us all equally, irrespective of background, ethnicity, or religion. But the older we get, the more we need to be aware of our mental health. Our identity as workers, as people who are productive, can change once we retire. We're not getting up every morning and going out to work – that can have an effect. That transition from one part of our lives to the next can be challenging. Also there's physical things. I'm 57 now and I recognise there's a physical effect to getting older. Your back goes, your knee goes! That could lead to things like depression. But there's lots of positive things too: a lot of research says mental health amongst older people is actually better. We have contributed and we can now have a rest. We can look after our grandchildren and look after the next generation. But that transition can be difficult. Losing loved ones can be difficult. When I lost my dad – I was 49 – I entered a really long period of distress and depression. It lasted around 18 months. I had a lot of support, but maybe if I was in my 70s or 80s that might not have been there. Covid restrictions have had an effect. Particularly in older black communities – it's been a double whammy. Not only do you lose a loved one, but there are a lot of rituals around death that can't take place. For black communities, saying goodbye is a very important part of grieving. All the family coming together – food and storytelling – it's a massive part of our identity.

### ***Tell us about your new role as Deputy Mayor.***

My role is to make sure we have an effective and efficient police force; that resources are being utilised effectively; and that we take account of the public voice. It's really important that the community engagement bit that I do. Going out to meet people and understand what their concerns are – it's a golden thread that runs through the police and crime planning process. But also the work of holding the police to account. The main thing that we want for



**Bridging the Gap**  
Alison wants to make sure the police are listening to the people of Yorkshire.

West Yorkshire Police is to make them relevant to the communities they serve. There's a huge trust deficit with some communities and policing. People talk about the Sarah Everard case leading to a massive breach of trust, but for some people that trust was never there. If you look at gypsy and traveller communities, at refugees and asylum seekers, black Caribbean communities – for years and years there has been little or no trust of the police. The job the mayor has given me to do is to bridge that gap, between communities and the police. I've been happily surprised that the police want that too. They realise there's got to be a reckoning – when we come together sit down and recognise the history of abuse, different treatment and discrimination that has been perpetrated by the police over the generations. I talk about David Oluwale. It's 50 years since his death at the hands of two Leeds city police officers. That's still relevant to black African Caribbean people. We need the police understand that they're part of the solution and they are really open to those conversations. The biggest change to culture is around violence towards women and girls. West Yorkshire Police are now recording instances of misogyny and misandry. So, if there's a crime and you think your gender is a factor that will be marked. It's very exciting. When you're working with a partner with the power that West Yorkshire Police have got. They are so up for the challenge. They know that there's a huge amount of work to be done – it's a culture change. You feel you're on the cusp of something very special.



***What about crimes that particularly target older people – like online scams?***

Yes, older people are targeted and that's a huge problem. It's a big issue. The mayor did a press release about this. It needs to be a focus for all our police forces. We were funding a small team to look at fraud and scamming of older people. But last year I said, "We need to make sure this is embedded into all 5 local authorities. West Yorkshire Police need to pick this up." The brilliant news that all 5 authorities have agreed to fund it in perpetuity. The previous Police and Crime Commissioner (Mark Burns-Williamson) set up the pilot, we tested that way of working, and showed it was a good way of working. It's a way of supporting older people around the issues and to offer them help and advice.

***You say being British is really important to you – tell us a bit more about your background.***

My dad comes from the Caribbean, my mum is of Irish heritage – but I come from Seacroft! Actually I've just done a DNA test and discovered I'm a third Nigerian! So I'm delighted to be Nigerian as well as British. We're Heinz 57 Varieties in our family. I'm proud of being from East Leeds. I was forged in East Leeds. It's made me the person I am today – I'm a strong advocate for women. A lot of tragic things happened to me, as they did for a lot of women and girls. I experienced sexual abuse, I experienced domestic abuse. I saw violence, I experienced racism – but I also experienced joy and hope. I went to a brilliant inner-city school where my talents were identified. I was clever – I didn't know I was clever – they told me I was! They allowed me to fly! There were those naysayers who said I'd never amount to anything. But at Parklands High School there were a lot of teachers who helped me to fly. That's why I try to give that back; I mentor a lot of women and girls and try to bring all that hope that was embedded in me when I was in East Leeds to them.

I went to the University of Leeds in the 1980s. I was a mature student. My daughter (who is now 34) was 3 weeks old when I started. My son was 21 months. I was living in a domestic violence situation and I knew I needed to get out. I didn't want my kids to be in that environment any longer. I was living in poverty in an estate in Chapeltown and I saw education as my pathway out of poverty, out of domestic abuse and victimisation. It ended up being 5 years at university. I did a master's degree. That was my escape route out of the situation I was living in. I got heavily involved in politics when I was living in Chapeltown. I chaired the community centre board; I chaired the management committee of the local nursery. That was my apprenticeship really – chairing

meetings, understanding the change that grassroots organisations can make if you are passionate enough and you put the work in.

***Why is inclusion important to you?***

No-one is one thing; we are really complex as people. We need to honour and celebrate the whole person. Inclusion isn't just about our "protected characteristics" – being black, or being a lesbian, or trans or being older or younger. It's about your whole person. We learned at Touchstone to recognise the journey people were on and we celebrated everything about them. Difference was something to honour. Someone can have mental health issues but talk about them, thrive and have success. It's about finding our assets. My mental health journey is an asset because I can talk to other people who've had mental health difficulties and hopefully help them. "I've been there so I can walk beside you hopefully and find a way out of it together – so you're never alone." I talk about my childhood sexual abuse and use it to help other people on a different stage to move on. We're survivors. We can't be victims. If we're victims that feeds our poor mental health, our feelings of lack of worth. Being a victim stops us being the people we need to be. The perpetrator wins. But I want us to win. I want to be part of that journey. So I see what happened to me as an asset. Yes, it would have been great if it hadn't have happened, but it did. How can I use it positively, for good? So it's about recognising that we all have different starting points in life, that sometimes the world isn't fair. Discrimination and hate exist, but so do joy and love. We are all heroes, we are all people of value. Let's find out about all of our stories and ensure that victims become survivors and people who are different see their worth.

***How do you feel about getting older?***

I'm so glad I'm 57! There are downsides. I've got my aches and pains. But I also feel calm. When I was 17, I was full of energy, but I was so angry. Which is not to say I'm not angry now, but I use my anger much more positively now. I use it to drive me towards good. I've got clarity about my purpose and about the journey I'm on to achieve inclusion and fairness for all. When I was 17, I just felt. I didn't have that pathway or clarity. I didn't have a sense of what my role was. That led to distress and not always making the right choices. I welcome the maturity; I welcome the wisdom and time that age has given me. But I also welcome the fact that I can use the experiences of my youth to inform the decisions I make today. As a grandparent I can help my daughter with her children. I do think I'm a better grandparent than I ever was as a parent – because of the wisdom and maturity I've developed over 57 years.■

# Shaking It Up

*Many older people are frequent users of health services. Some of you may have heard of the new “integrated care system” – it’s a reorganisation of how the NHS works. Julie Badon from the Age Friendly Steering Group has worked in health management for many years - she looks into the new system and wonders whether it will work.*

**O**ur politicians are always keen to make their mark, so we are entering into yet another health and social care reorganisation. The new “integrated care system” is intended to give people the support they need for their health and well-being by joining up local councils, the NHS, and other partners. It aims to remove traditional divisions between hospitals and family doctors, between physical and mental health, and between NHS and council services. That all sounds very admirable and laudable - but let us look a little deeper.

Pardon me for being a little cynical, but it seems to me this has been tried quite a number of times before. These changes cost a lot of money in redundancies, rebranding and rebuilding systems. Often, they have not delivered the hoped-for results. This time, there is an emphasis on engaging more with charitable partners. They, apparently, can provide the required support on a cheaper basis. I worry that this is really about saving money, rather than improved coordination. My biggest worry is that this change will not ultimately be able to address the real problem of power and control.

Historically we have relied on “power over” rather than openly and honestly “working with” organisations and partners to create the true change that we need. Also, unless there is a clear and genuine common goal that all can agree to, it will always be about certain organisations, specific individuals or groups having the ability to dominate both the decision making and commissioning processes. We therefore need leaders who have the integrity and courage to stay and see through the changes they make. I am frankly quite tired of seeing “leaders” pass through organisations, create a real mess and leave others to mop up the blood - both literally and metaphorically. In such reorganisations we often lose the people who care most. The people who put individuals first and who go that extra mile. They really care about the service they deliver but get frustrated with bureaucracy, constant change of systems and procedures and often a lack of support from managers.

However I do not want to leave readers with the feeling that it is a totally gloomy outlook - there is a real opportunity here. If good integrated care was to be delivered the outcomes would be less confusion for individuals; less repetition; reduced delays; no duplication or gaps in service delivery; no people getting lost in the system. But it is already recognised quite openly that the biggest barriers to this are a lack of commitment across organisations; limited resources; poorly functioning IT systems; poor coordination of finances and care pathways; conflicting objectives; and conflict within teams. I would add to that list the idea of “change fatigue” (not again!) and Covid recovery, which may be the reason for a perceived lack of commitment.

In the end, as ever, this will really be about having truly effective and emotionally intelligent leaders. Those leaders need to understand that it is the staff working in organisations that make the difference. We rely on them to deliver services and until we treat all those workers as human beings, nothing will improve.

We should be asking our leaders: “How can we ensure that, this time, the reorganisation will be different?” We need to fight for a Citizens’ Panel model to enable us to hold our decision makers to account. Are they achieving the success they claim will be delivered through an integrated care system? This genuine accountability for decisions should be held at a local level.

Will integrated care be able to deliver the improvements required? It is really too early to tell. I believe that there is a lot that still needs to be considered if this is going to be made to work and make a real difference - particularly when so many previous reorganisations have failed. Fingers crossed on this one. ■

*The Age Friendly Steering Group meet monthly to share views, ideas, experience and skills. For more info contact Sarah Prescott on 0113 244 1697 or sarah@opforum.org.uk*

# Coal Fires and Outside Loos

*Betty Bennison grew up in the 1940s, when life was very different. One huge change has been the introduction of labour-saving devices in the home. Betty looks back to her childhood and remembers how housework has changed over the years. Illustration by Paul Atkinson.*

**T**hree years ago I moved with my husband into a lovely apartment in a retirement home. As I sit here looking around my perfect home - thick carpets, warm and cosy - I can't help thinking how things have changed since I was a child.

As a teenager it was expected of me to help around the house. In the morning, I would clean out the fire grate and re-lay the fire. I had to go and get the coal from the coal house - it was freezing cold. When I got in from school, I lit the fire and my sister and I waited for mum to come home from work and get tea. Later Mum would sweep through the kitchen and scullery before filling the boiler with buckets of cold water ready to put in the dirty clothes to be washed. Once the water had heated up it was transferred to a washer, soap powder added and then the clothes put in. Now it was my turn to push the paddle back and forth until the clothes were clean. Then they were put through the mangle one at a time, before being plunged into cold water, then through the mangle again. Ready now to hang out in the back yard next day.

Bath time was once a week: the tin bath, which was kept hanging outside in the backyard, was brought into the scullery. It was filled with hot water ready for my sister, then myself and then my mother. I wished I were a man, because my dad could have a leisurely soak all to himself! Our toilet was outside in the yard. A real hardship, especially grim in cold weather and on dark nights. Once we were in bed, we had a hot water bottle and on really cold nights we would have extra blankets and even our coats to keep warm. Also, a potty under the bed just in case!

One big house cleaning job came when it was time for the coal to be delivered. It was brought to the front

door by a man with the sack on his back. Once the coalhouse was full, he would take the empty sacks back through the house to where his horse and cart would be waiting. Then the floors would have to be scrubbed. The water would soon turn black and have to be replaced before we were done. Then the passage-way and kitchen would have the oilcloth polished. My job was then to take the rug (that was in front of the fireplace) outside and hang it over the washing line so that I could beat it with a large stick until all the dust was removed, before placing it on the now clean and polished floor in front of the fire. But inside the fireplace would now have to be brushed up, washed and finally black leaded with special polish until it was gleaming brightly. Finally, the brass fender surrounding the fire was given a shine.

Another aspect of having coal fires was the annual visit of the chimneysweep. He would arrive on his bike, with his bag of brushes over his shoulder. He would settle in front of the fire and poke his sticks up the flue. We would rush outside to see the brush pop out of the chimney. When we saw the bristles, we'd cheer!

Learning to do these jobs as a teenager did me no harm. I learnt early how to keep a house clean. This stood me in good stead when I got married, especially at first as things had not changed that much by 1959. I now have three married daughters and they have no idea what being a housewife in those days was like - thank goodness.

They all have homes fully equipped with Hoovers, washer/dryers, bathrooms, hot water, central heating, not to mention phones and cars. But they still moan a lot! ■

*We're always looking to feature a variety of older voices and opinions in Shine. If there's something you'd like to get of your chest, do let us know. Turn to page 3 for details of how to contact us*



# What Next?

*Over the last 2 years, we have all had to learn to live with uncertainty. These days it's difficult to look ahead even a few months and have any certainty about what will happen. Many of us had to change our Christmas plans at the last minute because of Covid. Again! So how do we deal with the anxiety of not knowing what is going to happen next? **Ruth Steinberg** is a storyteller and she shares her own tale of uncertainty below. Plus we hear from other writers on their thoughts about the future.*

**L**ong ago in a village in a country far, far away, there lived a man who owned a magnificent horse. So beautiful was this horse that people came from miles around just to admire it. They told him he was blessed to own such a horse. "Perhaps," he said. "But what seems like a blessing may be a curse."

One day, the horse ran off. It was gone. People came to say how sorry they were for his bad luck. "Perhaps," he said. "But what seems like a curse may be a blessing."

A few weeks later, the horse returned, and it was not alone. It was followed by 21 wild horses. By the law of the land, they became his property. He was rich with horses. His neighbours came to congratulate him on his good fortune. "Truly," they said, "You have been blessed."

"Perhaps. But what seems like a blessing may be a curse."

Shortly after that his son (his only son) tried to ride one of the wild horses. He was thrown from it and broke his leg. The man's neighbours came to say how sorry they were. Surely, he had been cursed. "Perhaps," he said. "But what seems like a curse may be a blessing."

A week later, the king came through that village, drafting every able-bodied young man for a war against the people of the north. It was horrible war. Everyone who went from the village was killed. Only that man's

son survived, because of his broken leg.

To this day, in that village, they say, "what seems like a blessing may be a curse. What seems like a curse may be a blessing."

So here I am, a storyteller, thinking about uncertainty. That's why I started with this story. This word "uncertainty" could be the word of the moment. "Uncertainty" could be the title of a book about the last two years. It is February 2022, and as we go into the third year of this pandemic we are living with massive uncertainty.

We are living out a story, each of us in our own way, in dealing with the challenges of the pandemic. In Shine we have read stories of how many of us have met big changes, big challenges in the past. Maybe in our own lives we have had to deal with illness, bereavement, or other life-changing events. Or we have lived through wars, dealing with the world of new technology, and other ways in which the world that we grew up with has been transformed. Maybe the only thing that is constant is that things change. That's the nature of being human.

When we are faced with too much uncertainty it can be overwhelming. Maybe you can look back over your life and notice when something seemed impossible - and you came through. Maybe something happened out of the blue that set you on a new path. We are pulled to stories that give hope or can inspire us. There have been so many during this time where people have helped their neighbours or found ways to make life a little sweeter. Stories of healthcare staff and front-line workers who worked so hard for our benefit.

So how do we make sense of our lives? Maybe it is only by looking back, only by telling the stories that we have lived that we can understand that this chance meeting, or that decision led to why you live where you do or have the friends you have. What led us to choose to follow one way rather than another? When we look back, things make sense in a way they never did when we were living our lives.

In Issue 1 of Shine, I told you of one such chance meeting. I was approaching 50 and had been single for over a decade. I was expecting that that was the way it was going to be for the rest of my life. I had a good life, good friends, I enjoyed my job. ►





So, the question was: how to get older alone. Then one day I was asked if I could help someone: Len. His wife had died. Would I go for walks or to theatre with him? It wasn't match-making. Len had had just one significant relationship and never wanted or expected another. He was 15 years older than me. Another thing to tell you is that it was my mother's dream I would marry a Jewish doctor. Of course, I went my own way - that was the last thing I wanted. Len was a very unlikely partner but something about him made me say yes. 21 years later we are together, married and sharing our lives. I never expected that.

What are the films, TV programmes or books that you go to for stories of hope? Stories that show things can turn out well, that hard times can be overcome? I watched the film *'It's a Wonderful Life'* yet again this Christmas. After George Bailey (James Stewart) wishes he had never been born, an angel (Henry Travers) is sent to earth to make George's wish come true. George starts to realize how many lives he has changed and impacted, and how they would be different if he was never there. I've seen this film many times, so I know what's going to happen, but I love to see George struggle with how he feels about himself and how despair turns to joy as he gets back all the love he has given.

Len and I made just one new year's resolution this year. Every day we are going to notice signs of spring. In the cold of winter, in the dark times there is a story playing out, underneath the soil, on the branches and twigs, in the park, on the lake. We decided to notice. Perhaps, in an uncertain world, we can rely on the changing of the seasons.

So, to finish here is another story:

Once there was a village, a very long way from here. Or

 **What are the films, TV programmes or books that you go to for stories of hope? Stories that show things can turn out well** 

maybe it was near. In that village, on the top of a hill, lived a very wise and very old woman. If anyone in the village had a problem or a question, they would go up the hill to the wise woman and she would always answer, or something she could give to help with their difficulties. Her reputation was known far and wide. It seemed that there was no question she couldn't answer.

Also in that village there was a young man. He was very proud of his cleverness. He had been thinking about the wise woman: could he think of a question that she wouldn't be able to answer? He was walking round the streets of the village trying to come up with an impossible question when he saw on the ground a little fledging that had fallen from its nest. He picked it up and instantly knew what he would ask the old woman. Pleased with himself, he walked up the hill, up to the door of her cottage and knocked. Then he put his hands behind his back, holding the little bird.

The wise woman answered the door and asked the young man "Do you have a question for me?" "Yes" he said. "My question is What do I have behind my back?" As he was talking, this little bird was wriggling and shivering in his hands and one feather got dislodged. The feather floated down to the ground. The young man didn't notice it, but the wise woman did. She noticed everything.

"Aha", said the wise woman, "What you have in your hands, young man, is a bird."

Well, the young man was furious. But like lightning he thought of another question – that she definitely wouldn't be able to answer.


I have another question," said the young man. "Is this bird alive or dead?" If she said "dead", he would bring out the bird and show that it was alive and unharmed. If she said "alive", he could crush it in his hands, kill it and prove her wrong.

The old woman looked the young man straight in the eye and said, "You ask - is this bird alive or dead?" She paused. "The answer to your question ... is in your hands."

The young man was so sure that his cleverness could triumph over the wisdom of the wise old woman. It was more important to him to be clever than wise. Issues of life and death or cruelty were of no importance to him.


Your future is in your hands.

*We asked some regular contributors to tell us how they stay optimistic when facing an uncertain future.*


 I try to remain optimistic whatever is hurled at us. Surprisingly, I've remained positive throughout the lockdowns, but I still have an underlying fear of the future. The constant fear of illness and the spiralling cost of living is something I'm unable to escape from. In order to try and overcome my fears I constantly set myself goals. But, as with Leeds United, they're not always achieved!

I yearn for spring, with its freshness and hope. After the last couple of years we cannot ignore nature. As the days grow longer, the sun being higher in the sky encourages new life from the wintry ground. Snowdrops and crocuses are chased by daffodils. The latter were once seen only in parks and gardens but now they line major roads around our city

Maureen Kershaw

 The way I look at it, only the present moment (now) truly exists. It can never not be now, can it? It is impossible to find fulfilment in a tomorrow that never comes. One can only be happy now. There are no problems now, and nothing to fear now. Fear/anxiety can only be based on some hypothetical future event. Linear time is an illusion, albeit a stubborn one.

Kim Birch

 New experiences and new challenges become more difficult to seek out in this our altered world. We live for now, but there has to be something in our lives that draws us onward. Yesterday is done, gone, but how lucky are we to have today and maybe tomorrow. Make it count.

I hope that I remain well and fit enough to enjoy pleasure, challenge and stimulation from now because this is the new normal. This virus is part of our lives. We can't hide away; we have so little time and this is our world, our life now.


I am coming to terms with my altered, smaller world. I grew up in an era of affordable foreign travel when the world was open to us and we didn't have to think too hard about going safely to the cinema, theatre, or a restaurant. We took that freedom as a given, a normal thing to which we had access. I can't see a

time in the near future when I will safely visit our daughters in Canada or Australia. I fear for the future and I think world economic instability will be the next issue.

My husband and I set off in March 2020 determined to fill our lockdown life with a set of jobs and objectives because we knew we had to fill this smaller life with meaningful activities. We accomplished a lot and were busy and very pleased with what we had achieved. That has become harder after 2 years of lockdowns and restrictions. We suffer, rather selfishly, from Covid fatigue. I say selfishly as we are fully vaccinated and remain fit and well with a good family and rewarding interests. We try not to look back at the freedom we had, which we took for granted, and which is now curtailed. We are more cautious in this new world of masks and limits on our pleasures.

So how do we stay resilient and optimistic? We took on a 5-year-old abused rescue dog. It's been an uphill struggle. Every day, we walk on the nearby RSPB reserve, where there is always something new to see and talk about. We Skype, Zoom and Google meet with family and friends. Reading is a great solace which it has always been. Writing for Shine and the 2 writing groups to which I belong have been wonderful challenges. I love to cook (and in particular bake), but I have to curb this pleasure as weight gain is a never-ending danger for me. Perhaps remaining optimistic and resilient at this time is one of the hardest things.

Mally Harvey

 It seems Covid is still with us, but we are learning to live with it. Taking the necessary precautions, we can now try to stay free from the dreaded disease. I am looking forward to having a new great grandchild, a family wedding and a birthday - amongst many other occasions in 2022. It does help looking forward to hopefully, better times. I always aim to be optimistic. It has seen me through many troublesome times in the past. Keeping busy helps, when a bad mood hits me, I spring clean the flat. It doesn't take away the bad mood, but the flat looks great.

It's good to look to the future and think about holidays. We can now start looking at destinations - albeit preferably in this country rather than abroad. How lucky are we to live in such a beautiful country with endless possibilities for a fantastic holiday!

Betty Bennison

# The Small Funds Programme

**“We’ve lost connections throughout the pandemic; all our lives are a bit smaller.”**

*A look at 3 very different projects that have supported older people using a small grant from Time to Shine.*







## My Time to Shine

*Over the last few years, Time to Shine has given Small Funds to over 60 organisations to do short-term projects that reduce the isolation and loneliness of older people in Leeds. These projects have been hugely diverse and we thought it was about time we highlighted some of them. We've chosen 3 very different projects and meet the people behind them. Peter, Uddyotani and Des are all over 50 and doing great work in different communities in Leeds.*

### **PingPong4U**

*Peter Thompson is passionate about ping pong. He was given a Small Fund to work in two care homes in Seacroft. The project will see older and younger people playing ping pong together.*

I used to be a headteacher. I'm from a table tennis family. My mum played for England all over the world; she was runner up in the World Championships. This was when England were good – where we could beat China. It's 100 years of Table Tennis England this year and they've got a few pictures of my mum on their website. One of them is of my mum playing table tennis in the Albert Hall. My dad was her coach and he coached other world-class players. My brother was champion in Leeds when he was a lad. I was the worst in the family! I finished as headteacher about 5 years ago and, without deliberately planning it, I've gone back to the roots of my family. One of the elements is playing table tennis and the other is trying to help people who aren't having such a great time.

Ping pong is great. We use phrases like “wellbeing” and “inclusivity” and after a while we forget what that looks like. Those words become jargon. I can't think of a more inclusive game! I've devised a range of games to help people play ping pong. You wouldn't typically think of an older person in a care home as a table tennis player. The games we play don't look like you might imagine the table tennis to look like. We will play on ordinary tables – whatever people have. The roll-up nets clip to any table. Quite often we'll put the net down the length of a table so it looks like a bowling alley. The ball is restricted to going in one direction.

For people who are older, we tend to roll the ball instead of bouncing it. We have a range of balls. People say, “I'll never be able to play, I can't hit a ball.” With these bigger balls we can say, “You can't miss it!” We always start with simpler balls and games and work our way up. Part of the challenge for us is working out what is most appropriate for each person. We might have 5 or 6 different activities set up in a room and people can have a go at each.

Once there are a few balls moving around, there tends to be a buzz in the room. People like the therapeutic sound of the bounce. People surprise themselves with what they can do. We've worked in St James' Hospital on an elderly ward. On an afternoon people just sit there – and they become institutionalised. I'd pull up an ordinary table sit next to someone and ask if they want to play. Pass them a bat and off we go. The relatives and staff say, “Are you kidding? Is this guy nuts?” But before we know where we are patients, medics and family are playing – in the zone. Grandma is smiling and the relative is taking a video to send around.

People have said some remarkable things. One lady said, “I've had the most miserable year but I look forward to this hour of ping pong every week – it's changed my life!” There was a guy in a care home, he was an ex-lecturer in sport. He could really play. We'd play a decent rally, with a bounce. He just got in the zone. I linked him up with a younger guy and they played together. It was very moving. When the ball is coming towards you, there isn't time to think. You just have to go for it.

*The new intergenerational sessions will start very soon. For more information about how Ping Pong can benefit older people go to [www.pingpong4u.co.uk](http://www.pingpong4u.co.uk) Contact Peter on 07434 53134 or [peter@pingpong4u.co.uk](mailto:peter@pingpong4u.co.uk).*

### **Leeds Mindfulness Cooperative**

*Uddyotani runs mindfulness courses to help people's wellbeing. Leeds Mindfulness Cooperative were awarded a Small Fund to work with older people who are LGBT+ (lesbian, gay, bisexual or transgender).*

I got into mindfulness because I'm a Buddhist. For a long time I taught meditation in a Buddhist context. I trained with Breathworks because I really wanted to offer mindfulness in a secular culture. This is something anyone can do no matter what faith they have – or none. Breathworks teaches you mindfulness for health. We set up Leeds Mindfulness Cooperative a few years ago – we're a group of teachers who want to use the Breathworks technique to help with wellbeing.

A lot of us have become isolated during the pandemic. If we succeed in responding to that, we feel really pleased. I think people are isolated in the LGBT (lesbian, gay, bisexual or transgender) community. If you're not the sort of person that goes to clubs and bars, it can be really tough to go out and meet people.

We've lost connections throughout the pandemic; all our lives are a bit smaller. A fair number of our team are LGBT+ so when we saw the opportunity we thought, "We'd like to do that – this is our community."

We'll offer an 8-week Mindfulness Course, particularly aimed at older people who are LGBT+. We've been running similar courses for about 3 years. We're going to run the course face-to-face in 2022 – but we've been running on Zoom over the last 18 months. We've been able to reach out into people's homes and really make a difference. These are group sessions, for 8 – 12 people. We're offering people mindfulness skills to help take into account what's difficult for them – and what is good about their lives. There's something about doing this in a group that is really powerful. People get very isolated with their own difficulties and it makes an enormous difference to come together in a group. Talk to some other people. Sometimes be vulnerable together. That shared experience can make a tremendous difference. There's something that goes on in a group which is incredibly powerful.

A simple definition of mindfulness is learning to see what's going on in this moment, just as it is. So we can respond and make choices about how best to look after ourselves. How to live well. Learning how to enrich our lives, even if we're isolated or in pain. Sometimes it's about connecting with nature so we're not just caught in our anxieties. Learning to have a kinder relationship to ourselves. Some people have a misconception about mindfulness that it's about sitting really still, being really quiet and getting rid of all your thoughts. That's not true: you're not trying to "get rid" of anything. It's simply an invitation to for your attention to rest on either the body, or a sense experience, or a beautiful object. And allowing the thoughts to quieten down, which will happen all by themselves. It's about learning to see what's going on without judging.

As well as the specific LGBT work, we're running 2 more free courses for people over 60 in early 2022. The Let's Recover Together course is a partnership between us and Space 2. It teaches skills to support wellbeing whilst living with chronic pain or long-term health conditions. There's also the Growing Older course at Meanwood Valley Urban Farm, in partnership with Lemon Balm Therapeutic Horticulture. I'd encourage anyone to come along to either these courses, and give mindfulness a try.

To find out more about the courses for older people contact [Info@leedsmindfulnesscoop.co.uk](mailto:Info@leedsmindfulnesscoop.co.uk).

For more information go to [www.mindfulnesscoop.co.uk](http://www.mindfulnesscoop.co.uk)

### **Irish Arts Foundation**

*Des Hurley is a musician who founded Irish Arts Foundation in 1998 to provide access to traditional Irish music and arts in Leeds. They were awarded a Small Fund to get older and younger people together to make music.*

This was an intergenerational project with the title "Fair Play to You", which is an old Irish expression that people tend to use if they've sung a song or played a piece a music. Irish people have a lyrical use of language! We involved some older musicians and some young students and they made music together. The best outcome is seeing younger people involved in the Leeds Gathering. The Leeds Gathering is our annual music and arts festival. Obviously, this year we couldn't bring any musicians over from Ireland. The focus this year's event was involving established and emerging musicians locally. So organically, the intergenerational project has become the focus of the actual festival. We were working with young people aged 16 – 25.

In the summer we did an event in Cross Flatts Park. We played music, we chatted, we sang songs – familiar old Irish classics like Molly Malone and The Irish Rover. We all worked together to put on the event. It's close-knit community. We tried to let the project evolve organically.

I'm as equally proud of my Irish heritage as I am my Yorkshire heritage. A lot of young people, they're dual heritage. They've got black family, Italian family. It might be that the Irish connection is just one person in the family – a grandfather perhaps. But by being involved with projects like this, it keeps their cultural identity. They become mindful of it – but in a "soft" way. "Yes, this is something I can do. I can play the tin whistle. I know a few songs that my grandad used to sing." Inevitably it dilutes through the generations. With every post-war immigrant community it's the same.

I think the older people get a sense of pride. They wouldn't actually say that – they're like Yorkshire folk in that respect, keep their cards close to their chests. But they've come over here, worked hard and now their culture is being kept alive for future generations. And there's a quiet of sense of pride. I think the young Irish people have an in-built respect for the older people.

For more information about Irish Arts Foundation contact Des on 0113 278 7442 or

email [info@irisharts.org.uk](mailto:info@irisharts.org.uk). See [www.irisharts.org.uk](http://www.irisharts.org.uk)



# AN ANTHROPOLOGIST IN LEEDS

*Christiana was born in Ghana and  
has spent her life researching African culture.*

*We hear her story.*

*Plus: Les looks back to the cold winter of 1947;  
and Dennis shares his traveller's tale.*

*Dr Christiana Oware Knudsen was born in Ghana nearly a century ago. She's spent her long life studying, researching and writing about African history and ancient practices. She has a particular interest in the interaction between European and African cultures. Christiana moved to Leeds in 2018. We met her to find out more about her extraordinary life and some of the things she's studied over the years.*

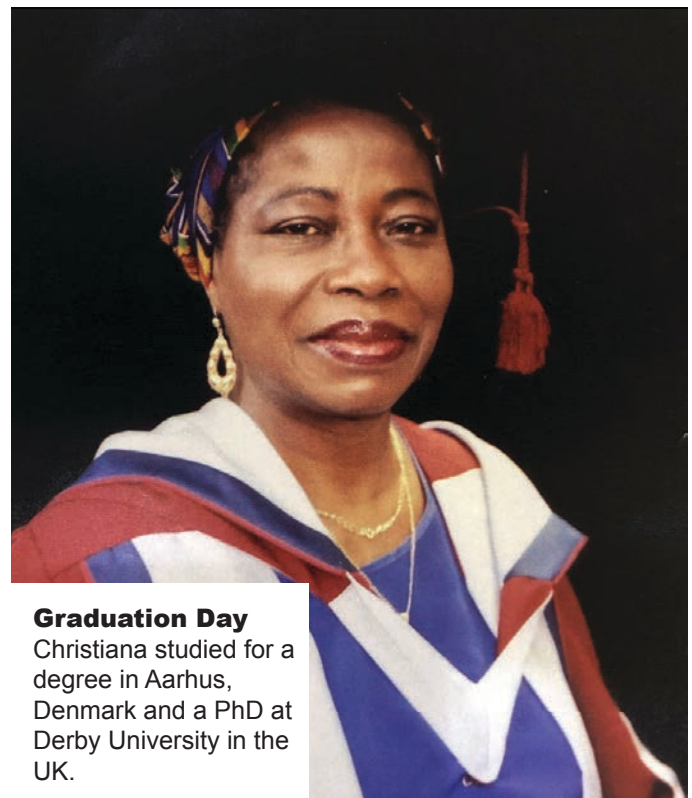
I have a very strange history. I was born in Ghana. My father was a headmaster in a school in Accra. His father was a chief and when he died my father came back to where he grew up. He met my mother and had children. My mother was his second wife. She was a potter. There were 5 of us children. In those days girls didn't go to school much. But my father was educated, he was a teacher, so he sent us to school. In my class I was the only girl amongst boys. Some of them threatened to beat me and so on. They would have nothing to do with me. "Get out of here!" That sort of thing. My father used to come to the school to threaten the boys! After school I went to college in Kibi – the capital of the area. I wanted to come to Europe to study law, but my family said no, I had to become a teacher. So I went to study in Kibi. I qualified as a schoolteacher and came back to where I grew up, to teach. In my class I had about 45 children!

When I was a teacher, I met my husband-to-be: a Danish medical doctor. It was an accident. One of the nurses that I knew was working in the same hospital as this man. She said to me one day that we were going to talk to the new doctor. Black people didn't really mingle with white people, so this was a big thing. My friend's boyfriend – the chief nurse - was going to meet the doctor and he wanted her to go with him. But she didn't want to sit there alone while the two men were talking about medicine. So she asked me to go along so she had someone to talk to. I said, "No, I don't want to!" But she forced me! So we went to see this doctor. He didn't even talk to me. But afterwards the doctor said to the nurse, "That lady who came with you. I'd like to see her again." My girlfriend gave me the message. In our culture – because of the slave trade – my people wouldn't allow me to see a white man. So I had to go and talk to my mother first. She talked to the family: in my culture, it's not just your mother and father, it's your entire family. Everybody contributes to help. The family said, "No, no, she shouldn't go. This man will take her away and she'll become a slave." But my mother said, "Don't mind them! Go ahead." So I went to see this doctor. We talked and had coffee. He said he was looking for a girlfriend and that I should come and have something to eat with him. My mother gave me permission.

### **Moving to Denmark**

After 3 years of teaching my husband said to me, "You shouldn't work. We are going to live together. My mother stopped work when she married my father." My husband was half-English. His mother's family were from Abingdon, near Oxford. They were top people. High class people. Very rich. And my family were high class too – not exactly millionaires though! But my mother said, "You have a good education, you should work." She never went to school. So I continued to work. I did stop for some time when we had children. We had 3 children, then moved to Denmark.

I became interested in the slave trade when I came to Denmark. I was looking for a job, to try and learn the language. I went to a butcher shop, to a flower shop – all sorts of places. Nobody would give me a job. Nobody would have me – even for an ordinary cleaning job. It was a very racist place. When they were trading slaves, they never brought a single slave to Denmark. They sent them all to the plantations. I had a lot of trouble to begin with. It was the same in the UK for the people brought on Windrush. So I went to university. I wanted to study something about my culture.



### **Graduation Day**

Christiana studied for a degree in Aarhus, Denmark and a PhD at Derby University in the UK.

### **The Slave Trade**

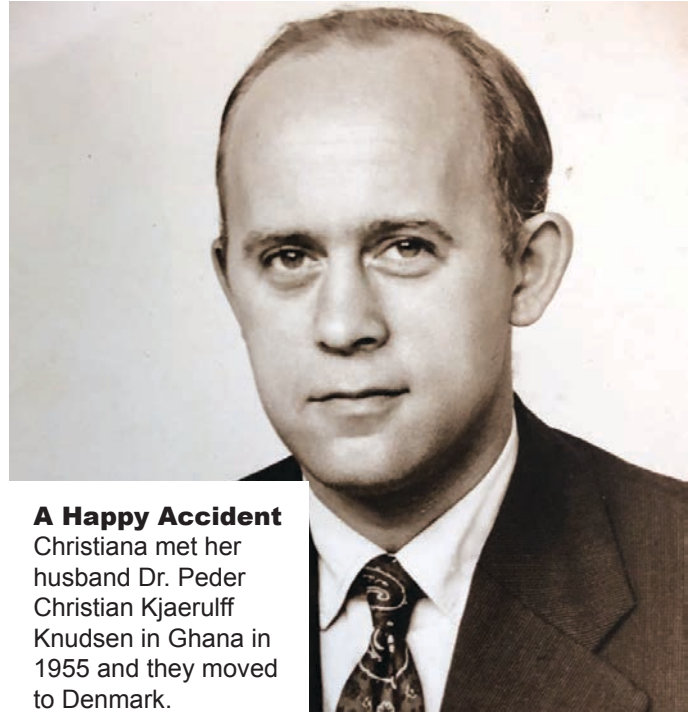
During the slave trade in Ghana, one of the Scandinavian forts was called Christiansborg. My grandmother, when she was 15, was a babysitter there, for some of the slave traders there. My mother's family were from that area. It was an area that was full of gold. They used to bring it to the slave traders. They came there, to begin with, to buy gold. Eventually they changed. They didn't want the gold – they wanted human beings.

*Christiana has written several books, including a history of the Christiansborg Fort mentioned above. One of her books was about the special markings some Ghanaian people have in their bodies. In the old days, people would make these marking by cutting into the skin, but these days ink is often used.*

If you meet them, wherever you are – even if you are in New York or China - you can see where they come from. Who they are, whether they come from a witch doctor's family, or they are weavers, or they are witch doctors themselves. You can always tell from the markings. We all have a tribe. My family are the Akan people – about 45% of Ghanaian population. But we are not to be touched by a knife. Unless someone is seriously ill, otherwise it is not allowed. Some of the people in other tribes, they put a mark on their penis. In modern times they write a woman's name. Sometimes a big snake. The traditional markings were all made with knives and they all mean something. In the ancient times they used to file their teeth and put poison in them. Sometimes they'd bite you – like a snake – to kill you. When I was doing my research, all of them were dead, I couldn't get to them personally.

*Another of Christiana's books was about Female Genital Mutilation or (Female Circumcision). This ritual is widely practised in Africa and Christiana found that women who don't go through with it are often not supported by their families. The practice is supposed to be illegal, but Christiana knew that it was still taking place.*

If you are a woman and your husband dies, or you are divorced, the family will take care of you. Brothers, sisters, cousins, uncles, aunts: it's very strong. If you go through with the ceremony of Female Circumcision, no woman will be destitute. If not, no. They were supposed to stop but they didn't, they did it in secrecy. I spent about one year researching it. Sometimes I had to disguise myself as a native of the tribe. Then found someone who can speak my language. Not many people spoke English. There was a time that somebody found out that I could not speak their language and therefore I was a stranger. If you come and observe



**A Happy Accident**  
Christiana met her husband Dr. Peder Christian Kjaerulff Knudsen in Ghana in 1955 and they moved to Denmark.

them doing it you have to be circumcised yourself. If not, they will force you to have it. I had to run away!

The whole culture is coming to an end because of foreign and Western culture. Therefore a lot of people are having problems. In the UK the government helps when you are in need – in Africa it is the family. So if you don't follow the family rules, you won't get help. I recommended that the government need to help all those girls who haven't gone through the process. Because without help they will have real problems.

In Africa we are a little bit confused. We have to follow the European culture and at the same time we have our African culture. It is very difficult. Many educated Africans have left. Families live in the same villages and towns. But the educated ones go to cities and they travel. It is very difficult for the older people left in the villages to organise themselves. The government doesn't help much.

### **Special Energies**

In 2000, I did my PhD around people with special energies. I spent 5 years in the UK studying witch doctors and people like that. When I was growing up in Ghana, when I was young, I met a school headmaster, an old, old man – he was a witch doctor too but he kept quiet about it. He told me, "You don't belong to Africa. You are black but you don't belong here." He said, "Somebody is coming from Europe to take you away. I want to talk to your mother about it." My mother said, "He sounds like a madman, but I'll go and talk to him. He told her that my children would be born in hospitals – which was rare in Ghana. My mother thanked him and he went away. And we all



### Leeds Luminary

The Leeds Library recently hosted an event to hear about Christiana's work. Image by Simon Miles

forgot about it. But I did go away. And with my third child we both nearly died. They had to send me to hospital a hundred miles away. It happened that both of us lived. He predicted this, but we couldn't understand it at all. These were the type of people I was living with. The Europeans and the academics, they don't understand. Some people in the West have these skills but they have to keep quiet. I did research here in the UK for 5 years, meeting these people. It is a gift from God that some people have. They are dying away because they can't make a living, but they are still around.

### Getting Older

I have 3 children: one is a film director, with many credits. My daughter is a medical surgeon living in Denmark. My other son is a university professor. He is a lecturer in London – he's my baby. He's 61! I had lived in Denmark for many years. My husband died.

Two of my children were living here in the UK and I have grandchildren – and great-grandchildren - here too. I had eye trouble and someone suggested to me that there are very good eye specialists in Great Britain. That's why I came to live here in January 2018.

Doing my research, I meet a lot of older people who are depressed. In my case I don't worry at all, because I'm still working, so busy writing and researching all the time. When I think to myself that I'm 89, I don't believe it. I love it. In my culture, when you become old, people take good care of you, bow to you. "Oh

madame, can we help you?" The older you are, the prouder you are of yourself. Here, they push all of us into detention camps – old people's homes! Where I am from you are not even allowed in the kitchen – no work! You sit and keep an eye on the children playing.

I was born in 1932. I have been arrested in many places. I used to colour my hair but now I've stopped so that people can see I am old. They think I am not the age I say I am. I was arrested in Spain and sent to court. They thought I was a prostitute! Because my hair was not white! I had to pay for a lawyer and an interpreter. I was arrested twice in Heathrow airport. And in Norway and in Canada. There was a problem with my passport. "You say you were born in the 1930s – but you don't look it." They put me in a detention camp. And they deported me. 10 times I've been arrested! My grandmother was 105 and she was still alive – complaining about the food. Some of my cousins, they were 98 or 99 when they died. It's a family matter of genetics. Also, being African, we don't have many wrinkles because the skin is protected from the sun – so it's thick. Our thick black skin protects us from the sun.

I'm going to keep on writing books. I have finished 3 manuscripts. One is a satire about coronavirus. One is a book of ancient fairy tales. Some of them are old ones. Original stories from ancient times. ■

To find out more about Christiana's work and her books go to <http://christianaknudsen.com>

# 1947 & All That

*Les Levi is a retired Civil Engineer for British rail. He recently shared his memories about his childhood, particularly the winter of 1947.*

**I**n 1947 it was a very bad winter, very heavy snow. I was 7 years old. When we opened the front door, we couldn't get out. The snow was in 8ft high drifts! I managed to get to school though - nothing could stop me! I was born in Leeds and lived in Harehills. It was only a short walk to school, about a mile. Back then, we all used to walk or bike and thought nothing of it. The tram kept running in the bad snow too, but people used to walk even if it was 3 or 4 miles to their work.

When I was a child, kids played out in the street, proper games. I don't see that much anymore. We used to play football as there was no other place to do it. Without many cars you could do that. We played

tors - marbles - and conkers too. Nowadays you can't do that its 'too dangerous' - what a carry on! Girls played hopscotch using chalks, and skipping with 2 ropes, all in it together with a song. When it snowed, we used to sledge at Roundhay Park, down Hill 60. I had a real sledge. There were no such things as toys, you made your own out of wood. What you never had you never miss, so you made up games! In our street people put clothes lines across from one side to the other. The women used to hang all the clothes between the 2 rows. Kids used to do silly things like swap clothes round and put stuff on that wasn't theirs! Things like that, made up games.

My Dad used to work at Burtons as a tailor. It had a great big cafeteria for 2000 people, the site was like a town, a massive place, and we used go and watch amateur boxing there too. Before that, my father was in the war for 4 years in the RAMC, (Royal Army Medical Corps). He had his medals. He sent us photos of himself while he was abroad. It would be winter here and he would be wearing shorts! He used to send lovely letters to my mother too and she kept them all. It must have been hard for my mum

bringing up a young child, as I was only 3 when he went. After the war, every November he would go to London, as Burtons would put on a train for Jewish ex-servicemen. We used to watch him on the telly and at the memorial marches. I was proud of him.

It was so cold in the winter of 1947 that icicles hung from the house and ice patterns formed all over the windows. Most housing didn't have heating other than coal fires. The coal man threw the coal down into the cellar and as kids we had to fetch it for the fire. It was a trick to light it, it wasn't easy. We put newspaper over the top to get it going. We also made toast with toasting forks over the flames. Long extending forks, that's how we did it. The coal fires caused problems

in the winter when smoke hit the cold air causing thick smog in the streets. Sometimes the bus had to stop as the driver couldn't see, it wasn't safe to drive. It was hard to breathe. You've got all these marvellous things nowadays that we didn't have in those days. I think we were a bit tougher then.

The winters really used to be colder and climate change seems to have affected it.

You never thought anything about it. You knew every winter you would get snow and frost. By November there would be no leaves on the trees or flowers in the garden, but they were still there this year, it felt like Spring! Nowadays everything has changed, even the weather. ■

*These memories were shared with Emma Harris, Leeds Homeshare Coordinator. Les is a participant of this Leeds City Council scheme that matches older people looking for help and company at home, with younger sharers. Homeshare finds a helpful vetted sharer to move in and provide support and company. The sharer also benefits from low cost affordable living.*

*If you would like to find out more about Homeshare you can contact 0113 3785410 or visit: [www.leeds.gov.uk/homeshare](http://www.leeds.gov.uk/homeshare)*





# Peddalling to Venice

*When he was a teenager **Dennis Morrith** dreamed of going abroad. A chance discovery led him to travel all around Europe – and all by his own steam and with no maps! Dennis recalls his adventure in this travellers' tale.*

**W**e were still at war with Germany and I was a 14-year-old lad. On one of my days wandering about in the countryside, I came across an old bike frame in a rubbish tip. I took it home, put on a couple of wheels and handlebars: I had a bicycle! I used it to go biking all over the British Isles. But I had a craving to go to the continent and see the places I'd read so much about in the war.

I left my job and biked to Goole to find the cargo ship *Irewell* that was going to Rotterdam. In those days there weren't many people with phones, and I remember a telegraph lad turning up on his red motorbike just before I left home, to say that the ship would sail at midnight the following day. Off I went. Found the ship tied up, put the bike on my shoulder and climbed the ladder up the side.

Venice had always enthralled me: Marco Polo and the canals. So that's where I would head for. I stayed a night in Rotterdam. Riding from there to Belgium, I saw a busy road with a sign saying 'Antwerp'; that's where I was heading so I pushed my bike up the grassy bank and peddled away. However, I was constantly getting 'beeped' by passing cars. Eventually, as I was passing a village, one fellow frantically waved at me and told me that bikes weren't allowed on motorways. I didn't even know it was a motorway – there were none in Britain at that time.

So I went on. Nothing rushed. Seeing anything that interested me. I didn't have local maps and there never seemed to be signs when I needed them. Often, I had to use my watch and the sun to know which direction to take. I travelled through Brussels and Luxembourg, into Germany and then to Switzerland. From a Swiss village, I knew the next day would be hard going; I had to go over the St Gotthard Pass. I was up and off about 4 in the morning to get over the top before the sun was up – only to find that, when I got there, it was deep in snow. I dropped down to Como and Milan.

I never had a lock for the bike. I used to leave it in all



kinds of places, never thinking anyone would steal it. From Milan I knew that Venice was a long way to the east. I picked the main road out of the city and headed into the sun. I was right and reached Venice. I had 5 days there, exploring and painting.

We were still in the "Cold War" and the Russians had half of Austria. So I could go into the "free" half, biking up through the Dolomites. When I reached Salzburg, where I couldn't go any further, I decided to go west, right across Europe to the Atlantic. I pedalled through Lichtenstein, across Switzerland and to France. I got a job emptying a barge and spent the money on new shoes – my shoes had string around them to keep the soles in place.

My last stop was Paris. Four days sleeping in a tent and seeing the city before getting the ferry to England, absolutely penniless. I worked as a sign writer at the Youth Hostel in Dover, then reverse charged a telephone call to my aunt to tell my mum to meet me in London. So ended what had been such a great experience – on the bike found in a rubbish tip. ■

*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](mailto:hello@shinealight.org.uk)

Phone - 0113 244 1697

Post - Shine, LOPF

Joseph's Well,  
Hanover Way, Leeds,  
LS3 1AB.



# MEMORIES OF THE ABBEY

*Kirkstall Abbey was built in the 12th Century and generations of visitors have enjoyed its picturesque ruins. For many local children, the Abbey was their playground.*

*Dr Patrick Bourne (Assistant Community Curator, Kirkstall Abbey and Abbey House Museum) explains some of the history of the site and shares some of the memories of the local people he's met.*

In the heart of a bustling suburb of Leeds stands the iconic ruin of Kirkstall Abbey, which was founded in 1152. Yet while the monks that lived there may have left in 1539, it is still used by visitors from far and wide, and by the community which has grown up on its doorstep. Over the past two years we have collected memories from some of the local people who grew up around it, to get a sense of what the Abbey means to them.

## **Outside Play**

For lots of local residents (past and present) the Abbey is synonymous with playing outside and recreation, especially for those without gardens of their own. Dawn Levine was one such resident. Growing up in the area in the 1960s and 70s, Dawn recalls: "Kirkstall was the centre of our world.... My grandparents lived down the road, I went to school in Kirkstall, I went to church in Kirkstall, I went to the Brownies. My playground was Kirkstall Abbey and the museum, which I loved going to. It was just a lovely place to grow up." Dawn reveals how vital the Abbey was for local residents and their wellbeing. Talking about a picture showing her being pushed in her pram outside the Abbey she says, "I grew up as a little baby at Beecroft Street, and it was a one up, one down, which were the only houses that were around Kirkstall at that time (unless you were affluent). It had an outside toilet, and we lived there for about four years. It's just a traditional old Silver Cross pram; they would have taken me out in the pram to Kirkstall Abbey. For many, many years Kirkstall Abbey has been a big part of my childhood and of my family. A lovely place to grow up and I think everyone should remember what the Abbey and the museum give to us." ►

## **Bonny Baby**

Dawn Levine's mother pushes her pram around the Abbey in the 1960s.

*Image © Dawn Levine*



## Memories of Leeds

*Sue Chell was another local, who moved from Burley to Kirkstall when she was 8.*

“We did sometimes play in the Crooked Acres field opposite our houses. No playground there then. Or we’d go down to the Abbey to play. We had been told never to go near the river, and I think we were very good and stayed away from it. We did love the Abbey and the museum - and the museum garden. My friend and I used to play in the museum streets, pretending we lived there. I don’t remember anyone taking any notice of us at all. I think I preferred the Abbey as it was then. More of it was railed off and you could never go in, but the cloisters and the church were not railed off at all and you could just wander in any time of day - until the perimeter gates were locked. It seemed more unspoilt somehow then. Those later excavations weren’t done then, that part was all grassed over apart from the ‘sticking up bit’. There was a rusty metal drinking fountain near where the Visitor Centre is now. As a small girl, taking a drink from it, I got rust all over the front of my new white organza best dress and ruined it. The field adjoining the museum was always known as the Cow Field. I think that I can remember seeing cows in it when we visited the Abbey when I was very small. Then we lived along the road in Burley - but maybe I am just imagining it.”

*Was the Abbey your playground, like it was for Sue and Dawn? We’d love to hear your stories.*



**Dig For Victory**  
Archaeologists (and helpers) at the Abbey excavations in the 1950s. Image © Leeds Museums & Galleries



**Health & Safety**  
Bill Best worked as a security guard in the 1950s. Image © Leeds Museums & Galleries

### **The Workers**

Since the Abbey was gifted to the City of Leeds by Colonel J T North in 1888, hundreds of staff have helped welcome visitors over the years and contributed to its upkeep. One such individual was Mr William (Bill) Best, who worked as a security guard at the Abbey in the 1950s. He had previously worked as a wheelwright for the Leeds Industrial Co-Operative Society, until being forced to stop by heart problems. He then worked as a security guard at Kirkstall Abbey until his death in 1957, aged 54.

During the first lockdown in 2020, we were also lucky enough to learn of another ex-employee of the Abbey and its grounds. His granddaughter Ruth explained more:

“My grandad, Eric Woodhead, was known as Charlie, he was the groundsman at Kirkstall Abbey in the 1960s I think. It was something he was very proud of and something his family is still proud of today. It makes a connection for us to the Abbey, especially as we all grew up near there and visited it lots and lots of times.”

As Ruth’s cousin Joanne explained, their grandad had a role in another well-known part of the Abbey grounds at that time - the Geological Garden, which was opened in 1957:

“I believe he had something to do with the construction of the map of the United Kingdom by the regional stones [the Geological Garden], which used to be by the river across towards the bowling green. He used to call it Boot Hill. He was so proud of that and it was a sad day for us when it was removed. My family all live locally still; the tower can be seen from my living room and we all feel a connection to it. Probably because of my grandad.”

### **Excavations**

One of the more fascinating sets of photographs of the Abbey in our own collections relate to a series of digs that took part in the ruins in the latter half of the 20th century. The first official archaeological excavations at Kirkstall Abbey were carried out between 1950 and 1964. The dig concentrated on the south and east areas, including the refectory, kitchens, infirmary and a section of the cloister. The excavations revealed more buildings and yards at the south side of the Abbey, more of the drainage system, and a wide range of fascinating Medieval objects which are in the Leeds collection (and many are on display).

Barrie was born in 1941 and recalls the dig: "I read of the excavations in the Yorkshire Evening Post. The excavations were about 3-foot-deep. The earth colour was a little lighter brown than I had expected. It was very disappointing. I was expecting the remnants of 'finds' or even treasure, but saw nothing, a few small stones, pebbles and clumps in the bottom. I visited again with a small balsa-wood aeroplane – and it fell into the trench! I sought the permission of the Custodian standing near (who looked and dressed just like Blakey from *On the Buses*) He said, "OK" and I jumped down into the trench, retrieved it, and got out".

### **Changes to the Abbey Visitor Centre**

One part of the Abbey that has changed a lot over the years is the Abbey Visitor Centre. Did you know that in monastic times it was originally the reredorter – or in other words, the place where monks went to the toilet? Its use may have varied over the years, but it has long been a welcoming place for visitors. One photo from our collections dating from 1955 shows what was probably one of the digging groups from the excavations. Easy to pick out at the head of the table is Dr David Owen, Museum Director. The group look to be taking a well-earned break from their hard work. Behind them you can glimpse the café counter, with its tantalising glimpse of cakes on offer.

In the 1950s the Abbey also held special exhibitions on a first-floor space above the café. These were often tied to a particular event, such as the 800th anniversary of the Abbey's founding in 1952, or the Queen's coronation the following year. Photographs in our collections show snapshots from *The Monks of Kirkstall Abbey* (1954), *Monastic Life in the Middle Ages* (1955) and *Monastic Arts and Crafts* (1956), including two gentlemen posing in monastic habits. A photograph from the 1980s, when the guesthouse was excavated by West Yorkshire County Archaeology Unit, clearly shows a staircase leading to the first floor.

### **An eventful place**

For a lot of people, the Abbey is a cherished venue for events. The ruins have played host to music, theatre and get togethers for the whole community since at least as far back as the 1920s when Miracle Plays were performed by Leeds Civic Playhouse in the Abbey grounds.

The Abbey has held a range of community events through its long history. The Kirkstall Festival is a huge annual event organised by the Kirkstall Village Community Association that has taken place every year since 1981 (apart from in 2020). Also fondly remembered are the summer Shakespeare plays. One local resident, Susan Jayne, has good memories of both:

"The Kirkstall Festival has punctuated most years and we almost always managed to not be away for them. Bank Holiday Mondays are generally Abbey days because we can visit Abbey House and get lunch before grocery shopping! There is an old snap of me holding the programme for one of the Robert J. Williams Shakespeare Festival plays at the Abbey – I think they came for around 10 years from the 90s to the noughties. They were magical evenings."

The Abbey also used to host the annual Classical Fantasia, a spectacular evening of music and fireworks which was much loved by all. 2011 was a bumper year for events: March saw a BBC Three production of 'Frankenstein's Wedding' filmed at the Abbey in front of a live audience, and in September Leeds-born band the Kaiser Chiefs memorably rocked the Abbey ruins. And of course it is still a vibrant venue for deli markets, outdoor cinema, carol singing and many other things.

In May, Abbey House Museum will be launching an exhibition called 'Kirkstall Lives'. We are keen to hear from anyone who may have photos or objects relating to growing up, living, working or socialising in the Kirkstall area, and you can look out for more Kirkstall related articles in. Did you use the Abbey as a playground? Do you remember groundsman Charlie Woodhead? Were you around when archaeological excavations were taking place?

Perhaps you took part in them! Or were you part of a theatrical production at the abbey? Whatever your story, we'd love to hear from you.

*Please contact [Patrick.Bourne@leeds.gov.uk](mailto:Patrick.Bourne@leeds.gov.uk) (tel: 0113 3784079) if you would like to get in touch. With thanks to Sue Chell, Maureen Howie, Susan Jayne, Dawn Levine, Ruth Warden and Joanne Woodhead for their contributions to this article..*



*Keeping warm in the winter is a challenge; we share some tips and meet a group of knitters who talk about all things woolly.*

**I**n the winter months, it's important not to get too cold. As we get older, the cold can affect us more. Being cold can certainly affect our health. It's not always easy to keep warm, especially if you live on your own in a big, old, draughty house. In recent months, energy prices have sky-rocketed and it's a worry for some that they won't be able to afford to be warm.

Home Plus is a project from Care & Repair. Over the page you can read about how the project can support older people to have a warm home. If you're concerned about the age of your boiler, or think the heat might be escaping through ramshackle windows, they

might be able to help. The aim is to keep you warm and well – and in your own home, not in hospital or a care home.

One way to keep warm is to keep active. Knitting keeps your hands active – and you can end up making a woolly hat to wear on cold nights! As you might be aware, there are many “knit and natter” groups across the city. We went to visit one such group in Moor Allerton to find out why people knit and how they started. Hopefully the members' enthusiasm might inspire you to get out of your cold house and find a knit and natter group in your area – or at the very least give knitting a try.

## Knitting and Nattering in Moor Allerton

For the knitters at Moor Allerton Elderly Care (MAE Care), it's important to get out of the house and meet other like-minded people. On a cold day it's good to get moving and come to MAECare's warm, cosy centre in a shop unit in LS17. "It's about company," says group member Louise Iduas. Another member, Ann Pearce, agrees: "We could sit and knit at home. But it's different here. You come out, you meet people you know and you can chat and catch up on things." The group has been going for several years but nobody is quite sure when it started. "It's been going forever!" says Louise. Ann Pearce recalls how she got involved: "A friend told me about the group about 20 years ago. I was a volunteer driver for MAECare. I delivered incontinence pads and drove people to appointments. I joined lots of groups back then. I go back a long way!"

### Starting early

Other members joined more recently. Elaine moved up to Leeds from London 5 years ago. "I hadn't done knitting for years," she says. Elaine started going to a keep-fit class at a local church. "For the centenary of the end of the first world war in 2018, members of the congregation decided they'd knit poppies. They did a wall of poppies in the church. I picked up knitting again from that – and I haven't stopped since." Elaine learned to knit when she was a child. "My mum taught me when I was 7 or 8. Around 60 years ago now."

For Ann Pearce, knitting has been a lifetime pursuit. "I've knitted since I was 4," she says. "My grandmother taught me. That was over 80 years ago." Ann's first knitting project was an ambitious one – and her grandmother was on hand to help her. "After she had taught me the basics, I did a little toy rabbit. I was so proud of it." Ann believes that traditional crafts should be passed on through the generations. "I think knitting is a craft that is in danger of dying out," she says. "We need to teach our children and grandchildren."

It's not just knitting either; the group do other crafts. Ann Pearce does crochet and makes lace. Ann James, another member, likes a diverse range of crafts. "I love patchwork and quilting, she says. "I've made coverlets for single beds." Ann James likes knitting but prefers to crochet. "I'm making a knee-blanket for when I'm old," she says. Louise is a crochet-lover too and made a suit as her first project. She is a regular at the group, even though most weeks, she doesn't actually knit. "I'm the natterer," Louise laughs. "You've got to have one in the group. I can knit and do cross stitch and crochet. But I don't! I'm having a sabbatical!"



### Knit One, Purl One

Ann Pearce has been coming to MAECare for 20 years and learned to knit at her grandmother's knee.

Since returning to sessions in the Autumn, the groups have been meeting but making sure they are socially distant. "We've had to reduce numbers," says Mary Baillie, who works for MAECare. "And we meet fortnightly so everyone gets a chance to come." It's clear that meeting face-to-face is really important to the group. "You're interested in what other people are doing," says Ann Pearce. "It gives you ideas and you get home and it gives you some energy to finish something off"

The act of knitting is beneficial too – physically and mentally. "It's quite calming," says Ann Pearce. It keeps your fingers active too – you lose most of your heat through your extremities, so knitting in the evenings can stop you getting too cold. Some of the members watch TV and knit. "I go for uncomplicated patterns," says Elaine. "And I can't watch anything with subtitles." There are unexpected benefits too. "For me, at home in the evenings, it stops me snacking," Elaine admits. "Craft brings you a lot of pleasure," says Ann Pearce. "It gives other people pleasure as well because they get presents!"

Though many of the group learned to knit at a young age, it's never too late to start (or restart). Ann Pearce thinks it's quite easy to learn: "With knitting there's only 2 fundamental stitches: you've got to learn to knit and you've got to learn to purl. Gradually, you learn to do more." Louise agrees. "There's always someone, somewhere to help you get started," she says. "Once you get started, that's it, there's no stopping you. Mind you, I started a cross stitch for my grandson when he was 5. He's 23 now."



## Brrrr!!!

If you live in a cold home, it can have an impact on your health. There are lots of physical problems that might occur, such as pneumonia and respiratory illness. As you get older the cold weather can put you at increased risk of heart attacks and strokes. Low temperatures can worsen existing health conditions or make it difficult to recover from injuries and illnesses. Being cold can affect your mental health too. A pretty gloomy picture! But there is something you can do about it.

## Top Tips

Not everyone is eligible for support with Home Plus – and you might have to wait to get things done in your home. In the meantime, you could try these free ideas to keep warm in the winter.

- Keep your hands and feet warm. You lose most heat through your extremities. Wear gloves, thick socks and a hat. Knit them yourself if you can!
- Keep the house heated to a stable, comfortable temperature.
- Keep moving – try not to sit still for more than an hour. Go for a walk around the room whilst watching TV!
- Draw the curtains at night. Tuck long curtains behind radiators to ensure heat doesn't get trapped.
- Wear thermals in bed or get a hot water bottle.
- Wrap up in a blanket or throw when sitting down.

*Care & Repair is a great organisation that supports older people in Leeds to keep warm and well. Their Home Plus service helps people stay in their own homes by providing servicing, repairs, equipment, information, and other support.*

## Support

Care and Repair helps older and disabled people live in warm, safe and secure environments. The aim is to improve people's living conditions, keep people healthy and prevent them having to go to hospital or move out of their own homes.

The Home Plus service is available to people who are over 65 or have a disability or a long-term health condition – and who have a household income of under £21,000 and savings less than £16,000. There is also specific support for people at risk of falls or who have particular health conditions. Once you contact Home Plus, they may talk to you on the phone for an initial assessment, then follow this up with a home visit.

Some support will be repairs or adaptations in the home. The team might also help you with finding the best energy tariff or working out the best way to pay your bills.

## A Warm Home

There are practical things you can do to make sure you're keeping your home as warm as possible. These include:

- Energy saving lightbulbs
- Draught-proofing windows and doors
- Reflective radiator panels

It's a good idea to make sure your boiler and other heating appliances are serviced and repaired. However, all this might cost money. You might be eligible for help through Home Plus at Care & Repair.

## Contacts

Call Home Plus at Care & Repair on 0113 240 6009  
Email: [homeplus@care-repair-leeds.org.uk](mailto:homeplus@care-repair-leeds.org.uk)  
Website: <https://care-repair-leeds.org.uk>  
Address: 323 Roundhay Road, Leeds, LS8 4HT



**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.

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

**Wordsearch - Abbeys**

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

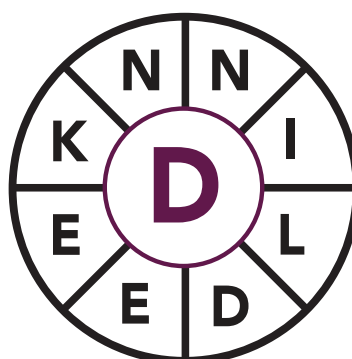
Battle Bolton Fountains Glastonbury Holyrood  
 Kirkstall Lindisfarne Malmesbury Melrose  
 Rievaulx Westminster Whitby

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 39.



**2022 Quiz**

1. Which book by James Joyce celebrates its 100-year anniversary in 2022
2. What will the Queen celebrate in 2022?
3. Which country will host the Eurovision Song Contest in 2022?
4. What major sporting event will take place this summer in Birmingham?
5. Where will the World Cup take place in 2022?
6. Billie Eilish and Diana Ross are headlining which festival in June 2022?
7. A sequel to Top Gun is being released this year. What year was the original film made?
8. How old will Paul McCartney be in June 2022
9. The Chinese New Year started on February 1st – what animal represents this year?
10. Which broadcasting organisation celebrates its centenary this year?
11. Where are the Winter Olympics taking place?



**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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Advertisement

# Keeping Well at Home

Keep moving whilst you're staying at home with these fantastic resources from Active Leeds and Public Health. Available to people that are shielding, clinically vulnerable or have mobility problems.



## Resources include:

- Online Exercise Activities via Zoom
  - IPAD Loan Scheme
  - Personalised Support
- Digital activities on YouTube
  - Activity DVDs
  - Peer Support Groups
- Printed Resources such as the Keeping Well at Home Booklets

To request any resources or to seek support in accessing our programmes, please contact us

Phone **0113 3783680**

Web [active.leeds.gov.uk/keepingwellathome](http://active.leeds.gov.uk/keepingwellathome)

Email [health.programmes@leeds.gov.uk](mailto:health.programmes@leeds.gov.uk)

**ACTIVE**  
LEEDS  
*for health*

**WE ARE  
UNDEFEATABLE**

**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](mailto:lgc@mesmac.co.uk)*

**Sage:**

**[sage@mesmac.co.uk](mailto:sage@mesmac.co.uk)**

*Group for 50+ year old LGBT+ people*

**Friends of Dorothy:**

**[info@friendsofdorothy.org.uk](mailto:info@friendsofdorothy.org.uk)**

*Group for 50+ year old LGBT+ people*

**Leeds LGBT+ Women's Space:**

**[lgbtwomensspace@gmail.com](mailto: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**

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

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

**Word wheel**

**4 Letters** DEED DELI DENE DIED DINE DINK EKED IDLE KIND LEND LIED NEED

**5 Letters** DINED ENDED IDLED INKED KNEED LIKED LINED

**6 Letters** DENIED INDEED KINDLE LINKED

**7 Letters** KINDLED LIKENEED

**8 Letters** ENKINDLE

**9 Letters** ENKINDLED

**2022 Quiz**

- 1.Ulysses 2.Platinum Jubilee 3.Italy 4.Commonwealth Games 5.Qatar 6.Glastonbury 7.1986 8.80 9.Tiger 10.The BBC 11.Beijing



HM Government

**NHS**



# GET BOOSTED NOW

Every adult in the country now needs to get a Covid-19 booster vaccine, because two doses does not give you enough protection against catching Omicron.

**GET YOUR COVID-19 BOOSTER VACCINE**  
**[NHS.UK/COVIDVACCINATION](https://www.nhs.uk/COVIDVACCINATION)**