

The magazine for older people in Leeds

Shine

April 2021

LONELINESS IN LEEDS

How older people are coping on their own in difficult times

PERSONAL STORIES

A Great Grandfather

The story of local hero Archie Gordon, as told by his grandson Jim

IN CONVERSATION

THE LOTTERY OF LIFE

We talk to Leeds writer Kay Mellor

MEMORIES OF LEEDS

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



Spring has arrived and it feels so good to be able to say that a very long winter is finally over. There is more light at the end of the Covid tunnel too: The Roadmap for the lifting of Covid restrictions has given us a 4- step plan to be able to socially connect with each other in the physical environment again. It has been a hard year, but your resilience has been remarkable!

“We have an interview with the Leeds-born writer and director Kay Mellor”

This issue of Shine is packed again, of course. We have an interview with the Leeds-born writer and director Kay Mellor. Kay is a keen ambassador for older actors and for writing scripts that give them powerful parts to play. She has recently been very busy creating a new series of The Syndicate - we feel very lucky that she has managed to spare some time to talk to Judith, one of the Shine Writers.

Our Shine Writers are doing a fabulous job, capturing the stories of the real people of Leeds, and this month we hear from James, Ena and Kath who all have interesting tales to tell. If you think you want to share your story of your life, loves, travels, career - anything - just call us or drop us a line. The contact details are at the bottom of this page. All our writers are older – contact us if you'd like to join the team.

The main focus of this issue is loneliness. Loneliness was at epidemic levels in the UK before the national lockdown, and of course now the situation is worse for many people. There are many triggers to loneliness; bereavement and mental health problems being just two. Lockdown has brought us so much of both and Ruth Steinberg has written a wonderful article exploring this topic. There should be no stigma attached to loneliness; we are social creatures and need social contact - to feel lonely when we lack that contact is simply to be human. If you feel lonely, please reach out to the many services in Leeds that are there to help, or call us at Time to Shine and we will link you up. On page 12 we feature one of the brilliant projects working with older people in South Leeds: Health for All Connections.

Now, settle yourself down for a nice long read and hopefully raise a few smiles thanks to the great storytellers of Leeds!

Linda Glew
Programme Manager
linda@opforum.org.uk

Shine

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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. Sometimes a Leeds person, sometimes someone fascinating from further afield. This month we are in conversation with Leeds writer Kay Mellor.



Image by Ben Blackall

Kay Mellor, 70, is the writer of several hit TV series, including: *Fat Friends*, about a group of people trying to lose weight; *Band of Gold*, set amongst sex-workers in Bradford; *A Passionate Woman*, inspired by her mother's experience of having had a passionate affair with a man while she was unhappily married to Mellor's father; and *In The Club*, which follows six couples through their pregnancy. Recently BBC1 aired *Girlfriends*, which starred three women over 50 as the main characters. A stage musical adaptation of *Fat Friends*, with music by Nicholas Lloyd Webber, made its world premiere at the Grand Theatre in Leeds in 2017.

Kay was born in Leeds in 1951. She married Anthony in 1967, and they have been together ever since. The couple have two daughters: television producer Yvonne Francas and actress Gaynor Faye. Critics have acclaimed Kay's work as "real and glorious and fun". Kay's most recent TV drama is *The Syndicate*, which focuses on different groups of people who win the Lottery. Series 4 of the *Syndicate* started on BBC1 at the end of March. Kay took time out of her busy editing schedule to talk to **Judith Sullivan**.

“ This time
will pass,
we have lived
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through polio.
The older
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If Jimmy McGovern is the bard of Liverpool, then surely Leeds boasts a writer-in-residence in Kay Mellor. Born in the Ireland Wood estate in Weetwood and still living in Leeds, Mellor has made a career out of depicting working-class Yorkshire men and women on film.

Mellor has been chronicling the good people of Leeds for more than 40 years. As her 70th birthday passes she shows no signs of slowing down.

Mellor's loyalty is to the Northern working class she first gave voice to via work on *Coronation Street* in the 1980s. She tells their stories without hiding the warts. And yet she never ceases to entertain with her plain-spoken, droll, believable characters. Like the John Legend song she selected on *Desert Island Discs* in 2017, she has a continued interest in *Ordinary People*. Her other selections included Louis Armstrong's *What a Wonderful World*. Her chosen book was, of course, by a Yorkshire author: Charlotte Bronte's *Jane Eyre*.

Next up for Kay is the fourth instalment in her *The Syndicate* series, which covers the fortunes and ►

“Older actors bring so much to the screen. It is a joy to cast them”

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In Conversation

misfortunes of a local group of lottery winners. Season Four, currently showing on Tuesday nights takes on some thriller qualities, as well as a much-needed Riviera escape for the lockdown-weary. The six episodes see the action play out in Monaco, playground of the revoltingly rich, and in Leeds, home of the lovingly and newly sort-of rich. Shot in part during last year's lockdown, *The Syndicate* was largely edited in Mellor's Leeds home, she told us.

Famously a playground for the obscenely wealthy, Monaco was not so glamorous for the *Syndicate* cast and crew shooting there last year. There was no cavorting with royalty, crowned or otherwise. The tiny principality had imposed a strict lockdown. Every bit of filming required specific licenses and tons of paperwork, Mellor said. Just seven days into the filming process, Monaco clamped down an 8pm curfew that put paid to most of the night-time scenes. Instead of sipping kirs-royal on the beachfront, Mellor found herself scrambling to rewrite scenes so the action could be set during the day.

Subheader

The experience has not put her off a return visit to the Riviera. "I would love to experience Monaco again in all its glitz and glamour but without all of the additional stresses. Monaco itself is a gorgeous place. It was impossible to see Monaco in all its glory during the time we were there but we've tried to present it in all its glory."

Like much of Mellor's work, *The Syndicate* presents working-class characters (in the soon-to-be aired episodes, the main players work at a dog kennels). The cast is typically august and includes Neil Morrissey. Also participating are Taj Atwal of *Line of Duty* and Katherine Rose Morley of *Last Tango in Halifax*.

The syndicate members in this series are at odds with their corporate overlords over the prospective sale of Woodvale Kennels. This plot plays into one of their members' winning lottery ticket and from then on, viewers will need to tune into BBC1. Mellor directed three of the six episodes with the other half directed by Emmerdale veteran Dominic Leclerc.

Over the years, Mellor has tapped into a particularly Yorkshire strand of grit mixed with grizzly kindness. Her characters are stoic, not po-faced, unfearful of calling a mug of tea a mug of tea.

Leeds is her home still, she insisted, "because all of my friends and family are here." One of her favourite local spots is Golden Acre Park.



Among her charitable projects is patronage of the Giving Voice choir, which trains adults with neurological conditions. Founded in 2014 by speech therapist Wendy Neill, Giving Voice rehearses on Wednesday evenings and kept up the pace through on Zoom. "Singing is very good for people with neurological conditions," Neill said, noting that Giving Voice has actually added new members over the past year. The group has performed at such events as Light Night and Pride and cheerily warbles Christmas carols for groups meeting at year end.

Neill is a blunt-spoken Yorkshire lass, like those Mellor knows and writes about. Kay told me, "Sometimes we can be direct, and largely we are vocal. When we ask 'how are you?', we mean it." She has lived here pretty much throughout and taken note of the changes to the social and economic landscape. Of the Ireland Wood area, she said, "things are much the same - shops are at the top and bottom of the street, and it's a friendly working-class neighbourhood. I recently visited [my former] school and it's so rich in its diversity."

She has also taken note of the massive changes that have occurred notably in the city's shopping district. "I've watched Leeds grow into a wonderful city centre."

The Victoria Quarter, Victoria Gate and Trinity all add their unique style. Once upon a time it was Littlewoods and Schofields and now it's John Lewis and Harvey Nichols with Louis Vuitton and The Ivy.

on Vicar Lane. We've become very upmarket and affluent"

While much of her fiction depicts ordinary men and women, there have been distinctly posh rewards, including an OBE in 2017.

She knows how to do kitchen-sink, as well as broad comedy. Mellor has covered such tricky subjects as bulimarexia, obesity and prostitution. Her most interesting characters have been direct communicators. They are also layered and unsteretyped. For example, the revelation that Cathy Tyson's prostitute in *Band of Gold* suffers from crippling obsessive-compulsive disorder was a genuine unexpected development.

Though she often taps into comedy, Mellor doesn't shy away from the unpleasant and distressing. Aired in the 1990s, *Band of Gold* plays out in the distant shadow of Peter Sutcliffe's reign of terror in the 1970s and 1980s, though his name is not mentioned. The first series begins with an all too credible murder of a woman working as a sex worker. But it does not feel sensationalized as we are introduced to the character, her family and her problems before the offscreen killing takes place.

A fabulous writer for women, Mellor has a distinctive ear for how we speak to one another, Yorkshire accent or no. She is well known for bringing together starry casts to create distinctly non-starry units, such as the dieters in *Fat Friends*. Those units experience infighting and jealousies but there is heart without inevitable Hollywood flourishes (stretched coincidences, predictable arcs).

Mellor's largely female groupings don't feel forced, they grow organically from work situations (*Love, Lies and Records* set in Leeds Town Hall) or shared interest (*Fat Friends*). Refreshingly, her stories often feature longer in the tooth players such as Alison Steadman in *Fat Friends* or Zoe Wannamaker in *Girlfriends*. In our recent phone interview, Mellor said she enjoyed writing for more mature actors. "The [older] actors bring so much to the screen. It is a joy to cast somebody of that age."

Not that she ignores the young. She was a producer of *Overshadowed*, the chilling tale of a teenager grappling with an eating disorder. Told in an unusual manner (which I can't reveal for spoiler reasons), this BBC3 series, based on a play Eva O'Connor paints an unvarnished and rarely seen picture of a teenage girl suffering with bulimia and anorexia. Mellor had seen the play in Dublin and nurtured

O'Connor with a view to bringing the story to a wider audience.

Mellor's friends and family have helped her develop plots. *A Passionate Woman* (aired in 2010) was largely based on her own mother Dinah. Mellor is fascinated by the many roles women play. "Women struggle with a lot of things," such as being mothers and daughters, she noted.

Mellor's transition from daughterhood-only to motherhood came especially young. At 16, Kay Daniel married Anthony Mellor, an older man at 17. She "didn't realize at the time" that she was expecting daughter Yvonne. Still together, Anthony and Kay have two daughters and four grandchildren. Daughter Gaynor Faye has appeared in some of her mum's serials, as well as in *Emmerdale*.

The grandkids helped Mellor survive lockdown, she told me, and they did regular Zooms. She has also stayed sane by walking her shiatsu, she noted. Her Amazon and Sky picks this past year have been of the cheery uplifting bent, she said.

Mellor is clear-eyed about the long-term effects of Coronavirus and the social cost of the pandemic. "This time will pass, we have lived through wars, through polio. It is easier for the older generation – we are probably more sanguine."

She is not about to hang up any of her hats quite yet. "I am semi- retired, I'm halfway there."

Somehow, I don't believe she is ready to shut down her laptop for good in the short term. ■



The Syndicate started on Tuesday 30th March at 9pm on BBC One and the series runs for 6 weeks. For more information about the Giving Voice choir email Wendy at givingvoice@outlook.com

Time to Stand Beneath the Boughs

*Every month we feature a column from the **Age Friendly Steering Group**. This issue, Anne Chitty shares her personal thoughts on the issue of loneliness. It's a major topic for the Group: many older people in the city are isolated, even without factoring in Covid. But what are the little things we can do to make us less lonely?*

I feel like it's been a year of Lockdown. During the times when it lifted, my life didn't change that much. I'm a retired nurse and live with Mike, two cats and two dogs. We have two daughters, both who've left home; one in Leeds and one in London. I feel lucky that my daughter in Leeds lives nearby, so we've been able to run regularly together and that has been my lifeline.

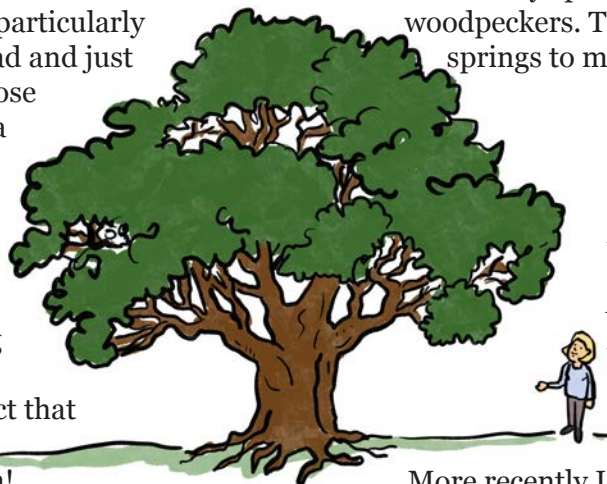
As I don't live alone, it's perhaps assumed that I wouldn't feel lonely. But that's not the case. Anyone can feel lonely. You can be surrounded by people yet still feel lonely - and you can be alone, but not feel lonely. Age UK say that loneliness is a subjective feeling and it's about the gap between a person's desired levels of social contact and their actual level of social contact.

I'm an extrovert, so like to be around others. I find the Covid restrictions particularly challenging. At times I am sad and just want to be with one of my close friends or my sister, having a chat and a laugh. I so miss them and real (not virtual) human contact. I miss my hugs! On the other hand, Mike is an introvert and appreciates social distancing and not having to be around people. He delights in the fact that when he's out walking, he actively has to avoid them!

During this last year I've found ways to manage my feelings of isolation. I realise it's the little things that help. Our road is quite busy with traffic and I had thought it quite unfriendly. So, during the first Lockdown I set up a street WhatsApp group. We presently have 17 members who use it regularly. It definitely provides a way for us to connect with and help each other. For example: locating the owners of a lost kitten; finding a good window cleaner; or helping someone out by offering to pop to the shop to pick up some food.

I appreciate having Gledhow Valley Woods and Roundhay Park both within easy walking distance. When I meet other walkers, I always greet them. Many dog walkers do stop for a chat. For me it's always been one of the positives of having a dog - getting to know the other regular dog walkers. What interests me is how we tend to know the dogs' names for ages before we know their owners' - if ever!

When out walking, the exercise lifts my spirits. And because I'm feeling less rushed, I feel I can concentrate on my surroundings. I'm outside, I feel free, and I can absorb the sights and smells all around me. I take more notice of the flora and fauna; hear the birdsong; stop and take in the beauty of the trees, flowers and views. Even when sitting in the garden, I feel more aware, and I really enjoy watching the birds attracted to the feeders. We have many species, including goldfinches and woodpeckers. The poem 'Leisure' by W. H. Davies springs to mind, it begins:



*What is this life if, full of care,
We have no time to stand and
stare.
No time to stand beneath the
boughs
And stare as long as sheep or cows
No time to see, when woods we pass,
Where squirrels hide their nuts in
grass.....*

More recently I've even found myself enjoying a trip to the Opticians. I used to view it as one of life's boring necessities, but it really made a change to get out somewhere different and have some human contact. One thing that Lockdown has proved is that if we can have a positive outlook and learn to appreciate the little things, it can help us cope more easily with the challenges of life. ■

*Do you want to help make Leeds a great city to grow old in? Get in touch if you are interested in joining the Age Friendly Steering Group:
Jude@opforum.org.uk or 0113 244 1697*

Normality & Uncertainty

*Ten years ago, **Nasreen Hanif** had a job she loved and was enjoying life. But her neighbours' anti-social behaviour affected her mental health badly, and she was forced to quit. Then she found herself in her own version of lockdown. How did she get out of this difficult situation?*

We've had a year with Covid in the headlines. The words "uncertainty" and "unprecedented" have been in ubiquitous use. So, what have we learnt? Are we "all in it together"? For me, this year has been far less challenging or anxiety-ridden than the time of "uncertainty" I faced on my own.

Over ten years ago, I was confronted by an "unprecedented" experience that turned my life upside-down. "Normality" was a distant possibility. My physical and mental health were battered by criminal activity near my home. After 18 months, I had to accept I would have to leave the job that had taken me to the North West. I can still almost feel the tide casting me out to sea. There is no furlough for anyone whose "unprecedented" moment is personal.

So ended my life of "normality". I began four years of "uncertainty". I was on my own. My first recourse was to turn to traits that were dormant within me. My Obsessive Compulsive Disorder (OCD) increased, alongside my anxiety. Recently, I was reminded of how events can impact on your personality, when I watched the TV drama about the policeman who survived the poisoning in Salisbury. The mental damage was marked. The anxiety could never decrease until the root cause was removed. For me it was my environment: the house had become my false sense of security. It perpetuated my anxiety due to the violence and anti-social behaviour next door, yet it was the only place where the door could be locked. A double-edged sword. Sometimes, I never went out for weeks on end. However, I had to do my own shopping – so I created a routine that would enable me to shop once after about three weeks. A coping mechanism that has been re-instated during this "lockdown".

The loss of my first decent job after years of rejection was another blow: it heightened my isolation. For many years I thought the best way of overcoming the ostracisation I felt whenever I moved to a new place was to immerse myself in my job. It's easy to

hand over control of your daily regime to your employer both in terms of time and what you do.

However, it can give a false sense of security regarding your mental health. Many people find this when they retire; more so in the pandemic.



I tried to find something else I could cling to. What about people? Many of my friends were "fair-weather". If people are used to seeing you as the strong one, it is difficult for them to know how to step in and help. So it was with my family. None of them could understand why I was getting upset so easily or why I was withdrawing into myself more. But one ex-colleague and friend stood by me through everything. Another was there for a listening ear and to offer the support of her brother, a psychiatrist, when darkness became overwhelming.

For four years I was left adrift by everything and everyone that tied me to "normality" and in order to survive I had to keep thinking of new ways to avoid drowning. Whilst in my car one day, I heard a discussion on the radio. It was about a book whose author did not see mental illness as an outcome of weakness but of strength. The reasoning is that we try to take on more than we should, to be everyone else's crutch and of course, to do everything "perfectly". In doing so, we gradually erode our own well-being.

I immediately made a note of the title and writer, so I could request it from the library. As I read it, I recognised situations similar to mine. The more I did, the more it enabled me to refigure the way I viewed my "unprecedented" situation. But I'll tell you more about that in the next issue! ■

Loneliness in Leeds

In every issue of Shine, we examine an important issue for older people. Many older people in Leeds live alone. In the last year, Covid restrictions have caused an “epidemic of loneliness”. We asked Ruth Steinberg to investigate.

When I was asked to write an article on “loneliness”, my heart sank. Every time I sat down to write, I felt the same. Just the word made me sad. But I know what a big issue it has become. Loneliness is not a new thing (far from it), but the impact of the Covid pandemic has meant that not only has there been an epidemic of the coronavirus, there’s also an epidemic of loneliness.

Let’s start with some questions I have asked a lot of people: “If you were to wake up tomorrow with the world just as you wanted it, what would that look like? What would you see and what would be happening?” Whenever I have asked these questions of myself or others, there is one thing that all the answers have in common: the presence of other people. There is a sense of belonging, of community. People linking up to do things, help each other out. It is a warm, connected picture with chatting, happy sounds. There are all sorts of people, young and old, different cultures, genders, backgrounds. No-one feels threatened, angry, scared or lonely. Of course, that is a dream; but making the world a better place for everyone starts with a dream.

Connecting

I like to think that we human beings are best when we connect. We are not a species that is isolated. Don’t get me wrong - I think there are times when it is good to be alone or solitary. But that is different from loneliness. Loneliness is something experienced by many of us. It’s not new. But for some people they are feeling lonely for the first time. For everybody, it has been very strange to be so restricted in our day-to-day lives. As more people are getting vaccinated, things will change. Meanwhile, it is important to know that finding ways of connecting with the world can help improve things. And at moment whatever we can find to do that, so be it.

This past year has been a difficult one in so many ways. In the future, when I come to tell the story of what it was like to live through this pandemic, I’ll focus on the strangeness of being physically separate from everyone else. I haven’t seen my grandchildren face-to-face for a long time. All those things I took for granted - like a trip to the seaside, or going to the market, or popping round to see friends, or people coming in for a cup of tea - those everyday things are not happening.

In an earlier edition of this magazine, Shine, we printed some stark facts:

- *More than half of people aged 75 and over live alone*
- *70% of older people admitted that their only company is the TV*
- *Being alone should be a choice*
- *Loneliness should not be a symptom of old age*
- *Loneliness is as harmful as smoking 15 cigarettes a day*

The pandemic has forced us to keep away from other people. To stop the spread of the virus we have had to go into lockdown. We have been told to socially distance from other people. Maybe it would be better to call it physically distant. What is the effect of having to keep away from other people? Firstly, our lives have been curtailed. All those everyday, incidental meetings that happened in shops, or at the library, meeting in cafés or local events like lunches, or getting together to sing have had to stop. Other people have become potential sources of infection. Our everyday life has changed.

This pandemic has now been going on for over a year, with 3 enforced lockdowns. I don’t know how it has been for you, but I found the first one sort-of bearable. It was spring and the weather was good. The days were drawing out and when going for a walk there were new buds and the birds made themselves heard. However, when it came to the third lockdown, it was harder to hold on to hope. It seemed to go on and on, with no end in sight. But with the arrival of the vaccine came the possibility that we could return to a normal life, whatever that means for each of us.

Kabeer Bostan works at Leeds Mind on the S.E.L.F. (South and East Leeds Friends) befriending service.▶



“The pandemic has forced us to keep away from other people. To stop the spread of the virus we have had to go into lockdown.”

He works with people who have existing mental health needs. Kabeer told us, "People have struggled this time round, partly because of the time of year. It is dark, cold and the weather is bad. So, it has meant more and more time inside. There is less contact with people, less fresh air, less sunlight, and all this has led to negative feelings, especially if people already have a mental health condition. It is harder to offer hope. There is a vaccine coming soon, but what reassurance can you offer that things will be better this week?" He went on to talk about the impact of this winter lockdown on him: "I live with my wife and 3 kids, but I found this 3rd lockdown really difficult. I am stuck inside 9 to 5 and when I finish work it is dark. I have had 3 family members pass away over Christmas: my mum's sister, her brother and his wife. They picked up Covid at a funeral. I can't grieve as I can't connect with people in the same way you normally could. As the lockdown eases it's going to be strange to reconnect with these people and try to process some things that happened months before."

Reaching Out

Kabeer's work at S.E.L.F. is supporting the volunteers who reach out to people. The events of the last year have attracted a lot of interest in people wanting to volunteer, including younger people in their 30s and 40s. They show a lot of compassion, care, empathy and do good work. Befriending is such a great thing to offer. The opposite of isolation and loneliness. Time to Shine works with lots of delivery partners to support older people and there are many services that have offered support on the phone. One older person in Leeds said of the support they receive, "I was so frightened I might not get any food and die here alone ... I couldn't have managed without you being there any time at the end of the phone, you don't realise how lonely it is when you can't get out to just do normal things like going to the shops." Part of Kabeer's work at Leeds Mind is to help people set short-term goals. Maybe making a meal daily, or going out into the garden. Things that are achievable, something they can feel good about.

This made me think of Michael and Michaela. These characters appeared in a short story I wrote for this magazine in the December edition of Shine. Michael lives a very solitary life and doesn't do much - until he makes friends with his next-door neighbour, Michaela. From connecting over the fence Michael's life becomes richer and more interesting. I wonder what they are doing now?

Loneliness is linked to a feeling of isolation. You're disconnected from others. It can feel like nobody

cares, nobody notices. I think that all of us have experienced loneliness in our lives to lesser or greater extent. However, when someone close to us dies then there is often a deep feeling of loss. Loss and loneliness are very connected. I spoke with Judith. She had recently been bereaved. Her husband Clive died suddenly in October 2020. It would be their 14th wedding anniversary this May. She talked about how they met: "Clive came burling into my life with his big warm smile and silliness. It didn't take long for each of us to realise we had met our soul mate." Last year, everything changed for Judith: "One evening in October last year he said his head was hurting. Things went very quickly after that and he was taken as an emergency to LGI, where he died very soon afterwards".

'Because of Covid, the funeral was delayed. I had to cope alone. The people who could have helped weren't able to come to Leeds because of Covid. It was very difficult.' Judith talked of her loss as a very visceral one. She physically feels the pain of her husband's absence. "Half my life has fallen away". I asked what she has learnt. Her answer: "You do what you have to do. Some people fall into a heap and can't function. I had to mine every resource of courage and 'can-do' spirit - surprisingly I have more than I thought." How does she feel now? "I haven't had a proper hug in months. I'm a prisoner in my home. A nice home but Clive's absence is noticeable every day. I'm here, he's not."

There are more stories than ever of bereavement and loss. People have not been able to be with their loved one at the end of their lives. There are many stories of not being able to see friends and close family. Many people are struggling in getting through the winter alone. There are also many stories of people reaching out and connecting with others, helping and supporting people living alone. I have a friend, Martin, who is in his 90s. He has lived alone for many years but would say he doesn't feel lonely. He used to go to Roots & Fruits cafe in town every day for his lunch. He would sit at the same table and eat his meal. The café owners became very fond of him and looked out for him. Now he can't go to the cafe because of lockdown; he needs to stay shielded. This is what he misses: his daily trip on a bus down to town. He can't do that now. However, the café owners now bring him his meal once a week to his flat. Such a great act of kindness - and more than just Martin getting his food. Someone is showing they care.

There are so many ways people have found to show they care. Have you heard of the Natter Bench? This is a special extra-long bench in Hall Park, Horsforth. It's specifically designed for people to sit on if they



want a chat. The idea came from local residents, aware of how older people were feeling particularly isolated during the pandemic. It was funded by local councillors. One of the councillors, Jonathon Taylor said, “The natter bench has been designed with social distancing in mind. Once the rules and guidelines say it is safe to do so, I’d encourage residents to take a moment and make time for a chat and brighten someone’s day – I think this will be so important to isolated residents and will make a big difference in people’s lives.”

Shine Magazine

This magazine Shine is another example. It is just one of the many projects of Time to Shine that has been finding creative ways to counter loneliness and isolation. As Linda Glew said in the first edition of Shine back in May last year: “Our vision at Time to Shine is that older people in Leeds need not experience loneliness and isolation as inevitable consequence of ageing.” And she goes on to say, “You may be isolated, but you are not alone – we want you to know that we are still caring from a distance!” Another project is the Shine a Light on Loneliness Campaign. I like this statement: “We do not accept that loneliness demonstrates a weakness or flaw in people. It is a universal human emotion. It is okay to talk about it. To admit that you are lonely is simply to say that you have one of the most basic human needs - interaction with others.”

Listening to these stories and exploring loneliness I can understand why I found it difficult to write. It is a real and difficult feeling, experienced by many

people. But if you have been feeling lonely you are not alone. I know that this sounds like a joke but it’s true. It is now Spring and many of us have had the vaccine. Restrictions are easing. Along with appreciating the crocuses, daffodils and birdsong, it may be time to consider life beyond lockdown: what would you like to do? What would make you happy? Make a list of all the things you want to enjoy. Winter is over, how are you going to spread your wings? Maybe it’s time to tell your story of living through the past year. Send it to us! Maybe it’s time to think about the future. Whatever you do, know that you’re not alone. There are thousands of us in Leeds in a similar boat. Let’s look forward – together. ■

Thanks Ruth. On page 30 we talk to Pauline, who has been on her own for much of this last year. Pauline offers us all some hope and thoughts on how to cope alone. Are you in a similar situation? See page 3 for how to contact us with your tips and thoughts on loneliness.

If you are feeling lonely and would like to connect to your local Neighbourhood Network, call Leeds Older People’s Forum to be directed to support in your local area. Call LOPF on: 0113 244 1697

Leeds Mind offers support to people with mental health issues. Call them on 0113 3055800

*www.campaigntoendloneliness.org/feeling-lonely/
www.timetoshineleeds.org
www.mindwell-leeds.org.uk*

Connections

words by Martin Brennan

“I really benefit from being involved. I meet new people, make new friends and learn new skills”

Every month we focus on a project funded by Time to Shine to see how they support older people in Leeds. This month we hear about Health For All: Connections, which is a project for older people in South Leeds.





Connections is a fun-filled, creative and realistic project reaching older people who are experiencing social isolation, and is designed to accommodate many ages and demographics. The project engages older people by offering a variety of activities that spark a passion or rediscover lost interests. We are also very keen on providing activities that encourage and promote physical, mental and spiritual well-being. The project's main base is in South Leeds, utilising suitable facilities and infrastructure to provide a menu of life enhancing activities for our participants. However, we have been successful in implementing groups and activities and sourced venues across many Leeds post codes. The Connections project adopts a community development approach and supports the participants to run their own groups, offering traditional and new activities including sport, singing, gentle exercise, arts and crafts, woodwork, metalwork, photography, walking, construction, gardening, DIY, I.T. and social groups. We support people to independence through advice, guidance and funding to ensure sustainability, so building a network of older people's self-help groups across the city. Exciting new groups established include: mindfulness, Reiki, Tai Chi, Quizzes, poetry and creative writing. Many of the techniques in our self-care activities can be used at home promoting better sleep and a reduction in stress levels.

We currently work stand-alone and also alongside local organisations, with which we have established links. We continually strive to work with new projects where it is appropriate to do so e.g. Neighbourhood Networks and other third sector organisations. We are keen to raise awareness of social isolation and its detrimental effects on older people, recruiting volunteers and Community Connectors from those local areas/communities. These are trained and supported to, in turn, engage older isolated people in the project. Connections engages the participants in a programme of discovery as to what existing interests they have and establishes activity groups with a focus on such passions. We also introduce new interests that inspire and motivate older people to be part of a social network and connection of peers. The network circle will gradually improve their mental wellbeing and reduce their social isolation and loneliness.

There is no doubt that the current pandemic and the restrictions it imposes and the lockdowns we have experienced have seen us adapt in a way that we were not expecting. When the face-to-face groups had to cease in Spring we quickly grabbed the nettle of using digital technology, embracing such things as Zoom

and Facebook. This allowed us a platform to continue with the groups, and although there was no personal contact, our participants were able to continue with their activities and have the interaction so badly needed through these difficult times. Our current online groups include Tai Chi, Poetry, Singing, Quizzes, Social Groups, Mindfulness, Camera & I.T. - all of which we will continue both face-to-face and online once the Covid situation finally ends. We are currently running a free food parcel delivery system for our older members along with a group counselling session for those struggling emotionally with the pandemic.

We asked some of the people involved with the project to share their experiences. First of all we talked to Liza Oliver:

Liza's Story

I was born in Middlesbrough and most of my life I lived up North, near Sunderland. I had a big family there: uncle, auntie and cousins. My Nana lived there too. It was a good life! Every month or so we'd have a party – drinking and dancing. Parties in our homes. I used to stay with my auntie a lot. On a night-time she'd make me ham and pease-pudding butties. She'd send me out for fish and chips too.

I was born deaf. My auntie found out. I was on the floor playing – and she was making noises, but I wasn't responding. So, she said to my mum and dad, "you'd better take her down to the health visitor, get her hearing checked out." She was right: I was deaf. I had a good bond with my auntie, my Nana too.

I was living in Somerset and there was no deaf community or support for deaf people. I came to Leeds and moved into Shine House, which is a residential home for deaf people with mental health issues. I also have schizophrenia. I spent five years there. I got married, but that broke up. Now I'm with Claire. I met her in Manchester, in a coffee shop in the gay village. We formed our relationship from there. And we got married 2 years ago. We had a good wedding, people came from Wales, Canada, Australia. We enjoyed the day.

I was living round the corner from the community centre. I think I saw something on the internet. I went down there for a meeting. This was before Covid. They were doing the kitchen out, so they made it accessible for me – I'm in a wheelchair. So, me and Amy and Martin looked at the menu to make sure it had Vegan and Gluten-Free food. We decided I would help in the kitchen and we'd set up a British



Older people at Connections learning to use digital technology (taken pre-Covid)

Sign Language Class. When the lockdown lifts, I'm hoping to go back and start running the class on a Tuesday and invite people along for lunch. I'm going to design some posters to get people to come for lunches.

I've joined two groups on Zoom. The Women's Group and the Music Group. I'm really glad I did it because it helps me keep my mind off Covid. And I can keep in touch with my friends. In the music group we do singing warm-ups and some play instruments. Amy plays guitar and I play my drum. I was a bit dubious about going on Zoom. I didn't think it was that good, but it's brilliant. You can see the other members joining in.

I really benefit from being involved. I meet new people, make new friends and learn new skills. And I get into a routine – getting up, getting the bus. Martin and Amy are great. They accept who you are - and they do their best to communicate with me.

Pat's Story

I got involved when the first lockdown started back in March. I'm a clinically vulnerable person and couldn't go out anywhere. Normally I spend time every week as a volunteer for OPAL in Leeds 16. I was really missing this and the people who I volunteer with. OPAL had been told about the support work Health for All were doing - especially online and told me about the weekly Zoom quiz they were doing. I love quizzes anyway so this was perfect for me. I knew other volunteers who were going to give it a go too.

I get so many positive benefits from being involved. I have a regular activity to look forward to. I can see

and chat with others. It makes me want to do a bit of research or reading about the world around me. It's fun and cheers me up. Martin and Amy who deliver the quiz are always upbeat and friendly. I really look forward to the weekly session.

I love that Connections is quite easy to access. It's reliable - same day & time every week. And the leaders! The company, the laughter and the fun - and of course the challenge. For me I still have to be very careful. I'm still spending most of my time at home, so I still look forward to the weekly quiz. Meeting up with others online is a great substitute for face-to-face meetings. It's made such a difference to me and helps me to stay sane. A BIG thank you to Martin and Amy.

Sue's Story

My daughter and I are regular Coffee Afternoon volunteers for Opal. We thoroughly enjoy our sessions at the Welcome In. Due to Covid restrictions early on in the pandemic we found ourselves with some time on our hands which was unusual. We were really pleased to be put in touch with Health for All and to be able to join in their activity sessions via Zoom.

We quickly established a good rapport with Martin and Amy from Health for All due to their upbeat personalities and inclusive attitudes. The sessions are lively and fun, make you think and completely immerse you in the here and now. Everyone is welcomed to the session and a wide friendship group has been established which creates a contact point in the week to look forward to.

The best thing about the project is the feeling that if you had a problem there would be someone there to help with reassurance, practical help or to point you in the right direction. I would very much like our involvement with the project to continue for as long as possible during the current Covid pandemic and beyond. Covid is responsible for many tragic events but has (perversely) been responsible for already fantastic projects to highlight and play a major role tackling loneliness and isolation.

Thanks to Connections for being the highlight of the week!■

If you live in South Leeds please contact martin.brennan@healthforall.org.uk or Amy.hallam@healthforall.org.uk to join in any of the groups or set up your own.

A GREAT G GRANDFATHER



*Jim Gordon's grandfather was a great man.
Jim shares his stories of his grandad Archie Gordon
(pictured, above left), alongside anecdotes from his own life.
Plus: we hear Kath's romantic tale of two sailors;
and we discover what happened when
Ena arrived in the UK from Italy in the 1950s.*

Jim Gordon is a born storyteller. And he has plenty to tell! Jim is the grandson of a Leeds hero: Archie Gordon. Archie Gordon was an inspirational teacher who helped set up the Boots for Bairns charity and was also behind a local institution: Leeds Children's Day. Raised in Leeds, Jim now lives in Harrogate. He shares his memories of his inspirational grandfather and some more personal tales.

Are you coming to Youth Club tonight?" my friends asked me. "I can't, can I?" I replied. "I'm not Jewish." The best youth club in Leeds it was, on Street Lane, Roundhay - and how I wanted to be there, but couldn't. However, there was to be a revelation in years to come ... but more about that later.

I was raised in Leeds - my family came from Marijampole in Lithuania. We have a family tree, but it all seems rather sketchy - when did we move to England? And why Leeds? However, Grandfather was to become such an inspiration to myself - and many, many people during his lifetime and thereafter.

A pre-war baby by a couple of years, I was educated at Coldcotes School. There wasn't such a thing as 'catchment areas' then. Kids went to the local schools, whether it be primary, junior, or secondary. We only usually travelled if we passed the 11-plus examination, or if any secondary school of choice was out of our area. Coldcotes no longer exists nowadays, having been split into four separate schools. I knew I wanted to go into construction when I left school, so moved on to college to learn all aspects of the building industry. A friend of mine had a motorcycle and he would give me a lift to the College. The speed he rode at, with me on the pillion, was exhilarating to say the least. I did wonder on occasion if we would arrive in one piece! Thankfully we did. I studied hard, later qualifying as a Quantity Surveyor.

A Musical Family – except me

I come from a very musical family, and my early memories are of my two uncles Ray and Ken, playing violin, cello and (possibly) a double bass, every Sunday afternoon. My father was a good pianist, playing by ear. I was so keen to learn to play the piano; unfortunately, I did not inherit his keyboard skills. I went everywhere to learn but was a dead loss. I tried and tried, but I was hopeless! A music teacher asked me one day, "Can you whistle?" I replied, "Well, yes, I've got one somewhere". "No," she said. "You've got to whistle!" But I couldn't even do that in tune. My grandfather had suggested me going to meet Fanny Waterman (who was to later to become Dame Fanny Waterman in honour of her work as founder of the Leeds International Pianoforte Competition). It soon

became apparent that a pianist I would not be, if I couldn't even whistle in tune, so we didn't progress any further. Such a shame for the family too, as one of my uncles had violin lessons with Fanny Waterman's brother Harry. Being so gifted, my Uncle Ray then had the opportunity to study at The Yehudi Menuhin School, but it was far too expensive for him to attend there. Ray went on to play with the famous bandleader Geraldo! What an exciting time that must have been on the big cruise liners; playing with a world-famous dance band, and the onboard life at sea. Uncle Ray also shared a flat in London for a short time with the actor Dirk Bogarde!

Roundhay Park

Living not far away from Roundhay Park, my wife to-be Anne and I were introduced by friends at the funfair there. I've never really been one for funfairs, even though I celebrated my 60th birthday at Alton Towers - but that was more for the benefit of our granddaughter. Roundhay Park was going to mean so much to us and our family in the years which followed.

I worked for several years in the Plant Hire business, for all major names in the field. My first motor vehicle was a small grey works van, with a light reading 'SGB' on the roof. Anne reminds me how, during our courtship, she insisted I turn the light off when we were out for a drive in the van at weekends!

A Revelation

When Anne and I, (aged 17 and 19) decided to get married, a strange thing happened. One day at work, Anne received a phone call from the mother of a friend of hers. The lady asked if Anne knew she was to marry into the Jewish faith? Anne asked me; I denied it. But said I would speak to my mother about it. It transpired my grandfather, Archie Gordon, fled Lithuania as a Jewish refugee. On arrival in Leeds, they chose to keep their heritage under wraps, as Jewish people were not generally welcomed. The family must have decided to renounce the faith. We surmised that at some point, the family name was changed from a Jewish name after leaving Lithuania. Again, it is unclear. When this came to light, I was somewhat annoyed, but not because of the reasoning behind the family's ►



Jim and Anne Gordon on their wedding day

decision. It was the fact that being unaware of their faith meant I had missed being part of all those great times at the Jewish Youth Club!

Family Life

Anne and I married on 1st April 1961 - but by no means were we April Fools! The ceremony was held at 1 o'clock, thus missing the Noon deadline, and as many couples chose to do so at that time – we could claim our tax back for the year! The wedding took place at St. Matthew's Church in Chapel Allerton, followed by a reception at the Mansion House in Roundhay Park.

We were blessed with two children, Phillip and Deborah. They loved their school days at Wigton Moor Primary in Alwoodley. Transition to senior school proved difficult, with many of their friends choosing to attend schools in Harrogate. Thus, we moved to Harrogate and have enjoyed living here ever since. Eventually, I left Plant Hire behind, turning to the world of swimming pools - or rather their design, construction and installation. But enough of me – I haven't told you of my Grandfather's inspiring achievements.

Archie Gordon

As Headmaster of Lower Wortley School, Leeds it became a familiar sight of children arriving for school without socks and shoes as they were from families near to destitution. My grandfather was extremely concerned, fearing the children would be mocked. He set up a scheme in 1920, whereby outgrown socks, boots and shoes would be given to those children. Of course, it was no guarantee that the footwear would always be the correct size. But this must have been welcomed by all, to see the children clad in warm socks and sturdy footwear. From there the 'Boots for Bairns' charity was born, a joint initiative by the Yorkshire Evening Post and the Education Department. It was a huge success, with over 12,000 pairs of boots and socks being donated to children all over the city within six months.

Another passion in his working life was Gardens for Schools but little is known of this venture. I do remember his own garden had a lawn like a billiard table which no-one was allowed to set foot on. He also owned an old bus and would, with colleagues and friends, take children to see the countryside as so many of them seldom saw any grass where they lived and had never seen animals such as cows and sheep.

Leeds Children's Day

The major event my Grandfather shared responsibility though was for Leeds Children's Day. After the First World War, there was a lack of decent housing in Leeds with overcrowding of large families, many seeking Poor Relief and with subsequent poor health. Several teachers were concerned that children couldn't reach their full potential due to this - and the fact that they never left the immediate area where they lived. Three teachers in particular (T.V. Harrison, Archie Gordon and Arthur Thornton) realised something had to be done and formed the Teachers' Charities. This was in 1920, the same year as the 'Boots for Bairns' project. Plans were then made for an annual outing to Roundhay Park. Children's Day was born!

Modest as it was in its infancy, many children were in fancy dress and enjoyed a picnic in the park, but the ideas soon grew, leading to the formation of Leeds Elementary Schools' Sports Association. Funding was needed for their plans to increase sporting facilities and set up a campsite near Ilkley, so it was agreed that Children's Day would be a fund-raiser for this to benefit Leeds children. The Sports Association was later to become Leeds Schools' Athletics Association with whom Archie Gordon, my Grandfather, worked tirelessly throughout his life.

Children's Day started small but soon rose to being the event of the year and was the envy of much of the country. As each year's closed, preparations commenced for the following year, to make it bigger and better. The children's involvement made for a happy and much healthier way of living. Sporting activities in schools led to heats in various venues, the finals being held at Roundhay Park. Massed displays of P.T., skipping and dancing; Maypole, English Country, European and Scottish. A mass of colour and spectacle, particularly when seen from Hill 60. Children's Day had its own Queen and attendants, the crowning ceremony on the Arena being one of the highlights. Other competitions taking place in schools ranged from handwriting to healthy teeth, with the prize-winners being awarded at Roundhay Park. A very popular event was the Bonny Baby Competition. I won a coveted Silver Spoon for this – although I have to admit they were presented by my Grandmother at Children's Day! At its peak, up to 100,000 people visited the event, entire families supporting and enjoying the fun day. However, over the years the crowds reduced due to other leisure opportunities available, and foreign travel. Ever at the mercy of the weather, the sun didn't always shine even though it was held in early July. In 1963 the whole day was a washout. The Queen was crowned on the staircase of the Mansion House, with all events cancelled. It was time to call an end to Children's Day.



Jim and Anne in 2020

Some years ago, a lady called Susan Green contacted me regarding the history of Children's Day for a book she was writing. Published in 1995, I am proud to own a copy of such wonderful memories.

An Inspirational Man

I'm sure it can be understood just how much of a determined and inspirational man Archie Gordon was, up to his death in 1955. The Leeds Schools Sports Association had bought a large piece of land at Kirkstall to provide sporting facilities for children and dedicated it to his memory in 1956. It was named the Archie Gordon Ground.

In 2011, Leeds Rugby Foundation opened a state-of-the-art facility at which I was proud to cut the ribbon and make a speech. My son Phil and grand-daughter Chloe accompanied me. So, three generations of the Gordon family were present to see the name of Archie Gordon live on.

Life in 2021

Back to the present now. On the 1st April 2021 my wife Anne and I will celebrate our Diamond wedding anniversary! Still being under Lockdown of course, but a visit to Roundhay Park will certainly be on the agenda.

Last year we answered an advert in the Harrogate Advertiser for MHA Communities who'd recently opened a new scheme in the town to enable older people to maintain their independence and live more fulfilled lives. Our membership confirmed, we then went into Lockdown. Like everyone else we just await the day when we can get on with our lives again. We now look forward to meeting up with MHA Communities in Harrogate, joining in their activities and making new friends.

We're lucky to have such good friends; we like to play golf and enjoy travel, having visited America several times, staying with friends. Cruises too, another one maybe?

Next year I aim to take all the family to Lithuania and visit Marijampole – where my family's story began! ■

Jim was talking to Maureen Kershaw. Thanks to Sue Oliver at MHA for helping with this piece. Do you remember Leeds Children's Day? We'd love to share your stories with others. If you have a story to tell about Leeds Children's Day, please tell us about it, we'll print a selection of memories in an upcoming issue. See page 3 for details of how to contact Shine Magazine.

The White Cliffs of Dover

Ena grew up in Milan, Italy in the 1950s. She always dreamed of travelling to the UK. Little did she know how long she would stay here!

Working in an office, I really wanted to go to England to study the language. The newspaper *Corriere della Sera* advertised for a Mother's Help. I was hesitant at first (being very shy), but I applied and was offered the job. I was going to England! I left my family in Milan and every moment was to become part of my adventure. I sailed to England in 1957, taking the train to London, where I was to live in East Finchley. My employer, Mrs Fox, translated books from French and German to English, and vice versa. If I struggled with my English, we would communicate in French.

Feeling very lonely, I missed my family and sometimes cried at night. I worked in the house, studied at evening classes, mastering English grammar and vocabulary. When I said to Mrs Fox's mother-in-law, "Everyone speaks so fast", she replied, "No - it is because you don't understand the language".

I visited the British Museum and saw the Rosetta Stone. The National Gallery too - there are many Italian paintings. I enjoyed classical music concerts, and I saw John Gielgud in 'Hamlet'. And a play starring Vivien Leigh. Such an exciting time! Through classes I made friends, one young man offering me some Indian food, which I quite enjoyed. Now I only eat Italian and English. The roast joints eaten here are superb - and I love English trifle.

In intended to study English for one year, take exams and get good certificates. I also studied literature, watching films too if they were part of the curriculum. I was busy with my job and evening classes, and I struggled with exhaustion. My doctor, also Italian, said I must rest. So, I went home to my family. My Mother cried at my weight loss, but my Father was too diplomatic to say anything.

On my return to England, I applied to the Home Office for an extended stay, which was granted. Again, working too hard. I became ill and was admitted to hospital. My doctor suggested I stay at a Convent in Wales run by The Missionary Sisters of Verona. I took walks, read and rested until well enough to return to London and my studies. My

employer had kept my job open for me, but I really needed to just study. However, college fees were expensive. I took Commercial Business and Correspondence exams, also a Cambridge Proficiency, passing them all with good marks.

I met a young man who I became very fond of - unfortunately we lost touch. Then one day, I received a letter from him saying he wanted to marry me! It was all so sudden. I was unsure, but he came to London and I soon realised I did want to marry him. My husband-to-be came from Yorkshire and had a good job ... so, I would not be returning to live in Italy.

During Lent, we couldn't marry in church. So we married in a Registry Office in 1965 and planned our church ceremony, which my family attended. My Father loved England, saying it was "the most civilised country in the world". We started our married life in Shadwell and became parents to our daughter.

Sad times came along when my mother died suddenly, and I lost my husband following a long illness. We were married for just eleven years. Our daughter was at school, and I was glad I had a job to go back to. I decided to learn German, and ended up teaching Italian part-time at the Leeds Polytechnic and at colleges around Yorkshire. I was so pleased to pass my driving test! Planning to retire and return to Italy, I actually stayed here and became a companion. Taking walks, crosswords, reading or chatting was enjoyable for us both. Whilst visiting my daughter in Manchester, I broke my foot and (being on crutches) I felt helpless on returning home. MAECare rescued me, helping and shopping for me, they were wonderful! I joined their activities and look forward to when we can return.

Little did I know when I first saw the White Cliffs of Dover that I was going to spend a lifetime in England! ■

Ena was talking to Maureen Kershaw. Ena is part of Moor Allerton Elderly Care, which offers support and services to older people in the Leeds 17 area. Contact them at 0113 2660371 or info@maecare.org.uk

A Tale of Two Sailors

Kath Brayshaw, 95, has lived in Leeds all her life. During the war, she found herself writing to two young men, both of them sailors. Which would she choose?

I am 95 years young and live in Richmond Hill Leeds. I was born near here all those years ago - and things were very different then. We lived in a back-to-back house with no hot water and had to go down the street to use the toilet. But then, everyone else was in the same position. We just got on with it. There was a great community spirit, neighbours always on hand to help. I remember the ice cream man coming down the street pulling his cart and buying an ice cream cornet for a half-penny. When I was 7 my mother died and my dad had to go to work of course, so I went to live with my aunt and two cousins. We later moved to Quarry Hill Flats on York Road.

When I was 14, I left school and went to work in Burton Factory in Harehills. Then war broke out and all the young men were called up to join the forces - including my cousin, who joined the Navy as an engineer. We started writing letters to each other as pen-pals to keep in touch. One day, my cousin wrote and said a friend of his would also like to get a letter from me. His name was Harry, and we started writing to each other. When he came home on leave, we would go dancing or to the pictures. We became good friends. One day while I was at work in Burtons, a young man called Alf asked me out and so we started a friendship. But lo and behold, a few months later Alf was called up and he also joined the Navy. So, now I had two boyfriends - both in the Navy! Luckily for me, their time home on leave from duty never coincided.

Eventually, Harry was demobbed and a little while later we got engaged - and finally married. Sadly, it was just two months later we learnt the sad news: Harry had caught TB whilst in the Navy. He was moved into the Sanatorium for treatment. After a time, I brought him home and gave up my job to nurse him. Sadly, he died - much too young - at 25 years old. I was a wife for just two years and now I was a widow.

But life goes on. A year later I met up again with Alf, my other "pen-friend" in the Navy. Once he was demobbed, we got married! For the next 46 years we had a good life, brought up two daughters, who went



on to produce four grandchildren, who then lovingly introduced me to eight beautiful great grandchildren. Alf and I started Bingo at the Community Centre in Richmond Hill and had such a good time with friends we made there. When Alf died in 1995, I started to organise various events at the Centre. Some of the best times were our trips to

Blackpool and I can still smile as I remember the laughs we had on those trips. There were other trips to the theatre and I was once called upon to play the part of Elizabeth I in the theatre group which the Richmond Hill Elderly Action ran. I didn't like the way the script was written so I wrote my own version of her life in verse!

These days my health is not so good, and I do not go out much. My two daughters and sons-in-law are a blessing they are so good to me. Of course, the family cannot call in to see me and like everyone else we are cut off from family life. Hopefully once this pandemic has passed life will return to normal for us all. ■

Thanks to all at Richmond Hill Elderly Action for putting us in touch with Kath. Kath was talking to Betty Bennison.

For more information about Richmond Hill Elderly Action please visit:

www.rhea-leeds.org.uk

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



Email - **hello@shinealight.org.uk**

Phone - **0113 244 1697**

Post - **Shine, LOPF**

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

ROCKIN' Roundhay



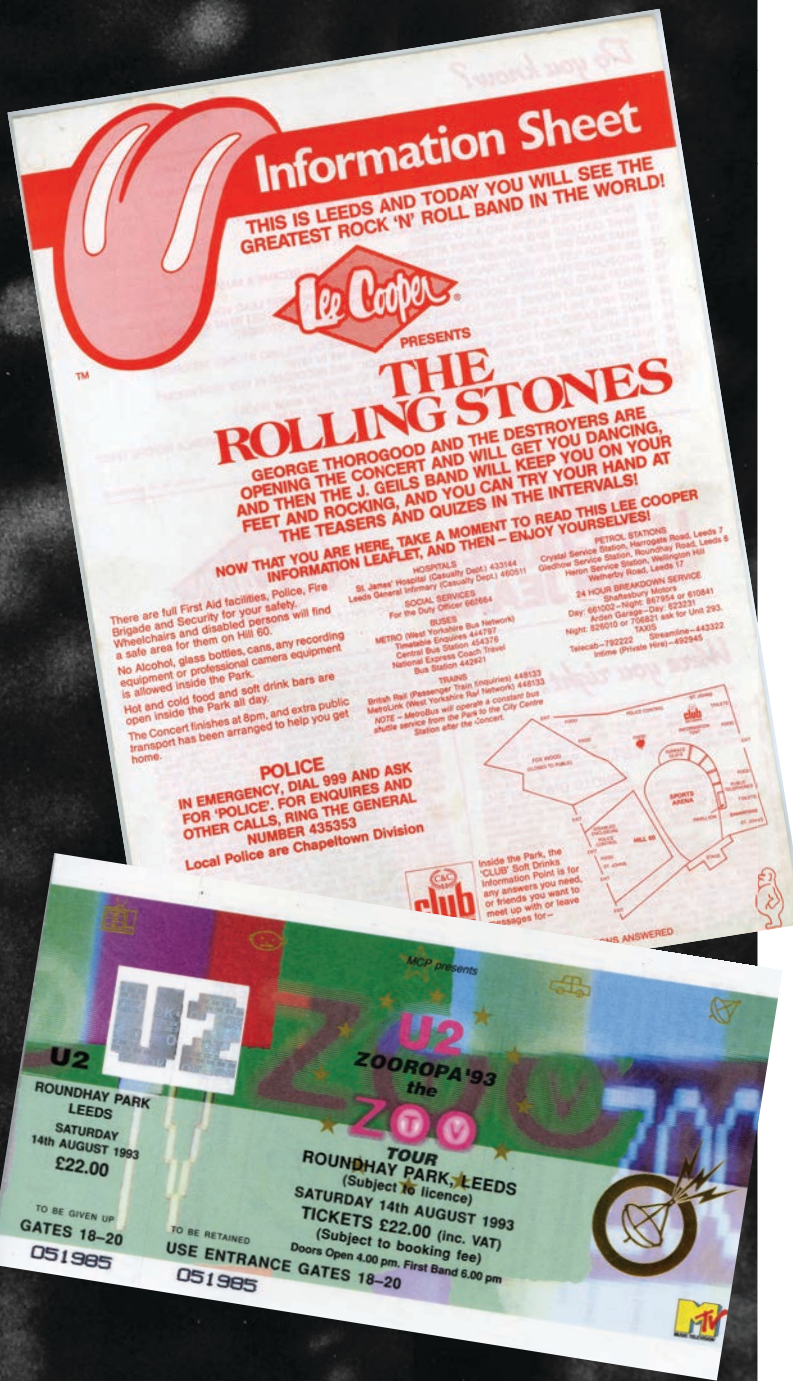
In the 80s and 90s Roundhay Park played host to the world's biggest music acts. We find out more about this pop-tastic chapter in Leeds' history.

Peter Mills is Senior Lecturer in Media & Popular Culture at Leeds Beckett University and has been delving into the history of the gigs at Roundhay Park. We asked him to write a short history of the events.

Roundhay Park has been part of the life of the city of Leeds for nearly 200 years. It was bought in 1803 by the Nicholson family who lived in the park's Mansion at the (now-redundant) St John's Church on Wetherby Road. The park then passed into the hands of the city in 1871; the move from private to public land was overseen by Leeds MP John Barran, whose link with the park is commemorated in Barran's Fountain. The immediate and enduring popularity of Roundhay Park ensured it was primed for large gatherings - the well-loved Children's Day and Military Tattoo events, for example - and musical performances. This reached an apotheosis in the 1980s with a series of large-scale pop concerts, which took advantage of the Arena's intimate ambience and natural acoustics.

Despite worries from local residents and the local constabulary, the first gig by The Rolling Stones on Sunday July 25th 1982 was a great success. Complaining councillors were soothed by the sum of money the city earned from the show, some of which went toward refurbishing Roundhay Park's decaying infrastructure. Fears thus allayed, a startling run of gigs flowed through the 80s, reading like a playlist of the era's biggest acts - Bruce Springsteen, Madonna, Genesis, Michael Jackson, U2 and more. This was good news for music lovers, but also for the city. Leeds was at last on the international music map, attracting the world's biggest acts and it really caught (caused?) an optimistic mood in the city. In the 90s smaller events (such as the free Heineken Festivals and 'Shine' events) became the norm. The last stadium-sized gig was the second visit of U2 in August 1997. Civic will shifted in the late 90s and, after the debacle of an ill-advised dance music weekender in 2000, a moratorium seems to have been called. There were no more big events at Roundhay until Robbie Williams played two nights in September 2006. Another 13 years would elapse before Ed Sheeran acknowledged his West Yorkshire roots by picking Roundhay for two of his four UK gigs in August 2019. Both were very successful engagements, but council records show that many of the same objections raised in advance of the Rolling Stones show in 1982 were made in regard of these shows!

What we notice when we look at the history of these big events in Roundhay Park is the role of civic will, certainly, but also the changing nature of pop-staging and presentation. Contrast Mick Jagger's fluorescent jacket in 1982 and the video-screen close-ups of Ed Sheeran's fingers in 2019. A road ▶



Memories of Leeds

manager for Simple Minds, who played Roundhay at their commercial peak in 1988, praised the site but also noted that 'When you book Roundhay Park, that's what you get – a park. Not a lightbulb or a three-pin plug in sight'. This is part of its appeal, certainly, but also represents a problem for events on the scale needed to fill it. Regardless, Roundhay Park is a natural spot for such events – encore, please!

Thanks Peter! We heard that Peter was at many of the gigs in the 1980s so we contacted him for a chat about his own experiences of the concerts.

Peter, what started you on this research?

I grew up in Oakwood, which is just down the road from Roundhay Park. The park is the city's playground. Whenever there's been a public event, that's where it went. Even Queen Victoria went there when she visited Leeds. So, I grew up near that park and felt that sense of ownership. My theory is that Leeds has a civic tradition of underplaying its advantages and its history, particularly where culture and music is concerned. There's Fanny Waterman and the Leeds Piano Competition; the great jazz scene in the 50s and 60s; and the gigs in the park. I can't believe nobody else has written a proper history of them. I was also interested in the extraordinary improbability of all these famous names coming to this Northern park. Pop stars descending on the park and what happens when an event like that happens. It's a story about music, who's in and who's out, and a story about Leeds.

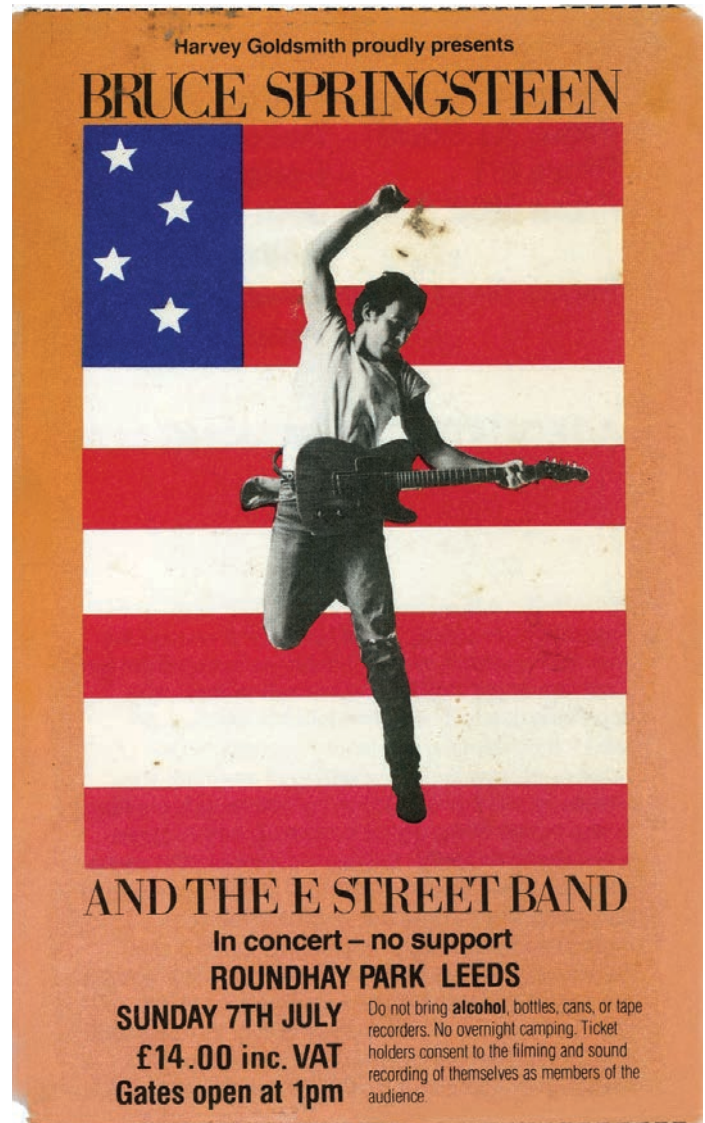
How did the gigs affect Leeds?

Leeds has always been seen as the poor relation to Manchester and Sheffield, in terms of getting big acts. These gigs were important for the city's sense of itself. In 1982 Leeds was a completely different place. Having these acts come to the city changed things. A sense of "let's do this – we've got the environment and the resources." And a sense of "why not?", whereas before the question was "why should we?" Leeds tended to take pride in industry, volume, financial turnover – and culture was a sort of bolt-on.

You were at the first Rolling Stones gig in 1982?

Yes, but I wasn't even particularly a fan! I was there because I wanted to see this interesting thing in the local park. A lot of people were the same. There was a communitaire feeling. It was a big gig, the end of the Stones' World Tour. It was a special show – it's now available on DVD. There was a lot of local resistance to it happening. Up round the

park is a wealthy area so people have a bit of clout. So, the audience numbers were kept low, and it had to finish by 7.30pm. The Stones came on about 5pm. We were in the arena. It was a really warm, sunny afternoon. A good-natured crowd, good atmosphere and the sound was great – which doesn't always happen in these outdoor events.



Who was your favourite of the artists that played in the 80s and 90s?

I loved Madonna, I thought she was "it" – I was really excited when she came. That gig was actually her debut live performance in the UK.

What did she make of Leeds?

I'm not sure she even knew where she was - she kept saying, "Come on England!" - she never said Leeds. Apparently, she flew into Leeds Bradford airport about 2 hours before the show, then got in a car, drove back to Leeds Bradford and flew back to London!

Who was behind all these gigs?

Michael Johnson was the music officer for the city. A famous promoter called Kennedy Street contacted

Leeds City Council, looking for a venue for an unnamed band. Michael said, “come and have a look at Roundhay Park.” So, someone from the promoter came to the park and the pair of them decided the arena would do very nicely! Michael Johnson made sure it happened, fought to get the council onside. The Tory group in the Council were against it, but he got it through. Michael is the hidden hero of the story! He left in 1989 and the gigs did tail off after that.

Why did the gigs stop happening? Was it the local objections you mentioned?

No, I think after a few gigs it had been shown they were successful and wouldn't leave the park in ruins. They generated money for the city. When I was a kid the infrastructure of the park was dying. But the money generated from the gigs went into regenerating the park. I think the reason they stopped was as “unsexy” as the fact that the people who had championed the idea in the council had moved on or retired – like Michael Johnson. And to some extent it's about fashion – which acts are “in” and do they want to play in a park? In the 90s, the fashion was for acid house and electronic dance music. The 80s were the era-of stadium-sized gigs. There have been a few open-air concerts more recently.

How do they compare to those of the 80s and early 90s?

I went to the Ed Sheeran gig to see what it was like. I sort of treated it like a research exercise. Maybe I'm just a nosy parker. I was interested in who was there. People had come a long way - from all over the UK. A genuinely national audience. Which is different to the local atmosphere of the 80s gigs. The staging of pop concerts has changed so much. I was hard not to be impressed by the show! With the screens and effects and zillion dollar budgets. But the security was very different. It was like going to the Fall's Road in Belfast, this massive ring of steel. At the Rolling Stones gig it was like school fencing, people could gather outside it and hear and see the gig quite easily. There's less of a local feel these days.

Thanks Peter.

Artist and designer Paul Atkinson went to many of the gigs in the 80s and 90s – but he never bought a ticket. Paul's illustration of Madonna is above right, and he shares memories with Shine.

The first one me and my wife went to was the Stones in 1982. Then Genesis and Madonna. I worked at a studio in Oakwood so we could park there and walk up the way to the far end to the Mansion pub. You were on a hill there so you could see over the barriers!



Madonna by Paul Atkinson

A good place to sit and listen. We carried various chairs, a table, a cooler bag, always 2 bottles of wine, a wine bucket, glass holders, a broly, a picnic blanket. Very civilised. Prawns, avocado, French bread, cheese. And always proper glasses, not plastic. It was a terrific position and a terrific view.

The Stones were good. They put on a good show. It was a great feel. Madonna too. During the day, you'd see people streaming towards the park. Hundreds of them! People selling memorabilia. A lovely time. I took my granddaughter to Ed Sheeran a couple of years ago. It was chaos! Not as good an atmosphere. Nowhere to park at all. But the access in the 80s was brilliant and really lovely. Not as restricted in the old days. ■

Thanks to Peter, Paul and to Patrick Bourne at Leeds Abbey House Museum for help with the article. If you want to know more about the Roundhay Park gigs, check out Peter Mills' online lecture "Parklife: When Roundhay Went Pop" on 22nd April at 2.45pm.

Tickets are £5 and can be booked by emailing abbeyhouse@leeds.gov.uk.

If you have memories of the gigs, let us know, we'll print a selection in a future issue of the magazine.



**Thank
You!**

Over the last year, older people across the city have stayed in and some have shielded. Mary Webb expresses her thanks on behalf of the NHS and explains how a new campaign aims to keep older people safe and well as restrictions ease.

Older people have been heroes over the last year – and health services in Leeds want to express their thanks. It’s been a long, hard year for older people in Leeds. Many have shielded, all have restricted their movements. It’s not been easy. Health Services in the city are uniting to recognise the sacrifices that have been made. The NHS is keen to acknowledge the efforts of older people and over the page Mary Webb explains how a new campaign is helping to keep older people safe over the coming months.

First of all, we hear from an older person who has shielded. Pauline Tuft has pretty much spent the

last year at home. Yet she remains robust and upbeat. As she told us, “By nature I always try to stay positive. I believe in counting your blessings.” She even finds time to support others who are having a hard time by speaking to them on the phone. We thought it would be good to get our own “Pauline Pep-Talk”, so we rang her for a chat about her life and how she’s coping.

Tell us about yourself Pauline.

I’m 76. I was born in Holbeck, but we moved about a bit. We moved to Castleford with my Dad’s job. Then back to Leeds where we stayed for years. I met my husband in Leeds. He was in the Air Force. We finished up living in Garforth.

My husband died at 52. I was only 51. It was cancer. I nursed him at home. From being diagnosed to dying was only six months. A short time before that my Mum had died of cancer. I nursed her too. She died within 2 months of diagnosis.

I was a social worker. I ran a residential home for elderly people who were mentally ill. I finished having to retire from my job because I was getting blackouts. I was fed up staying at home, so I became a Samaritan. People phoning with their problems. You got a lot of people who were suicidal. Depression. Some really bad cases. And some horrible men!

I had to sell the house I was in because of ill health. I was falling down the stairs and struggling to get a shower, and that sort of thing. So now I live at a retirement complex called Ingram Court. It used to be called sheltered accommodation. I don't know why they changed the name, maybe it sounds posher!

What about the last year?

When the Covid pandemic started, I was frightened. Not for myself, but for my son, daughter-in law, grand-daughter and grandson – they're all in the front-line workers. My grandson is in the police force and the others are in hospitals.

But then the biggest shock came. My son was diagnosed with leukaemia. He's doing well now. He's not completely out of the woods yet. And my grandson got Covid. He's 28. It was all a bit of a shock. Then I got ill. I started shaking from head to foot, violently so. Enough to throw me on the floor. And if I go on the floor I can't get up. In the past year I've been in hospital twice.

How have you coped with staying in?

I find my own little ways of coping. You've got to. At the end of the day, we're only being asked to stay at home. The family got me this Alexa and it's one of those things – oh God, it's gone off now! It heard me saying its name!

Ha ha! You mean one of those internet devices that speaks to you?

That's right. The rest of the family all got bought too. So, we can see each other and talk to each other.

That's been a lifeline. Television is now my best friend. It's never off. Even if I'm not watching it there are people's voices. I'll watch anything that's going. I record everything! I get a daily telephone call from the wardens. They're really nice girls. They're having to work from home. But I really appreciate that. Holbeck Together is another lifeline. They do such a lot for us.

A lot of people do ring me if they're not coping. People who I know. They ring day or night. A lot of people don't cope. We need to help people think positively.

I sit at my window, looking out. I love it when it rains or snows – because it looks different. If I'm fed up of the lounge I go into the bedroom and read. Just little things. If you start to be aware that you're down, you do something to get you back up.

I've been shielding for a year, nearly. I did go out between lockdowns. We had a day trip to Saltburn. But I'm back in now. I've had the vaccine. Roy, the driver at Holbeck Together, took me. It all went fine. I had a sore arm and a bit of a headache. But the day after that everything was normal.

What would you say to people reading this who might be struggling?

Be willing to accept any help that you may need. Stay positive – and just remember to always count your blessings. ■



Pauline keeping cheerful

Thanks Pauline! If you're struggling to stay positive try these unusual tips - sent to us by Tina Frost, who is part of the Age Friendly Steering Group:

1. Have you ever tried challenging yourself to Scrabble - and beating yourself - and marching round the room between rounds to increase your step count?
2. Or cutting your own hair? Finding it looks a bit lopsided so trying to tip your head to one side.
3. Planting lots of seeds but not writing down where or what they are. So you will be really amazed and taken by surprise when they sprout.

What do you do to stay positive – let us know!



Thank you

We at the NHS recognise the significant contribution people over 60 have made to keep safe and well; and to avoid the transmission of coronavirus.

“In Leeds we are an Age Friendly and Age Proud city - and we recognise the significant contribution residents in Leeds bring to the life of the city. We are aware that the pandemic, ensuing lockdowns and shielding has brought upset, isolation and detachment to older people in Leeds and we would like to thank them for their continued support and understanding during a difficult time.”

Dr Lesley Freeman, GP and Clinical Lead for frailty at Leeds NHS CCG

The Best Advice

The NHS in Leeds worked alongside Leeds City Council and the community and voluntary sector to give out additional funding to organisations providing support for older people. As part of our Age Proud and Age Friendly ethos and values, we acted swiftly in response to the pandemic to give the best advice to our older residents.

“We will ensure our residents aged sixty and over are offered the best possible advice in the future. By working together with the NHS and Third Sector organisations we will offer practical advice on staying COVID-19 safe, as well as ensuring people can make the most of new and existing resources available to them and stay well, connected and active during this unprecedented time.”

Cllr Fiona Venner, Executive Member for Older People, Leeds City Council

Over the last year, older people across the city have stayed in and some have shielded. **Mary Webb** expresses her thanks on behalf of the NHS and explains how a new campaign aims to keep older people safe and well as restrictions ease.

Older people at work

Key information and advice has been shared with employers and employees in Leeds. There are huge numbers of over 60s still working and they need support. Employers and employees should take steps to protect themselves, colleagues and customers to minimise the risk of coronavirus transmission. This also included advice for skilled tradespeople over 60 who need to access people's homes. This information was made available in lots of different languages, and in Easy Read formats. Now, as we move to a more positive landscape where many residents above the age of sixty have or are receiving their COVID-19 vaccines, we move to a roadmap of recovery, people of all ages are looking to a brighter future.

A new campaign

At the heart of the campaign, partners across the city are promoting the following ways to stay safe:

- aim to reduce physical contact and avoid areas of high footfall;
- discuss ways to reduce transmission risk with employers and minimise situations that brings close contact with people, especially indoors;
- plan leisure time to include leaving the house around quieter times of the day to reduce the risk of being in close physical contact with others;
- physical exercise is important – maintain a two-metre distance to stay safe;

To find out more about the campaign and to get tips to keep family, friends and colleagues safe please visit www.takecareleeds.co.uk

Over the next few months, Shine will update you on how the health campaign to keep older people safe is developing. Watch this space!

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.

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

Wordsearch - Months of the year

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

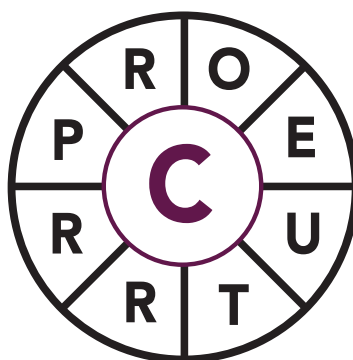
Aerosmith Def Leppard Depeche Mode
 Duran Duran Eurythmics Joy Division
 Madonna Pet Shop Boys The Cure The Police
 Spandau Ballet Wham

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



80s Music Quiz

1. What year was Live Aid?
2. Who sang the title track of 80s Bond film The Living Daylights?
3. What was the best-selling single of the 80s in the UK?
4. Who was Christmas Number One in 1988 with Mistletoe and Wine?
5. Bobby G, Cheryl Baker, Mike Nolan and Jay Aston are members of which band?
6. How old were George Michael and Andrew Ridgely when they wrote Careless Whisper – 17, 19, or 22?
7. Who went straight to number one in 1981 with Stand and Deliver?
8. Which U2 album became the fastest-selling album in British history at the time, once released in 1987?
9. What was Madonna's first top 10 hit?
10. In what year did Mick Jagger and David Bowie team up for Dancing in the Street?
11. Which hit for Rick Astley became number one in 25 countries in 1987?
12. Who sang "Don't Stop Believin'" in 1981?



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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This is the space where you can share a small thought, a tip, a memory, or an idea. Or even a poem. Please send us your Short Cuts – our contact details are on page 3. Brian Sugden's memory was jogged by our Decimalisation piece; and we print an extract from a poem by Natalie Tharraleos.

Memories of 'D - Day' (D is for decimalisation)

By Brian Sugden

I was fortunate when decimalisation came in 1971 in that I had been recently promoted from postman to Post Office Counter Clerk. My counter training covered the change-over to decimal coinage, so Royal Mail actually paid me to learn the new way.

It was funny; when people would ask for a two-shilling postal order and I would ask for 12¹/₂p, I would be asked, "What's that in real money?" That's a phrase I still use now if I don't understand something. It gets me a few weird looks.

We also used to have problems with notes too. The pension then was £5 for a man and £3.50 for a woman. If a couple claimed their pensions together and I gave them a fiver and three ones they would demand all singles. The other side of the argument was that we were expected to use as few notes as possible to limit the numbers of notes in the office. And if someone was collecting a few weeks pension at a time and we gave them a tenner or, heaven forbid, a twenty there were ructions.

It was a great job. I did it for eight and a half years before getting another promotion and it was good to build up a rapport with the customers. Many customers would queue for a particular clerk if they liked them. We had one clerk who was a smashing worker but didn't chat to customers as much as the rest of us. One lady asked him why and he responded, "I'm here to serve you not to entertain you."

I remember one incident in a rare moment with no customers in the office. I started singing John Denver's Annie's Song. I'd just got to the line "Let me die in your arms" when a customer walked in. "Ooh, don't do that, love", she said, much to my acute embarrassment.

I guess, at the age I am now, I can understand the confusion and frustration that the customers felt but I like to think that we were (most of us anyway) patient enough to try to help our customers through what was a difficult time for them. I have very fond memories of my time, and my colleagues, on Post Office counters.

Let the poem write you...

By Natalie Tharraleos.

Cast on
the first few lines
choose your colours
It doesn't matter
if you drop a row,
pick up a new thread
knit a new one,
there's no rush
once you get first flush
of an idea
it naturally grows

like turning on a tap,
steady flow
then sudden gush
ride the rhythms,
of noise or hush

Next loop
weave it in,
mould, shape, fashion and mix
plenty of time to iron out creases,
let meaning emerge
then hold and fix
into the fabric of your pieces
Creative energy
never ceases,
even when it seems to run dry
inspiration trickling back
almost as soon as you give it a try.

A message revealed
from knowledge concealed
until now, when you are ready
moving forward, vision steady

In this new garment
you're creating
spirit glides in
inhabiting
You can wear it,
rock your style,
share it, flaunt it
own that cat walk,
walk your talk
Your time is now, no more later,
you ARE a Poet, Wordsmith, Creator.

Leeds Older People's Forum:

0113 244 1697

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

Leeds Coronavirus Hotline

0113 376 0330

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

Universal Credit Hotline:

0800 328 9559

Dementia Connect:

0333 150 3456

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

Covid-19 Bereavement Support Line:

0113 218 5544 or 0113 203 3369

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

Leeds Directory:

0113 378 4610

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

NHS:

111

For all non-urgent medical care

NHS number

119

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

The Carers Advice Line for Leeds

0113 380 4300

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

100% Digital

0113 535 1170

Help with digital stuff or help to just get online

Leeds Gay Community (LGC):

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

Sage:

sage@mesmac.co.uk

Group for 50+ year old LGBT+ people

Friends of Dorothy:

info@friendsofdorothy.org.uk

Group for 50+ year old LGBT+ people

Leeds LGBT+ Women's Space:

lgbtwomensspace@gmail.com

Group for LGBT+ women aged 40 years or older.

Silver Pride Social:

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

Quiz corner solutions

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

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

Word wheel

4 Letters CERT COPE CORE COTE COUP
CROP CURE CURT CUTE ECRU PUCE TORC

5 Letters CORER COUPE COURT CREPT
CROUP CRUET RECTO RECUR TRUCE

6 Letters RECOUP RECTOR


7 Letters CORRUPT PROCURE

8 Letters PROCURER

9 Letters CORRUPTER

80s Music Quiz

- 1.1985 2.A-Ha 3.Do they know it's Christmas? 4.Cliff Richard 5.Buck's Fizz 6.17 7.Adam and the Ants 8.The Joshua Tree
9. Holiday 10. 1985 11.Never Gonna Give You Up 12.Journey

A woman, Heidi Nielsen, a nurse, wearing a dark blue NHS uniform with a white name tag that reads 'Heidi Nielsen Nurse'. She is standing in a clinical setting with a blue diagonal graphic overlay on the left side of the image.

Vaccinations protect you, your family and the community. Don't miss them.

It is important that you and your family still have routine vaccinations. They protect against serious and potentially deadly illnesses and stop outbreaks in the community.

Contact your GP practice for more information.

**HELP US
HELP YOU**
GET PROTECTED