

The magazine for older people in Leeds

# Shine

November 2021

## YOU GOTTA HAVE FAITH

Older people and spirituality in Leeds

PERSONAL STORIES

## Defying the Odds

Mohammed lost his hand aged 17 – what happened next?

MEMORIES OF LEEDS

## Rock Against Racism

Fighting prejudice with music in the 1970s

IN CONVERSATION

## TRUE DETECTIVE

Frances Brody on life as a crime writer

HEALTH & WELLBEING

## How to visit loved ones in care homes safely

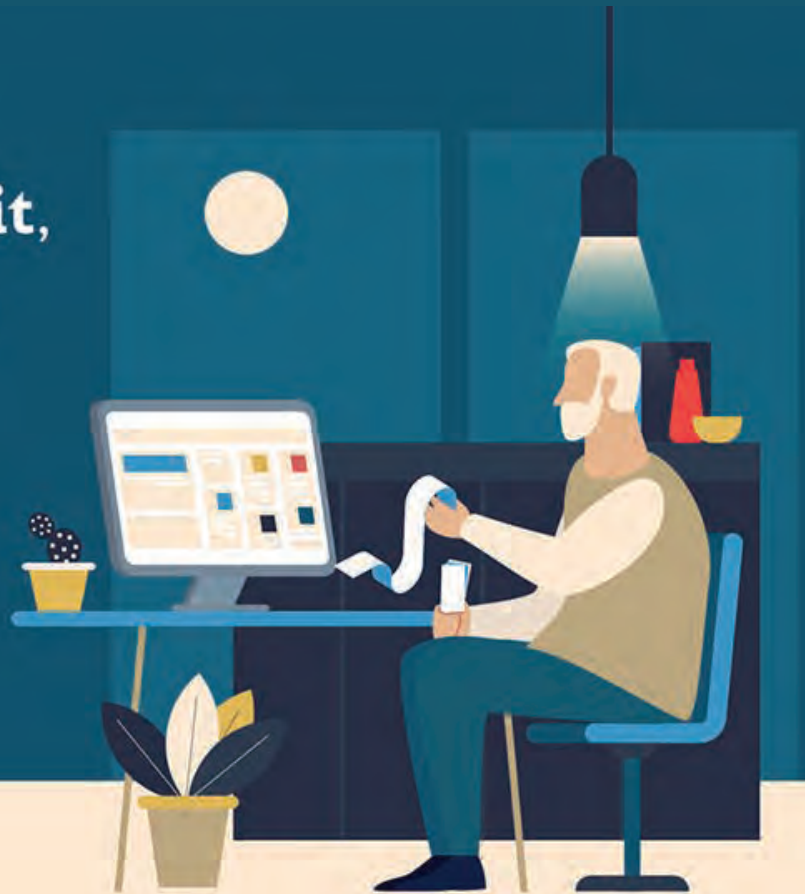
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*Shine is a magazine by and for older people in Leeds. We're part of Time to Shine, which focuses on preventing isolation and loneliness amongst older people. Time to Shine funds various projects across Leeds that use creative ways to engage people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



**H**ello everyone. There is a definite autumnal feel in the air as I write this; I am loving the view from my window, with the explosion of colour in the trees. I hope that you are all managing to get out and about in the fresh air, but that you are also staying warm as the temperature begins to drop.

A focus of this month's magazine is faith, a topic that may be close to the hearts of many of you. It highlights what a diverse range of faiths are celebrated in Leeds. We have spoken to people about what their faith means to them and their views are fascinating.

This month we have a huge favour to ask of you and I really hope that you can find the time to help. Shine magazine is provided totally free to all of our readers and has been, so far, paid for mainly by Time to Shine's grant from the National Lottery Community Fund. The magazine you are reading now is the 17th issue we have produced and we have funding in place to keep producing until April 2022.

However, we have no idea what you think of Shine - and whether you would like it to continue? We are working hard behind the scenes to generate means of keeping Shine alive for as long as you want us! So you will find within this issue a survey - hopefully one that will not take too long to complete.

What we would love you to do is to fill out the survey (being as honest as you can) then fold it up, put it into an envelope and send it off to our Freepost address. There is an option to complete the survey online too if you prefer. Your comments will help us to plan for the future of Shine and hopefully help us to see what difference we might be making too. You will find the survey on the centre pages so that it is easy to pull out without damaging the rest of the magazine. I really hope that you can help us with this - your opinion is so important to us.

After all we only create this for you!

In the meantime, I hope you are well and feeling good – and that you enjoy this month's issue.

A handwritten signature in black ink that reads "Linda".

**Linda Glew**  
Programme Manager  
linda@opforum.org.uk

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## Shine

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

Send your story ideas to us in the following ways:

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

Advertisement

# Keeping Well at Home

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



## Resources include:

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

To request any resources or to seek support in accessing our programmes, please contact us  
Phone **0113 3783680**

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

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

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**WE ARE  
UNDEFEATABLE**

# Shine

NOVEMBER 2021



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*Every month we talk to an inspiring or interesting older person and delve a bit deeper into what makes them tick. Sometimes a Leeds person, sometimes someone fascinating from further afield. This month we talk to crime writer Frances Brody.*



“ My mother always wanted a murder, in whichever book she borrowed. So there were always crime novels around.”

**F**rances Brody has been telling stories all her life. She was born in Leeds and studied literature at the University of York. Over the years, Frances has written extensively for radio and for the stage and has written many novels.

Frances is most famous for writing a series of crime novels set in 1920s Yorkshire. The books feature no-nonsense heroine Kate Shackleton, a war widow and ex-nurse who lives in north Leeds. Kate takes up sleuthing aged 31 in the novel *Dying in the Wool*, set in the sleepy Yorkshire village of Bridgestead. Kate is ably assisted by her trusty sidekick ex-policeman Jim Sykes and her housekeeper Mrs Sugden. There are currently 13 Kate Shackleton mysteries to enjoy – and plans for more!

Frances Brody has taken a break from Kate and created a new set of characters in a different setting. Her new book, *A Murder Inside*, was published in October and takes place in a women’s prison in the 1960s.

Frances joined us in The Leeds Library (where her novel *Death of an Avid Reader* is set) to talk about Leeds, writing and strong women.

***Hello Frances. How did you become a writer?***

I just always told stories. Even as a kid. My sister reminded me of this recently. I lived in Harehills and went to St Augustine’s school. I had a friend I would walk to school with; I could tell her a story on the way up and time it to finish at the top of Milan Road, where she went one way and I went the other. These were made-up stories. I’d just start something and tell the story. I don’t know whether I thought, “I’m going to be a writer.” It’s just what I always did. We did read quite a lot when I was a child. I was always very fond of comics. I liked Just William. There were also some books called Just Jane that I used to borrow from Compton Road Library.

I wrote some stories and then I wrote a novel. I’d gone to work in America when I was 19 so I got home and wrote a book about a girl who had gone to America. This was in the 1960s; I just sat in the attic and wrote it. I’d taken my typewriter to America and I brought it back with me again and finished the book. However, nobody wanted it! I did get a couple of nice letters, but I wasn’t interested in nice letters – I just wanted somebody to say “yes”.

Then I started writing for radio. I did some short▶



“I don’t know whether I thought, I’m going to be a writer. It’s just what I always did”

stories. There was a morning story slot. The first story I wrote for radio was called *Waters of Kowloon*. I'd never been to Hong Kong – but my sister had and she told me all about it! Also, there were lots of little magazines then. A friend had a poetry magazine so I used to contribute little things to that. We had a wonderful radio drama producer in Leeds called Alfred Bradley. This was at the BBC building on Woodhouse Lane. Alfred took the very first play I did, a 90-minute piece about the Lancashire witches. I did write another novel about the Leeds clothing strike. But Alfred said to me, "Don't write novels, it takes too long. Write plays instead! You're good at dialogue." So then I wrote quite a few plays. I found a little niche in the BBC Education Department. Before there was a National Curriculum, this BBC department used to effectively provide it. I used to write their history mystery plays, produced for different age groups of children.

***And how did you become a crime writer?***

My mother always wanted a murder, in whichever book she borrowed from the library. So there were always crime novels around. But you don't always want to read what your mother wants to read. So I read other things, a lot of women writers. Later on, one of the things that brought me into crime writing was *The Alphabet Murders*, a series of books by Sue Grafton. At that point I was doing some teaching at the Building College, teaching literacy and numeracy. These Alphabet crime novels were just the right size to take on the bus to read. Sue Grafton's detective is very different to mine. She's the sort of person who'd go for a run in the morning, get beaten up, then get up the next morning and go for another run!

***Your Kate Shackleton books have been very successful. How did you create Kate?***

I started out with this idea of a man who couldn't get home to his family. He was somewhere behind a high wall. I had this image in my head and I thought, "Who is he?" It sounds silly but I thought, "I'm not going to be able to find out myself; I need a detective." So that's where Kate Shackleton came in. We have lots of family albums and there was a picture in one of them of someone who looked just the part.

***She's quite a formidable character, isn't she? Is she like you?***

Oh no! I'm absolutely hopeless! I'm absolutely terrible! I went with a friend to an Assertiveness Training Class when I was teaching at Bradford College. Last time I saw her I said, "Whatever happened to all that assertiveness training?! It never worked, it never stuck!"

I wish I was a bit more like Kate Shackleton!

***Why do you set the books in Leeds and Yorkshire?***

I just didn't think about doing it any other way. I do like to feel that I know the places I'm writing about. I do a lot of research.

***And you've stayed living in Leeds?***

I know my way around! My family were always here. There aren't many of us left now, just me and my sister. My brothers have died, my dad died when I was 10, my mother died. Leeds is just home. I know people here and I know my way around. I've got a terrible sense of direction when I go anywhere else! I'm quite settled here. There's most of what you want in Leeds.

***One of the pleasures about reading the Kate Shackleton books is recognising local landmarks. We're talking in the Leeds Library, where one of your books is set. It was fun to read about the local pubs like The Mitre that are no longer here. Did that come from research in the library itself?***

I might have known about The Mitre because my mother had been brought up in a pub: The Lloyd's Arms, which was near the railway bridge, opposite the bus station. And I had 3 brothers and they would go out to pubs. But I would also look at newspapers from the time and see what was going on. The Leeds Mercury and the Yorkshire Post. The Leeds Library is a very special place – and it was when I heard that there was a ghost here that I thought, "I've got to write about that!"

***Where do you start with a detective story? Do you start with a body?***

Because I've got my main characters (Kate Shackleton, Mrs. Sugden and Jim Sykes) I just need a place. I need to know where something might happen.

***Do you know who know who the murderer is from the start?***

I should do, but I don't always. I try to plan it all out but it never quite works! Often at the end, I need to go back and cut out the bits that aren't relevant.

***How do you write? Do you write 9 – 5?***

I wish! I try to have a timetable. At present it's not working very well! Life is always tripping you up, isn't it?

***What sort of feedback to you get from readers?***

People like them. I had a young man on Twitter – he'd been going through a really difficult time. He was really low and he said that he couldn't read anything except the Kate Shackleton books. Another reader, she said that she went to chemotherapy and the nurse said, "You must like that writer, you were reading one of her books the last time you came."



If I can just cheer someone up or know it's diverting someone who is having a hard time, that's great.

**Your books feature strong female characters, don't they?**

Strong women are more interesting to write about than wimps!

**There are certainly some strong women in your new book. Tell us about "A Murder Inside".**

It's 1969 and Nell Lewis, 41-years-old, takes charge of HMP Brackerley. It's a former borstal that is to be transformed into a women's open prison. Nell wants to replace punishment with rehabilitation. But when a man is found murdered in the prison grounds, the future of this brave attempt at change is in jeopardy.

I'd just been reading various things about women in prison. I was quite active in the peace movement and I'd been at Greenham Common. You knew then that you were always watched. You'd be in Harrogate (near Menwith Hill), you'd park your car and a policeman would come up to you and call you by your name – just to let you know that they'd looked up your number plate and they knew who you were. I was never arrested, but a lot of women were. They went to Holloway. So I'd read various accounts of women in prison. I thought that a lot of them shouldn't be there.

Also I thought, "What is it like for the people who work there, who voluntarily go into prisons?" Especially one of those great big Victorian prisons, like castles. What is it like to go into those prisons every day? As I started to look into it, I tried to meet up with people who had done that. There's a woman called Veronica Bird and she was the first woman governor of Armley prison. I was very fortunate to meet Veronica – she lives in Harrogate. I also met another woman who lives in the South and had been a prison governor, who left in 1969. And Veronica started in 1969, so I got the whole span. From Judy Gibbons I learned that a lot of women who had been in the forces during the war came out and didn't know what to do with themselves, so joined the prison service. There were all sorts of little things she told me, like the prevalence of nicknames. This was because it was very hierarchical and formal – and it was easier to talk to people if you gave them a nickname. I also knew about Askham Grange, a women's prison near York.

I did have in mind certain characters – people I'd met. I thought, "Where might they have fallen foul of the law? Why might they have ended up in prison?" Then I thought, "I can't have a huge prison with a

vast set of characters. Who would be able to follow it all?" So I pulled off this trick of saying this place used to be a borstal, now it's an open prison for women. And we're in the very first weeks, so there are only 4 prisoners!

Nell Lewis is very different to Kate Shackleton. It's a different period and she has a different back story. A bit nerve-wracking to introduce a whole new set of characters.

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

It's just what happens, isn't it? I'm very pleased that I have something to do. And after a life of flitting about, I'm pleased I have some income finally!

**What are you reading at the moment?**

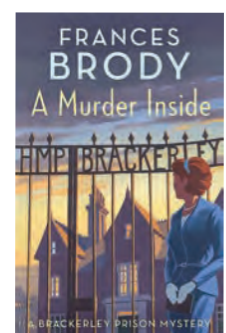
I've just finished *The Thirteenth Tale* by Diane Setterfield. Beryl Bainbridge said she didn't read anything after 1945. I think I'm turning into Beryl Bainbridge! I'm reading Winifred Holtby and a lot of Yorkshirewomen writers. Storm Jameson was a very, very clever girl from Whitby. She passed her scholarship, did a degree and was very active in the inter-war years with the United Nations and the peace movement. She didn't rate her own novels very highly, but they are good. There's one set around the time of the general strike and you can almost see how skinny people are, how hungry they are. She's just brilliant. There's another one called *The Deep River* about someone who goes back to France after the second world war. He stirs something up in this family he goes to stay with that changes things forever. It's just so beautifully done.

**What advice would you give to older people who want to write?**

Just do it, just sit down and do it! It doesn't matter how old you are. Some of the books I like best are often tucked away in the local history sections; they're little books where people write about their lives. There's one I have called *Dancing Down the Corridor*. Really interesting books about ordinary lives. Because, as we know, there's no such thing as an ordinary life. I was asked once what I'd do if I was given a million pounds. I'd set up a publishing house for people's own stories. ■

Thanks Frances! You can find Frances Brody's latest novel *A Murder Inside* (right) at most libraires and bookshops in Leeds.

To find more about Frances' books and life visit her website at [www.frances-brody.com](http://www.frances-brody.com)



# Me, Myself and I

Every month we hear from a different member of the Age Friendly Steering Group. This issue **Angie Smiles** addresses the issue of isolation and explains that it is possible to be happy if you live on your own. It's all a matter of how you look at things. Illustration by Paul Atkinson.

**W**e all felt isolated during lockdown. I'd never heard of Zoom before and got involved in all sorts of meetings and classes. I rediscovered school friends on WhatsApp and watched YouTube if I had to mend something. And who knew we needed an hour of exercise every day?

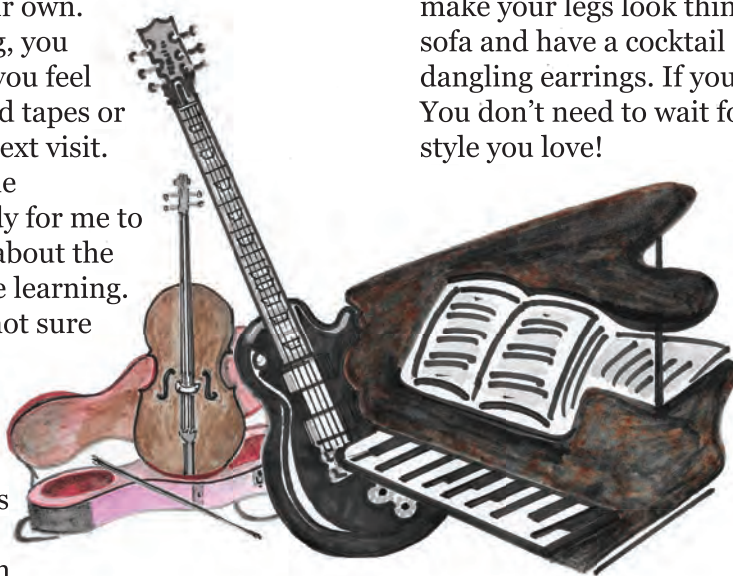
Things are very different now. It was lovely to have visitors again, but sometimes being alone can be welcomed: it's your time to do what you want. What were you longing to do when work took up most of your time? Time on your own is a great opportunity to spoil or improve yourself. Have fun!

## **Your space**

You need a space to call your own. Then, if you start something, you don't have to finish it until you feel like it. Crafts, art, books, and tapes or CDs can be ready for your next visit. I put my piano, cello, ukulele and guitar in one room ready for me to play. No one can complain about the noise you make when you're learning. Buy second-hand if you're not sure you'll pursue the hobby.

## **Choose what you enjoy**

Watch TV if you want to! Clap, laugh or cry at TV - it's your experience. *Call the Midwife* always leaves me in tears. I relive the 1950s and 60s, remembering the black buildings, poor food, and hand-me-down clothing. I'm very happy my daughter shared her Netflix account with me. On my own, I'm free to watch French, German and Spanish films which other people may find hard to follow. Sports on TV or radio give me a headache but that doesn't mean I can't play. I now have a football, basketball, golf putter and ball, badminton and table tennis sets in a big plastic box outside. They inspire me to cut the lawn! If you are retired, you can see it as an opportunity to do what you want. Watch TV all day or try something new.



Just do what you enjoy.

## **Eat like a star**

When I have friends round with particular diets and likes and dislikes, I cook to please them. When I'm on my own I can experiment with recipes without worrying about anyone else's dietary requirements. Ordering from a supermarket has become a hobby. I'm entertained by finding foods I hadn't realized were available. I'm always changing my order so I can try a new recipe. If something goes wrong, throw it out. No one need know!

## **Dress up or down**

Wear that outfit you love and dance to the music you enjoy. Sunbathe in your garden in shorts that may make your legs look thin or fat, who cares. Sit on the sofa and have a cocktail in your evening gown with dangling earrings. If you love to dress up, you should. You don't need to wait for events that demand the style you love!

## **Flexible Sleep**

I can't always get a good night's sleep so it's great not to have to worry about waking anyone else up. I may choose to listen to a play from the Radio 4 schedule. Or I might play a game of Sudoku, do a jigsaw or try a word game. If I'm tired after a walk I take a nap.

## **Accept yourself with no criticism**

When I'm looking after myself, I like to treat myself as if I was a special person who needs to be taken care of. Everything I do is just the way I like it. Napkin madam? If I choose to!

## **Give things a go**

Anything you want to do? Learn how to do it and go ahead. Don't criticise yourself. Just put the task in your diary and do it when you're ready. ■

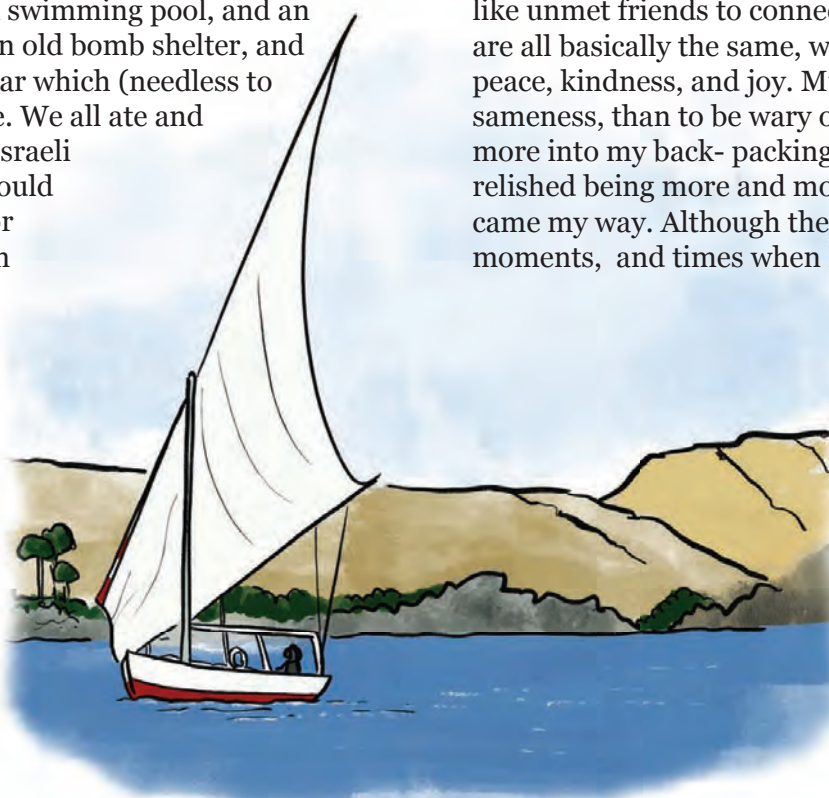
# Broadening the Mind

*Some of Kim Birch's favourite memories are of his wide-ranging travels. Kim explains the pull of foreign climes and tells us about what he's learned from a lifetime on the move.*

**F**or me, one of the best things about travel is the opportunity to meet folk from a wide variety of cultures, and nationalities. In the 1980s I took the opportunity to spend 12 months back-packing around Europe and the Middle East. I did not expect to be travelling for so long - I was on a very limited budget - but I managed to find work along the way to keep going.

In Israel, I stayed for 2 months on a Kibbutz. Kibbutzes originated as radical communities where work, childcare, and property are shared amongst residents. Foreign 'volunteers' were invited to join the experience and work on the land, in return for board, lodging, and a little pocket money. My Kibbutz was situated in a beautiful spot near the Sea of Galilee, and there were about 40 of us volunteers from many different nations across the globe. A veritable United Nations of youngish folk, all of us looking for adventure. We were housed in chalets at the perimeter of the settlement, and we would typically start work at 5.30am in the banana fields, or elsewhere. There was a swimming pool, and an area for recreation in an old bomb shelter, and we even had our own bar which (needless to say) did a roaring trade. We all ate and worked alongside our Israeli hosts. On free days I would explore the local area or hitch-hike to Jerusalem and wander around the souk in the famous old city. A melting pot of culture and religion. The so-called Holy Land.

My travels took me to Egypt, an even more ancient culture, where huge monuments to the dead slowly decayed in the burning heat. A ribbon of green was sustained by the life-giving



waters of the languid, majestic Nile - on which white-sailed feluccas plied their trade against a backdrop of red sandstone hills. On a hired bicycle I made forays into the surrounding villages, under the cool shade of avenues of palm trees. Being well off the tourist routes, I was an unusual sight and the local children would run after me on my bike. Frequently, I would be greeted by an adult and invited to share some chai, which I never refused. And so I discovered the Egyptians in their natural habitat; we would somehow manage to find a way to communicate.

I was always pleasantly surprised at the hospitality shown to strangers in Arab cultures. One time, on a train to Cairo, a group of Egyptians insisted that I share their lunch with them and join in with their singing. On another occasion, I thought I had lost some money and a Druze Arab immediately offered me 50 dollars.

During my travels, I learnt a few things. I stopped seeing people as strangers to be wary of, but more like unmet friends to connect with. I learnt that we are all basically the same, with the same desire for peace, kindness, and joy. Much better to trust in our sameness, than to be wary of differences. As I got more into my back-packing travel experience, I relished being more and more open to whatever came my way. Although there were a few scary moments, and times when I had no money, or bed for the night, things always worked out fine. I could live fully in the moment without a care or a worry. I only carried a passport, some money, and a change of clothes for protection.

They say that travel broadens the mind, and from my own experience, I would not disagree. ■

# You've Gotta Have Faith

*Older people in Leeds are from a diverse mix of faith backgrounds. How has their religion given them strength and comfort? Has their faith changed as they have got older? What role does spirituality play in their lives? In this month's In Focus we hear from a range of older people about what their faith means to them.*

**T**he Indian writer and philosopher Rabindranath Tagore wrote that “faith is the bird that feels the light when the dawn is still dark.” This poetic image helps sum up the experience of lots of us living through the last 18 months. There have certainly been some dark dawns – and there continue to be. But many people believe their faith helps them find some light in that darkness.

Older people in Leeds often mention their faith when they share their story in Shine. For some, their religion is an integral part of their lives, without which they would be lost. Their faith gives them strength, community and focus. We asked several spiritual older people to share their thoughts with us. Why is their faith important to them? Why do they continue to believe? How did they become people of faith? How has their faith helped them through difficult times? How did it feel when places of worship closed for public health reasons? What is important about meeting together as a community? Some wrote down what they thought, other people expressed their experiences in short interviews.

It's important to note that there are many, many faiths and religions in Leeds. Christianity has multiple denominations; Islam has different sects. There is a dazzling array of ways to express your spirituality. Some people don't like the term “faith”; others have no religion but still adhere to a moral code. Many people find faith in humanity or in nature or find peace through meditation. Others pray and talk to their God – but they don't go to a temple, mosque, synagogue or church. The following testimonies are from people with lots of different identities and backgrounds, but they don't encompass every faith, every belief, every religion. If you think your own personal beliefs aren't being represented and would like to send us your thoughts and reflections, please do! We're always looking for new stories and fresh perspectives.

Manjula

My faith is important to me as a Hindu. It's a personal belief in God's spiritual world. It's about happiness, mental health and depression. If you do meditation, you do feel better off. If you have anxiety or stress, I believe that God will give us strength to live our life. If you go to Temple, you find peace and quiet – and much happiness. My faith is what I am. Sometimes you cannot talk to your friends or your relatives, but you can talk to God. God is your friend. If you have hard times, God will listen to you. If you believe in God, you have the ability to talk to God. If you tell your sadness to God, God will listen.

Betty

I was brought up in Wales by my mother who was Church of England and my father who was Jewish. And I went to a Catholic High School! When we were young my sister and I were sent to the local High Church but were not happy there-it all seemed dark and very dull. One day some friends asked me if I fancied going to a youth club just started by a congregational minister at the church. It was on one condition: I had to go to Sunday School there every week. The Minister was called Windsor Hicks, a wonderful man under whose wing I became a member, eventually a Sunday School teacher and leader of the Youth Club. He married my husband and I and christened my first child. He taught me to believe and 80 years later I still go to church; my faith is still strong.

Just like anyone else I have had my ups-and-downs, but having Christian faith has been my backbone - keeping me strong. Due to my husband's work, we have lived in various parts of the country and my first port of call has always been the local United Reformed church (URC), where I always found willing friends, advice, and a strengthened faith. Nowadays, I attend Stainbeck URC where the minister leads a very friendly, community-spirited congregation. When Covid came along and we could no longer use church premises, she bravely taught us to use Zoom. Her inspiring services have held the church members and our faith together throughout lockdown.

Nizam

We are Muslim. It's a simple thing. In darkness and weakness, it gives you strength. Islam is a bit different from other religions because it's a way of life. You pray 5 times a day – every single day. It reminds you of who you are and where you are going. And it keeps you on a straight path. There are loads of things we ►

YOU'VE  
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## In Focus

shouldn't be doing – but we do them anyway. When we go and pray it reminds you that you shouldn't be doing bad to people around you. It's quite straightforward. In Covid, we didn't go to mosque. It was like a prison. You can't see your friends, you can't pray with them. It was really, really hard.

Kulwant

I live on my own. I love it and I love to live my life with freedom. I was born a Sikh, in a Sikh family. I love my religion. It is very good. We are born to help the needy people, the old people. People who are physically and mentally ill – we help them. We do what we can. Other religions do this too. Our priests say our religion is just to help the old and the needy people. I do worship daily, without fail. Morning and evening. I feel satisfied, mentally. I am on the top of the world!

Banooparma

When you are young you are not very much into praying. As you get older you get more into praying, you see your parents and you do it too.

Ruth

For many people there is an on-going question: what is Jewish identity? They can claim a Jewish identity without any connection to religion. It is more of a connection to a long history, over two and half thousand years. My family was Jewish, and my grandparents came from Belarus and maybe Poland at the turn of 19th and 20th century. My parents were both born here, in Newcastle and South Shields. I didn't know any of my grandparents, but they would certainly have spoken Yiddish. They died before I was born. I would say that we were traditional rather than religious. My mother was determined that we had a strong Jewish identity. I went to Hebrew classes after school 3 days a week and on Sunday morning.

I was born not long after the war and the horrors of the Holocaust was still in the minds of the adults. So continuity and identity were very strong. I say traditional rather than religious because my mother followed what her mother did, not from a spiritual belief. For example on Saturday morning (which is the Sabbath or Shabbat) my sister and I would go to synagogue with my dad and in the afternoon. We would go shopping with our mum to get the zips, threads, linings, buttons, things for the next week for the dressmaking shop she ran. This is the day of rest and not meant for such activity.

That's the background to where I am today. When I left home at the age of 18, being Jewish was not very important to me. However, in my 30s I got to appreciate the richness of the culture I was born in.

I am from European heritage -Ashkenazi- and that is only one of many Jewish cultures, from Arab Jewish, to Spanish, Ethiopian and Chinese among others. I've returned to embrace my Jewish identity. I strongly identify with my heritage and culture and have reclaimed some of the rituals. I love the connection with the seasons with Passover in the spring, Jewish New Year in September/October. On Friday I light candles with my husband and for 25 hours we connect with each other, with nature and hold back from the mundane, everyday work. Now I am learning Yiddish, the language of my grandparents, a mixture of old German, Polish Russian and Hebrew. I'm proud of the deep ethical basis for how we live now, with other people and with the earth. I'm glad I got the early education in Judaism so I can embrace the life affirming aspects of Jewish religion as well as the richness of the culture.

Nutan

Hindus do prayers every day. Every day, when you get up, you have a shower, you get dressed. The first thing you do is to pray to God. You light a candle and pray. But when you meet together, you feel good.

Noodin

I am Muslim. I was born in India and came from Pakistan. Islam is important to my heart because it gives me comfort. We stayed home in the lockdown. Now it is better.

Paul

My mum was a staunch Catholic. I went to a Catholic grammar school, taught by priests and I served on the altar at the Catholic church. But I didn't agree to being forced or obliged to go to church. At school, we were instructed to make the sign of the cross as we passed a catholic church and we were taught how to make the sign of the cross without making a fuss.

I'm really interested in religious art. I'm an artist myself and the Stations of the Cross were an important symbol to me. They gave meaning visually and artistically. The Stations of the Cross are representations of the path Jesus bore on his way to the crucifixion.

Whenever I go to a city, I often visit cathedrals and look at their works of art. What I see with the Stations of the Cross is an artistic side to religion. Look at any form of religion, any creed and you will see this. There are a number of churches whose displays tell the story of the death of Christ and they all basically have the same meaning. I may have gone to church more if I was encouraged by the priest to look at the art in the church and say what I thought!



Members of the Vandan Hindu Women's group meet for the first time face-to-face since 2020.

#### Surinder

I am Sikh. We believe in God, in Guru Nanak. There are lots of Sikhs in Leeds, loads of temples too. They are really good at supporting older people. If anyone has any problems they always help. They're always helping other people. We were closed for Covid for a long time, we couldn't go. But I do go every Sunday now. You can see your friends and you miss them if you don't go. I always like fun things as well. My faith has got stronger. As you get older you believe more. When you're younger you don't bother. But when you're older it means more.

#### Parveen

I am Muslim. It's a peaceful religion. It makes me feel peaceful, believing in God and the prophet. I don't go to the mosque every week. For ladies this is not necessary. But I pray 5 times a day. Islam teaches us to respect our elders and if they need any help, we help them.

#### Judith

I'm a Christian. Since lockdown last year I've been relying on the Bible Network Channel, which is Freeview channel 65. I've been watching it on TV. They have songs, artists, different programmes. I find it helpful. I write down the name of the songs. I hope to get a collection of the songs together to help me.

#### Saroj

My Hindu faith is a powerful medicine to give peace to my mind, body and soul. My faith gives me an inspiration in my work and helps me be successful in whatever I do. Meeting and getting together with my

people makes me happy. Sharing other people's views and ideas. We create a sense of community. It makes me feel a sense of belonging to each other. My faith keeps changing as I get older. It helps me in my domestic position and with my health. In Leeds we have a temple which is open in the morning and in the evening for people to come in, get together and pray. This is 7-days-a-week. We celebrate our cultural days together as a family. ■

*Thank you to all our contributors for sharing their thoughts.*

*It's clear that many older people are relishing getting back to seeing their faith communities face-to-face. Many religious communities have been at the heart of looking out for the most vulnerable older people in Leeds during the various lockdowns; whether it's through providing meals and provisions through food banks, housing the homeless or just making sure isolated older people had someone to talk to. It does seem that spirituality and religion can get more important to people as they get older – the people we spoke to attest to this.*

*Faith has played a hugely important role in the lives of thousands of older people in Leeds, and it will continue to do so. In conclusion (and to quote Irish comedian Dave Allen): "Goodnight, thank you, and may your God go with you."*

*(Special Thanks to: Vandan Hindu Women's Group; Association of Blind Asians; Hamara Elders Senior Citizens Group)*

## In Mature Company

**“Our artists go with an open mind, engage with everyone and see what happens”**

*In Mature Company is a Yorkshire Dance project that takes art and creativity to older people who live in care homes in Leeds*







## My Time to Shine

*Maureen Kershaw speaks to Adie Nivison, Older People's Project Manager, Yorkshire Dance.*

### **Hi Adie, tell us about the project**

The project is 'In Mature Company'. It's been funded through Time to Shine, initially for three years. The idea is to look at creative activities within care homes. Most of the funded projects are for people living in the community and we thought there was bit of a misconception that if you live in a care home then you can't be lonely or socially isolated. This, of course, isn't the case. It's possible for anyone to still feel lonely in a crowd!

We developed weekly creative sessions where we would look at how to encourage social connections, breaking down some misconceptions that people have about living in care homes; what people can and can't do and what they like and don't like. We wanted to create a space for something different to happen. The care workers and activity co-ordinators do such an amazing job and many haven't had any training in the arts. We take in artists with a creative background and this changes the dynamic and the space. We have the luxury of time to make it work.

When we visit a care home we don't know the residents or know what conditions they may have. We don't know what they're capable of or what they may find more challenging. So our artists go with an open mind, engage with everyone and see what happens.

The focus was really to work with people living with dementia and how to engage creatively with them. At Yorkshire Dance we're always interested in doing something that's a bit different - pushing boundaries. It isn't always what people expect!

### **How did the project work practically?**

The project ran for twenty weeks with two dancers and a musician delivering weekly creative sessions. They had recorded music and instruments and did movement and singing. They started by encouraging the residents to sit up straight and do breathing exercises; encouraging people to think more about their body and posture. We might change the environment by moving the chairs so everyone was sitting in a circle rather than facing the TV. We'd always leave it quite open though. If someone felt they would rather sit at the back or on the sidelines, then they were able to. We understood that not everyone wants to engage in the same way. Some people may be keen to be involved whereas others prefer to watch and do things more slowly.

The team got to know the residents over the twenty

weeks and there was always the opportunity for staff and any visiting friends and family to join in too. For people living with dementia it's really about living in the moment and slowing things down, so we might do something for quite a while which would give everyone time to think about movement and music. We'd use music and songs which the residents knew. That was a good way to engage them. Also we we'd have world music (often without a narrative) which would encourage more movement, rather than just singing along with the song.

### **You mention the musicians, what instruments did they play?**

We worked with some brilliant musicians, one of whom played a double bass, plus he took with him a selection of instruments he'd collected from around the world. Some of them don't even look like instruments! They each had a rich sound. They were more objects of curiosity which the residents enjoyed and, of course, there was never a right or wrong way of playing them!

Another musician, a percussionist, would take various pipes in for people to bash against – all interesting ways of working. Sometimes music is a 'way in'. A way in which people can connect and with it being non-verbal. It doesn't matter if you don't speak, you can still move and dance. We appreciate that some residents may be quite frail but yet they can be involved by simply moving their fingers.

We also took in 'silent disco' headsets - all with the same playlist but cutting out any distracting sounds in the space. It was amazing to watch people listening intently, smiling at each other, and then wanting to dance! Not everything was lively though. Sometimes the artists brought lavender or essential oils and classical music would be played, producing a calmer energy, something a little more mindful. One group dimmed the lights and the residents were given those tiny battery operated tealights which changed colour. It made a very calming, quiet space for everyone.

### **How did you know the project was working?**

The Dementia Care Mappers came in. Some people were living with dementia and unable to give their feedback. The Care Mappers would look at how residents reacted and smiled during the activity. They used a particular observation tool: a map that would produce a graph which shows residents' health and well-being throughout the session. We received very positive results from the exercise.

### **What happened during the pandemic?**

We worked with six care homes over two years. When

the pandemic hit everything stopped. Care homes went into crisis and we had to evaluate the project. How would we do it? With the gradual relaxation of Government rules we decided to hold some socially-distanced outdoor sessions. This is what we were doing into the Autumn, weather permitting.

In partnership with the Leeds Care Delivery Team, sessions via Zoom were provided to care homes, day centres and recovery hubs. The participants could see each other on screen, which gave more of a community feel. Two care homes have subsequently invited us back to continue the sessions - subject to Covid requirements of us being double-jabbed and having negative lateral-flow tests. Our ambition is to take our work into every care home in Leeds!

***You mentioned that funding is coming to an end - so what happens next?***

As arts practitioners and organisations we have a responsibility to ensure we are working with the people most difficult to engage with. We're talking to commissioners and funders and are just hopeful that someone will see the value of this work and want to fund us so that we can bring high quality arts to all care homes in Leeds.

**Good luck! It sounds like a great project.**



A participant joins in with the music session

*Interview: Laura McIlroy-Wardman, Activities Coordinator, Victoria House Care Home, Belle Isle.*

Yorkshire Dance contacted us to see if it was something we wanted to do. We are a dementia care home so we're up for trying all sorts of different things. We thought, "Let's go for it and see what the residents make of it." A lot of the residents are living with dementia and they're different ages. Music really does bring everyone together. You might ask one of the residents what they've done that morning and they couldn't tell you. But they could sing a song word-for-word. It was really lovely to see everyone engage with the singing. There were restrictions because of Covid - we did a lot of outdoor performances. And we had a gazebo so people could sit outside when the weather was good.

We've got a gentleman who used to play in a jazz band. He loved to come and listen - it unlocked those memories for him. It was very emotional when everybody started singing We'll Meet Again. We also have a Spanish resident who speaks very little English. We communicate through a translator app on the phone. She used to really enjoy the music. One of the artists could speak a little Spanish so she sparked up a conversation and they brought some Salsa dance - and a Spanish vibe! The resident really loved it.

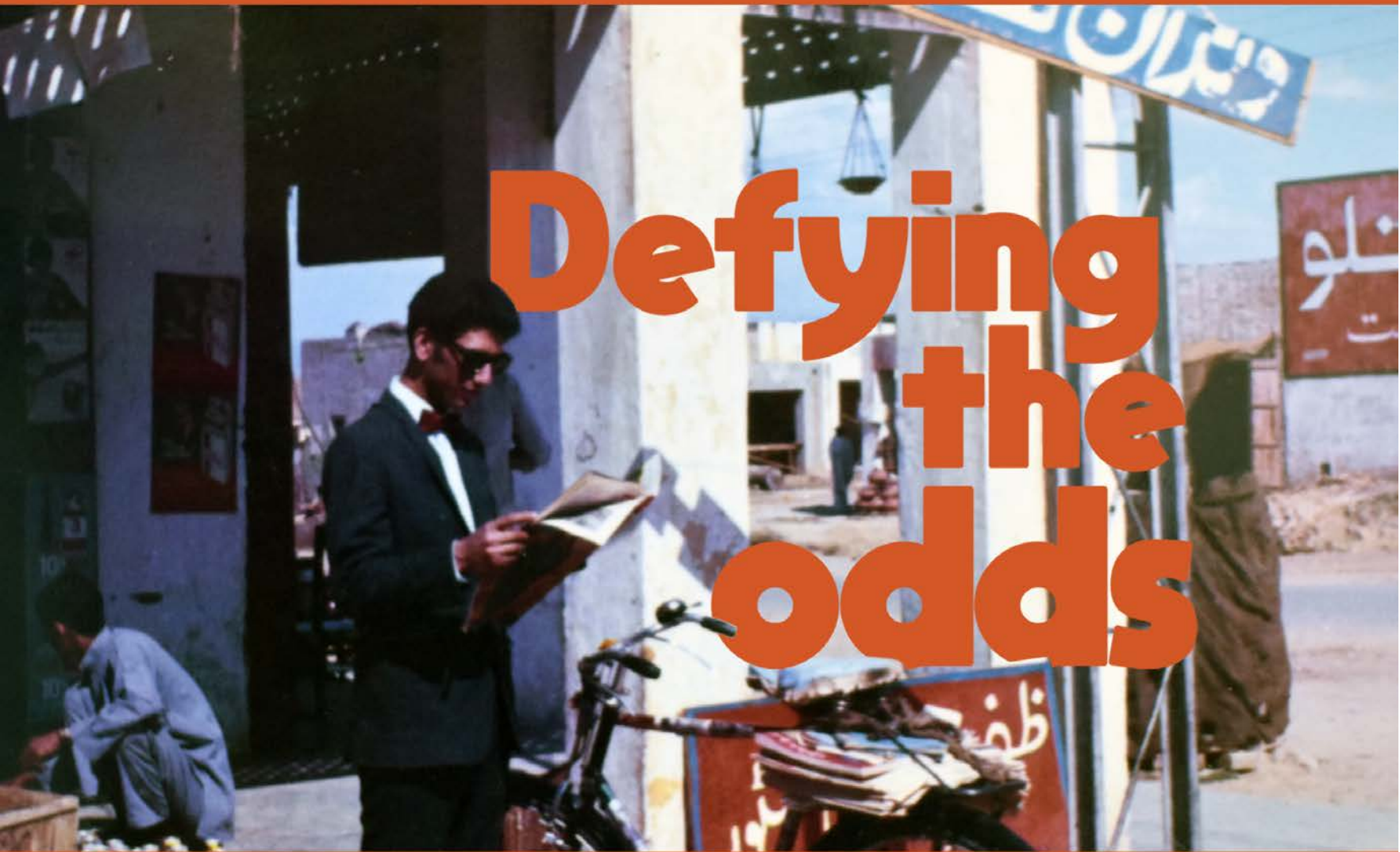
We started a Facebook page for the families to see what was going on. They couldn't come into the home to see their loved ones. We'd film videos and put them on the page. It's a hard time at the moment but it was good to give people reassurance that their family members were okay and were having a good time.

A lot of our residents haven't got great mobility and the artists really worked well with that; they used tiny movements with their hands and feet. They let the residents lead the way too. It wasn't too difficult to follow and it got people's joints moving. We've started using a lot more music, even when doing other activities like arts and crafts. We'll put music on in the background. It means those residents who don't want to take part in the activity can sit and listen to the music and sing songs.

Everyone really enjoyed it. We had 3 residents who had a permanent place at the front every week. They were so excited about the artists coming, they'd be ready and waiting in their 3 seats at the front! It was lovely to see. Thanks Laura! ■

*For more information about Yorkshire Dance and In Mature Company please visit:*

**[www.yorkshiredance.com/project/in-mature-company/](http://www.yorkshiredance.com/project/in-mature-company/)**



# Defying the odds

*In this month's Shine a Light stories we hear from Mohammed about how he lost his fingers aged 17 – and what happened next.*

*Plus: Anna tells us of her life as an asylum seeker; and Patty on her life as a people-person.*



*Mohammed Rashid lost his fingers in an accident at work when he was 17. Many people thought he would be out of work from then on – but Mohammed had other ideas. He was determined to make a success of his life and refused to listen to people who told him disabled people couldn't work for a living.*

**I** grew up Pakistan. I was a village boy from a young age. A student. I came to the UK when I was 16, in June 1967. In July I started working at a foundry on Gardener Road. I worked at John King foundry. I worked for one year. They used to make chains for tanks. Iron things. My first wage in those days was actually half a wage. Because I was under 21, I was on a child's wage, not a man's wage. Men got double. The foreman in John King gave me the full wage. £23 they gave me, it should be £11. I had the wage on Friday and on Monday morning the foreman – they called him Mr Dougie – he said, "Mohammed, come here. We gave you the wrong wage! It's alright, it's our mistake, we will deduct £1 a week."

A new foreman came. In those days, things were changing. On one machine, we'd have two people on each side. The new foreman, he said, "Two people is too many, there should be one person." We didn't like it. 3 of us left at that time. I started work in Idle Laundry in Morley. Then a friend came from Pakistan. He was living in Halifax. I went to see him one Sunday, on my day off. We started chatting about our wages. I said, "I get £11." He said, "We get £14 here – easy job as well." He was at a textile mill. He said, "Stay with me tonight, we'll see what they say in the morning." We went to see the foreman, he said, "Yes – you can start work now if you want!" In those days it was easy, there was plenty of work. Wherever you go, there is a lot of work. I put my notice in at the foundry.

#### ***"Change the thread."***

One day the foreman said, "Clean the roller." A 60-inch roller. The full-length of a roll of cloth. He said, "Change the thread." I went up to pick up a loose thread in this big machine. I tried to pull this loose thread and my hand went in at the same time. Safety was not good in those days. When I screamed, the man on the other side ran to see me – he saw my hand in the machine, then he ran back to switch it off. If he had switched it off straight way it might have been just the tips of my fingers. They called the ambulance, gave me some liquid, took me to hospital. One finger, they said, "We couldn't find it, it wasn't there." Another finger – it was really bad. They cut it off. They tried to save the 2 middle ones. They plastered it all up. I could see the tips but after a week I could see they were all black. They checked, they put a needle in – I couldn't feel nothing. They



cut them off. After a week they did a skin graft. They took skin from my legs. That was more painful than losing my fingers! Honestly! It was terrible. I was not eating much. They gave me 4 operations. There were 2 Chinese nurses who were nice to me. Nurse Li and Nurse Shu. They taught me the Chinese language! A few words, anyway. After 4 operations it was alright and they sent me home.

I was 17. I was in living in Halifax but my sister was in Leeds so I came to stay with her. I was just young. I'd only worked less than a year when it happened. I had to go back to Halifax three times a week to do exercises. The skin was completely black. Dark black. They said it would get better with time. The thumb was not moving. For one year I didn't work. In them days everybody worked. Everybody! There was nobody out in the streets, they were all at work. I used to go from Beeston to Blackman Lane in LS7. I had a friend, he was the only one not at work – he had TB. I used to go every morning at 10am, have a cup of tea, have a talk, whatever. There was a ►

Pakistani superstore there too so I could do shopping. Every single day. Then I got fed up. Waste of my life! What should I do? I couldn't even tie my laces, I couldn't tie the elastic in my Shalwar Kameez [the traditional dress worn by Asian men]. I annoyed myself. Eventually I could do it. I could do everything – it just took me slightly more time than normal. I said to myself, "Things happen. What can you do?" I tried to survive but I thought, "You can't go through life like this." I was only 17. I had to start work. There was a Rington's Tea Factory on Lady Pit Lane. We used to live nearby. They said, "You need 2 hands." All the time people said you need 2 hands. I went to another factory, they said the same. I used to go to the Labour Exchange. They send me to a few places. 3 or 4 places – no, you have a disability.

### **Disability**

I was reading the Evening Post one day. There were a few different jobs near York Road. A tailoring factory. So I went there. The foreman was a big man. I went to see him for an interview. He called me into the office, I went in. I stood there. He said, "Sit down." I said, "I want to say something before I sit. I want to work. End of story. Either you pay me or you don't pay me. Still, I want to do something." I would work for free. He asked me why. I said, "I have a disability." He looked at me – I was standing there with my hands in my pockets. He said, "What's the disability?" I said, "I have no fingers on one hand." He said, "Have you got 2 thumbs?" I pulled both my hands out and showed him. He said, "Come tomorrow."

I did get compensation for my hand. £6000. A lot of money in those days. You could buy a small house for £500. I was so young. I put the money in an account and never touched it. For 15, 20 years, I didn't touch it. You see, in my mind, I'd been greedy. When I had the accident, I had gone to that mill for that extra £3 a week. Greedy. That money was the reason that my hand was gone. I was at the factory for one year. In 1971 I found a girl and I went to Pakistan. I saved money for a year to pay for the wedding – I still didn't touch the compensation money! We went to see my father-in-law. I knew my wife from when she was born, I was 4 years older than her. I got married in 1972.

After this I worked in Old Mill on Queen Street in town. Better money now, because I had experience. I was working fusing collars and cuffs on shirts. After a year, the foreman, Mr Jordan, came to me and said, "Mo, are you going to stay there all the time?" I said, "I have a disability, what else can I do?" I was happy to work! He said, "This is a girl's job." There were 6 cutters in the big room. He said, "I'll put you on lining

cutting. Then another 6 months, "Go on trouser cutting now." Then jacket cutting, then made-to-measure. He gave me all the experience I needed.

*As well as struggling to find work, Mohammed also found it a challenge to get people to take him seriously in other matters – such as his desire to learn to drive.*

I asked a few people if they could teach me to drive. My friend said it was a waste of money. "They're not going to pass you!" One man, Farouki, I spoke to him, he was a driving instructor. I said, "What about driving?" He said, "Might as well try! Take one lesson, then I'll decide." We fixed a time and he picked me up. I took just nine lessons and he said, "You're ready!" I only paid 50p a lesson. There was a test centre in the old days, where the big Tesco is now. We walked over to the office. I did my test. The man said, "You've passed. I have to take you inside, because of your disability. I have to ask the officer what to do." He took me inside, said to his boss, "He's a very nice driver, but he has no fingers on his left hand." The officer said, "Just write it on his license." And that was it! When I told my friend, the one who said it was a waste of money, he said, "It's not possible!" He couldn't believe it! I showed him. "It's here, the license!" Nobody believed you could do anything in those days, if you had a disability.





Mohammed in his textiles factory

*After some years of working in different factories and mills, Mohammed found himself in the position of starting his own business. He met a Chinese man who was looking for a cutter to do work at home, for 5p a garment. Mohammed worked in the evenings and at weekends to earn a bit more money. But Mo reasoned that he could take a bit more control himself – and make more money.*

I looked for a place. I thought, “If I get a place to work, I could start a factory.” I was looking at how the system worked. I always looked in the Evening Post. One advert was looking for a small textiles factory. For cutters. I phoned. This girl answered, she said, “Come see us - but find a place to work.” I went to see the man in charge. He just asked me a few questions. He said, “What can you do?” I said I was a cutter. He said, “You’re on. My investment, I’ll buy everything. Your job is cutting, I’ll give you 10p per garment.” This was 1984. In those days, manufacturing was very busy. I said, “No problem!” The first year I did 50,000 garments!

*Mohammed’s factory went from strength to strength and he employed several people. He bought a building from Leeds City Council to work in. However, in the 1990s, the UK manufacturing industry took a downturn.*

The big firms went. Old Mill, Trutex, Burton – finished. There were 18,000 people working in Burton. Now there are no factories in Leeds – there used to be 30 or 40 places. All finished.

*Eventually Mohammed decided to start his own second-hand shop. He bought furniture and sold it to local people in Beeston. The shop was very successful and eventually his son took over the business.*

### ***Finding peace***

I finished about 5 years ago. I have arthritis, sometimes I find it hard to walk. But I have no problems with my hand. I’m used to it now. I had an artificial hand, but I only wore it once. Like a glove but you can’t move the fingers. You can’t work with it on – so what’s the point? In the early days my hand was a problem. I remember thinking, “Bloody hell, I’ve got a disability, what do I do?” But, as I say, things that take you one second, might take you two seconds. That’s all it is. Things take a bit longer. They all said I couldn’t work, couldn’t drive. But I passed first time!

Now I want peace. Sit on one side, watch the TV, have a cup of tea, that’s all I want. When you’re young you have ambition – go there, do this. Now, I just want to rest. I’m 70 now. My wife wants to go to Pakistan, every day she looks at flights, how much they are! But I’m happy here in Leeds.■

*Mohammed is part of the Asian Elders Group who meet at Hamara Centre in Beeston. For more information about Hamara see [www.hamara.org.uk](http://www.hamara.org.uk) or call 0113 277330*

# Finding the Joy: Anna's Story

*Anna is 72 and grew up in Nigeria. Anna is a 'destitute' asylum seeker, which means that she has no access to public funds and cannot work. She is supported by the church and by PAFRAS (Positive Action For Refugees And Asylum Seekers). Anna lives alongside other women in a similar position and spends much of her time doing activities that are provided by charities and other organisations. One such group is Wow!, which is a health project for women seeking asylum run by Women's Health Matters.*

**O**n Mondays we have Wow! activities. We go to Scott Hall Leisure Centre and do exercises. I was there yesterday. Next week we are going to have a Wow! Dance. Even during the lockdown, we did it on Zoom, using a laptop. We dance, we do exercises, we feel very happy. I love music and dancing. I did music in school but I didn't keep practicing. In Africa, we don't see it as very important. All our parents want is for us to be a professional. Today I did a kung-fu class at Rainbow Heart. Self-defence! A lady came to teach us. I have different groups on a daily basis. We are always out and about. Every day we must have an activity. To get out of the house. I do volunteering once or twice a week at a charity shop. They are very warm people. Always smiling. I love smiling faces! I'm a smiler. Sometimes I watch TV programmes that make me laugh. I sit with my friend and we watch programmes. Like Emmerdale, Eastenders, Home & Away.

I got a teaching qualification. I taught in a school for 25 years before I came to England. But when I got married, I had to stop because of my own children. I love children. Once they spot me, they want to come to me. When you work with children you should be a happy person yourself. If you are not happy, you cannot give happiness. Today I was at a group and there were 2 children and they always come to me. I care very much about children.

Getting older is about getting more responsible. I feel love for the people around me. I like to share with people and they share with me. In Africa we eat from the same plate. Sometimes I cook and eat with the younger ones here. I feel like I'm with my children – it gives me joy. In the church I'm happy when I say my prayers. I grew up to see myself in the church. I was not converted - my parents went to church. And I brought up my children to go too. We are supposed to go to church every day, as Catholics. If I'm not

doing anything, I go to church. Sometimes twice a day. If you miss the morning Mass, you can go to the one at 6.30pm. I have no excuse! Even when my children were young in Africa. We'd go before school!

I feel so satisfied here in Leeds. I feel loved. That is the best thing. When I feel there are people who care for me and love me. I like this country, to be honest. I am a very friendly, social person. The difference between the UK and Nigeria is that you care about your people a lot. Not just about people around you – everybody. I was not born here, I came here as an adult. But you help me. In Nigeria, they don't care. Elderly people – no. They don't care about the elderly. They hardly pay a pension. There are no jobs – you have to create jobs for yourself. Nothing good is happening there. No good roads. Nothing. You have to fend for yourself.

We are given £50 for 2 weeks to buy everything. I have health issues so I can't eat some tinned food. I am not supposed to eat much sugar and fat. I struggle a lot because my health is not good. The NHS is trying their best. So I say thank you to England. I am still alive. Life is not rosy rosy, but they are trying their best for me and I appreciate everything I get here. I feel protected and blessed. But where do I go from here? ■





# A People Person: Patty's Story

*Patty grew up in Hong Kong but came to the UK in the 1970s. She has just started to attend sessions at Lychee Red, which runs social activities for older Chinese people in Leeds.*

**M**y name is Patty. I come from Hong Kong in 1970-something. I've lived in Europe longer than I lived in Hong Kong. I met my late husband in Hong Kong. He asked me, "Will you marry me?" I thought, "I want to leave Hong Kong." The life was really hard there. I really had a hard time. I thought, "Oh well, he is really cute. Really good looking." I like a good-looking man! He was Irish. He really spoilt you. I thought, "Fine!" He was cute and easy-going. At that time I was already married to somebody else. But the marriage was not getting on. We fought all the time. So I found a job that meant I don't need to stay at home. I found a place where you can work all day, then when you finish you can stay there to sleep! After a year I met my Irish husband Paddy.

Paddy was in the army and he got a posting to Germany. So we went there. It was very exciting. I never imagined what Germany would be like. But believe me, this was 40 years ago, it was horrible! You look out of the window and count all day how many people went past my place: 5. Too quiet. German is hard to learn too. I learned to count to ten – but that was it. And that took weeks! I was in Germany for a few years.

Then we came here. It was better in the UK. The language was easier to learn and I could get a job. I loved working here. My job was care-assistant, my job was to look after people. I did shift work so I would meet all different kinds of people. That is very interesting. It is very challenging job. I was helping in people's homes. They have a learning disability. If you know them, you find a way to work well with them. The only problem is if they don't like you, they tell you straight to your face! Sometimes outsider people, they don't like. They just say, "I don't like you, get out!" Then you say, "I'll come back tomorrow." And maybe you bring something for them, to help them see you are friendly. If they like you, it's lovely, absolutely lovely.

My boss loved me because I am easy-going. Every time she called me with a shift, I'd say yes. They say if you're looking for someone to do overtime, call Patty first, she always says yes. That saves time – and time is money, isn't it? I loved my job, you

would always meet new people. You never got bored. Now I am retired, I retired 2 years ago. I miss my job.

My husband has passed away. And my 3 children have grown up and they have their own children. They all live in Leeds too. So I'm on my own now. I have a friend here now, she's a Chinese girl who lives a few doors down from me. We come to Lychee Red together. We don't see each other every day, we'd get on each other's nerves. She asked me, "Would you like to come with me?" I said, "I'll go anywhere!" Now I'm retired I've got plenty of time.

I don't really like getting older. I still like to work! I think I'd love to go back to Hong Kong but only for holidays. The problem is the place you live. Hong Kong is very small. There are a lot of Chinese people in Leeds and I also have a lot of English friends. I have no problems here. I get along with people. I think I like Leeds – because I've never left since I came. I think I'm lucky to live in England. The people are lovely and very easy to get along with. And it's easy to go to Europe on holiday. Spain and Italy – they are lovely. I like hot countries. My favourite place for a holiday is Croatia, I have been 3 times. But not Germany! I don't want to go there again! ■

*The Lychee Red project supports older Chinese people in Leeds. The group meet on Mondays at Beeston Village Community Centre and they do a variety of activities. For more information contact:*

*Huazhu Liu on 0113 2717231 or  
hua.liu@healthforall.org.uk*

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



Email - [hello@shinealight.org.uk](mailto:hello@shinealight.org.uk)

Phone - 0113 244 1697

Post - Shine, LOPF

Joseph's Well,

Hanover Way, Leeds,

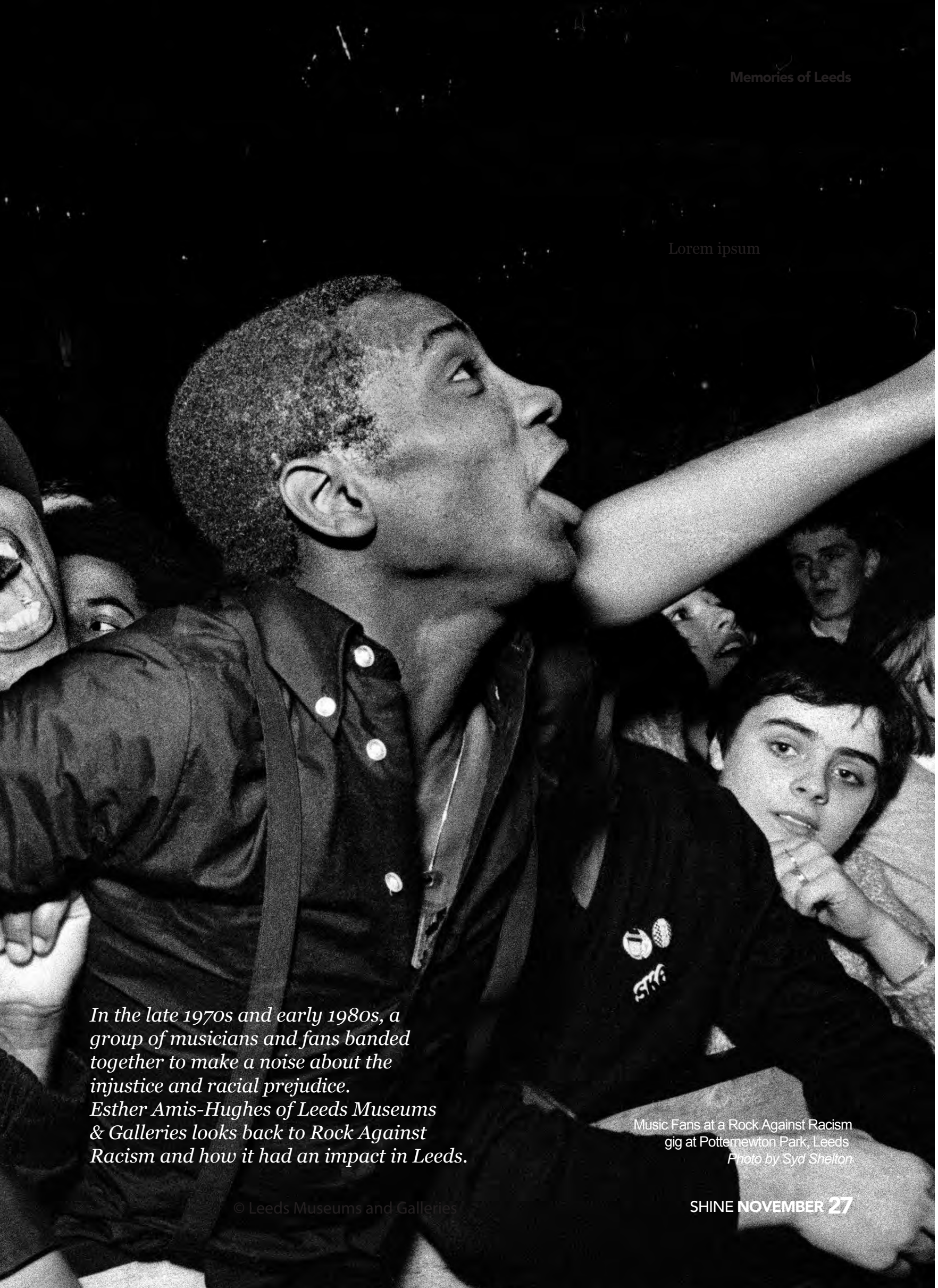
LS3 1AB.



**ROCK AGAINST**

**RACISM**

Lorem ipsum



*In the late 1970s and early 1980s, a group of musicians and fans banded together to make a noise about the injustice and racial prejudice. Esther Amis-Hughes of Leeds Museums & Galleries looks back to Rock Against Racism and how it had an impact in Leeds.*

Music Fans at a Rock Against Racism gig at Potternewton Park, Leeds  
Photo by Syd Shelton

**O**n the 4th July 1981 a huge crowd (reportedly 17,000 people) gathered on Woodhouse Moor and marched through Leeds. Great lorry trailers carried bands who performed as the mass of people moved as one, waving banners adorned with anti-fascist slogans. The procession ended at Potternewton Park, where a concert featuring local and national bands was headlined by 'The Specials'.

This event was the climax of a grass roots movement in Leeds, formed to reject the growing nationalist sentiment in the country. It was to be the last ever gig under the Rock Against Racism banner and it seemed fitting that it should take place in Leeds, a city whose local music scene had given so much to the cause.

Rock Against Racism (RAR) was a grass roots movement which organised gigs to show resistance to the growing popularity of the National Front. The movement can be best understood in its context. It was the 1970s and Leeds must have seemed a bleak place: unemployment; discontent; and the Yorkshire Ripper. In 1976 Eric Clapton made a speech during a gig that proclaimed sympathy with Enoch Powell's opinions on migration. A letter appeared in the NME which professed disgust at Clapton's views. The fans had spoken; they wouldn't be associated with the increasing number of musicians who were professing right-wing sentiment. A number of gigs were organised, first in London and then throughout the UK. The first gig outside London was held in Leeds in 1977.



*"The excitement of it, just this realisation that you can do, that you can change things, that you could actually make a difference was phenomenal and that stayed with me to this day. I still believe that you can change things."*

*Paul Furness, founder of Leeds Rock Against Racism Club*

Recently, Leeds Museums and Galleries were fortunate to acquire a Rock Against Racism archive from Paul Furness, founder of the Leeds RAR Club. Paul organised weekly gigs, initially at Leeds Polytechnic and then at Cosmo's Club in Chapletown. They featured local acts such as Gang of Four, Delta 5 and the Mekons. Rock Against Racism gigs generally featured punk and reggae acts in the same line up, as an illustration of harmony and unity. Because there were not many reggae acts in Leeds, sound systems such as Maverick Sounds provided music for almost all the Leeds RAR Club gigs.

Paul recalls how the movement began. "We started the Leeds Rock Against Racism Club in 1978," he says. "It was purely out of enthusiasm and a desire to fight back against what was happening." It was clear the Leeds was perfectly suited to get a gig together. Paul continues: "We were really lucky in Leeds that we had a lot of good bands that became really good friends of ours, like the Mekons and the Gang of Four, they were practically the Rock Against Racism Club house bands!" At the time Leeds was an exciting place to be a musician. "Everyone was forming bands," Paul recalls. "They all played there because we charged very little to get in." However, the aim was never financial. It was all about making a change. "We weren't out to make money," says Paul. "We were out there to fight our corner and to fight for a cause."

The archive Paul donated gives a unique insight into how 'do-it-yourself' the movement was. Posters, flyers, newsletters, tickets were all hand made. The movement spread, and pin badges and tickets from the time show how it encompassed other forms of discrimination ('Rock against Sexism') and other groups in Leeds ('Skateboard against Racism').

On the 4th July 1981 Leeds hosted the last ever Rock Against Racism concert, the Northern Carnival Against Racism. The gig took place in Potternewton Park and photographer Syd Shelton was on hand to record the event. However within a week Chapeltown had erupted into riots as anger at the treatment of the local community erupted. But for people who attended the Carnival, there are happy memories of people coming together.

*“When I think of that day, that march and the gig that took place ..... there was so much excitement and so much energy in that space in Potternewton Park it was amazing.”*

Local who attended the 1981 Northern Carnival

*“For me the Rock Against Racism concert was one of the biggest things in my life, in fact it was the first concert that I went to. But the whole vibe of why I think that the Rock Against Racism work was so powerful it was, for me, like the unity of the musicians together to fight racism.”*

Local who attended the 1981 Northern Carnival

It's no coincidence that RAR bridged two decades. As the movement finished, the 80s arrived with an explosion of electronic dance and new wave. But there remained a notion that music could be used to galvanise the public into action. Almost exactly four years later Live Aid united artists from across the world to raise money for relief of the famine in Ethiopia.

Rock Against Racism demonstrated the responsibility and reach that musicians and artists have. This must have had a powerful impact on local acts who cut their teeth on the Leeds RAR circuit. The movement illustrated the power that music can have to unite people towards shared social goals. And, of course, above all RAR was good music, good people and good times.

*“I believe Rock Against Racism did change a lot, it made a lot of the people more aware, it made me open my eyes politically about what's happening”*

Homer, member of Bodecian, a reggae band who featured at RAR gigs in Leeds

*“We can learn through the way in which music, not just music but art and creativity, can unite people together as one.”*

Khadijah Ibrahiim, author, artist, theatre maker, and attendee at Northern Carnival.

Though the gigs were enjoyable, Paul Furness is adamant that fairness and equality was at the centre of the movement. “It was never just music,” he explains. “It was the activism that was at the central core of Rock Against Racism.” He looks back on the time with fondness. Paul recalls: “From putting the second ever gig on in Leeds two years before to the last final gig of the movement as a whole, Leeds was at the heart of it.”

Rock Against Racism was a short-lived movement that responded to events that were occurring in in Britain in the late 1970s and early 1980s. However, RAR's fight against racism resonates with the world today. In 2020 many of the people involved with RAR took part in marches and demonstrations in Leeds as part of the Black Lives Matter campaign.

The fight continues!■





*How can you visit your loved ones in care homes and still keep everyone safe? Harriet Wright, Community Project Worker at Healthwatch, delves deeper into the subject and explains how you could become an essential care giver or key visitor.*

Care home residents have been some of the hardest hit in terms of Covid restrictions. Limits on visiting resulting in increased isolation and loneliness for many. The good news is that care homes are now opening their doors to family and friends. Despite this, we know that for many, weekly 30-minute or one-hour visiting appointments to see their loved ones are all that's on offer. This can often not feel like enough, particularly when connecting with others is so important for mental and physical wellbeing.

There is however a way that residents can see more of their loved ones - by nominating one of their visitors

as an essential care giver or key visitor. This person can visit much more often, flexibly and for longer periods of time, and crucially can continue visiting even when other visitors are excluded because there are positive Covid cases in the care home.

We know from a recent survey carried out by Healthwatch Leeds this summer that there is low awareness of this role, with only 57% of care home residents' family members saying that they knew about and understood the role. We want to shine a spotlight on how important the role can be for the wellbeing of people living in care homes as well as bust some myths about it.

*Andrew's wife Gay lives in a care home in Leeds and he is her essential care giver/key visitor. We talked to him about his experience of the role.*

***Tell us about your wife?***

We've been married for forty years now and she's a delightful companion. We used to do lots of things together – country walks, travelling, art, music, culture, those sorts of things. She developed Parkinson's disease about fifteen years ago, and about five years later, began to show early signs of dementia. She's been in a care home for nearly five years, but she still knows who I am, and it's quite obvious to me that we still have a very close relationship.

***How was it for you both during lockdown?***

When lockdown started, the worst thing was not knowing when or even whether I was ever going to see her again. The biggest challenge was with communication because Gay really can't talk coherently. Video calls were more distressing than relieving - the first one I did, I watched her for half an hour lying on her bed crying. For Gay, she needed to feel that someone she knew and loved was there in person with her. She virtually stopped eating and drinking and was prone to increasing falls. It became apparent that life could not go on like that.

***What do you do during a typical visit with your wife as her essential care giver/key visitor?***

Most of all, it's about providing companionship and the comfort of being physically close. For the first few visits, we'd just sit next to each other, knowing that we were together. If the weather is good, we'll go out for a walk and sometimes we might listen to music or watch TV. I take magazines and photographs to look at, reliving past experiences. Sometimes I help her with her food, but I am not expected to get involved with any personal care.



***What safety precautions do you have to take?***

I'm doing Covid testing regularly, in line with the care home staff. So that's one PCR test a week that I do at the care home and two lateral flow tests which I can do at home. It's all free, easily accessible and once you've done it a few times, it just becomes part of your weekly routine. I wear PPE when I'm in her company which includes a mask that I'm allowed to take off if I'm having a cup of coffee or something like that. And of course, I have to wash my hands regularly. We largely confine ourselves to her room but if we go out for a walk, we keep our distance from other residents and staff.

***What are the advantages for you of being an essential care giver/key visitor?***

I get to see her regularly and that is so important to me. The greatest advantage I have over standard visiting is that I can come and go, as and when I want, and I stay as long as I want. The other important thing is that I can continue to visit indoors even if there's an outbreak of Covid, something I wouldn't be able to do as a normal visitor.

***And how do you think Gay has benefitted?***

She's just more at peace with life and gets comfort from being with me, from being able to hug and hold each other. I know that almost without exception, when I arrive, she calms down. If she's upset, she sees me and goes, "Well that's alright then", and within minutes she's calm. She's also eating again and has regained the weight she lost. The other benefit to her was getting her outside and walking. She simply had not left the community that she lives in during the first lockdown. The first few trips out were so uplifting for her, just to feel the movement of air on her face and hearing outdoor sounds such as birdsong.

***Why do you think there's low take up of the role?***

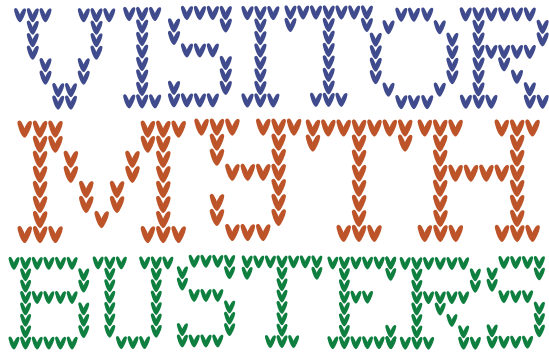
I don't think a lot of care homes are promoting it, so people aren't aware of it and therefore not asking for it. I certainly bump into other visitors going in and out of Gay's home who don't know about it.

***What would your advice be to other people who have a friend or relative living in a care home?***

Make contact with the care home manager and ask about the essential care giver role as every resident is entitled to one.

*Thank you Andrew.■*

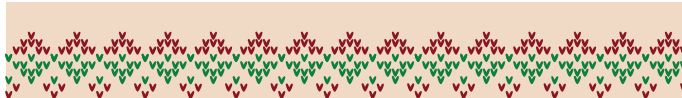
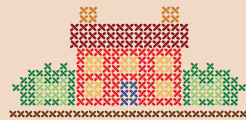
*If you need any help and advice about it, contact Healthwatch Leeds on 01138980035 or email [info@healthwatchleeds.co.uk](mailto:info@healthwatchleeds.co.uk)*



**Myth #1**

**“I can only be an essential care giver/key visitor if my family member or friend needs me to give them personal care or if they have health problems”**

Not true. ALL residents are entitled to nominate an essential care giver/visitor irrelevant of any health conditions. The term ‘essential care giver’ can be a bit confusing, but it definitely doesn’t mean that you have to provide any type of personal or practical care (although this may be agreed in discussion with the care home). The guidance is clear that an essential care giver/key visitor should simply be someone with a close personal relationship to the resident who can provide companionship, and all the enormous benefits that this brings.



**Myth #2**

**“I don’t need to become an essential care giver/key visitor because the care home is already letting me visit regularly”**

This may be true now, but the moment there are two or more cases of Covid in the care home, all regular indoor visits will be suspended. Essential care giver visits however are still allowed to continue during outbreaks unless you or your loved one test positive for Covid. As we move into winter and rates rise, outbreaks will become increasingly likely, and it can often take weeks or months before homes are allowed to reopen for normal visiting.

*Covid restrictions were introduced into care homes in March 2020 and it’s often been difficult to work out what’s allowed and what isn’t. Some of our assumptions about who can visit people in care homes aren’t quite right. Some common myths have formed about the restrictions – below we bust some myths and find the truth.*

**Myth #3**

**“To be an essential care giver/key visitor, I need to be able to visit several times a week”**

False. You may be a really important person in the care home resident’s life even if circumstances mean that you can’t visit so often. The care home should consider the wishes, needs and circumstances of all residents individually, rather than make blanket rules.



**Myth #4**

**“I’m worried it won’t be safe for me to have more contact with my loved one.”**

Because more frequent and flexible visiting with closer contact may increase risks slightly, you will be asked to have more testing than a regular visitor. This includes having a weekly PCR test (the most reliable type of test for detecting Covid), as well as twice weekly lateral flow tests. You will also be asked to wear PPE and follow the same hygiene procedures as staff. These extra precautions should mitigate any extra risks. There are also things that you can do outside of the care home to help, such as getting the vaccine and being sensible about who and how you have contact with other people. If you don’t have the infection yourself, you are not a risk to your loved one

**More Information**

*For more information about care home visiting, visit:*

*<https://www.leeds.gov.uk/care-quality-team/family-and-friends-of-care-home-residents>*

*Or contact the Healthwatch Leeds information and advice service.*

*Tel: 0113 8980035*

*email: [info@healthwatchleeds.co.uk](mailto:info@healthwatchleeds.co.uk)*



**Sudoku**

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

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

**Wordsearch - 80s bands**

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

Au Pairs Aswad Buzzcocks The Clash  
 Elvis Costello Gang of Four Piranhas  
 Specials Steel Pulse X Ray Spex

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.



**Religion Quiz**

1. What is the meaning of the word 'Buddha'?
2. The 'Torah' is the sacred book of which religious people?
3. On which mountain did God give Moses the 'Ten Commandments'?
4. In which religion do men take the last name 'Singh' and women 'Kaur'?
5. In which religion must believers visit Mecca at least once in a lifetime?
6. What does the word 'Islam' literally mean?
7. What Book of the Bible means "the Going Forth"?
8. What does the term 'Sikh' mean?
9. In Genesis 6:14, who was told, by God, to build an Ark?
10. Who founded Confucianism?
11. In which religion the Gods Brahma, Vishnu and Siva are worshipped?



**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.

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

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# The Home Page

*The Home Group provides housing and care for older people across the UK. They are currently building a new housing scheme in Leeds. Ambler's Orchard will be open very soon in Tingley, welcoming older residents to live with support. Every month this page focuses on a different aspect of home life and we meet an older person who lives (or is about to move into) a Home Group property. This month we focus on gardens.*

Audrey Hepburn said, "To plant a garden is to believe in tomorrow." That's particularly true for older people. The Home Group works with landscape architects to create beautiful accessible outdoor spaces. "We believe gardens can emotionally engage with people; stimulate the senses and imbue a rhythm of calm," says Mark Smeedon of Smeedon Foreman. "A garden will grow, it will change with the seasons and will occupy the lives of those within it."

Mark continues: "Gardens link people with their external environment. Birdsong, sunshine and wind in the air offer a backdrop to the formation of spaces which respond in their form, size and orientation. We aim to create variety: places to be warm, place to be cool, places to be active, places to be with friends, places to be alone, places to feel secure, places to roam. A series of spaces is connected with a circulation of paths providing destinations such as summerhouses or outdoor games areas, whilst rose draped pergolas

and arbors provide points of interest along the way."

It's not all just about how a garden looks. Colourful plants attract insects - and insects attract birds and hedgehogs. Smeedon Foreman makes sure there is space for bird feeders and bird baths. Who doesn't love watching the birds and wildlife in the garden? What about people having a go at gardening themselves? "Active gardening is popular and re-connects people with their previous gardens or allotments," say Mark. "We tend to include potting sheds and raised planters, along with work benches and shared tables." The aim is to create spaces where older people can be together with others. Often fruit trees are planted. Mark Smeedon relishes "opportunities for residents to experience the seasonal show of blossom and to gather fruit to cook and eat." Finally, and perhaps most importantly, "we like to include clothes lines within our scheme to enable residents to enjoy a good drying day!"

## Me and my Home: Jean Sands

*Jean is one of the new residents waiting to move into Amblers Orchard.*

### Tell us a bit about yourself?

I am 92 years of age this year. I was married for 62 years. We received a congratulations card from the Queen on 60 years of marriage. My late husband passed away 2 years ago.



like to read books. I enjoy romantic novels. I love doing jigsaws and play cards to keep my mind active.

### What's next for you Jean?

I'm looking forward to moving into Amblers Orchard – I'm looking forward to the company and being able to not have to travel far to speak with others. Also the activities. Having staff on site all the time makes me feel more relaxed, safe. It's less of a worry.

### Where have you lived in your life?

I've lived in Morley for the last fourteen years. Before that, I lived in Halifax. I was at Sutton-on-Sea for 15 years but moved closer to family when my husband took ill.

### What do you like doing at home?

I used to enjoy going ballroom dancing with my husband, we went to many different venues. I also

Home Group is one of the UK's largest providers of high quality housing and integrated housing, health and social care.

For more information:

Tel: **0345 1414663**

Email: **contactus@homegroup.org.uk**

Web: **www.homegroup.org.uk**



**Leeds Older People's Forum:**

**0113 244 1697**

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

**Leeds Coronavirus Hotline**

**0113 376 0330**

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

**Universal Credit Hotline:**

**0800 328 9559**

**Dementia Connect:**

**0333 150 3456**

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

**Covid-19 Bereavement Support Line:**

**0113 218 5544 or 0113 203 3369**

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

**Leeds Directory:**

**0113 378 4610**

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

**NHS:**

**111**

*For all non-urgent medical care*

**NHS number**

**119**

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

**The Carers Advice Line for Leeds**

**0113 380 4300**

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

**100% Digital**

**0113 535 1170**

*Help with digital stuff or help to just get online*

**Leeds Gay Community (LGC):**

*Men's group. [lgc@mesmac.co.uk](mailto:lgc@mesmac.co.uk)*

**Sage:**

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

*Group for 50+ year old LGBT+ people*

**Friends of Dorothy:**

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

*Group for 50+ year old LGBT+ people*

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

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

*Group for LGBT+ women aged 40 years or older.*

**Silver Pride Social:**

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

**Quiz corner solutions**

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

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

**Word wheel**

**4 Letters** ALES ALLY ELAN LANE LASS LAYS  
LEAN LEAS LENS LESS LUNE NULL SALE SEAL  
SELL SLAY SLEY ULNA YELL YULE

**5 Letters** ALLEY LANES LEANS SALES SALLY  
SEALS SELLS SLAYS SULY ULNAE YELLS

**6 Letters** ALLEYS SANELY SULLEN UNLESS  
UNSEAL

**7 Letters** SENSUAL UNSEALS

**9 Letters** SENSUALLY

**Religion Quiz**

**1.**Enlightened one **2.**The Jews **3.**Mount Sinai **4.**Sikhism **5.**Islam **6.**Submission or surrender to the will of the God **7.**Exodus **8.**A disciple of the One True God. **9.**Noah **10.**Confucius **11.**Hinduism



# HEY NEIGHBOUR

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**[WWW.HEYNEIGHBOUR.ORG.UK](http://WWW.HEYNEIGHBOUR.ORG.UK)**

**OR CALL 07985 442630**

