

The magazine for older people in Leeds

Shine

August 2021

AGE PROUD FESTIVAL

Be old, be bold,
be proud – coming
to Leeds this Autumn.

PERSONAL STORIES

Ron of the Rovers

After 60 years in the game,
Mr Football tells his story.

IN CONVERSATION

WHY GROWING OLD IS GREAT

Author and agony aunt
Virginia Ironside on
ageing, therapy and family.

MEMORIES OF LEEDS

Lost Pubs of Leeds

Remembering our
favourite pubs that
have closed their doors.

ON YOUR DOORSTEP

Face-to-face with an
inspirational couple.

HEALTH & WELLBEING

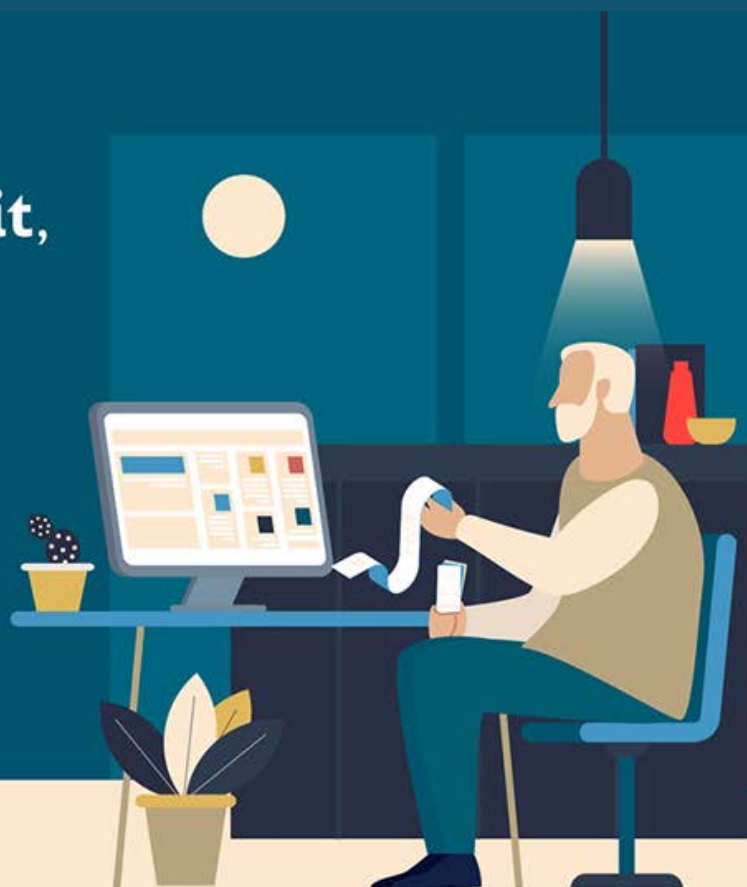
IT'S GOOD TO TALK

Advice, quizzes and more!



COMMUNITY
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you may get other help
too, like with housing
costs, council tax or
heating bills.



You could be eligible
for **Pension Credit**
even if you have a
pension, savings or
own your own home.



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.



Hi everyone! As I write this we are in the middle of a heatwave and I have spent all week wishing it would cool down so that I could sleep. No doubt, by the time you read this, the heatwave will be over and I will be wishing that the sun would come out! We're never happy are we?

This issue, we're excited to tell you about the Age Proud Festival. We've spoken to some of our festival partners and they give you a real flavour of what the festival has to offer. But there is so much more to come! The full festival programme is available on the website. If you can't go online, just give us a call and we can tell you all about it. Leeds has an ambition to be the Best City to Grow Old In - we think the festival will really help to show how wonderful this city is. We recognise that Covid is still with us; we really understand that many people are still very anxious about staying safe. However, we hope that people feel able to take part in the festival and we will be asking all the event managers to ensure Covid safety at all times.

This issue also has some great stories. Ron tells us all about his glowing career in football; Marie tells Maureen all about her volunteer role at LS14 Trust; and Nigel shares memories of The Staging Post pub. Kitty Ross from Leeds Museums and Galleries shares

some lovely photos of the Lost Pubs of Leeds. Many of those who used to drink in the pubs tell us their stories. It really makes you wonder ... if walls could talk, what tales they would tell! We also hear from British author and journalist Virginia Ironside. Virginia has written the Virginia Monologues - Why Growing Old Is Great, a book that tackles all the issues that older people face with humour and optimism. And we have a new feature: On Your Doorstep, where we finally get to meet people face-to-face!

Our health feature this month focusses on mental health. Ruth's story focuses on the power that just talking to a friend can have. If you have struggled with your mental health, do ask for help - the article will direct you to options. Wellbeing can be improved from making connections. This is exactly what Choices Project does. It's based Chapeltown at Feel Good Factor. Read all about the fabulous range of friendship-building activities that the project offers to older people from the African Caribbean community.

August Shine is every bit as packed as always - I really hope you enjoy reading it. Don't forget though, this is your magazine and we really want to hear your stories. Do call us, write to us or email if you have something to share - or come along to the Age Proud Festival activities at the City Museum in September and seek me out!

Linda Glew
Programme Manager
linda@opforum.org.uk

Shine

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

Send your story ideas to us in the following ways:

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

Keeping Well at Home

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



Resources include:

- **Online Exercise Activities via Zoom**
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 - Activity DVDs
 - Peer Support Groups
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To request any resources or to seek support in accessing our programmes, please contact us

Phone 0113 3783680

Web active.leeds.gov.uk/keepingwellathome

Email health.programmes@leeds.gov.uk

ACTIVE
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**WE ARE
UNDEFEATABLE**



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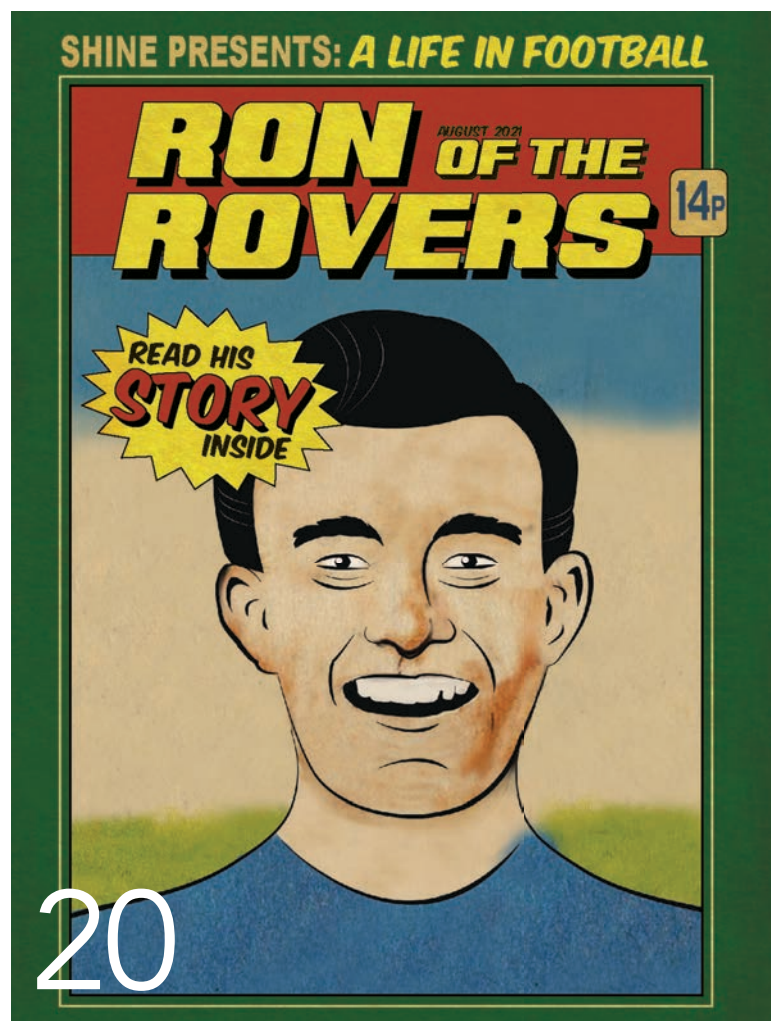
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Every month we talk to an inspiring or interesting older person and delve a bit deeper into what makes them tick. Sometimes a Leeds person, sometimes someone fascinating from further afield. This month we journalist and author Virginia Ironside.



“I started a whole new career. I became a kind of “Granny Stand-Up”. I went up to the Edinburgh Festival”

Virginia Ironside is a prolific author and journalist who has been writing all her life. She published her first novel in 1964 – when she was only 18. She worked at the *Daily Mail* as a rock columnist and various newspapers and magazines. She currently writes a regular Agony Aunt column for the magazine *Idler*.

The Virginia Monologues – Why Growing Old is Great was published in 2009. The Independent summed up the book as “the perfect witty rant, touching without being cloying, wonderfully heartless, leaves us with the urge to live each day as if it is our last.” It’s a hilarious and very honest account of ageing. Over the last few years Virginia has written several comic novels featuring the redoubtable older protagonist, Marie Sharp. The first, *No, I Don’t Want to Join a Bookclub!* was a bestseller and Marie Sharp has been described as “the babyboomer’s answer to Bridget Jones”. Virginia has also written more serious books, notably *You’ll Get Over It: The Rage of Bereavement*, which looks at the myths we tell ourselves about grief.

Virginia says, “the years after being 60 have, no question, been the happiest years of my life.” We catch up with her to find out if, a few years on, this is still true.

In your book “The Virginia Monologues” you flip negative perceptions about ageing on their head. How easy was that process?

It was very easy, because I was 60 when I wrote it. It was a golden time. You had all the experience and a sort of calmness – and none of the pressure. It seemed like your reward for the ghastliness of living. It was brilliant. There was a crock of gold at the end of a rainbow. It was wonderful! And the grandchildren, they were a joy for me. Particularly the little ones, who want you to build bricks up, then knock them down. I could happily go on doing that forever. The only drawback is giving them back at the end of the day. A little boy of two or three – there’s nothing better.

At that age, I started a whole new career. I became a kind of “Granny Stand-Up”. I went up to the Edinburgh Festival and did a show every day for a month. I love making people laugh. I love being the centre of attention. It’s wonderful: you can be very cruel about old people if you are old yourself. A younger person would be seen as unfeeling and callous, but I can talk about it because I have the same problems as other old people. I do find it difficult getting up out of a chair. I do have to root around in my mouth after every meal – it’s disgusting really. But it’s funny. ►

“I love making people laugh.
I love being the centre
of attention. It's wonderful”

Most of the audience are old and they understand – they know how difficult it is to get pills out of packets. It's like they don't want you to get into them. Child-proof bottles: who has the grip to get those open? There's a lot of fun to be had in comparing notes. All the pills we have to take. I'd list them all, the ones I was on, then I'd say, "Any more?" And there'd be these shrieks from the audience. "What about Omeprazole?" I felt a real connection. They liked it too. It was a sort of taboo. The joy about being a comedian, or a funny person, is that you can break taboos. You could say all kinds of things, for example, about death. Quite serious things, but in a funny way. And there'd be a wave of recognition and sympathy. The audience was on my side.

I'm 77 now. What they don't tell you, of course, is that you get the crock of gold, but then you open it up and it's full of old newspapers and biscuit crumbs. It's not much fun after that.

Have you revised your opinion that "growing old is great"?

It was true at the time. I really felt it. I am more realistic now. What I hadn't realised was how very disabled one can get very quickly. It seems to happen when you're 80. I'm not talking about everyone, obviously. There are millions of very ancient people who seem to be able to get up Everest in a wheelchair. But I'm not one of them. I think the limitations that age puts on you can outweigh the benefits. I don't want to enter the world of carers and chair lifts!

You wrote your first novel at 18, which seems a very confident thing to do at that age. Were you confident in your youth?

No, I was a gibbering wreck. I was shy, I was drinking too much, and I slept with anyone who asked me. I was desperate. The book was really about my life, and it hurt a few friends badly. I look back and think I was wicked to do it. But I did do it. Because I was so unconfident, I couldn't believe I made any impact on other people at all. I couldn't understand why they'd be hurt, I thought it'd be water off a duck's back. But no. It was my first realisation that people may look confident - but everyone is incredibly sensitive. We all put up a front.

It was quite a funny book and revealing of the sort of life we were leading back then, in the 60s. It wasn't much fun. For me, it was a very unhappy time. The 60s were a turning point, a revolution – and people always get hurt.

You had a very creative family – your father and your uncle were artists. And your mother was a

fashion designer and professor. What was that like?

It taught me that creative people are pretty selfish. My father was wonderful, but my mother was beset with demons. She tried to kill herself three times. She wasn't a "mum". She was hellbent on building up this fragile creature that she was. She became a howling success. But as a child, you want your Mum to make you cucumber sandwiches and read you a bedtime story. My uncle was fascinating. He was a painter, he used to be no. 2 at the Tate, a friend of Cyril Connolly and Angus Wilson. A brilliant artist. My father worked all the time. He was a designer. He designed the backs of the first decimal coins. I was an only child. It's not much fun. My parents were busy being creative, so I was brought up by au pairs, who came and went, never to be seen again. Later I was a latch-key kid. I always felt that I was never madly wanted. That gave me a push to do something, to be noticed. But it's not a very happy place to be. I always think, "What's the point of having children if you can't enjoy bringing them up?" I'm a creative person but I always made sure to be there for my son. Taking him to school, picking him up. Putting aside work for him. I'm not saying I'm a brilliant person – it's informed by what I lacked as a child. But I didn't want him to feel like I felt.

You do talk about quite serious subjects, but your books have a very light touch. The Marie Sharp series are very funny. How do you do it?

I write like I talk, I suppose. I've never had any problem writing. People say to me, "I can't see you tomorrow, I have to write 250 words for the Mail." I think, "250 words? Let me do it! I'll do it in 5 minutes!" It's easy for me. That series of books were all written when I was a grandmother. I was 60, I was very happy. I mined my own life and the funny things that go on. The first one sold very well – and made me quite a bit of money.

Often Agony Aunts can be a bit pious. You're not though, are you?

That's just me. I can't help it. I've got views and I think they're worth passing on. A lot of Agony Aunts fail because they have been counsellors and the Editor thinks they'd do a good job. Being an Agony Aunt is being a journalist. You're there to make sure people enjoy the column. You're not there to say, "Well on the one hand, this and on the other hand, that". That's not good enough. I've had quite a rough life, despite being one of the luckiest people in the world. I've had some problems and I've learned an enormous amount about how you deal with these things. I'm still learning. A lot of Agony Aunts tell people things that are very easy to say, but not very realistic. They say, "Sit down

and talk to your abusive, drunken husband and talk calmly over a nice supper.” Well, when could you ever do that? Much better to talk to them in the car – when nobody can get up, slam the door and leave. You’ve got to have some pragmatic tips.

The other thing is something I remember my father saying: “Do you want to be right, or do you want to get what you want?” If you want to be right, well, maybe you’re never going to see your daughter again – or whatever it is. Far better and actually more generous, to be the bigger person and apologise. Even if you’re lying through your teeth!

I do see a counsellor. I’ve done it since I was 28. Some of them have been absolute rubbish and destructive. But I do feel I’ve learned a fantastic amount from later ones. There are some that are pretty spot-on.

In your role as an Agony Aunt, how would you advise readers against falling into the trap of thinking things were better in the old days?

I do think things were better in the old days. But it’s good to remember the Ancient Greek writers who often complained about how ghastly young people were, and how it was the end of the world, they’re all violent and hopeless and drunk. When you see those quotes you realise: you’re just following a pattern. In a way, it’s quite right that you feel like that. It’s right for older people to feel despair at the younger generation. It’s part of the ageing process, like going grey. One of the things I loathe is my contemporaries going along with the new trends. That’s not what they’re meant to do; they’re meant to move on and stop clogging the system. You don’t want to be a trendy old vicar with a guitar and a cardigan.

We’ve talked a bit about mental health. What do you think about the way we treat our mental health nowadays?

In the old days, it was rather like divorce – it was taboo. It wasn’t “done”. A lot of people suffered. They were trapped in ghastly marriages. Like divorce, when it became easier, a different set of people suffered. Perhaps they gave up on marriage too easily, because they could? Things have advantages and disadvantages. This current obsession with mental health helps a lot of people. But it does hinder others. In the old days people might not have dwelled on things. Dwelling and ruminating on one’s psyche – as I do – is not a good thing to do. I don’t know, it’s swings and roundabouts. I speak as someone who’s been in The Priory three times with nervous breakdowns. I’m not talking lightly about this; my mental health is so precarious. I seem so together but actually “Phut”

and I’m gone. There are so many rubbish therapists and people in mental health who have their own agendas. Many therapists have their own self interests at heart – and they want people to keep coming.

In the last 18 months, we’ve faced a lot of bereavement in this country. Are we getting better at talking about death?

We’re not accepting of death, that’s the problem. A lot of people think we ought to live forever. I’m very cold and realistic about death. For instance, I think I’ve passed my sell-by date. I hate this sentimentality about death. Also, this obsession that when you’ve been through a bereavement, you’re going to come out the other side better and more “whole”, more complete. Maybe. But I just feel it’s just absolute s**t, and not something I want to happen to me. And the stages of grief – it’s like putting a structure on something that is chaotic and anarchic. Saying, “Don’t worry, first you’ll go through denial, then anger, then you might pop back to denial. Here’s the route, here’s the map – you’ll pop out the other side to wonderful enrichment.” It’s not true. I’m still angry about bereavement! Incidentally, my book on the subject is still in print after 20 years. [*You’ll Get Over It: The Rage of Bereavement*], Penguin]

What do you think about the word “old”?

I’m fine with it. I wrote a sharp piece for the magazine of the Association for American Retired People; I got the proof back and they’d taken out the word “old”! I asked why and this very quavery, old voice on the phone from America said, “At AARP, we don’t like to use the word old.” I thought, you’re mad! You’re in denial – tell the truth! It’s not going to help pretending you’re something else. I feel very strongly about that. People aren’t honest enough. Once you are, life isn’t quite so bad. You’re old. What you’ve got to do is accept it.

Finally, can you tell us what is (still) great about getting older?

I made a list. I think funerals are fun. I like looking good. It’s a very nice thing to look good when you’re older. Because so many contemporaries “let themselves go”. One of the great things about getting old is that you’re going to die soon. I really mean that. It’s wonderful. A relief. That really will be the crock of gold at the end of the rainbow. I don’t believe in life after death. But if there was another life, I think I’d like to come back as an olive. I’d spend a long time in the sun and finally end my life very briefly in a sea of alcohol, before being swallowed. ■

For more information about Virginia Ironside go to her website: www.virginiaironside.org

A lifetime of learning

*Every month we hear from a different member of the Age Friendly Steering Group. This time **Angie Smalls** explains how her love of learning languages keeps her brain active as she gets older. Hopefully it might inspire you to learn a new skill!*

I've enjoyed learning languages ever since I started French at school. I love decoding new words and chatting to the locals. After French, I moved on to Latin. Then, in the 6th form, I was introduced to Greek, Spanish and Russian. Before the pandemic, I was in a U3A Latin group, using the Ecco Roman book - which my children used at school. Latin made learning Italian much easier. I followed the BBC course Italianissimo. Italy is such a beautiful country. Since I've been single, I've made several short trips to explore Italy on my own. It's so nice to be able to chat.

I've learned 10 languages, so that I can make myself understood and ask questions. It doesn't really improve my memory - like they claim in the adverts. I tend to forget them when I'm not in the country where they are spoken. I have quite a library of language books to use for revision.

In the 1970s, I met an ex-flatmate on a train. He said there was a spare place on a trip to Moscow and Leningrad with the crowd he still shared with. We stayed in a hotel with a receptionist on each floor. We knew our room was bugged, but I am sure whoever was listening just heard us say, "Gdye Champanski?" - "Where's the Champagne?" I leapt at the opportunity to learn Russian, using the Penguin Russian course. I'm about to have another go at Russian; I've just bought the BBC course on eBay. It's called Ochen Priyatna, which means "pleased to meet you."

While I was training to be an Occupational Therapist in the 1980s, I had to do a practical anatomy course with cadavers. It's not traditional to leave your body to science in Denmark. I met medical student Finn Vang Hansen amid the formaldehyde, and he invited me to

Aarhus - so of course I learned Danish. Years later, I resurrected my Danish, which helped me when I took the kids to Legoland.

In the 1990s, I decided to visit my school pen-pal in Osaka, Japan. I studied Japanese at Beckett Park Language School for a year and stayed in youth hostels between flights and bullet-trains. There were quite a lot of girls at the youth hostels who had left arranged marriages and couldn't go home because they would be disowned by their parents. When I got to Osaka, Kazuko said she was too busy to meet up with me. Later she wrote to me and said her husband had forbidden her to meet me.

In the 2000s my partner and I took my children to France, Spain and Germany. They studied these languages at school, and I learned with them using BBC and Linguaphone courses. Hyde Park Picture House in Leeds shows lots of foreign films. As subtitles become harder to read, it's great to be able to understand what's being said.

I was invited to a party on Copacabana beach ... so I learned Portuguese. Rio is quite dangerous; it really helped to be able to get out of difficult situations. I travelled round Portugal, but no one understood my Brazilian accent until I got to Lisbon.

During lockdown, I started to learn Dutch online with Futurelearn. Then I found out that WEA were running courses on Zoom so I signed up for Greek and Arabic. I went to Cyprus in 2019 and had learned a bit. The Greek isn't hard but the Arabic is very challenging. The letters change according to whether they are at the beginning, middle or end of the word. The way you say the word changes according to the symbols above and below the letters. I may not persevere with Arabic but I'm looking forwards to my next holiday in Greece. ■



Illustration by Paul Atkinson

That Reminds Me

*Regular Shine Writer **Betty Bennison** grew up in Cardiff in the 1930s and 40s. Below she recounts a memory that will stay with her forever: visiting Switzerland as a Girl Guide in 1948.*

My friend Mary and I joined the Girl Guides in 1946, when we were 12 years old. In charge was Captain Hudson, who made us work very hard. Yet, at the same time, we had great fun. We learned to tie knots (in case we ever went on a sailing boat); to find our way out of a forest (in case we got lost); and how to find water in the desert. All very useful knowledge!

Some weekends we would take a train or bus to some place of interest and have a picnic. It was on one of our days out that the subject of camping came up. Captain shook her head. Sadly, due to some health conditions she could not go camping. Then she had a good idea: a holiday. Yes, yes, but where? Switzerland. We stared at her. Switzerland? Where? She showed us on the map. It had always been her dream to visit that country - the Girl Guide headquarters was situated there.

The next questions were – How? When? And at what cost? A day out to Barry Island was about the limit of our travel expenses. Captain had the answer: we would work for it. We put on concerts, Bring and Buy Sales, Bob-a-Job Weeks. After six months we had each saved our travel fare and bought our passports. Then we saved for spending money: I ran errands for all the neighbours, did jobs around the house for my mother. And I saved enough. A week before we were due to go, disaster struck. We were burgled. Amongst other things that were taken was the jar with my pocket money. When I told Captain, she rallied round and helped me. A Guiding Promise was “to help one another at all times”.

We left Cardiff station on the Friday 25th of May 1948 at 10am, bound for London, Dover, then the ferry to Calais, then on through France, Belgium and Germany. 14 very tired but very excited Guides finally

arrived in Basel, Switzerland on Sunday morning. Here we ate our first Swiss breakfast: coffee, rolls and butter. Real white bread and real butter. After rationing in Britain, it was the best bread and butter ever. Then another train ride to Interlaken. Now we could see the beautiful scenery for the first time. Our tiredness vanished. We were staying at the Hotel Alpenrose. The proprietor, Mrs Boss, met us at the door and showed us to our rooms on the top floor. We sank down thankfully on our beds to rest a while.

So began our week in Switzerland. The unbelievable scenery, the sunshine on snowy mountains, the tiny chalets nestled in the mountain side – and, of course, the food. The meals were so good I made a diary of what we’d eaten, much to my parents’ amusement. One day, we took a boat to see the Guide House that Captain had dreamed of. We were made so welcome as we were shown around, learning about the history of Guiding.

One morning - very early – Captain knocked on our on our doors and told us to come to her room. Sleepily, we followed her. She stood us at the window. It was dark, but we could just make out the Jungfrau Mountain across the fields. Suddenly, the sun came over the top and the sky was lit with a with a myriad of colours: red, pink, orange. The rising sun lit the snow-topped mountain ahead. A sight to this day which brings tears at the memory.

Soon our magical days in Switzerland were over and we had to pack and begin the long journey home, filled with memories. Memories that have lasted to this day, never to be forgotten. I would love to return one day. Ah well, I can dream.■

If you have a memory you’d like to share, then please let us know.



Let's celebrate ageing

The Age Proud Festival is coming to Leeds this Autumn. We thought you should get a sneak preview so we've spoken to a few of the key people involved.

Linda Glew, Time to Shine Programme Manager:

Why are you planning an Age Proud Festival?

Initially, we wanted to celebrate the diverse range of activities for older people there are across the city. We wanted to promote the wellbeing of older people. And have some fun! Also, to challenge the stereotypes and perceptions we all may have about getting older. Turn some of the negatives into positives. That's the Age Proud mission. I suppose in current times, we wanted to try and celebrate the end of Lockdown. To start seeing people out of the house and get back to face-to-face. Celebrate that people are able to do some of the things they might have put behind them for 18 months. So, a marker that restrictions have eased. One of our key themes is wellbeing. We want to highlight that doing activities and getting involved is good for your mental and physical health.

Who is involved and what are some of the highlights?

There's quite a wide range. There are chair aerobics sessions from Home Instead. We'll have dance from Yorkshire Dance and Bollywood from Woodlesford Over-50s Dance Group. Ukulele sessions in Bramley. Bibliotherapy – that's a bit different. More dance with Ascendance, working with people living with Parkinson's. The Leeds Owl Trail will be doing some guided walks. There's an online programme of activities. This will be live by the time you read this. Some of the events will be bookable, some you just turn up. If it's in person, you'll probably have to book. We have events all across the city. Different organisations will run things in their own communities.

What impact will Covid have on festivities?

There are about 40 different organisations who are doing an event for the festival. We've asked all the festival providers to tell us if they're planning to do face-to-face activities, or digital. Or even a hybrid blend of the two. So, we do have a good mix of ways to get involved. There are some people who are keen to things face-to-face, but an awful lot of it is digital. The digital stuff will go ahead regardless. But we have

asked everyone planning face-to-face activities to give us a Plan B – you never know what might happen with Covid! They say the lifting of restrictions is irreversible, but we do have to have a Plan B. But also, we've asked everyone to make sure that any activities they do are Covid-secure. Not just with regard to guidance and rules, but also how they are dealing with people's sensitivities and anxieties. All our providers will attend a Zoom call with Public Health for a briefing on their current guidance and what they expect people to be doing for Covid security. Hopefully that might alleviate providers' own anxieties about events. Nobody wants to put anyone else at risk and we all want people to be safe.

What about the city centre?

We'll be at Leeds Museum for 3 days between 9 – 11th September. Those days are managed by Leeds Older People's Forum and Time to Shine. The idea is that you can drop in. There'll be a schedule of workshops, music and other performances. We'll have stalls from organisations who work with older people too. People are welcome to come along to find out about all the things that are going on. Open to everyone.

What do you hope for the Age Proud Festival?

Mainly, what we are trying to achieve is that people make new connections. Find out about new things to get involved in. Become part of something. There really is something for everyone in Leeds. The more I learn, the more I think that when I retire, I'll be so busy! There is so much stuff going on!

Alan Lyddiard, Performance Ensemble:

We're doing Promise of a Garden at Leeds Playhouse in August. At the festival we'll do an extract from that show. It's storytelling; it's music; it's dance. You actually see a garden grow in front of your eyes. We'll do a 35 – 40 minutes extract from that show. That'll be in the Museum. We'll do that at the beginning of the festival.

At the end of the festival, we'll have a round table discussion about what we could do for 2023. 2023 is a big year for Leeds, the year of culture. We're planning our Bus Pass project - it's a collaboration between Leeds Playhouse, Leeds 2023, and Leeds Older People's Forum. We want to have 16 Double-Decker buses and 1000 older people, all taking part. But can we? We want to involve older people in the process with us - and we could start that as part ►

AGE PROUD FESTIVAL LEEDS 2021

“We aim to showcase the city
of Leeds as a great,
community focussed city with
lots to offer older people”

of the festival. Brainstorming, ideas collection, getting people involved, getting people started. If you're interested, come along - either in real life or digitally.

This festival is important because it's about recovery. Meeting people, connecting people, being creative with people. It's a crucial part of the process of recovery. It's going to take time. It's going to be complicated. People are still going to be apprehensive, I think. Getting on buses, travelling into town. It'll take time and we have to be gentle with people. If you're with someone you know, and you have a team of people you know then perhaps it'll be easier.

Adie Nivison, Yorkshire Dance:

We're going to offer people different ways to engage with dance. We'll invite people to a couple of open Zoom sessions. Throughout lockdown we've been doing digital dance sessions to our Dance On groups. And we want to make these public. Just so people can see what it's like. Come along, have a go, see if it's for you. Then, if you like it, sign up to come every week. It's an uplifting, creative dance session with no previous dance experience needed. We are starting in-person sessions again, but we thought we'd carry on with the digital sessions – it's a good way of getting moving without leaving your house. We want to whet people's appetites for dance!

We're also working with Performance Ensemble on their 'Promise of a Garden' project. A group of our Dance On participants have learned some choreography and they will perform as part of the bigger production. The group are part of our regular Dance workshops but have let us know they are interested in more performance work – this is a way they can scratch that performing itch.

Then we're going to do something called Strike a Pose (Red Carpet Realness). This is inviting older people to be their most fantastic selves, get dressed up, get on their glad rags – and come down to the Museum as part of the big Age Proud festivities. We'll have a dance to learn and then people can strut their stuff on the catwalk! We have a red carpet! That's really about celebrating the diversity of older people. We don't want to wear beige. We don't want knitted cardigans, we want to be fantastic and free! We'll have some lovely clothes for people to put on to make them feel more fabulous if they want to. After lockdown – and the drabness of wearing jogging bottoms all day – we want to have an opportunity to dust ourselves down and be the fabulous peacocks that we are. To strut, strike a pose and enjoy ourselves.

Andrea Ellison, Leeds Libraries:

The festival provides us with an opportunity to share some of the rich resources of the library. And it gives us a chance to re-engage with older people. One of the things we have at Central Library is the Special Collections – it's a real treasure trove of books and rare items than are usually locked away securely. People don't get to see them generally. So, we'll be getting some of those items out and doing a tour of them around the city. These special items belong to the people of Leeds, and they deserve a chance to see them. We'll take the items to older people's groups – hopefully to spark connections with people's lives.

We're planning lots of special sessions for the Age Proud Festival. We'll have a couple of tours of the Central Library – a tapestry tour with tea and cake too, if we can. The Leeds Tapestry was created for the Millennium and it celebrates our history and culture. Then there's special guided tours of the Central Library. There are lots of hidden bits and pieces to look out for in the building. Also some special Ancestry sessions, especially for older people. Teaching people how to find out about their families, using our databases. And a Drop in and Draw session focused on older people too.

We've got a lot of resources at the library of special interest to older people. Looking at old photographs, seeing streets you might recognise from when you were growing up. I love that too, looking at how the world was when I was younger! And the area where I lived. Also providing social connections – that's a big part of what we do. And the libraries are just there when you need them. You can drop in at any time. I suppose we want people to be reminded that we're back open after the restrictions of the pandemic.

Sarah Prescott, Communities Officer - Age Friendly and Dementia Friendly Leeds

We'll be doing a couple of public sessions around ageism. We want to raise awareness about the issues connected with getting older and change attitudes towards ageing. The Dementia Friends session is about helping people get more understanding about the disease and how it might be to live with dementia.

We will be doing something around benches for the festival. Leeds Civic Trust have put benches in different communities and local people have worked with artists to make them really beautiful. The Age Friendly Steering Group is really keen on the idea of benches after seeing the Horsforth Natter Bench. They'd like to see benches in other areas. Watch this

space – and get involved! Where are the places you think need more benches? Come down to the Museum and tell us.

Our work is about making change, shifting attitudes and having a conversation about ageing. We hope the festival can help us do this!

Lesley Wilcock, Age Proud Festival Coordinator:

It's my job to bring everything together – make sure all the people providing events have everything they need to make the festival happen and to make sure that everyone who would like to attend an event can do so. The festival will run between 6th and 17th September at a range of venues across the city, as well as lots of virtual events from the comfort of your own living room. You can find out information about what is happening, where, when and how to join by visiting www.ageproudfestivalleeds.org.

The website is being updated every day with new events and experiences.

I'm 63 so I'm slap-bang in the middle of the target audience. For me, age is just a number; it's just how you feel and how you mentally deal with it. I keep fit, keep my brain active. The one thing I can't do is sit

still - and I know there are lots of people in the same boat as me.

We aim to showcase the city of Leeds as a great, community focussed city with lots to offer older people. A place where people can feel involved and valued. We want the festival to highlight that getting older doesn't mean you're getting weaker, or poorer, or slower; you're a valid member of society with a huge amount to offer.

The festival will bring a wide range of activities and events for older people to experience and enjoy. An opportunity to try something new, embark on some self-improvement or just watch something that interests or entertains.

Leeds already has a huge amount going on for older people to be involved with and we want to highlight that too. The festival will be an inclusive accessible event and we want everyone to be a part of it and enjoy themselves. Put the dates in your diary – and come along and get involved!■

All the most up-to-date information about the Age Proud Festival can be found at
www.ageproudfestivalleeds.org



Feel Good Factor

**“What I
always do is
meet people
one-to-one.
I have a chat
with them,
build that trust,
find out
what the
issues are”**

*Feel Good Factor supports people
with their wellbeing.*

*They are based in Chapeltown
and work with older people on the
Choices project and the SWIFt project.
The idea is to provide support and
friendship to older people who
are particularly isolated.*

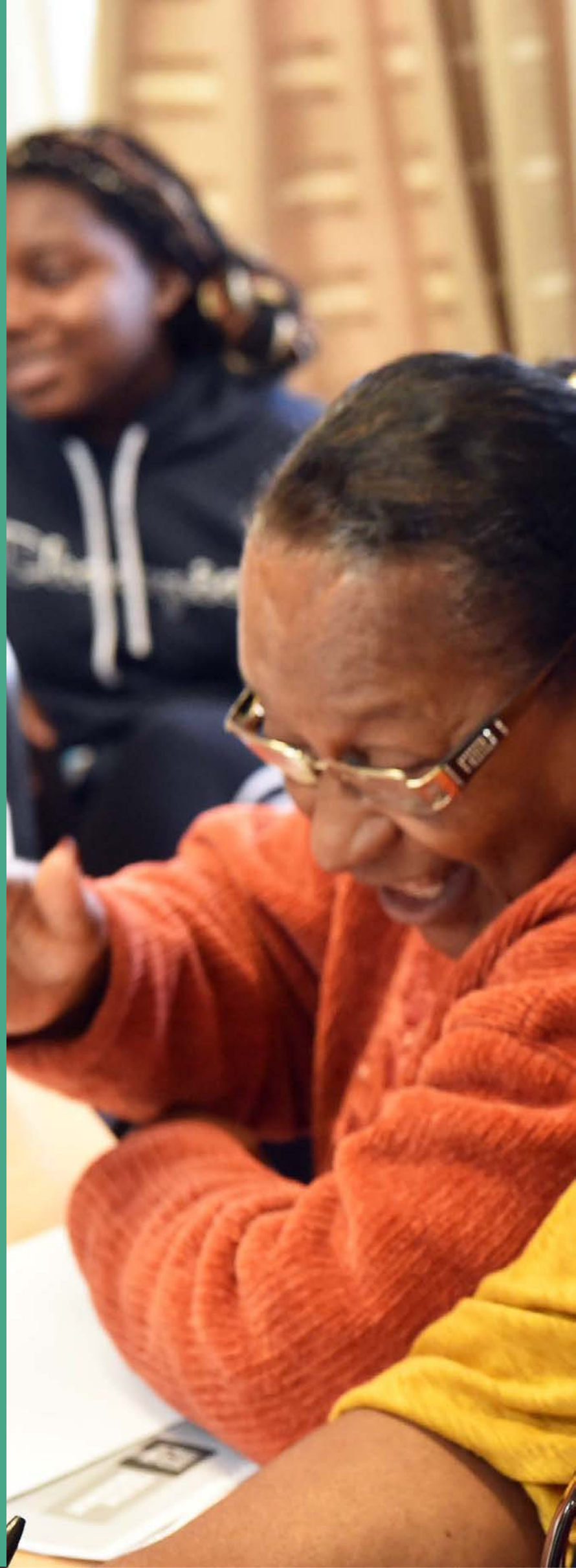




Photo of the Choices Project by Paula Solloway.

We spoke to three people involved with Feel Good Factor about the support they offer for older people in the Chapeltown area.

Shabana Kosar, Choices Co-ordinator:

My project is called Choices. We're in our 4th year now. The project was focused on the BAME community, particularly African Caribbean people over 50. We found some were very isolated, very lonely. The idea was to run activities in the evening and over the weekend, the times they felt most isolated.

Under Choices, we were running activities to build friendships: Cooking; Physical Activities; Modern Living (which is learning about technology like Facebook); the Social Group; Walk With Me Befriending Service. Now with Covid, we went into a telephone befriending service. That was hugely popular. We're now delivering a physical activity called Gentle Seated Pilates on Zoom. Again, very, very popular.

It's all about building friendships. With the cooking there was a chance to get a nutritional meal, to get out of the house, to meet people. We'd recruit volunteers to work with our service users. They'd meet, have a chinwag, then perhaps go for a walk around the block and build a relationship. That also improved their mobility. Our social group was running on an evening, but it wasn't that popular. So, we changed to a weekend – and we keep extending the time because people want

to be there! Started at 2 hours, then 4 hours. Now it just goes on – I'm in the building anyway and people just carry on talking! We have about 30-odd people sometimes. A very diverse group.

What I always do is meet people 1:1. I have a chat with them, build that trust, that relationship, find out what the issues are, what's bothering them, what the anxieties are. Most of the time, they're citing depression – they're lonely and isolated. Having that initial chat first makes them feel comfortable and familiar with the building, their surroundings. They find out what it is all about and get to meet me as well, so they don't feel intimidated or worried about coming. That initial barrier must be kind of overcome – then they start coming. Everyone had their own issues and now they've now built their own friendships. The difference I see in people is amazing.

We've got a WhatsApp group. That's come from the social group. We have everybody on that so they can communicate. I don't have to be in - it's about helping them to be independent. They don't need me hovering around! They discuss whatever they want. We do have a separate one where I can share information.

What I realised in the pandemic was that this social group could not have been more timely, because they all got the support they needed from one another. We had one lady who loves her mangoes. And she had another service user going to buy her mangoes and dropping them off for her. Grocery shopping, talking



Working together (image taken pre-Covid)

over the phone – they could do all that because they'd built all those friendships already. They were confident enough to ask for help and get others to run the errands for them. This is just brilliant, and this is what it should be about. They're not reliant on me.

Learning digital skills has been amazing. I was amazed. I taught ladies in their 80s to get on to Facebook. Then they were connecting to family in Africa - they were so excited. Connecting with relatives that they'd not spoken to in a while. It was things like that we had pre-Covid that helped us prepare for Covid. Amazing!

My service users have been really eager to get out and meet face-to-face since the restrictions eased. I wasn't expecting so many. They were just happy to be out meeting people and chatting. Last weekend we were there all afternoon. They didn't want to leave! One of them said, "Shabana, can we do this twice a week?" Hopefully they'll start meeting without me being around. I want them to be independent and confident.

Beverley Lock, SWIFt Wellbeing Coordinator:

My project is the SWIFt project. I started last January. I was there for a couple of months, then we went into lockdown. The aim of the project is to work with people who are 50+ in Chapeltown. People who may be contacting their GPs a lot – we're trying to reduce appointments and help with social isolation. My work is 1:1 and was initially going into people's homes.

We've had to adapt and become telephone support. A lot of people are feeling a lot of social isolation and depression. There has definitely been a rise in anxiety.

Many were scared to ring their GP. Part of my work is to encourage people and find the right support. A lot of the people I speak to don't have online access. Some don't want it.

The oldest person I speak to is 92. She really appreciates the calls. Normally I call once a week. It's about building a relationship so they can talk about the things they're facing. There's a mixture of needs: housing, finance, health, transport, food parcels – a wide variety. Some people are really keen to get back to doing activities again. Sometimes there's a safeguarding issue. But generally, it's about talking to people about what they need in their lives. For some people it's the only contact they have.

I've had a few successes. For instance, Mrs Rampal. I've been speaking to her for quite a while. We've built a really good relationship. If she needs support

with anything, she'll ask me. To be able to help her is great. Some people have started doing activities they hadn't done before – doing online activities. Another man was drinking heavily due to boredom. In one of our conversations, he said he was into cooking. I managed to get him a place on a course with the Ministry of Food in the market. That alleviated some of his boredom. He was still drinking but not at the course. It's about finding out what interests people and helping them get there.

I've started going out to do doorstep visits – all masked up! Feel Good Factor was able to get some funding so we put some gift packs together. I delivered those packs to people over 60. It was really nice – some of them I'd never seen before because they're not online! Putting a face to the voice was great. But there is anxiety with my service users about going out. A lot have mobility issues so that's not so easy. But they're so happy to get a visit face-to-face.

Mrs Rampal:

I am from India. I came here in 2006 from Vienna, in Austria. I stayed there for 17 years, but all of a sudden, I had health issues. Austria is a very cold country! Winter is very cold. My husband decided to come to the UK. He found work and I joined him. Because of the Covid, you can't do anything. It has been very difficult, but at least they are helping me. Somebody to talk to. They told me about the Shine magazine! You keep yourself busy reading it. There is lots of knowledge in there. I appreciate the writing and the detail.

The good thing is that we discuss everything: what's going on, the news, what's going on with Covid. Sometimes history and other things. The main thing is that we are part of the Feel Good Factor Centre. I have a problem because I need someone to pick me up and drop me off. Because I have had both knees replaced. It's difficult. I am scared of falls and blackouts. They are helping a lot. They help with policies and what to do. Not everybody knows about everything that is going on. They give good advice.

I was having a problem with my home – with social care. So, I had a chat with Beverley and they sent a message to my housing association. Helping me with the proper words and helping with how to talk to these people. I can't do it. Beverley says, "don't worry, I will call them." Really helping a lot.■

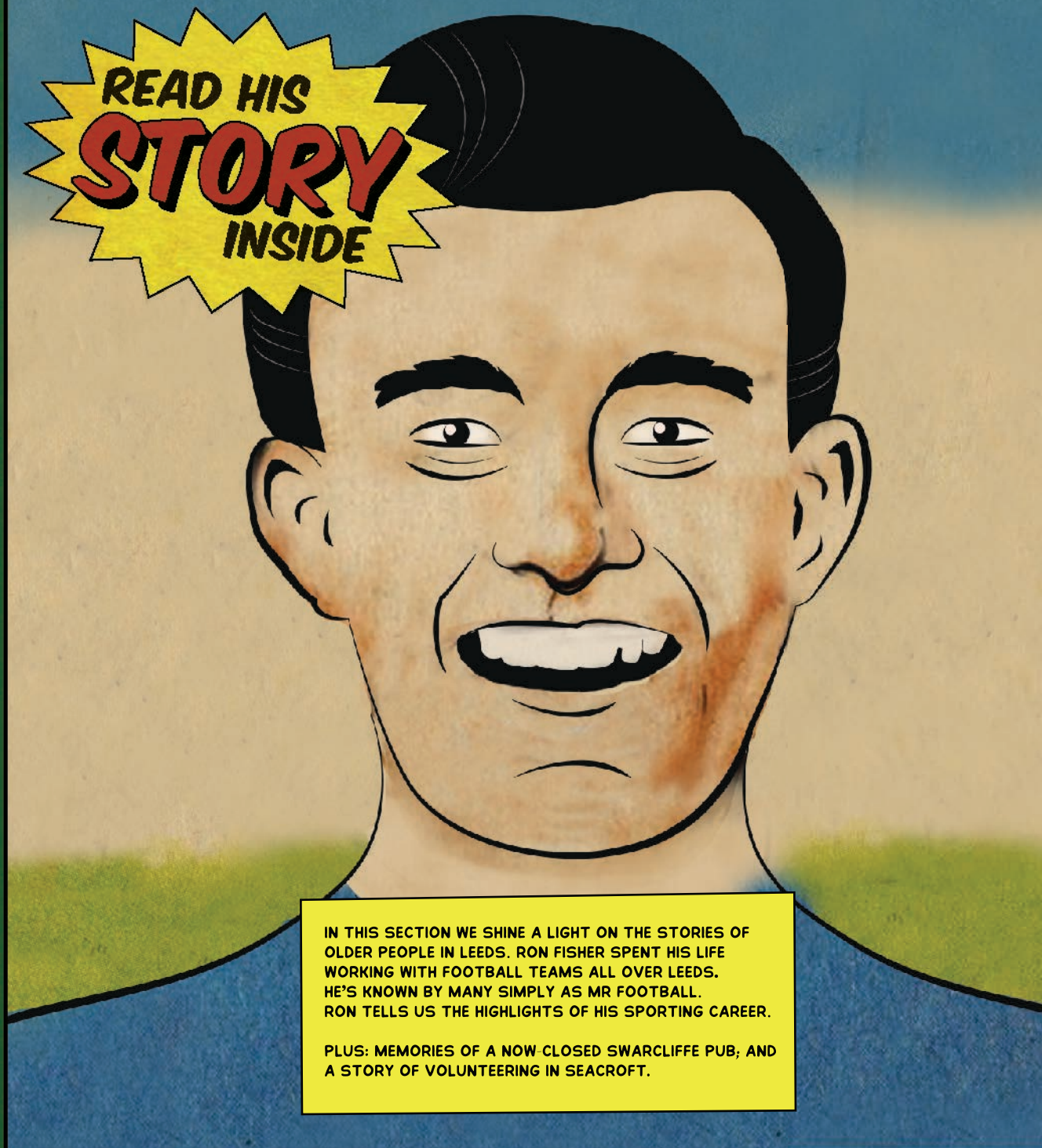
Feel Good Factor is based in Chapeltown in Leeds. To find out more go to the website www.fgfleeds.org email office@fgfleeds.org or phone 0113 350 4200.

SHINE PRESENTS: **A LIFE IN FOOTBALL**

RON AUGUST 2021 **OF THE** **ROVERS**

14p

READ HIS
STORY
INSIDE



IN THIS SECTION WE SHINE A LIGHT ON THE STORIES OF OLDER PEOPLE IN LEEDS. RON FISHER SPENT HIS LIFE WORKING WITH FOOTBALL TEAMS ALL OVER LEEDS. HE'S KNOWN BY MANY SIMPLY AS MR FOOTBALL. RON TELLS US THE HIGHLIGHTS OF HIS SPORTING CAREER.

PLUS: MEMORIES OF A NOW CLOSED SWARCLIFFE PUB; AND A STORY OF VOLUNTEERING IN SEACROFT.

Ron Fisher spent his life as a trainer and physiotherapist for football teams in Leeds. Now 89, Ron looks back at his long career in football and considers the impact he's had on the lives of thousands of young people over the years.

I was born on the Bank, where Quarry Hill Flats was. It was a run-down place. We left there and went to live on the Gipton Estate. I went to Mount St Mary's school in town. We were Catholic. My grandmother said we should go to a Catholic school. My Dad was a heathen – he didn't bother. But my Mum was religious. She was Italian. They're a religious people. She was from Cervaro; it was bombed in the war. They really had a big go there. There was a mountain and they couldn't get to it. They killed loads of troops trying to get to it. In the war I was a young boy. It was a bit of a hard time, getting food and one thing and another.

You used to leave school at 14. I did, anyway. After school I went to work with a friend of my mother's. He got me a job veneering furniture. I played football as a kid. I used to play with Henry Barran Youth Centre in Gipton. They had teams. The lads I used to go around with, they all used to play football and they asked me to join the team. But I didn't turn out to be a cracking footballer. I wasn't that good. After that I used to play on the field with the lads on a Sunday. At that time, I played rugby. It was a lad that I met at work, he said, "Come and play rugby with me."

I packed in football and packed in rugby. I loved ballroom dancing. We used to go dancing at the Astoria. And the 101. Above the meat market, in town, used to be the 101. I started dancing at 15, we used to have to flannel our way in – we were too young. A while later, I met my wife-to-be, Maureen, dancing at the Astoria. She didn't live round that way, but all her friends used to meet there and go dancing on a Friday night. It was 1952, I was coming up to 18, and I got conscripted into the army.

Army Days

I got posted to Egypt first. I was in the Royal Ordnance Corps. They found out I could sign-write, so they put me in the workshops and got me painting signs for the back of vans and wagons. I used to go round in a little 1500-weight. I once went out to put a sign on a wagon – and they put me in jail! They said, "You've crossed our parade ground!" It was a sin, apparently. I said, "It's just b****y sand!" They quarantined me. I was soon out – the company I was with sorted it out. From there I got into the Boxing team. My first fight, I got knocked out in the first round! Lovely! So, I packed that in. Then they put me in charge of the swimming

pool. I played football with the Battalion team. One regiment would play another regiment.

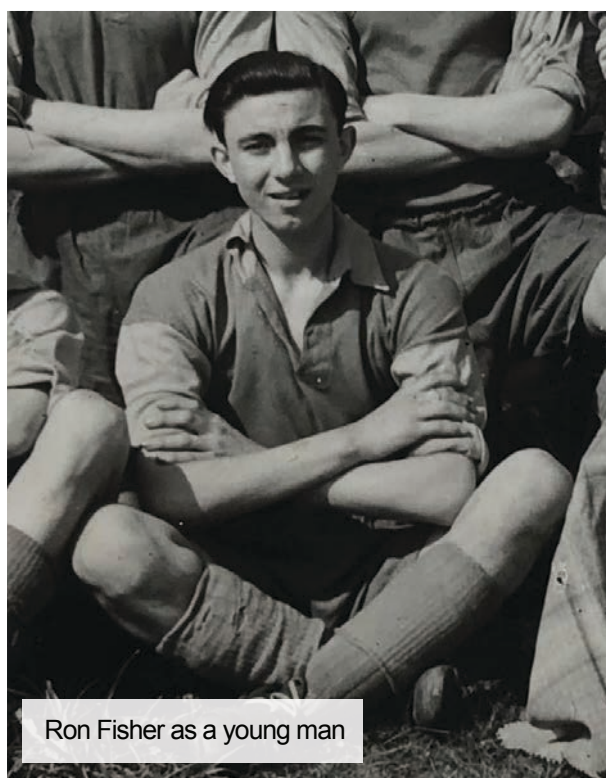
I then got posted to Cyprus. I still write to the Cypriot people I met there. We used to go out on holiday and meet them, me and our lass. We started going every year. We got invited to weddings. Their weddings are terrific; they invite all the villages around. They took over a cow field, put tables and chairs in. When I got demobbed, I went back for a holiday. This was the 50s. I met the son of the lady I knew in Cyprus. I found out that her father used to run a football team. They got me on to football again! I used to train the football team on the beach. Our lass, she said, "You must be conkers! You've come here on holiday, you're out every day, showing them football!" I kept going back, year after year.

Becoming a Trainer

My wife's father was a good footballer. He'd show me all his medals. He actually gave me one of his medals. It was solid gold.

"Do you play football?" he said.

"Well, I do. But I just kick a ball around, really." ►



Ron Fisher as a young man

"I'll tell you what," he said. "You come down to Market District Boys' Club with me and teach the kids how to play football."

"But I've got no qualifications."

"Well, we'll send you to get some."

So, they did, and I qualified as an F.A. Coach. It was a proper course. The day I got my badge, I thought it was lovely. The kids were all ages, from 12 to 18. They were a good team, they'd won a few matches. I took over the under-18s team. My 15 years with Market District saw the teams win many trophies. We ended up well – we won the league, we won the cup. We had a great side. My wife's brother – he was a good footballer. He played for me. We won all sorts. I wasn't paid; it was all for love.

I was attending an FA Coaches meeting one night and was introduced to Les Cocker. He was the Leeds United and England physio. He asked me to attend his Treatment of Injuries Course at Leeds. This I did – it gave me another string to my bow.



Ron and Maureen on their wedding day

Market District played hell when I left. I said, "Sorry, I've got a job with Leeds F.A." The F.A. had offered me a job as a physio. I went all over with them. All over the country. I went with loads of teams. The under-18s won the All-England Cup.

I was doing a favour for people. There was nowhere people could get treatments, so I helped out. My house used to be like St James' Hospital. Maureen used to go berserk. "They're in and out of my bathroom!" she'd say. The house got crowded with players. But she put up with it. They'd knock on my door and say, "Can you help me with this injury or that." And, of course, I would.

An Englishman Abroad

I went to Dortmund. They used to take us in these pubs and clubs – all with Oompah bands. We used to sleep in a big dormitory in a college. Leeds and Dortmund are twin cities. In Leeds, we've got a statue of the man with the barrel in Dortmund Square. All they've got from us is an old lamp-post and a measly phone box! Their ground, though, it's fantastic.

And I went to Holland too. We were playing a Dutch team. I ended up standing next to this chap. I knew it was someone, but I didn't know who. I kept looking at him, trying to work it out. The match finished, and he came over. "What's up, pal?" he said. "What are you looking at?"

I said, "I'm looking at you! I know you but I can't place you."

It was Rud Hullet! After that, we got on pretty well. He asked me all about the teams I worked with.

Sunday League

I was taken on with East End Park as physio and coach. They were in the Yorkshire League. I stayed with them for a while. Then I joined the Sunday League. I packed the Saturday football in. I started at the Fforde Grene pub in Harehills, they had a few good players.

My local club, up here in Colton and Whitkirk, they asked me to join the open age team. A lot of the players I knew were playing there; it was like coming home. And it was close by. I only had to go over a couple of fields and I was there. I was there for about 8 years.

Upholstery

After I finished at the FA, I used to be an upholsterer as a trade. I worked for Bridgecraft, the top shop in Leeds. I ended up manager of the upholstery section. I used to go to college part-time, teaching ladies at

evening classes. The College of Art took me on as a tutor. I am artistic – I can paint, I can sketch, I can draw. I love art. Then they took me on full-time at the college. I was doing training at night time with the football teams. When I left the evening classes, all the ladies were very sad. I said, “I never see my wife, I have to think of her.”

A Royal Visit

In 2001 we got an invitation, a letter from the Queen. It was for services to football. I got a bronze medallion from the Football Association for 50 years’ service.

We walked around Buckingham Palace. Cucumber sandwiches. We were at the Garden Party and saw the Queen, shaking hands with everyone.

“She hasn’t shaken hands with me,” I said.

“Shut up,” said our lass.

“Ooh isn’t she little!” I said.

“Shut up!”

Big mouth, me. She was small though, the Queen. Then she came over, she stood there. We were so lucky to see her. She was lovely.

Life in 2021

Maureen died in 2020. She was brought up with football in the family. Her Dad, her brother – he played for Leeds City Boys. He still comes with me to a match, takes me in the car. She was in hospital for quite a while. When she died, I really felt it. She was great. The one thing about her, she loved football.

I was up at the cemetery yesterday. To remember her. The gravediggers have got used to me. “Are you back here again?” I have chats with them. I found out that some of them play football. Once I started talking football, they opened up a bit. We talk about football every time I go up. I miss Maureen and I miss football. Honestly, I do. It’s now my third year out of football completely. I go up and watch. Up to Whitkirk Wanderers, which is up near Temple Newsam. They say, “Hello, Ron, are you coming back?” We have reunions nowadays. I meet all the old players. There’s not so many left these days. A lot have passed away.

It wasn’t just the football I loved, it was everything. I was getting the players back to fitness. If any of the old boys see me, they say hello. Yesterday I met 3 of the lads who used to play at East End Park. I sat with them. “Them were the days!” It’s a great memory. I loved it. I took pleasure in seeing someone who was injured getting back on their feet. I’ve loved it. ■



Ron Fisher in 2021, with one of his many trophies.

“Good Things Often Come out of Bad”

*Marie spends her time volunteering with LS14 Trust in Seacroft. **Maureen Kershaw** meets her to find out why she cares so much about her local community and how in giving her time to help others, she has helped herself.*

With everyone positively itching to get back to their routines of everyday life, it can go that little bit further when involved with local community groups. I had the pleasure of meeting Marie, a volunteer with LS14 Trust based in Seacroft. LS14 Trust is a not-for-profit organisation who work for the whole community in Seacroft, Swarcliffe and Whinmoor. They offer advice, help with computer skills and a host of activities, both for children and adults. I asked Marie how she became involved with the Trust.

“When my husband died nearly five years ago, I didn’t know what to do each day, I was stuck in a rut. I’d had to give up my job due to ill-health, but the Job Centre said I must still do some form of work. It was them who told me about LS14 Trust - so I went along and that was it. I was a very shy person, but the staff were lovely, helping me with many things and I wanted to give something back to the community so became a volunteer. I made friends, gained confidence and love my work. Being born and bred in Leeds I’d always lived around the east side of the city, attending Parklands Middle School then Cross Gates Girls School. After leaving school, I went into the tailoring trade, working at Sumrie Clothes, a big factory on York Road, where I learnt everything from pressing to the finest sewing.”

I asked Marie if she remembered what garments were made by Sumrie’s. “Oh yes I do,” she said. “They made lots of uniforms there for the Air Force and air crew, who are nowadays known as Flight Attendants. Many other garments too, but I particularly remember the uniforms.”

Marie continued: “I married and had three sons, but wanted to return to work as soon as the boys were all at school. So I did what many Mums did – became a dinner lady! As popular then as it is now, I worked when the boys were at school and was at home for them during the holidays. It was through being a dinner lady that I really began to enjoy cooking and baking at home.”

I then asked Marie about the work of the LS14 Trust.

“The Trust is in the Seacroft estate and was originally the Rent Office back in the day. There are lots of rooms for activities plus the Cafe and Community Hub and of course offices”. There are courses and activities too. “Oh, so many! Arts and crafts, knitting, crochet and sewing groups. We all take our own sewing machines to the group I started, but all the materials we need are provided for us. There are young Mums who have never done any crochet, now able to follow patterns for fancy work and sewers learning how to graft a pattern”.

“The Seacroft estates are amongst the largest in the Country and a lot of families were struggling even before the pandemic. The Trust has given food parcels and issued tickets for the local Food Bank. Well-being packs were delivered to the adults and activity packs for the children. My main volunteering is in the café, which (like all the building) opens Monday to Thursday. Residents can enjoy a breakfast, lunch or tea all at reasonable prices. Many just pop in for a cuppa (it’s only 50p!) and a chat. Everyone is made welcome.”

“A Playbox Project for children and young families is held on our local Rein Park. Special events, activities, games, picnics, barbecues, with bands and entertainers. During the school holidays activities are provided, with all the children receiving a packed lunch”.

I asked Marie if she’d felt isolated during the pandemic. “I did at first,” she answered. “Only seeing people coming and going, so I would bake a batch of buns and invite the neighbours in my block for a coffee outside. Now we meet in the communal lounge too and we all look out for each other. Good things often come out of bad and now we’re all like a big family”.

We wish LS14 Trust well for the rest of the Summer and school holidays. Their aim is to make a difference to people’s lives - and they certainly do! ■

The Staging Post

***Nigel Stone** shares his memories of The Staging Post pub in the 1980s. Nigel was a regular in the pub and he tries to get inside the head of some of the other drinkers. The pub closed down not too long ago.*

I'm going to draw you an imaginary map. That misshapen soggy box shape you should now be able to visualise is Leeds, and there to the East, where the A64 leaves the city behind and heads towards the coast, is the council estate known as Swarcliffe...or Whinmoor...or even Stanks, depending on who you're asking and which street they live on. If we were to zoom in on this estate during the latter half of the 20th century, we would have been able to see a long and wide and winding spotted path running North to South through the estate. This was officially Whinmoor Way but widely referred to as "the spotted path". About half way down this particular landmark is where you would have found The Staging Post pub.

The Staging Post was nothing special to look at from the outside. It was a box containing other boxes, but it is in those smaller boxes where the stories were written, where legends were born, and where tragedies took place.

Let's take a look inside these tiny boxes. Where should we start? How about "The Tap Room".

He was feeling down and definitely going through the pints. Early Sunday afternoon and he was already on his seventh. We saw his wife walk in before he did. She was carrying a plate piled high with a Sunday roast dinner, which she placed on the bar in front of him. "Here! Enjoy it! It's cold now! And don't you come home 'til you're sober!" We laughed and then got back to our conversation about meeting Norman Hunter in this very dump. Unbelievable!

We'll skip the toilets that separate the Tap Room from The Lounge. Nothing much ever happened there, except maybe the odd fight or two. In The Lounge, however...

REM was on the Juke Box. "Everybody hurts... sometimes". He was hurting, hurting bad, head in hands, loan shark on his tail, dealers chasing him. He hid in the corner of the lounge with us, and occasionally slept on our sofas. We'd known each other since infants school. I've bumped into him once or twice since those darker days. He smiles now,



Nigel far left

sometimes sits at Chippy's quarry trying to catch fish.

He is alive, unlike some.

I've saved the best for last. THE BACK ROOM OF THE POST!

A bar, a dance floor, a stage, a bouncer who didn't care how old you were, and a DJ who played the sort of stuff you heard in The Warehouse and the Phono and on the John Peel show. Meeting John Peel when he came to see one of the Sunday night gigs. Sticky floors, "s'mine hour", where you finished off any abandoned drinks, picking them up and declaring "It's mine" before downing in one. Staggering around the estate listening out for a house party to crash or heading into town. Bikers with machetes on a Thursday Rock Night. No Parking For Monsters daubed on a wall where kneetremblers took place.

The 'Post. Gone. Not Forgotten.■

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

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REMEMBERING



THE
LOST
PUBS

OF LEEDS



A chance discovery of photographs of some old pubs sets us off on a journey through the lost pubs and clubs of Leeds.

We remember some defunct boozers – and find out how one pub is coming back to life!

Kitty Ross, Leeds Museums and Galleries takes a further look.



You never know what gems you might find inside a forgotten box of glass plate negatives. Leeds Museums has recently digitised a wonderful set of photographs dating from about 1948 and showing over 100 pubs associated with Kirkstall Brewery (which by that date was owned by Dutton's Lancashire & Yorkshire Brewery Corporation Ltd.). Almost all of them are plastered with billboards and adverts for Kirkstall Fine Ales, Mercer's Meat Stout and O.B.J. Strong Ale, all brands which were part of the Dutton's stable.

We don't know who took the pictures, but it does seem as if they were commissioned by Duttons and were probably official company photographs. We are hoping to be able to add these images to the Leodis website (www.leodis.net) run by Leeds Libraries.

Kirkstall Brewery was founded in 1830 by Thomas Walker and by the early 1900s it owned a string of pubs in the Leeds area. When the brewery was merged with Duttons in 1936, Kirkstall Fine Ales could be marketed widely across Yorkshire and Lancashire. Brewing continued in Kirkstall until 1983 when Whitbread's took over. However, in recent years the name has been revived by a new enterprise based on Kirkstall Road as part of the revival of micro-breweries.

The pubs depicted are scattered across the north of England, from Middlesbrough to Shipley, Ripon to Dewsbury, but nearly half of them are from Leeds. Some of the pubs are still thriving (Covid permitting), but many have long since disappeared. In some cases the buildings have been preserved and repurposed, such as the Barleycorn Hotel on Town Street in Armley which is now converted into flats. However, many have been demolished and completely vanished, often together with the street on which they once stood, such as the Glassmaker's Arms, Greyhound Place, off York Road in Burmantofts which is no longer on the map. ►



The Queen Hotel

Memories of Leeds

Some of the photographs show that the writing was already on the wall for some of these pubs. The Fleece Inn, on York Road in Richmond Hill, is shown in splendid isolation with vacant plots on either side. A combination of bomb damage and post-war slum clearance meant that many of the pubs were marooned away from their original customers who had moved away. A few of the photographs have proved impossible to identify so far because they had already closed by the time they were photographed in 1948 and the signage had been removed.

Of particular interest to me is the image of the Queen Hotel which once stood on the corner of South Accommodation Road and Clarence Road in Hunslet, just round the corner from where the Leeds Discovery Centre now stands. According to the Leodis website, this was one of 52 public houses which were listed in Hunslet in 1938, when it was a tightly packed industrial and residential area. Almost none of them still exist today.

Your memories

We asked members of the popular Facebook group "Leeds Lost Pubs & Clubs" to share their memories about a couple of the pubs Kitty mentioned.

The Barleycorn, Armley

Peter Roberts: "Had many a pint in the Barleycorn going back to the mid-70s. It was a great, friendly pub with a very good darts team - with Gary Taylor and Big Mal. Cracking pint of Whitbreads."

Tony Grieg: "I was with Peter on many of those occasions and can confirm it was indeed a thriving community pub. Nothing fancy however, just clean and tidy. Plenty of characters went in the place. I used to be in the licenced trade and can say (at this safe distance), that the Barleycorn's weekly takings were often far more than its far larger (and grander) neighbour The Travellers Rest."



Mary Hill: "I lived opposite the Barleycorn when I was a child from 1945 to 1951. I think my grandparents used to drink there."

The City of Mabgate, Leeds City Centre

Paul Cooper: "The Mabgate was a great boozer – I used to drink in there at dinnertime when I worked over the road in Bridge Street."



Robert Stone: "In the late 70s the landlord was Paul Wilson, who was once the steward at Seacroft Working Men's Club. We played for the same football team."

Keith Broughton: "I ran the Mabgate for ten years in the 90s: such a lovely pub. Why the hell did they turn it into flats? A place full of characters and real ale. A proper pub, much missed. Does anybody know about the tunnels in the Mabgate cellar that led to the Leeds Parish Church? The tunnels are still there in the cellar - walled up, of course - but you can make out the small arch shaped tunnel. It is said that Mabgate (or Mabelgate as it was known) was a red-light district outside the walls of Leeds. The tunnels were used for people from inside the city to enter Mabelgate. And there are suspicions that the monks used it too!"

Patrick Jordan: "Had some great times in the Mabgate when Keith ran it. His lovely ex (Kirsty) worked there too. Great times, really miss the place."

Peter Crawshaw: "Great proper pub with lovely food. So was the Black Horse opposite. In the early 80s there were 7 pubs around there. None now."

Resurrection

There is one shut-down boozer that is getting a brief resurrection. Compass Live Art Festival ran a competition to find the most popular "lost pub" in Leeds. The winner was The Duchess of York on Vicar Lane, Leeds City Centre, which closed in 2000. Simone Ivatts was a regular at the pub and she sent these memories to Compass for the project:

“The Duchess was a hugely important and influential venue in the cultural and musical history of Leeds. I started going to gigs there in my mid-teens (in the late 1980s) and would often be there several nights a week - when I could afford to be! I played my first ever gig on that stage with my own band and have so many happy memories of squeezing down the front to see many of my favourite bands play (and discover lots of new ones too). I often used to interview bands that played for my fanzine, or sit in with other interviewers. It was the main port of call for touring artists who weren't (yet, in the case of some) big enough to play larger venues. Nirvana and Oasis both played there, as did a plethora of other incredible bands that weren't destined for quite the same heady heights as those two examples. It had the best atmosphere and audiences I've ever experienced at a live venue, no matter who was playing, and I miss it hugely. It was the spiritual home of so many different types of weirdoes and just brilliant people.

The pub was an odd shape. It was fairly narrow when you went in the entrance where the bar was, then it opened out into a wider space in front of the stage. There was also a small space to the right and left of the entrance with a few seats. I guess it was a bit tatty, but I never really noticed that; the atmosphere was always so electric. As an excitable young music fan, nothing else mattered to me. The upstairs dressing room was not very big and had the rattiest leather sofas ever, but had an amazing amount of graffiti all over the walls from bands that had played there - it was a lot of fun spotting them all.”

Cut to 2021 and Compass have commissioned artist duo Etheridge & Persighetti to bring back a rebooted version of the Duchess as part of a wider art project about lost pubs. “We love pubs,” said Katie Etheridge. “We lost our local in 2017. It really brought it home what a reservoir of community pubs are.” Simon Persighetti agreed: “People from all backgrounds, all ages meet. They probably wouldn't meet each other in other places.”



The New Duchess



Glassmakers Arms

The new Duchess was built in Leeds Kirkgate Market in July. It was part of “The Yorkshire Square”, a pop-up structure based on a unique fermenting vessel used at the old Tetley Brewery. Simon and Katie found out about the Yorkshire Square by talking to older people who used to work at the brewery. A different bar or pub was built on each side of Simon and Katie's square; the rejuvenated Duchess was on one side. The intention was to highlight the importance of pubs as social spaces.

Rebuilding the Duchess has not come without controversy. As the pub sign was being painted the familiar blue, one of the old pub regulars objected. “He said it wasn't blue,” said Katie. “It was green!” The artists acknowledged their error and fished out the green paint. But then another regular passed by, insisting it was indeed blue. “It's interesting,” said Katie. “Pubs are made up of layers of paint, layers of memory. And we all have our own personal fixed version of what that pub was like in our minds.” Eventually the pair decided to stick with the green sign, despite the difference in recollections.

Sadly, the Duchess's resurrection is only temporary. By the time you read this it will be a lost pub once more. But hopefully the Compass project has brought home how important pubs are and what a wrench it is to lose them.■

If you have memories of Lost Pubs of Leeds, send them to us and we may print them in a future issue of Shine. Turn to page 25 to read another memory of a lost pub from an older writer.

On Your Doorstep

*Since our inception Shine has spoken to many older people in Leeds, but all of them over the phone or on Zoom. Now Covid restrictions have eased we are starting to see people in real life. To keep everyone safe we meet outdoors – on people's doorsteps. In this feature we've teamed up with the **Centre for Ageing Better** to some meet some inspirational older people who are active in their communities; people who are defying the negative stereotypes about getting older and redefining what ageing can look like.*

Our first interviewees are friends to Shine: Ruth Steinberg and her husband Len Biram. Ruth is a storyteller and writes regular articles for Shine. You can find one of her stories in this issue. We featured Len's story in Issue 1 of Shine, back in Spring 2020. It was a real pleasure to meet them both in real life!

Tell us about yourself.

Ruth: I'm 68 ... 69 next week. This is Len, who's a bit older than me. He's 84. We met in the year 2000, not long after Len's wife died. We got married in 2003. I'm a storyteller and performer. I also write. Recently, during this Covid time, I've been writing for Shine.

Len: I was a GP working in a practice until 2018. I came to the UK as a refugee in 1955. Britain has been very generous to me. I've worked as a doctor, as a medical lecturer and I've done a lot of work in other countries.

Where have you lived in your life?

Ruth: I was born in Newcastle-upon-Tyne and I lived there until I was 18. Then I moved to Middlesbrough to go to university. After that I came down here to do teacher training, which was a complete disaster. But I stayed here. I've been in Leeds since 1976. I think of Leeds as my home. However, we've just bought a flat in Tynemouth and I feel a real sense of belonging there. This is my home, but I belong in Newcastle.

Len: I've been a drifter. I started in Poland – Krakow – in 1937. Just before the Second World War. Then it was Siberia, Tajikistan, Uzbekistan, Prague, Israel, Ethiopia, Kenya. And I washed up in England. I came to study with the very generous support of the British government. I finished the drifting in 1955. I worked for UNESCO so I lived in Italy, worked in west Africa, in Ghana and in Ecuador. I studied in Dundee. I decided on general practice and I couldn't get a practice

in Dundee. But there was a practice in this dirty, industrial town of Leeds. I drove past Ilkley and looked at Ilkley Moor and I drove past Otley and looked at the Chevin – and I thought, "What a wonderful place to live." It's a fabulous city to live in.

My father was a pharmacist in the quite primitive days of medicine. He turned into the village doctor. I was aware of how much he was helping. I grew up in a village and was used to village life. When I was financially secure (and secure in my practice) I asked for a Sabbatical year to give back a little bit. I went to Ecuador.

A couple of years later my son told me about an organisation he worked with in India that provides high class GP services to a couple of villages. A sort of crazy thing to do in a country of 1 billion people. But you either go big and end up with corruption, or you go small and you do an amazing job locally – which is what that organisation does. I went to India to see for myself. And I've done several trips since, of about 3 months each. Possibly another one, everything crossed. There are a couple of barely-trained local people, who have learned a lot of medicine from doctors like myself.

My father managed to be ethical and generous – but still managed to survive. Some of the things I've done were a direct copy of what he did.

When were you happiest?

Ruth: My first thought was our wedding day. We had a full Jewish wedding and it was wonderful. Joyous. Everyone was there to launch us into the next bit of our lives. If you look at the photographs you can see joy.

Len: It's probably each time that I sit in the plane coming back from one of the assignments in India. I feel, "Yes, that went well."

Len, would you say you're happy that you've achieved something? ►



**“We all have a story.
People’s stories need to
be heard. The power of
hearing somebody’s story
is a transformative thing”**

On your doorstep

Len: No, I'm happy because I haven't screwed up!

Ruth: This is not true! Len is the happiest when he's the most generous and when he can see a difference. That's what I would say, anyway.

Len: I don't quite agree with you because, for a doctor, working in challenging conditions, there is still professional pride in everything I do. And a fear of intending well but doing bad. So, the end of a mission is a very important part of being happy.

What communities are you part of?

Ruth: I was very involved with left-wing politics for a long time. Those are still my friends. People who want to see a world that's fairer. Where there's injustice, try to do something about it. That's also a very Jewish idea. I grew up very traditional. I became quite religious in my early teens, then threw it away. But I was always very Jewish, until I went to university – and it was nothing to do with me. Later on, in my 30s, I came back to it, through playing Jewish Klezmer music. Reclaimed my identity. Now I have a Jewish Masorti community, about 20 – 30 of us. It has a real sense of community. I'm not religious but I live a Jewish life with what makes sense to me.

How important is community to you?

Ruth: The centre of everything to me is connection, deep human connection. Without connection – this is why we're getting the difficulties we've got. Because

we're torn away from each other. It's nothing new, but Covid has really shown up those divisions. Community is when you really feel those connections.

How about you Len?

Len: I was due to go to India on 19th March 2020. On 13th March, India closed its borders. I realised then that the community I am most linked to is the village and the organisation in India. The other community is from the experience of being a Jew in the Second World War. Going to Israel, finding a country that was building itself out of the ruins of what was in Europe. I find it difficult to accept the way it has drifted politically. Of all the different languages I have been exposed to, Hebrew is the most important.

Ruth: Len grew up a loner. He does have community around him; people love him and he loves them. But in the end, he's a loner. But I managed to get in there somehow. And I'm still there 21 years later

What are you passionate about?

Ruth: The importance of story. We all have a story. People's stories need to be heard. The power of hearing somebody's story is a transformative thing. It's everything.

What has Covid taught you?

Ruth: Something about nature. Last Spring everything



went quiet. You could almost hear the animals saying, “We’ve got it back”. Also, anything around life and death is going to throw up the importance of being alive now – and what we have now. The importance of now. Learning how to live with uncertainty. Because I was brought up in a Jewish household not long after the war, I was taught that the world was dangerous, other people are dangerous. You have to be careful, careful, careful. That has been triggered now. I’m much more cautious than I’ve ever been. About other people, going places. It’s both easier and harder during this period. When we can’t meet person-to-person. But I have been able to meet people in San Francisco! On Zoom. In a way much easier – but it has its limitations.

What do you think about getting older?

Len: You think you are at a steady level – but then you find you’re not at a steady level. I had two leg fractures at the end of 2020 and several weeks in hospital. One of the changes has been that some steep gradients I could do, I haven’t done since the fracture.

Is society ageist?

Len: I think the simple answer is yes. Pushing people away, based entirely on age. It’s a very complex question because people age in different ways. I am 84, a fairly fit 84. There are people whose life has treated them far more harshly. They are older biologically, mentally than I am. There is a perception of what people can or cannot do. I have found a lot of people wanting to be “helpful”. I met ageist attitudes much earlier. When I was just coming up to 70 the doctors in my Practice decided at 70 people should retire. I objected and they said OK. I didn’t retire. I went on working until I was 83. There is built into society a perception that your powers fall off very considerably, very rapidly. But it didn’t happen to me.

Ruth: I’m 70 next year and Len will be 85. We’ll be 155 between us! There is a reality that our bodies wear out and things change. I have aches and pains. I’m not the same shape as I used to be. I’m not as bouncy and nimble. But I won’t have my life to be smaller than it needs to be. I won’t be told from the outside what I can and can’t do. I will not accept that “once you’ve finished work it’s all downhill.” What you’ve got is a lifetime of experience and knowledge. I’ve always been odd. I’ve always been small – and not the norm. I’m now old and I’m invisible. I say things and it’s as if I’ve not said anything. I have to push more. “Hello! I’m here! Don’t make assumptions about me!” Each person is of great value – of more value maybe, because of the life they’ve lived.

Quick Q & A with Ruth Steinberg and Len Biram

What do you like about Leeds?

Ruth: It’s big enough to have lots of culture, lots of things happening. But it’s small enough that it’s likely I meet someone I know. It’s cosmopolitan, it’s rich, it’s diverse. Its parks and green spaces are the best. Roundhay Park is near us.

What gets you out of bed in the morning?

Ruth: I struggle getting out of bed in the morning! What gets me out of bed is my diary, I guess. There are a lot of things in there. What gets me out of bed is that I’m interested in something – doing something.

Len: The weather forecast! Then I have to remember to make toast and squeeze oranges for this person (points to Ruth).

Ruth: I’m interested in things. I’m always doing puzzles, that’s my morning routine. I do a crossword puzzle or a number puzzle. I’m learning Yiddish at the moment. I’ve decided to learn photography. I write. I like my mind to be active.

When did you last cry? And when did you last laugh?

Len: I last cried properly when my wife died. We laugh a lot and we spark each other off.

Ruth: I cry and laugh very easily. I do something ridiculous and Len plays along. We find reasons to giggle. It’s infectious. I cry easily at how terrible the world is. My view is that things are terrible and glorious at the same time.

Thanks Len and Ruth for letting us On Your Doorstep. You can find a filmed version of this piece online on our website at www.shinealight.org.uk. Thanks to the Centre for Ageing Better for sponsoring this feature. The Centre for Ageing Better has a vision for society where everyone enjoys later life. Find out more about the great work they do at www.ageing-better.org.uk





It's good to talk

How talking to others can be good for your mental health.

Most of us will remember that old BT ad, in which Bob Hoskins rasps, “It’s Good to Talk”. It’s a cliché, but on this occasion, there is some truth to it. Many older people have spent the last 18 months in enforced isolation; some are emerging, post-vaccine, having not had a proper face-to-face conversation with anyone for a long time.

This issue our Health section is devoted to mental health. How do we know if we’re struggling and what help is on offer? Over the page Shaema Saleh explains how talking therapies and other interventions can help you mentally. You might find it useful to talk to

someone 1:1, or in a group of other older people.

However, sometimes we can improve our mental health just by talking to friends or family. Ruth Steinberg continues the story of Michael and Michaela. We featured the (fictional) pair in our Christmas 2020 edition and thought it was about time we caught up on how they were getting along.

Michael and Michaela go to the Park
By Ruth Steinberg

Do you remember meeting Michael and Michaela in this magazine at the turn of the year? Michael was a

loner and had a very small life: no friends, rarely left the house and didn't talk much to anyone. Then, one day, he saw next door's cat, a beautiful tortoiseshell. He wanted to touch its fur, stroke it, see it close-up.

He tempted it down into his yard and that led to him meeting his next-door neighbour, Michaela. Michael and Michaela – well, that coincidence tickled them both. They became friends. Michaela gave him plants in pots and Michael went to the local library to learn how to look after them. And so, his life opened up bit by bit.

Well, their friendship grew. Michaela planted a small plum tree next to the fence between their houses, and Michael made a gate to make it easier to pop in for a cuppa. It was Michaela who did most of the talking and Michael heard many stories of when she came to England from the Caribbean as a child. He loved to listen to stories of her as a little girl, of her family. There were many happy stories but also some stories that were hard.

Then one day Michaela said, "Tell me about when you first came to this house." Michael just said, "I was born here" and then he went quiet. Michaela knew that the best thing to do was leave him be. But her curiosity was aroused.

A while later they were walking in the park, as they did every week, enjoying the bluebells, when Michaela asked, "Did you come to this park when you were a boy?" Michael's face lit up and he led her, walking quickly up past the bandstand, down the path to the lake and there swimming round and round were 2 swans with newly hatched baby cygnets. They watched for a while but then he lowered his head and said, "I want to go home now." It was as if a rain cloud had gone in front of the sun.

Over a cup of tea Michaela asked gently, "What happened?" Michael walked over to the sideboard and took down a photo frame and handed it to Michaela. She looked at the picture of a young boy sitting at the feet of a young woman. The boy was playing with a ball of wool teasing a tabby-cat. The woman was smiling down at both of them.

"Is this your mother?" Michaela asked. Michael nodded his head slowly. He whispered so quietly it was hard to hear.

"She died."

The next time Michaela was in Michael's house she pointed at the picture of him and his mother and

said, "Tell me a happy story of you and your mother". Michael said that one day he went with his mum to the park and there were 2 swans with 7 newly hatched cygnets. He watched them swimming round and round. They came every day after that, and the swans swam up to them. They brought bird seed for them and day by day, week by week he watched them grow. He got to know the other birds, the coots with the white marks on their beaks, the moorhens with their big feet and of course the ducks. But it was the cygnets that he remembered best. Then not long after that his mother went into hospital and never returned. He stopped going to the park. Life just stopped. His father didn't speak much and neither did he.

Bit by bit, Michael and Michaela shared their stories. Then one day, over a cuppa, Michael got up from the table and went over to the sideboard. He opened one of the drawers and took out a well-used, creased and tatty notebook. He handed it to Michaela without looking at her. Michaela took it and carefully opened it. She turned the pages and looked at one drawing after another, after another. The notebook was chock-a-block with swans and cygnets, and pages full of cats.

"Did you do these?" asked Michaela. Michael nodded and said "But that was a long time ago. I don't draw now".

The next week on their regular walk in the park Michaela said, "Let's go down to the lake and see how the swans are doing". When they got there Michaela said, "I have a present for you." And handed him a gift bag.

Michael said, "But it's not my birthday." He thanked her and took it. He looked inside and gasped. He pulled out a sketchbook, drawing pencils, coloured pencils, a pencil sharpener and a rubber. A tear rolled down his face.

"Go on," said Michaela "have a little go." So they sat on a bench and Michael started to draw.

It is now August Bank Holiday. Michaela's sisters, brothers-in-law, nephews and nieces have come round. They are having a barbecue, using both backyards. And in the middle of the cooking, the children playing, the sisters talking nineteen to the dozen, is Michael sitting quietly by the open gate between the two houses, with the sketchbook on his lap. He is drawing the tortoiseshell cat, that is lying under the plum tree, basking in the warmth of the sun, dreaming of who knows what. ■



GETTING OLDER, FEELING LOW

Some people think that low mood is part of ageing, but this is a myth. It is not a normal part of getting older and it might be a sign you need some help or support. Common mental health problems such as depression and anxiety can impact anyone at any time of life including in later life. The research suggests that 1 in 5 older people may be living with depression. There may be things that affect your mental health (such as a bereavement, being physically unwell or the coronavirus pandemic) but other times there might not be a clear reason and that is fine too.

COVID & WELLBEING

We know that the pandemic is affecting people's mental health. Research shows that there has been a measurable difference in reported symptoms under lockdown. So, if you are struggling, you are not alone. If you are an older person, staying at home may have helped to protect you from the virus - but reports from Age UK suggest it can lead to other serious problems. For example: loss of function, mobility and balance especially as a result of moving around less; pain from untreated medical conditions that will often have got worse these last few months; and the psychological impact of living with so much stress, uncertainty and isolation, leading to increased loneliness among other problems. As restrictions lift, we understand that life does not just go back to normal for many people, and that support might be needed to face these challenges.

Shaema Saleh from Leeds Mental Wellbeing Service explains how you can get support with your mental health if you need to.

TALKING THERAPIES

If you have noticed feeling down, having less enjoyment in hobbies, lacking energy, or worrying more then you may benefit from some support with your mental health. There are services and treatments available for mental health difficulties. If you are feeling like this, you can talk to your GP; they might signpost or refer you to mental health services such as the Leeds Mental Wellbeing Service. Leeds Mental Wellbeing Service is working in a joined-up way across the city with NHS partners and third sector organisations to make sure the people of Leeds can get the right support, at the right time and in the right place.

Our treatments are available for those aged 17 and over who are registered with a Leeds GP.

The Leeds Mental Wellbeing Service provides support and psychological therapies for common mental health problems, such as anxiety and depression, which one in four of us will experience in our lives. We offer a range of evidenced based psychological interventions, including group based and 1:1 therapies, classes, one-off sessions, and online support options. You can talk online (on a video call) on the phone or in person – it's up to you.

FIND OUT MORE

You will need to complete an assessment and you will be able to discuss treatment options with one of our therapists. You can directly refer yourself to the service. Call us on **0113 843 4388** or speak to your GP.

Some people benefit from a different approach with their mental health difficulties. If it is not clear that your current difficulties can be addressed through the LMWS Therapies outlined above or secondary care NHS mental health services, you may be directed by your GP or other health professional to the Primary Care Mental Health Staff within Leeds Mental Wellbeing Service.

Sudoku

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9.

At the beginning of the game, the 9×9 grid will have some of the squares filled in.

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

Wordsearch - Summer

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

Air conditioner Barbecue Beach Flower
Festivals Ice Cream Lawnmower Picnic Relaxation
Sunbathing Sunburn Sun-drenched Warm

This month's puzzle page is brought to you by Home Instead Senior Care. You can find all the answers on the bottom of page 39.



Pub Quiz

1. In what year did Tetley's start brewing beer? 1822, 1832 or 1842?
2. Who set up the Tetley's company?
3. Which large beer company bought Tetley's in 1998?
4. The Brewery HQ has been renovated and is now open as what?
5. What year did Kirkstall Brewery open? 1861, 1871, 1881?
6. The original Kirsktall Brewery site is now used for what purpose?
7. In which year did The Bridge Inn beer garden flood?
8. What is the most widely consumed alcoholic drink in the world?
9. Which country drinks the most beer per person? Czech Republic, Ireland or the UK?
10. Which German city hosts Oktoberfest?
11. The Northern Monk Brewery is in which part of Leeds? Holbeck, Hunslet or Middleton?



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.

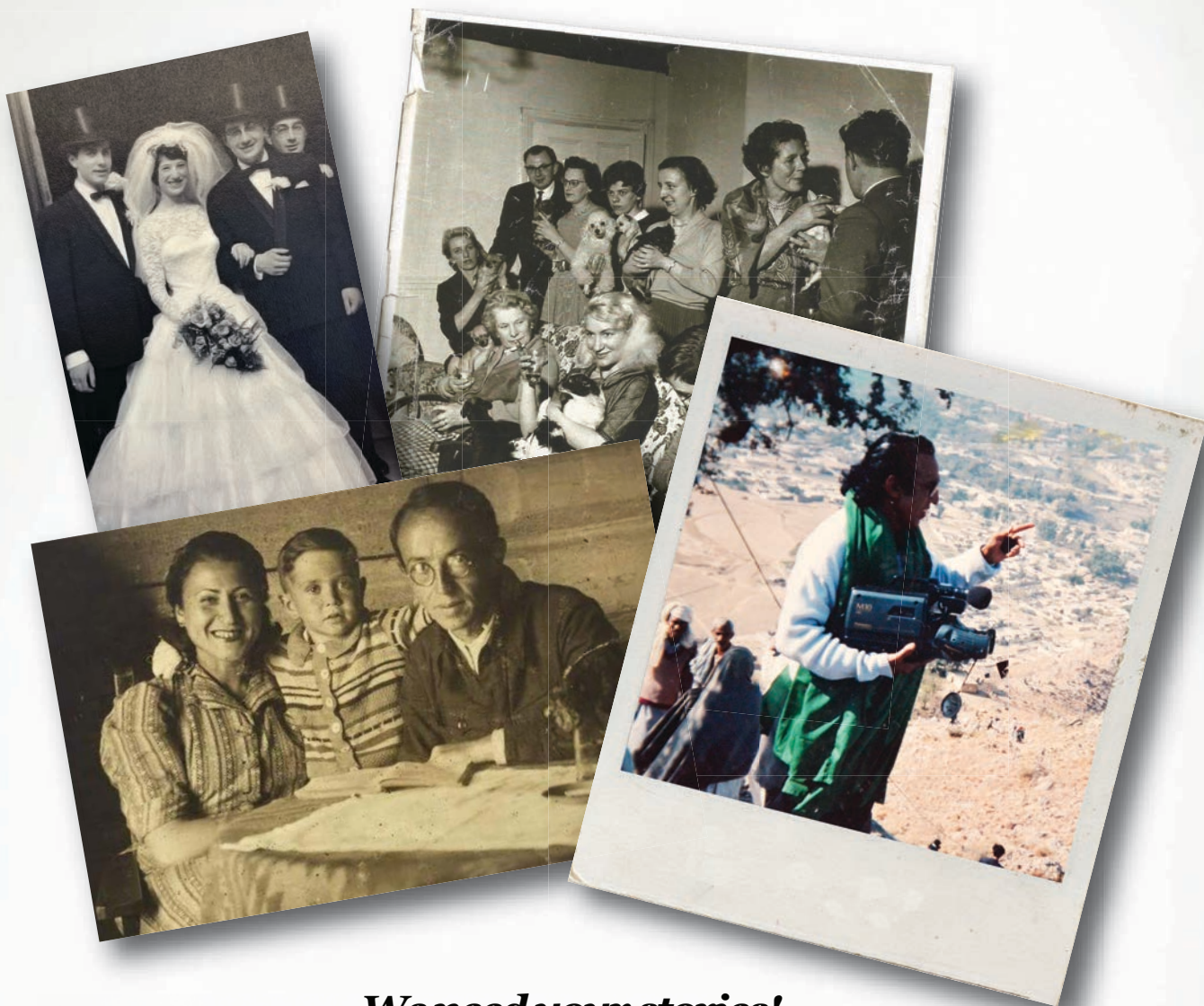
Home Instead provides high quality, personalised care in your own home



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or visit **www.homeinstead.co.uk/Wetherby**

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Do you have a story to tell?



We need your stories!

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

It could be ordinary, it could be extraordinary – every story is special.

How to share your story

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

Contact us:

Phone: 0113 244 1697

Email: hello@shinealight.org.uk

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

Shine

Leeds Older People's Forum:**0113 244 1697***LOPF can direct you to Neighbourhood Networks and older people's services in your area.***Leeds Coronavirus Hotline****0113 376 0330***For anyone unable to leave their home because of coronavirus, and worried because they don't have family or friends who can help.***Universal Credit Hotline:****0800 328 9559****Dementia Connect:****0333 150 3456***Alzheimer's Society's new personalised support service for people with dementia and their carers.***Covid-19 Bereavement Support Line:****0113 218 5544 or 0113 203 3369***For anyone who has a friend or family member who is seriously ill or who has died from Covid-19.***Leeds Directory:****0113 378 4610***Leeds City Council's Information Service that offers a range of local community care and support services and activities.***NHS:****111***For all non-urgent medical care***NHS number****119***This is the new number for Covid related calls -if you have Covid symptoms, want a test or are over 70 and not yet had your vaccine.***The Carers Advice Line for Leeds****0113 380 4300***If people are one of the 74,000 unpaid carers in Leeds and need some advice, help or support***100% Digital****0113 535 1170***Help with digital stuff or help to just get online***Leeds Gay Community (LGC):***Men's group. lgc@mesmac.co.uk***Sage:****sage@mesmac.co.uk***Group for 50+ year old LGBT+ people***Friends of Dorothy:****info@friendsofdorothy.org.uk***Group for 50+ year old LGBT+ people***Leeds LGBT+ Women's Space:****lgbtwomensspace@gmail.com***Group for LGBT+ women aged 40 years or older.***Silver Pride Social:***A new WhatsApp social 'chat' group with a fast-growing membership of 50+ year old LGBT+ people.***Quiz corner solutions**

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

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

Word wheel**4 Letters** ACED ACID ACNE CADE CANE
CANT CAVE CENT CINE CITE DACE DICE
ICED NICE VICE**5 Letters** ACTED ANTIC CADET CANED
CITED CIVET DANCE EDICT ENACT EVICT**6 Letters** ACTIVE ADVICE CANTED DECANT
INCITE INDICT**7 Letters** INCITED**8 Letters** INACTIVE INDICATE**9 Letters** VINDICATE**Pub Quiz****1.**1822 **2.**Joshua Tetley **3.**Carlsberg **4.**The Tetley Art Gallery **5.**1871 **6.**Student Accommodation
7.2015 **8.**Beer **9.**Czech Republic – 320 pints per person a year! **10.**Munich **11.**Holbeck

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