

The magazine for older people in Leeds

Shine

October 2021

MONEY, MONEY, MONEY

Older people surviving on low incomes in Leeds

PERSONAL STORIES

From St Kitts to St Luke's

Life as an NHS nurse over 40 years

MEMORIES OF LEEDS

The Beryl Burton Story

We remember Morley's cycling champion

IN CONVERSATION

HOW TO AGE JOYFULLY

Maggy Pigott on becoming an author in later life

ON YOUR DOORSTEP

Maxine Bassue on retiring and the joys of living in Chapeltown

HEALTH & WELLBEING

MEN'S HEALTH

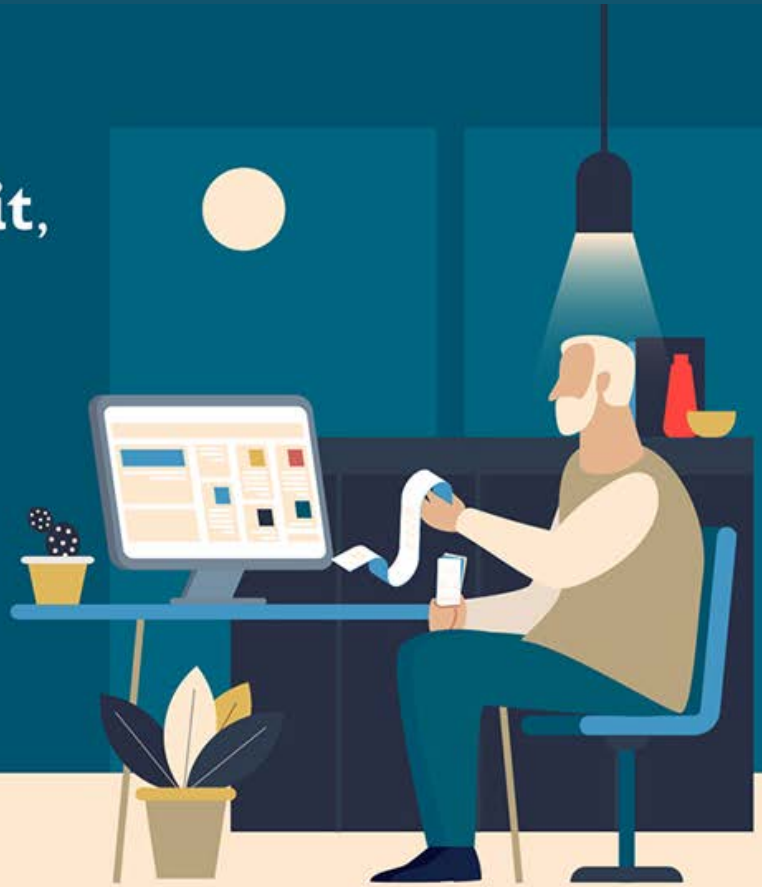
PLUS!

Advice, quizzes and more!



COMMUNITY FUND

If you get **Pension Credit**, 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.



Autumn is really taking hold now isn't it? The mornings are a little darker and the evenings are drawing in too. I have even resorted to turning the heating on a couple of times. This issue's In Focus looks at money and highlights how, as winter approaches, the idea of heating bills can be a real worry. It introduces us to

some sources of support so please don't suffer in silence if this applies to you.

Last month we held the first ever Age Proud Leeds festival and I have been reflecting on how it went. There were over 100 events out across the communities of Leeds, including: Dancing Through the Decades at AVSED in Yeadon; Ukulele in Bramley; Keep Fit in Beeston; Scottish Dancing in Cookridge; Ancestry in Armley; and Crafting in Middleton - to name but a few. We were astounded by the community response to the festival, the number of activities that organisations developed to promote Age Proud, and the creativity of thinking. It made us proud to belong to Leeds. What a fabulous city to grow old in! The city centre events that the Time to Shine team hosted at Leeds Playhouse and Leeds

City Museum were full of joy and life. We are so grateful to our partners: Ascendance led a dance activity for people living with Parkinson's disease; Collingham Band's intergenerational music could be heard filtering across Millennium Square; and Yorkshire Dance had a fabulous group of sassy older people strutting their stuff on the red carpet. Many people told us that they felt quite anxious about being at indoor events. This was the first time they had ventured into the city centre since before lockdown. However, many activities were online: discussions; opportunities to see plays and films; quiz and dance sessions. There really seemed to be something for everyone!

We will be looking now at how we could hold another festival in the future and what we can learn from this year to make it even better next time. If any of you would like to give your feedback we would love to hear from you. Speaking of feedback, look out for next month's issue. We will be asking you what you think about Shine magazine. Your opinion really matters to us. After all we create this magazine with you at the heart of it all.

Happy reading and above all else - stay safe!

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
 - 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

Email health.programmes@leeds.gov.uk

ACTIVE
LEEDS
for health

**WE ARE
UNDEFEATABLE**

Shine

OCTOBER 2021



- 06 In Conversation** We talk author Maggy Pigott about how writing her book *How To Age Joyfully* gave her a new lease of life after retirement.
- 10 Columns** Tackling the desperate issue of toilets in Leeds; and some light-hearted tales from a life spent behind the Post Office counter.
- 12 In Focus** Money, Money, Money. What is life like for the poorest older people in our city? And how can we help ourselves and others on low incomes?
- 16 My Time to Shine** A look behind the scenes at *Don't Call Me Old*, a project run by Armley Helping Hands for people aged 50 – 70.
- 20 Shine a Light Stories** Mary came to the UK from St Kitts in the 1950s and shares her stories of health and happiness in Leeds. Plus Sue on Judaism and John on knitting.



- 26 Memories of Leeds** *The Beryl Burton Story.* We uncover the facts about Morley's cycling hero and talk to some people who are trying to share her story more widely.
- 30 On your doorstep** We meet Maxine Bassue who tells us about her love for Chapeltown and how she's determined to keep busy now she's retired.
- 34 Health & wellbeing** A specially commissioned short story by Nigel Stone, plus we find out more about Men's Health Projects in Leeds.
- 37 Quiz Corner** Keep your brain active – sponsored by Home Instead Senior Care.
- 38 The Home Page** What is it like to have a home carer? Plus our regular Q&A about what's special about where you live.

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 speak to author Maggy Pigott.



“We were the lucky generation. Post-war, things hadn’t totally gone back to normal, but we had it so much better than our parents.”

Maggy Pigott CBE is the author of *How to Age Joyfully: Eight Steps to a Happier, Fuller Life* (with a Foreword by Dame Judi Dench). As Maggy says, “Getting older should be something to enjoy and celebrate.” She describes the book as an “accessible, light-hearted, easy read, yet informative and fact based.” Maggy details ways in which we can keep healthy and happy as we get older. As we’re living longer, Maggy’s mantra is “let’s live better”. Gyles Brandreth described the book as, “Full of wit, wisdom and hope!”

Maggy came late to becoming an author; she qualified as a barrister and worked as a civil servant for many years, before retiring in 2011. One of her passions is dance – Maggy is a member of 2 dance companies that welcome older dancers. She’s also Vice-Chair of Open Age, a Vice-Patron of Working Families, ambassador for Para Dance UK, and an independent member of the Public Service Honours Committee.

Though a Londoner, Maggy is connected to Leeds through the work of Time to Shine and Age Proud Leeds. **Ruth Steinberg** met Maggy to find out more about her life and how she came to be where she is now.

Hello Maggy. Lovely to meet you.

Great to be here. My family has a connection with Leeds as my Great Grandfather came to this country to be Rabbi of Leeds and my mother was born there.

We both grew up in the 50s. Our parents had gone through a world war, and we were the new generation. We were lucky, but it was also quite grim too. What was good about growing up in those days and what were the challenges or difficulties?

Yes, we were the lucky generation. Post-war, things hadn’t totally gone back to normal, but we had it so much better than our parents. We had a bit more money, but not too much. We could get a grant to go to university. Then you could find a job and usually afford a home too. But on a personal level, I don’t look back on my childhood with any great degree of happiness. In fact, I don’t think my life truly started until I went to university. My mother was a successful civil servant, a complete workaholic, loved her job, and worked full time all her life. She was the first civil servant to be able to continue working when they lifted the marriage bar in the late 1940s. She received a CBE when she retired. ▶



“Probably the biggest challenge relating to age is that we're all living longer, the 100-year life is upon us.”

In Conversation

My father was a doctor, a consultant physician. But when I was five, he fell terminally ill and, for three years, he was not well - despite continuing to work much of the time. He died at the age of 45. I was eight, my sister was 11. That was obviously so tough for my mother, although my grandmother lived with us which helped.

Then, when I was 13, my sister fell very seriously ill; she almost died. She had a long and slow recovery. We shared a room until she left home to get married, which was difficult for both of us. I always hankered after having a room of my own! Four years later, my grandmother developed cancer and died at home. And what devastated me was that my best school friend - my soul mate for over 10 years - fell and died whilst she was walking alone in the Lake District. We were due to start at the same university the following month. I still miss her and wonder how her life would have turned out.

So, by the time I had just turned 18, four people who were extremely close to me had either died or narrowly escaped death. But, in those days, you just got on with it because there was no counselling or other support. I remember after my father had died, I had a few days off school and then went back. Nobody talked about it, they were all a bit embarrassed. As I say, I don't look back on my childhood with any great joy, but it did show me something which I don't suppose many people experience at that young age. And that is the fragility of life. We really can be here one day and gone tomorrow, and I learned that it is vital to value and appreciate being alive and to grab each day for what it gives you.

Which were the key factors, moments, decisions that made you the person you were to become?

One was that the women in our family worked. My grandmother (having also lost her husband at a young age) came down to London from Leeds, with four children, to help run the family business in Hackney. So, growing up it never occurred to me that I wouldn't have a job or a career. But, on the negative side, I had a mum who was not readily available. I received what I call "light-touch mothering" - or what she called "benign neglect".

I was able to get to Oxford University, which gave me an amazing education, lifelong friends and a fantastic social life. We women were very much in the minority! At the end of my career, I was awarded a CBE. It was a huge validation, especially for a part-timer, and it gave my confidence a great boost - perhaps a little late in the day. Marrying Tim, and having our two wonderful children, was life changing in the best

possible way. We have had 43 happily married years so far.

Thanks to my experience growing up, I was absolutely determined that if I ever got married and had kids, I would never work full-time. That led me to give up independent practice at the Bar. I joined the Civil Service because I reckoned it would be a much more family-friendly employer. I went part-time after I had our first child and never returned to full-time working. I wanted to be with our children for the majority of each week. Volunteering, dancing, taking up writing and publishing a book at 68 - which has led to all sorts of exciting experiences. Those experiences have all had a positive impact these past few years.

You retired at 60. That's a big life transition and now you are 70. What's positive being in this part of your life? And what are the challenges?

I retired just before I was 60 because of ill health. My early 60s were not good because of illness and having to give up a job that I absolutely loved. It was a huge change. I lost my colleagues, purpose, status, identity, fulfilment, money. All of a sudden there was nothing in the diary, and I wasn't feeling well. But once I got better, I could pick up the pieces. My husband then had a stroke, so we went through a couple of rather hard years. But by my mid 60s he had substantially improved, and I too was feeling well.

Since then, I haven't looked back. I love my life being older and that's not because I wasn't happy at other times. But now I've got a husband, kids, a home and we aren't on the breadline. I have the health and time to do what I want to do. I can reinvent myself, find new interests and start afresh with new, as well as 'old', friends. I have changed from being a very left-brain lawyer and civil servant to discovering there's a whole different world out there, particularly the dance world, which transformed my life in every way, physically, mentally, and socially. I've also been able to do more voluntary work for causes that I feel passionate about. You don't have the pressure you have in midlife of career, raising kids, and elderly parents. Once you get past that, it's the best time. The research I did for the book shows that there is this U-curve of happiness; people do get happier from about their mid-60s and go on getting happier for quite a long time. Now I can quite understand why.

So, what are the challenges? I'm thinking about our assumptions and self-limiting beliefs about ourselves, but there's also ageism out there and unfair attitudes towards older people.

I surprise myself when I read about "Joe Bloggs, aged 69" and immediately think "he's old." And then I think



“What am I saying, I’m older than that.” I don't think 70 is old these days, or at least not for most people. I love the quote that old age is always 15 years older than you are at the present time. There are challenges. There is a lot of ageism and negativity out there, from the workplace to greeting cards, which we need to tackle. Some people write you off when you’re old, and many feel their invisibility increases along with their years. Probably the biggest challenge relating to age is that we're all living longer, the 100-year life is upon us. There is a real need to make our health-span as close to our lifespan as possible. A lot of people, myself included, start collecting diseases, about one a decade in my case. I'm delighted the NHS is focusing on prevention and that helping people live better for longer has now come right up the agenda. I hope that continues.

Who are the women and men that are your role models and your inspiration?

My mother gave me a huge amount. I still have ringing in my ears several of her mantras like, “Deciding what you want in life is the hard part. Getting it is much easier”; “intelligence is nothing to boast about, it's a gift from God”; “do your best, you can't do better than that” and “pick your battles in life”. She made me believe I could achieve my dreams.

My husband is a huge role model because he embodies what I think a good person is. I have learned so much from him and his kindness and total support. Our children inspire me with their determination, courage, love of life, and care for others and us. At work I was total integrity and such a commitment to making the world a better place.

Then, more recently, the members of Open Age, (the charity where I'm a member and Vice Chair,) are a constant inspiration. They are aged up to 100 plus and most have such a zest for life. Many live in difficult circumstances, financially, physically, mentally, or socially - and yet they seem to have cracked ‘how to age joyfully’. They were my inspiration for writing the book.

If you were to write a letter or talk to your younger self, what would you say?

I would say don't worry as much as I did, because often what you worry about never happens. Even when it does, somehow you muddle through and you will actually cope with it. I would also say that it's your attitude to life that really determines what sort of life you will have. So, choose to be positive, choose to be optimistic, choose to make the most of it. Find joy in every day. There's nothing wrong with being a bit selfish and making time for yourself. Certainly, I would tell my younger self to start dancing, and not leave starting until your late fifties. And I think the final thing would be to reassure her that life gets better as you get older. Young people often believe it's all going to end in tears and decrepitude. I would say, look, you've got all this to look forward to when you get older.

And what will you say to yourself on your 100th birthday?

I love parties so I'll be having a big celebration, with lots of dancing of course. I will be making plans for the future. I feel about 35 now and I'm actually 70, so I'm hoping by the time I get to 100 I'll feel about 50. People do age differently, and I think that partly comes back to your attitude to life and how you approach it. I have a lot more living to do.

The last question is what brings you joy today?

My family and friends, they are probably the most important sources. I'm still dancing and now I can actually dance with people in a studio again, that is wonderful. I'm writing a book about dance and its benefits. I started during lockdown, having previously said that I'd never write another book. That is bringing me great joy. And finally, chocolate and red wine. I couldn't have got through lockdown without copious amounts of both - now sadly showing up on my waistline!■

You can hear Maggie Pigott talk about her book at an Age Proud event in Leeds City Museum on October 23rd, 12 – 2.30pm. To reserve a free ticket call 0113 2441697.

For more information on her book go to www.howtoagejoyfully.com

Toilet Tales

*Every month we hear from a different member of the Age Friendly Steering Group. This time **Anne Chitty** brings up a subject that is a familiar one amongst many older people: public toilets. Warning: Anne shares a toilet story that, though hilarious, is also quite graphic. Not for the faint hearted! Illustration by Paul Atkinson.*

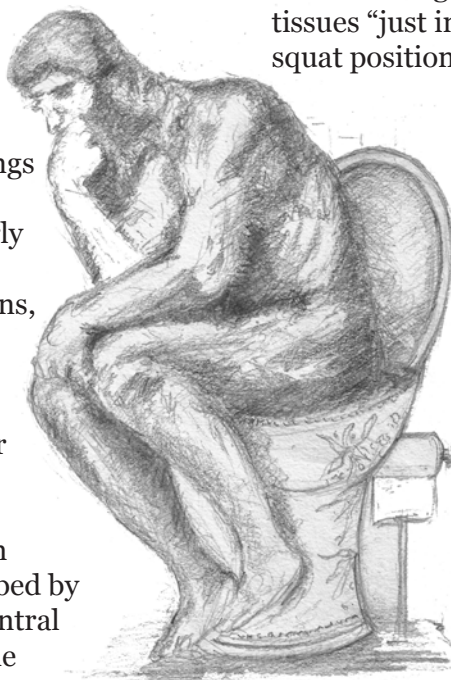
As a group of older people, the subject of public toilets has often come up - mainly around their availability, or whether they're clean and fully functional. A few of us contributed our thoughts and experiences of when we're out and about in Leeds and I was given the task of writing them up. I wondered whether using male, female or gender-neutral toilets would make any difference but that's not evident in the comments I received.

Interestingly, 'the ladies' were more focused on availability. One member of our group said, "Leeds railway station now provides use of free loos in the public area". They were also concerned if the loos were "good". I was given a list of those "good" toilets in Leeds: Marks and Spencer; Town Hall toilets on the first floor; John Lewis; Arch café; Leeds Market; Leeds Museum; and Trinity Centre.

I personally like David Smith's take on Toilet Heaven and Toilet Hell in Leeds:

"Both are found within our civic buildings in Leeds. Heaven is the men's toilets in the Civic Hall. Although built in the early 1930s, they are a virtually Victorian Valhalla of wood, porcelain, brass, chains, tiles, marble and sheer spaciousness. Thank goodness they have avoided 'improvements'. I can only hope the same pleasures have been preserved for the ladies.

Now think of George Corson's Victorian Municipal Buildings, so lovingly described by Alan Bennett, which now house the Central Library and the Art Gallery. Think of the magnificent Tiled Hall and imagine the Victorian toilets that would have served it. Then turn to despair at the present hell of two filthy little cells with urine-splashed, seatless toilet bowls and pitiful hand washing. Surely the people we expect to guard our heritage can do much better for these historic buildings."



David's comment around hoping that "the same pleasures have been preserved for the ladies" made me realise that the very nature of our anatomy will give rise to totally different toilet experiences. Here's one of my own Toilet Tales:

I was taught by my mum that your bare bottom must never touch a public toilet seat because, as she said, "You can catch all kinds of diseases." Therefore, I soon learnt the 'toilet squat position'. One day I was in a cubicle where the lock didn't work. Sometimes if the floor is dry, I will put my bag against the door so that people outside can see it underneath and know that the toilet is occupied. However, this floor was wet. So, I went to hang my bag on the door hook - but it was missing. I turned to rest it on the cistern, but there wasn't one - so it remained on my arm. I checked for toilet paper: there was none. That was ok, because another thing my mum taught me was to always carry tissues "just in case". Once ready I adopted the 'toilet squat position'. I was happy because I could still reach the door with the arm with my bag hanging from it. Just as I was about to go, someone tried to barge in - knocking me off balance. "Oh sorry!" they said, as I fell back hard onto the toilet seat. This activated the automatic flush sensor, sending up sprays of cold water. At exactly the same time, the shock of my fall triggered my bladder to empty! What a mess! My mum would have been horrified! Suffice to say my adoption of the 'toilet squat position' is no longer a priority.

We all need to use the loo when we're out and about and it's getting harder to find a good clean toilet. As local authorities are struggling to provide enough facilities, many businesses and store owners are keen to join a national Community Toilet Scheme (CTS) so that everyone can continue to enjoy local amenities and shopping. I'm sure you have similar Toilet Tales of being desperate to find a loo. Let's have more clean, free public toilets!■

Delivering the laughs

*Leeds poet **Brian Sugden** spent many years working in the Post Office. Below he recalls some amusing stories from his life behind the counter.*

Working behind the Post Office counters can provide some humour. As one who often scribbled down little rhymes when something caught my imagination, colleagues would urge me to try to write a sitcom based on our lives behind the counter. I never took up the challenge, but here are a few memories from that time.

Zac was a real grafter. He could get through an enormous amount of work, but was a very 'business first' character. Once, a customer said to him, "you don't chat to us like the other clerks, do you?". Zac's answer was, "I'm here to serve you madam, not to entertain you". The day in question, at the Chief Office in City Square, a man approached Zac with a request for a UK Passport. The man handed over the application form and proof of ID but no photograph. Zac advised him of the need for a photo and indicated the machine at one end of the office, where there was a photocopier and a photo machine. The man came back and asked for some 5p's in change. Zac told him the machine required 10p's. "No," the man said, "I need 5p's." Not being one to argue with a customer, Zac gave him the coins. He watched the man go to the photocopier, lift the flap, put his face to the glass and press the start button. He came back with a sheet of A4 paper with a ghostly face and a black blob where his nose had been pressed to the glass. How on earth Zac kept a straight face while politely and calmly correcting the customer I have no idea. The rest of us were almost rolling on the floor with laughter. Zac successfully issued the man with his passport - to our unbounded admiration.

Ron, another character with whom I worked, was a proper charmer. He was a ladies' man and could charm young and old alike. One day, I think it was at the Armley branch office, I was working beside a

a chap who greeted customers with, "What can I do you for?". He said this to an old lady who came in for her pension and Ron leaned over and said, "Tell him it'll be 2 quid, love." Much to the lady's amusement. How on earth he got away with the things he came out with I'll never know. Luckily, I never saw him upset anyone with his banter.

Anyone who knows me well knows that I am a bit of a singing fool. I just love music and am likely to burst into song at any time. I remember two occasions when this caused me some embarrassment. The first was when working in the Crossgates branch office. It was a very busy office and a period with no customers in was rare indeed. On one such occasion, it must have been a Wednesday afternoon, the office was clear of customers and for some reason I burst into singing Annie's Song (the John Denver number). I don't know what my fellow clerks felt, but no one stopped me. Just as I got to the line "Let me drown in your laughter, let me die in your arms," a customer walked in and said, "Oh, don't do that, love." I was totally nonplussed.

The second occasion was years later when I was working in the marketing department in Wellington Street. Our practice was to have a walk into town at lunchtime and I returned to the office one day to find the place empty, the others were obviously still out. We had a small storeroom at one end of the office where the kettle, tea, coffee etc were kept. I went in to make a brew and again burst into song. I was belting out "Oklahoma!" as I walked back into the main office - to be greeted by my returned colleagues, standing in a line and giving me a round of applause.

I didn't know where to put myself, but we had a good laugh about it. ■



Money, money, money

For many older people, money is a worry. It seems that no matter how much money you have, a little more of it would always be welcome. Some older people are on very low incomes – or no income at all. Covid has apparently been a “great leveller”, but many people believe that it’s actually brought into focus the inequalities in society. How have the poorest older people in the city coped over the last 18 months? Who is helping them and how? What can we do to help our own financial situation – and how can we help others?

Some people in life are savers, some are spenders. Some people write down everything they spend; some are skint at the end of every month. Most of us remember someone telling us, “Look after the pennies, the pounds will look after themselves.” Older people will remember a time when you saved to buy a fridge, a car, or a washing machine. These days, it seems you can get everything on credit. Whatever our situation, money can be a worry. But whilst some of us are concerned about whether we can afford a new sofa, others are in more dire circumstances. A fifth of older people don’t have any money saved for “unexpected costs”, such as the boiler breaking down. Even so, many older people aren’t claiming the benefits they’re entitled to. Later on we’ll look at the ways you could boost your income and have a little more money. Before that, we wanted to shine a light on people and projects who are dealing with people in the most need.

Community Action

Mally Harvey spoke to Kevin Dobson, project manager for CAP (Community Awareness Programme). CAP is a Wakefield-based project that helps relieve the suffering caused by want and poverty:

Who do you support at CAP?

Anyone who is suffering any degree of poverty, homelessness, health, mental health issues or who just need help because they can’t help themselves, come to us. It’s people for whom the wheels have come off in their lives. Everyone we meet has their own story and everyone we see is treated as an individual. Everyone is on their own journey. We try to enable rather than

doing it for them. That’s not the key to their success. It’s about the encouragement and support that we can give at a personal level that makes them succeed. Yes, we feed: we cooked 20,000 meals last year in this centre. We give them household goods, clothing, toiletries - anything that helps them get back on their feet. And emotional and personal support too. We get to know them and what works for them.

What’s different for older people in need?

There are some special circumstances that apply to older clients - things like pension management. Older clients come to us for reasons of bereavement. At 60 or 70 they may have been left on their own. Or there are family breakdowns, or they are homeless and they then have to deal with their finances. They may not know where to start. We start at the bottom; we get housing involved, so that we can tick that box and move on to get their finances sorted. Those are the kinds of issues we are dealing with.

How did you deal with Covid?

We stayed open but that in itself gave rise to a few more grey hairs on my head. The government guidance to charities has been like plaiting blancmange - so much changed so regularly and so stealthily. It was understood that work with the homeless could carry on. If we had been instructed to close, we would have done. But we didn’t want to do that. Lives here are chaotic enough - closure would cause even more chaos and distress. We had to alter things to keep safe. We had to say, “Please come - but get what you need and then go.” They lost the social element of their visit. It was a compromise that we didn’t like or enjoy because the social element is so important for people who had become detached, isolated, scared. Everything became complicated. If our clients needed a doctor, a pharmacist or whatever, they couldn’t go and see those people any more - the only way to access them was by telephone. 50 or 60% of our clients don’t have a phone, never mind a smart phone. But they could come here to use our phones. Overnight the use of our telephones just skyrocketed. People were queueing to use the phone. This wasn’t as easy as it sounds. Typically, people ringing benefits would be on the call for 40 minutes and at its peak people were on hold for an hour and a half to get through to the benefits office and then have their conversation. The same thing with doctors. Clients would be told you are 67th in a queue and there was nothing else to do but wait. Every day we had countless people who experienced those ►



“Some of us are comfortable, others are “just about managing”. Some are really on the breadline.”

difficulties. When life has gone to the dogs anyway, you feel bad, and responsible and you don't need that as well - but that is what they were faced with.

Kevin is doing amazing work, working at the front line with people who are really facing financial difficulties. Another project working with people at the sharp end is PAFRAS (Positive Action for Refugees and Asylum Seekers), which is based in Harehills in Leeds. We were keen to understand the realities of life for people who are seeking asylum in the UK.

Seeking Asylum

Lorraine Cooper spoke to Karen Pearse, CEO of PAFRAS:

What situations do the people you work with find themselves in?

At PAFRAS we work with asylum-seekers who are still awaiting a decision. In that case they'd be staying in Home Office accommodation and receiving support of £39.63 a week. Once you get status you are a refugee and then you have most of the rights and entitlements of a British citizen, you can claim benefits and get a job. An asylum-seeker doesn't have the right to work - and that is massive because people really want to be able to support themselves and their families. With only getting that £39.63 they are in extreme poverty. It might cover the basics, but when you get into the winter months you might need a set of boots and a winter coat. Often food banks are not accessible for people who have no recourse to public funds. We give food parcels, and there are conversation clubs and different places to go, but during Covid all these shut down. Where people might have had a hot meal almost every day, that all stopped.

What help do people get from government?

You'll get a place to live and that minimal amount of financial support, and that's all you'll get from statutory services. Then it lands on charities, and also the local community. People may have friends and family and their own community; it's the community who offer a lot of support to people. We also work with people who've been refused asylum and had all their support taken away. They still don't have a right to work. That experience of forcing someone into destitution is devastating.

What other issues are people dealing with?

There are often people who don't speak English very well. There are definitely communication barriers. With Covid, there was so much information going around - and not to be able to understand and process that when English is not your first language was really difficult. Access to health care and doctors is really

difficult - not understanding recorded messages, for example. Digital exclusion is another big issue. Buying data to use your phone to go on the internet and having to go to the shops because you haven't got a bank account and you can't register on Tesco. It was hard for older people who had to be out and about when they felt really vulnerable.

Are there particular issues for older asylum seekers?

We work with different houses that support people and often they have got older people in them. It's about making sure there are ground rules in those houses, because some people might be more vulnerable. It's difficult because some people are less careful, and they might view the pandemic differently.

Helping Ourselves

What about our own finances? Many readers may not be in such dire straits as the people we've highlighted above, but every little helps. For some years, John Welham was part of a group looking at how older people could get help with their finances. The main focus for John is pension credits. "I discovered that the number of people not claiming their entitlement is huge," says John. There is now a Pension Credit pilot exercise in Seacroft. "They've identified 387 people who are entitled to pension credits but don't claim it," says John. The scheme will encourage older people to get the money they're entitled to. But it's not just about cash. "You get access to a free TV License, free dental healthcare, the warm homes grant - collectively it must be worth a couple of thousand pounds a year." There are barriers to people applying. It's not traditionally been easy for people for whom English is not their first language. Another barrier was the complicated forms involved. Luckily you can do it on the phone these days. John highlights another barrier: "A lot of older people thought of it as charity, they were reluctant to take it." The benefits are huge though. "It brings more money into the Leeds economy", says John. "And it encourages people to switch the boiler on if it's cold, so they stay healthier."

Housing is another issue: "A lot of older people are living in properties that are too big for them," says John. "They can't afford to heat them, but they can't afford to move." There aren't enough small properties being built, so pressure is being put on developers to build more appropriate housing. There is good news though: "To be fair to the Council, they are building properties that have level access, wider doors and other things to make them friendly to older people." One option is Leeds Homeshare. John explains: "An older person who might need help with their garden or need someone to run errands for them can take in a

student or younger person.” Leeds Homeshare matches up people with spare rooms with people looking for somewhere to live who are willing to do around 10 hours of chores or support every week.

Recent events around gas prices are obviously concerning. Some smaller energy companies have gone bust and it’s likely that all our bills will increase over the coming months. Age UK has a few ideas about how to keep your energy bills as low as possible. “Energy bills don’t reward you for the loyalty,” says a representative of Age UK. If you can swap your energy company you might end up paying less. Look online – or if this is difficult, ask a family member to help you out. Other, simpler tips: switch off the lights if you’re not in the room; have a shower instead of taking a bath; set your washing machine to 30°; and turn off radiators in rooms you don’t use. These little things might make a difference to your bank balance.

If you are struggling financially, it might be a good idea to see what support and guidance you can get from your local Neighbourhood Network. Most offer some sort of help. NET Garforth is particularly good at this as they look at finances when they first meet new people. The Citizens Advice Bureau is also very useful. “There is so much support available,” says John. He recommends an online service called Money Helper. “They’ve got loads of practical things to help – budget trackers, that sort of thing.” Of course, not everyone is online. Have a look at the useful numbers at the end of this article – you might find something to help you.

Next Steps

We live in a diverse city. Some of us are comfortable, others are “just about managing”. Some are really on the breadline. Hopefully this article has highlighted the difficulties of some older people who are living on low incomes. If you are in the financial position to help those in need you can do so in a number of ways. PAFRAS accepts donations of food. “Even just a couple of tins of soup or a bag of rice would be really useful and appreciated by our clients,” says Karen Pearse. People drop off donations to the PAFRAS office on Roundhay Road. “And we absolutely rely on volunteers,” says Karen. Kevin Dobson from CAP is often astounded by the generosity of the local community: “A lady in her 80s just called with a cheque for £500 of her own money,” he tells us.

Not all of us are in the position to help financially, of course. But there are things we can do. Kevin agrees: “Accept the truth of those in poverty and the homeless as much of these problems are unseen or

not recognised. Try getting in their shoes. There are strategies in place for a minor percentage of homeless people but the rest are not even being talked about. If you go away from here having read this and you go and tell someone else, that will help raise awareness.” ■

Help Yourself

You may be entitled to Pension Credits. Call 0800 99 1234 to find out all the information on what benefits you are entitled to.

Citizens Advice Bureau
Free, impartial advice on a number of issues
0808 278 7878

Leeds Homeshare
Information on how to share your home with a younger person. Feel less isolated, get help with chores and boost your income.
Call 0113 3785410

Money Matters
For ideas to help managing your money. Includes budget trackers, mortgage calculators, advice on pensions and much more.
www.moneyhelper.org.uk

St Vincent’s
Impartial debt advice over the phone or face-to-face
Call 0113 2484126 or email advice.leeds@svp.org.uk

National Debtline
0808 8084000
www.nationaldebtline.co.uk

Help Others

PAFRAS
Accepts donations of dry food. Volunteers welcomed to help out. Unit 24, UNITY Business Centre, 26 Roundhay Road, Leeds, LS7 1AB
0113 2622163
www.pafRAS.org.uk

Community Awareness Programme (CAP)
Community Awareness Programme, 2 Market Street, Wakefield, WF1 1DH
01924 381119
www.capcare.org

St George’s Crypt
Leeds-based homelessness project
Great George St, Leeds, LS1 3BR
www.stgeorgescrypt.org.uk

Don't Call Me Old

**“ Part of
our role is to
break down
barriers.
To encourage
people –
whatever
your age
or culture –
to be
part of a
community ”**

The Don't Call Me Old project is based at Armley Helping Hands and aims to work with people aged 50 – 70 in Armley and Wortley. The idea is to help people in this age group become connected and less isolated.





My Time to Shine

Dawn Newsome, CEO at Armley Helping Hands, tells us more and below we meet David, an active member of Don't Call Me Old.

Dawn, why did you start Don't Call Me Old?

We felt that it's a generation that's been missed. We were finding that people were coming to us in their 60s and they were in crisis. We thought, "Let's drop the age bracket down to 50 and have some early planning."

How can you help people feel less isolated?

People are losing basic skills in communication. So much is on social media. But actually we can engage with people on social media. Having photographs of people of a mixture of age ranges really helps. It's good to have people of all ages mixing together. Younger people can help the older generations physically. They can become volunteers. But they are getting support too. For all our clients, it's about giving them a sense of meaning, of purpose. People are not just service-users, they have a role. Not just giving people a service but allowing them to feel that they are part of their community. That has come as one of the top outcomes in the Don't Call Me Old project – people feeling that they are part of a community. For the older generations a lot of them were involved in the church in things like Brownies etc. For people in their 50s, there isn't that social network any more. Particularly for men. We offer lots of different opportunities: the Men's Group, for example. We have a really good Gardening Group at the moment. It's intergenerational. We've got young men with complex mental health issues, together with our older men aged 50 – 70. It's about bringing people together in a safe environment where they share their skills and knowledge around gardening.

Is there something particular about working with people aged 50 – 70?

It is a generation that needs more support, more intervention. You'd be amazed at how many people have a lack of social skills – and cooking skills. A lot of people are living very, very basic lives. We work with one man in his 50s who just has a kettle and a microwave. You can imagine that his diet and nutrition is not the best. We've picked up people with learning disabilities, people with very complex health conditions who are all in their 40s and 50s. Some are in the generation that if there was a hint that they might have learning disabilities, their parents kept it behind closed doors, for fear they may be institutionalised.

What sort of issues are people facing?

The project engages with individuals who may have

been through significant changes in their life. We have a higher proportion of single people, of divorced people. Where their financial situation might be quite strained. They struggle to socially engage, because some of their friends might be in a family nucleus and they're not. We've had people who've taken redundancy but then found they couldn't get another job. They think it might open doors but then find that they're unemployable. An increase of domestic violence, of mental health issues. People might feel very vulnerable but restrained within their families.

How is working with people in this age group different to the work you do with people who are older?

It's a massive difference to our older generations. People need more support, more 1:1 intervention. As one of them said a while ago, there's no real service for them. There's a lot for younger people – and for people who are over 65. But they are in the middle. There's not much there for them.

What are the main issues? Is there something about social interaction and loneliness?

It's really hard for some people to find social interaction. There's one man we work with, he's built up mechanisms to help him interact with people. He buys Leeds United and Leeds Rhinos shirts. But he can't stand sport, he's more into literature and quizzes. But he makes a point of wearing the sports shirts and reading the sport headlines. He goes into Wetherspoon's for something to eat, wearing his sport shirt. I asked him why he does this. He said, "If I just wore a checked shirt, I could sit in that pub for hour and nobody would talk to me. But if I wear a Leeds United top, there's a chance that someone will engage in conversation with me!" It's clever – but it's quite sad.



Delivering food in lockdown

Community is really important, isn't it?

Part of our role is to break down barriers. To encourage people – whatever your age or culture – to be part of a community. To feel confident to knock on someone's door and say, "Are you ok?" And perhaps the pandemic is great opportunity to rebuild our community.

David's Story

David Morton, 60, is a key member of the team at Armley Helping Hands. He is part of Don't Call Me Old and takes a lead on a number of things, including the gardening group. For many years, David lived with his mum, Mary. She started attending Armley Helping Hands in the 1990s and, as time went on, David came to accompany and support her

"My mum was going to Helping Hands," confirms David. "I came here as well. Doing bingo and activities as well." However, David's mum began to develop symptoms of dementia; David had to care for her through this difficult time. He had to juggle caring for his mum with regular work at Country Baskets in Bradford. "We did artificial flowers, Christmas stuff," he says. "Getting it out for customers. It was alright 'til it got a bit hectic." It was difficult for David to work at the same time as caring for his mum. Eventually he left work and cared for her round the clock. It wasn't easy to deal with Mary's dementia. She would behave erratically. "But I knew what I was doing," says David. The team at Armley Helping Hands gave David guidance on how to help his mother with her dementia. Eventually, Mary went to live in a care home. "I went to the care home every day," says David. It was clear this situation wasn't easy for him "I was struggling," he tells us.

When David's mum died, everyone at Armley Helping Hands knew that David would need some support. "We promised her we'd take care of David," says Dawn. He'd only ever known life with his mum. The team encouraged David to get involved with Don't Call Me Old – and do something for himself. When Dawn asked him to join the men's group, David replied, "Certainly. It's something to do!" The Men's Group do all sorts of different activities. "We do dominoes and billiards," says David. He had never been part of a group or anything social before. It felt good to be part of something. "It was difficult at the beginning because I didn't know them," he says. "It got easier though."

David is also part of another project. "I'm doing gardening round the back now," he says. David takes a lead on the gardening group. The garden is full of beautiful hanging baskets and neatly-kept raised beds.



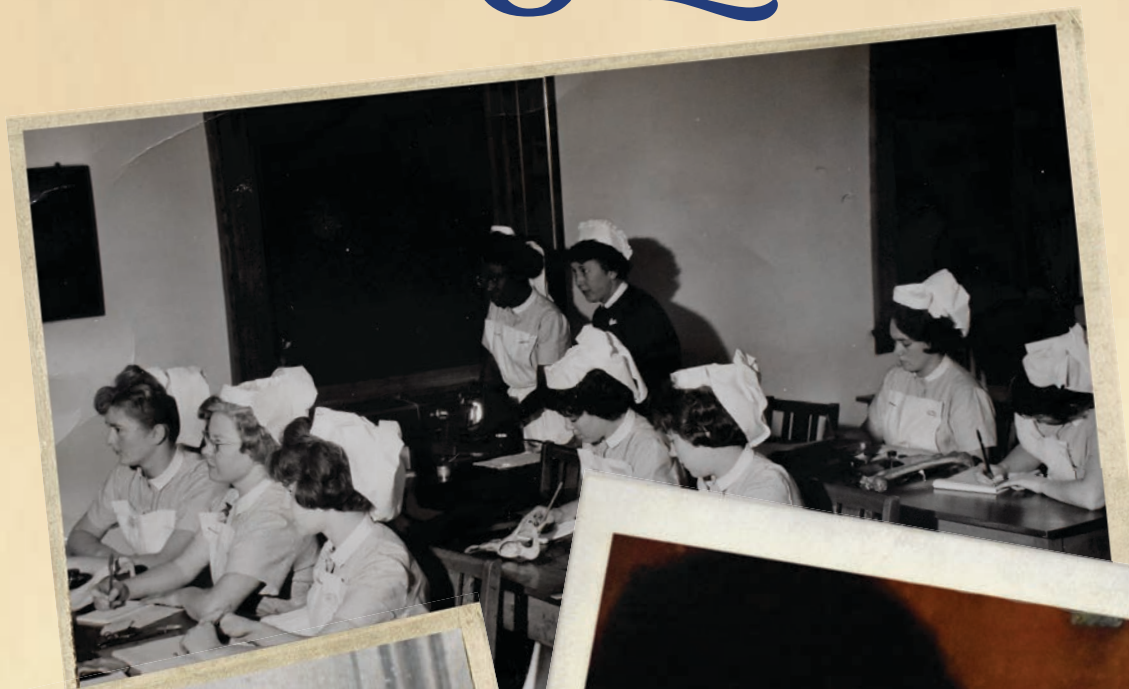
As well as this, David been incredibly useful throughout the pandemic. He used the skills learned at Country Baskets to help organise food. "I did the Food Bank for them," says David. Dawn describes the work he's been doing: "David spent nearly every morning stacking up food in sections. Checking the best before dates. Doing stock checks so we knew at all times what we had and what we didn't have."

David also takes responsibility for making sure that the building is clean and disinfected. As well as this, he helps the older people who attend Armley Helping Hands. "Sometimes I'll help with wheelchair," he says. "Or I'll move a chair for them. I do a lot for them." It's clear that David is really involved with all the great work Armley Helping Hands do. "He's a key part of the team," says Dawn. So much so, that David was invited to the Team Away Day at an Outdoor Pursuits centre recently. "I was shooting at targets and throwing axes," he says. "That was hard!"

David's life has changed in many ways over the last few years. "It's good, what Dawn's done for me," he says. "At first, I wasn't sure if I'd like it or not. But now I like it. I'm helping older people." A few years ago, David was quite isolated. "I talk a lot now, he says. "I'll talk to people in the street. There's an old lady who goes to Asda. I talk to her. I don't know her well, but I see her around and we talk. I help people if somebody's outside, or if they've fallen. I can be there and help pick them up."

For more information about Don't Call Me Old
<https://www.armleyhelpinghands.org.uk>

FROM ST KITTS TO ST LUKES



In this month's Shine a Light section we hear from Mary, who came to the UK from St Kitts in the later 1950s and worked as a nurse at St Luke's Hospital in Bradford for 30 years. Plus Sue on Judaism and John on knitting.

Mary Nelson has lived an eventful life. She came to Leeds from the West Indies in the late 1950s and has been here ever since. She was kind enough to welcome us into her home for a wide-ranging conversation about her life working in the NHS.

I'm from St Kitts. A Kittitian. Growing up – it was fun. Everybody shared. Nobody goes to bed hungry. If you had a problem, your neighbour would chip in. I always remember my mother saying to us, “If you run out of matches to light the stove, if there is no money there: do not borrow or beg. Suck salt and drink water!” You are not to borrow and you are not to beg. I grew up with that attitude.

Everyone had their chores to do. You have your work to do before you went to school. I had to feed the pigs. I used to curse those pigs! My parents went to work and my grandmother used to see to us. Made sure we had our breakfast and combed our hair. She made our lunch. By the time we got home from school our parents were at home. They wanted the best for us.

I'm the 4th of 8 siblings. One of them died, one that followed me. I was 7, he was 3-and-a-half. One day, I was playing with him. He said, “I'm feeling something strange.” He got worse and they took him to the doctor the following day. He fell ill on the Wednesday and died on the Saturday morning. I don't know why he died. He was so clever. Goodness me! I remember my brothers and sisters teaching us, before I went to school. Counting from 1 to 50, your times tables, writing your name – and spelling it. My sister says to me, “How do you do this sum?” And I can't remember. My brother says, “I can do it – and you're bigger than me!” He used to shout out the answers. So clever.

When I was 14, I was so ill. I ached all over my body. At that time you don't complain about feeling ill. You have a pain: it's growing pains. I came home from school and went to the doctors. I was off school for 5 months. It was rheumatoid arthritis. I was hospitalised for 3 weeks. The pain was awful. You can't walk. I was off from September to February. And there was an exam in June – I was expected to pass that exam! Well, I didn't. In my time, you fail one subject, you fail the lot. I had to re-sit it the following year. I was so lonely – but some of my friends did come to visit me.

Arriving in the UK

I came here in 1958. It was 3 of us from St Kitts. I was 23 when I came over. They booked me with this couple – they were to keep an eye on me. I was seasick for 8 days! The crossing was 14 days. I thought I was going to die! It was horrible. But I survived. What I was most

surprised about was Dover. I had learned so much about Dover and its White Cliffs. “Is that Dover? It could do with a bit of painting!” It looked beautiful but a bit mucky.

I came here as a British subject. When the Immigration Act came out – 1st January 1983 – I was given automatic citizenship. St Kitts was still ruled by Britain. The Queen employs a Governor that reports back to her.

I didn't know what I wanted to be. I would have liked to go and do design. But it wasn't easy back then, to get into the colleges. So I worked in a factory that made pleated skirts. We made the patterns for the skirts.

I had a brother living in Leeds. He was married. They had just bought a house. So that made things easier for me. There were a lot of problems back then. That was the time where you'd go looking for a job and it would say, “Vacancy – no Irish, no Blacks, no dogs.” And it was the same thing finding a room. “Room to let: no Irish, no Blacks, no dogs.” I remember this Irish colleague saying this to me. She said, “Since you lot came, they got off our back a bit!” Those that lived in a back-to-back house, they had it hard. I remember a friend said to me, “We were posh – only 2 families had to share a toilet!” But you survive all those things. At the weekend we lit the fire. I thought, “Why not light it every day?” It cost money.

The worst thing was, within 6 weeks, I had my appendix out. I wanted to go home! I knew I had a grumbly appendix. One night I put my hand on my tummy. The heat that was coming off it! I went to the doctor. He sent me to the LGI. My brother used to work on the buses and someone in the house was a bus conductor. He took me. I wouldn't have been able to find it otherwise. I was so cold there. My sister-in-law brought me a woolly bed-jacket. Everyone was opening the windows, but I was too frightened to open my mouth!

Training as a nurse

I went into nursing in 1959. I did my enrolled nurse training at Ilkley. It was lovely up there. It was fantastic. In the morning, you'd have your own sink, you'd get washed and go to work. Wonderful. ▶

Shine a Light Stories

I didn't train at LGI. At that time, in the 50s and 60s, to train at the LGI, your father had to be a professional – a teacher, a headteacher or a lawyer. It went on your father's occupation and there were no black people there.

When I finished my training, I went on to a convalescent ward. I worked there for a long time. The matron who was there – she had retired and came back part-time as a sister on the ward. I worked with her. And there was a patient who had multiple sclerosis – she was a matron too, in a nursing home. One day the sister sat me down in the cubicle with the patient and said, "We've been thinking about you. What is your plan?" I said, "My plan is to go on and do my General Nurse Training. Because if I intend to go home to St Kitts, I won't get a job as an enrolled nurse." She said, "As much as I would like you on my ward, you are wasting your time here. You need to go and further your training."

I trained in Carlisle, in Cumbria. I was the only black student! There were Indian doctors and one black African doctor. But I was the only black student. I was very happy there. Wherever my "set" went, I went! At that time you didn't have central heating – it was all coke fires. It was cold. One of the girls, her mother, used to say, "Mary, get a hot water bottle in your bed." At that time you had to be back by 11 o'clock. Of course, you'd get back at 12 or 1 in the morning. We used to get in with the night cook. The way the hospital was built, everything was there. You'd come in through the main doors, go up the stairs, turn right – my bedroom was there. You'd go up another flight of stairs, there were the tutors. As a first-year student you could not sit at the table, with a second-year student. The third-years were like Sergeant Majors! If you were a third-year, you wore a blue dress and you could sit with the staff nurses. That was what it was like. If you saw a sister coming through the door, you'd stand up and hold the door for her.

After general nurse training, Mary decided to become a midwife and trained in 1967. However, at this point in her career, she was unsure what to do. For a time she wanted to work in America. "I couldn't make my mind up!" she says. But soon things changed.

Coming to Bradford

When I qualified as a midwife, you had to work a year – then you could apply for a sister's post. But I didn't. I'd only been there 9 months. The matron sent for me. I thought, "Oh God!" When the matron sends for you, you get worried. At that time, you're taught that people in authority, when you go to see them, you



don't speak until you are spoken to. And you do not sit down until you are told. That was drummed into us at school and in the classroom. She said, "Good Morning. Sit down nurse. What I called you for is that I'd like to offer you the sister's post." I said, "I was hoping to go to America!" Then I changed my mind. This was in Bradford. I was there 30 years.

Mary worked in the Special Care unit for premature and unwell babies. Some of the babies were tiny. Some of them were "only 800 grams," she tells us.

Over the years, Mary has seen the NHS change hugely. "There are a lot of changes," she says. "The sisters, they sit down and write reports - and don't even come in the ward to see the patients! They are the modern sisters." Mary has had her own fair share of health problems over the years and can observe first-hand the differences. "It's slipped!" she exclaims. "The health care workers – who are not trained – are doing the nurses' jobs." Mary also doesn't like the habit for some health workers to be seen in the supermarket wearing their uniforms. "In my day, they would never allow it!" Despite the changes, Mary still recalls her years working in hospitals with much fondness.



Training as a nurse

The joys of nursing

I love medicine. I love to see patients come in and get better. They'd come in with a heart attack. They were laid flat and you nursed them flat for a week. Then you start sitting them up, they can start to do things, use the commode. And then, the 4th week, they're ready for home. Two months later they come back for a check-up. They walk through the ward; they're looking forward to going back to work. And you think, "A job well done!" So my specialties were medicine.

Mary retired in 1997, after 30 years working in Bradford hospitals – St. Luke's and the Bradford Royal Infirmary (BRI). Mary describes it as "the end of an era". Though retired, she has kept herself incredibly busy.

Retired Life

I have 2 children. A boy and a girl. And 3 grandchildren. 2 boys and a girl. I go back to St Kitts regularly. The last time I was there was 2018. I have a sister living there; my nieces and nephews. And two school friends. I wouldn't live there now, though. My children and my grandchildren are here. And my friends. And I don't like what I see there. Politics, politics. Always the same. I have got a Kittitian passport.

I'm very proud of the things I have achieved. I was a patient governor. I was a volunteer at Home Start. I was a mentor in a high school for 10 years. It's surprising the number of children who leave school



Mary in the 1960s

with a reading ability of 7. How can they learn? I was on the appeal panel at the school. I was on the Bereavement Support Group for many years. I cannot sit down! Now everybody is saying to me, "you have to sit down!" But how can I sit down?

I'm 86. All the neighbours call me "the little old woman". They all do my shopping. "Mary, do you want anything?" But I've always remembered what my mother said, and lived by it: "You are not to borrow and you are not to beg." ■

Mary was talking to Maureen Kershaw

A Woman of Faith

Sue Dorsey, 71, was born and bred in Leeds, but like most of the Jewish population, is the descendant of immigrants. Her ancestors fled their homes in Eastern Europe as refugees from anti-Semitic pogroms and they settled in Leeds. Sue has spent most of her life promoting friendship and understanding amongst all faiths. She is passionate about helping people understand the Jewish way of life. She married Michael Dorsey, a solicitor, who sadly passed away a few years ago, and has two daughters. This is her story. She spoke to Carol Gold.

Whereabouts in Europe did your ancestors come from?

My mother's family came from a village in Poland. My maternal grandparents and parents mostly spoke Yiddish, the lingua franca of European Jews. My paternal grandparents (although originally Polish) were born in Leeds and were more anglicised and spoke English.

Where did you live and which school did you attend?

Most Jewish families lived and worked within a close-knit community in Chapeltown then moved to Moortown. I went to Talbot Road Primary School, followed by Allerton High School for Girls. Most of my friends were Jewish but I also had close friendships with non-Jewish girls including one who belonged to the Plymouth Brethren. After a short working life as a teacher I got married and had my two children.

Where did your daughters go to school?

They first went to Wigton Moor Primary and my first foray into their education world was when I started the PTA for the school. Moving house also involved our children moving to the Brodetsky Jewish School. I progressed from joining the PTA there to eventually becoming a school Governor.

Did this encourage you to get further involved in the community?

Absolutely, I felt a great need to support both my community and Leeds. I joined the Leeds Jewish Representative Council, a body of people which oversees every aspect of life in the Jewish community. After working with the Rep Council for a few years I became President for 3 years. In my time I worked with 3 Lord Mayors, bringing the different religions together and creating greater understanding of religious lifestyles. I was able to meet and get to know the leaders of many faiths including Christian, Bahai, Sikh, Catholic, Hindu and Muslim and made many

good friends. I felt very comfortable involved with this outreach work. I was fascinated by some of the similarities between modern Judaism and modern Muslim traditions. It is so important to me that the more understanding there is between religious groups, the greater the cohesion within society in Leeds. This was exemplified by the holding of a service in one of the main synagogues to celebrate the 350th anniversary of the return of Jews to England, which was attended by many religious and civic dignitaries. The Jews had been banished in 1290 by Edward I, but were welcomed back in by Oliver Cromwell in 1656.

Did you continue your work with schools?

Very much so. Each of the main synagogues in Leeds regularly invite parties of schoolchildren from many other schools and churches in and around Leeds to visit their synagogues and I regularly led these visits from my own synagogue. The aim was to take groups into the synagogue and explain in simple terms the concept of the religion. We got the children actively involved by demonstrating the Sabbath meal held on a Friday evening in Jewish homes and the lighting of candles and eating special bread. These visits often stimulated enthusiastic conversations with the children, something which I fully encouraged. Nor did we stop at children, invitations for these visits are extended to many adult groups, recent visits have been by Leeds U3A and a group of guides who escort visitors on tours of York Minster. These visits have resulted in continuing links with many groups, especially more extended sessions to discuss the role of women in religion and how life can be modified from traditional lifestyles to modern day.

Can you sum up for me your feelings about being a modern orthodox Jew in Leeds.

I am very happy living in Leeds, nowhere else appeals to me. I feel Leeds offers the perfect blend of social, secular and religious life for me, my family and my friends of all beliefs.■

A Lifetime of Hobbies

John Freer, 79, has spent most of his retirement years doing his favourite things – knitting and gardening. He speaks to Ellie Dawson.

I've had quite an interesting life," says John. John spent part of his early childhood in an orphanage after his mother passed away. At the age of five, John went to live with his grandmother. "In the orphanage, I'd never worn proper shoes, only pumps or slippers." Amazingly, this is how John got into knitting. After he started wearing shoes, he found his heels rubbed – and he began to get blisters. Subsequently, he developed septicaemia. To allow his feet to heal, he wasn't able to move around much, which was a challenge for a 5-year-old. "To stop me running about like any kid would be doing, I was taught how to knit" says John. "I carried on knitting through my childhood until I was about 12, then I joined the scouts."

John worked for Royal Mail for 35 years. Having always wanted to work at the GPO starting as a telegram boy, he became a postman in Harehills. After many different roles and promotions in different areas of Leeds, his final role before retiring was back where he started - in Harehills. As a Delivery Office Manager. John's hobby became a lesser part of his life until he got married. His wife, Shelagh, was knitting him a cardigan. "It was taking forever," John recalls. "So I said I'll help a bit, and ended up doing the sleeves, front and half of the back. That started me off again, and I've been knitting ever since." John knits woolly hats to give to people around him, and he has a neighbour who sends them to charities abroad.

John's other favourite pastime is gardening. When he retired, he took on a part-time job teaching gardening, which he says is more complex than it may seem. "I had to go for a lot of special teacher training, and the preparation time was twice as long as the time I spent teaching. When I decided to stop teaching, the class members asked if we could carry on, so I suggested we could hold meetings." This was the start of Rothwell Gardening Circle, which was still running up to the Covid pandemic. "We teamed up with Colton & Whitkirk Gardening Association gardening group and went on gardening tours in Ireland, Cornwall, Scotland, and Northumberland," says John.

Knitting and gardening from home are John's main pastimes now. He served on the committee of the British and European Geranium Society, ending up as



chairman. He also served as national show secretary for over 20 years. John has judged and entered many competitions.

From time to time, John has been able to combine his hobbies of knitting and gardening. "I take some handicrafts along with me to the shows I judge. I've won a few times at the Leeds Flower Show: best-knitted item and at Wrenthorpe flower show, best handicraft item". This year, John is hoping to put on a display at Harrogate Spring Essential Show, which will be held outdoors this year, due to restrictions. "I won't be able to display my daffs, so I'm thinking of something more weather substantial."

In recent times when everyone has been stuck at home, John's hobbies have kept him going: "My garden is 100ft long, I have two greenhouses, and I knit, so lockdown hasn't been so bad". But like most of us, John says he misses meeting people. "We have an alternative Saturday meeting for the Leeds Paxton group that I'm part of. So we send in photos each week of what we would've taken to the Saturday night shows. We do keep in touch, but I just miss that face-to-face contact." ■

John is a member of Cross Gates & District Good Neighbours' Scheme.

You can read more stories like John's online at www.crossgatesgns.org.uk

The Beryl Burton Story



Beryl Burton dominated cycling in the 1960s. Born Beryl Charnock in Leeds in 1937, she moved to Morley and became a local hero. After winning the women's road race championship in 1960, Beryl went on breaking records. Her speciality was the Individual Pursuit – she was world champion in 1959, 1960, 1962, 1963 and 1966.

We find out more about Morley's cycling icon and talk to an artist who is celebrating Beryl's life in a creative way.

On 27th November 2012 BBC Radio 4 broadcast a play called *Beryl: A Love Story On Two Wheels*. For many people this was their introduction to champion cyclist Beryl Burton. Some listeners knew Beryl's story well – others, especially in Morley, knew Beryl personally. The play was written by Maxine Peake, better known as an actress who has appeared in *Dinnerladies*, *Red Riding* and *Shameless*. "I'd never heard of her," said Peake at the time. She believed that Beryl was "criminally ignored, really, in the greater scheme of things."

Listeners fell in love with unlikely sporting heroine Beryl Burton. The success of the play led to a stage version at the Leeds Playhouse, to tie-in with the Tour de France starting in Leeds. The play, in both versions, brought Beryl's remarkable story to life. Many people in Morley are justifiably proud of their sporting star. There's even a Beryl Burton Gardens – and a mural to commemorate the cyclist. We met local historian Dr Clive McManus tell us more about the Beryl Burton Story.

Interview: Dr Clive McManus

Beryl is a local heroine to Morley, isn't she?

We call her "Morley's Cyclist", when in fact, she was born in Leeds. Some people get a bit snotty but I think that title is entirely justified. Even though she stayed in Leeds up to her teenage years, after she met her husband-to-be Charlie, she came to live in Morley. She became a member of the Morley Cycling Club. Throughout all the time she was winning trophies and what-have-you, she was in the Morley Cycling Club. So there was that very definite link.

What was Beryl's childhood like?

She suffered from bad health when she was young. Some kind of rheumatic fever, which got to her heart. Besides being a sprint champion, she was a great long-distance cyclist. She needed a tremendous amount of strength after the childhood illness. When she came to Morley she got a variety of jobs, which actually helped her to build up her strength. There's a guy called Nim Carline - a Morley cyclist – I believe he had some kind of rhubarb farm. She helped him with the farm. That is jolly hard work – digging up the rhubarb roots. That did build up her strength incredibly.

How did Beryl get started on the bike?

As I understand it, her husband Charlie Burton introduced her to cycling. She took to it like a duck to water. Incredible really. In a very short time, she became a champion. She was dedicated, you see. ►

Memories of Leeds

I think that, deep down, Charlie was a bit narked that she wasn't born 30 or 40 years later. You look at the present Olympic Games: the cyclists are earning vast amounts of money and getting all this fame. Whereas she was completely amateur. They weren't particularly well off.

What was special about Beryl?

No question about it, she had a very competitive nature. She liked achieving and winning things. She found she could do it and win. The Morley Cycling Club was quite popular at the time, so there were plenty of people who were members. You can meet people around Morley now who actually cycled with her. She was so dedicated. She was training in incredible ways. She thought nothing of getting on the bike and going down to Newark and back in an evening. About 60 miles on the A1 – this was before it was a motorway, of course. She was winning trophies by the time she was in her early 20s. The first World title was the 3000 metres. Then she started with the long distances. Getting records and winning medals. She did 25 miles in an hour, 50 miles in 2 hours, 75 in 3 and 100 miles in 4 hours. How she did that I'm not sure! Amazing. Fit young lads have told me that if they went out with Beryl, she'd leave them trailing behind.

Things are very different now in cycling, aren't they?

These carbon fibre bikes are fantastic, whereas Beryl's bike was quite basic. There was a local man, Hutchinson. He had a bike shop on Chapel Hill. On one occasion I did witness Beryl going in there to see how her repair was going on. She was keeping a careful eye on it!

How has Morley celebrated Beryl Burton?

Morley was very proud of her. Civic Receptions. There's a plaque for her in the Town Hall. She has been honoured. I don't know if she was honoured quite enough for Charlie, but there you go.

How did the mural come about?

There's a man called Robert Tempest – he's got the DFS furniture store down the precinct. He was on holiday in Canada, on the West Coast. There were murals all over the town, depicting the town's life. He thought it would be a good idea to have murals in Morley. He set up a murals committee in Morley. There are plans to do them all over town. To give a colourful indication of the people of the town.

Beryl died relatively young, didn't she?

She died on her bike. It's possibly symbolic. She was out on a training run in Harrogate. The family had



Dr Clive MacManus in Beryl Burton Gardens

moved out there. Her heart just gave up and she went down. I'm not sure if her husband Charlie is still around. He'd be knocking on for 90 if he was. He certainly lived to a ripe old age. Beryl's daughter was also a cyclist. For a time there was fierce competition between Beryl and her daughter. On one occasion when her daughter beat her, Beryl was none too happy!

Raising Beryl's Profile

Despite Beryl's fame, there's a danger that her sporting achievements might be forgotten. Morley artist Imília Makes is determined to raise Beryl Burton's profile; she made an installation called Beryl's Blooming Bikes, presented in Morley Market as part of the Morley Arts Festival in September.

"It started off with me having a rant!" says Imília. The frustration was chiefly about how Beryl should be more well known. "She's a local hero. But there should be a wider knowledge of her." Someone overheard Imília's rant and invited her to make some new artwork to display in the town. "It's about bringing a bit of colour to the festival," says Imília. The artwork included bikes, flowers and other paraphernalia and was intended to be really interactive and fun.

"It's about getting younger people talking about her," says Imília. "I think Beryl gets overlooked. Time

tripling still doesn't have a massive profile." Beryl didn't take part in the Olympics – perhaps this explains why she's not better known. "She was a proper trojan," says Imília. One of the aspects of the story that Imília is particularly keen to highlight is Beryl's relationship to her husband Charlie. "He was the one who supported her, which was quite unusual in those days. There's a story about her having a stomach ache – and he rolled up in the car with some brandy. What a legend!"

"It would be nice to inspire a conversation," says Imília. This artwork is only temporary, but perhaps there could be a permanent 3D bike sculpture to commemorate Beryl Burton in the future?

Unsung Heroines?

Given Beryl's achievements, you might expect that Leeds Museums and Galleries (LMAG) have artefacts and displays that celebrate her. However, this is not quite the case. "She's one of those figures that we don't have much to represent her in our collection," says Nicola Pullan, Assistant Curator at LMAG. "She's one of 4 women who we commissioned ceramics of in 2018." The ceramics were part of an exhibition called A Woman's Place?, held at Abbey House Museum. "We wanted to recognise local women whose stories are important," says Nicola Ceramicist Katch Skinner made pieces to

commemorate cyclist Beryl Burton, pioneering doctor Edith Pechey-Phipson, suffragette Mary Gawthorpe, and 1940s band leader Ivy Benson. All these women are under-represented in the LMAG collection. "We're always looking at how we can expand our women's history – there's so much that is lacking," says Nicola

Remembering Beryl

Beryl died on her bike in 1996, aged just 58. Her sporting prowess was recognised in her lifetime – she was awarded the MBE in 1964 and the OBE in 1968. It's clear that the people of Leeds and Morley are determined to remember her and celebrate her achievements. If Beryl were cycling today, things might be very different – cycling is pretty much the sport of Yorkshire, ever since the Tour de France came to the county. The success of Team GB's cyclists at the Olympics and Paralympics has been remarkable.

Imagine if Beryl Burton had received the support (and money) that these athletes do today! Here at Shine, we want to contribute to telling the Beryl Burton story. Do you remember Beryl? Did you know her – or cycle with her at Morley Cycling Club? Is there a significant Leeds woman you think needs more publicity. Let us know and we'll print your story in an upcoming issue. ■



Marking Beryl's achievements with a cycleway

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 people who are active in their communities and find out a bit more about them. This month we talk to Maxine Bassue about how she’s finding a new lease of life after retirement.

Maxine Bassue is an enthusiastic, energetic person – she’s full of life and zest. She is a really busy member of her community in Chapeltown.

Maxine recently retired but now has a packed schedule of activities that keep her active: dancing, swimming, gardening – and much more. She’s a regular attendee at Feel Good Factor, a health and well-being project based in LS7. Maxine was kind enough to welcome us into her garden and we spoke to her on her doorstep about community, ageing and the importance of seeing people face-to-face.

Tell us about yourself.

I’m Maxine. I’m 57 and I’ve lived in Leeds all my life. I’ve recently taken early retirement from work. I was a family outreach worker for Leeds City Council. I’ve retired for various reasons but mostly because I’m tired. Shattered. I also wanted to put a priority on myself, my own health and well-being. Not working full-time in a very emotionally challenging job is a big change for me. I have two children, they are 36 and 31. I’ve lived in this house for 24 years. I spend a lot of time caring for my great uncle, who is 90 and very poorly. I’ve got two beautiful grandchildren who I love dearly. They keep my sprightly, happy and feeling young!

What do you hope to do with your time now you’ve retired?

Even before it was official that I’d leave work, I already had a plan. I was checking out what was available in the community, what I could tap into. I knew definitely that I didn’t just want to be doing nothing. My mind and my body are too active for that. I knew a bit about what was happening in the community. But I also had things I wanted to do: I wanted to learn to swim. I had things already planned. Other people were saying to me, “Just chill out a bit, take a bit of time.” But I didn’t want to do that, I wanted to make sure I had a plan.

How did you get involved with Feel Good Factor?

I knew Feel Good Factor from the job I was doing as a family outreach worker. Prior to that I was at Sure Start. I took a lot of (what I call) service users to Feel Good Factor. I knew what services they had. I’m now a participant – a service user! It feels very natural to me. I feel very comfortable just rolling up there. I love it.

Why is your community important to you?

I live in Chapeltown. I’ve lived here all my adult life. It’s the best place to live. It’s vibrant, it’s diverse, there’s so much you can do in Chapeltown. There’s so much on offer. You don’t have to go too far. I’m always able to tap into what’s going on.

It sounds like you are very busy?

I just love life too much to sit at home and waste the day! It’s my zest for life. I always want to be with a group of people, talking, doing something. I get itchy if I don’t! I just love people. Just being around other people can lift the mood and prevent loneliness. It can change someone’s mindset for the day. Sometimes I come to a group from seeing my uncle – and it’s emotionally exhausting. And just seeing people lifts my spirits. Just having a talk to someone. Socialisation is so important.

How do you feel about getting older?

My mum’s generation say, “you’re still young, you’re still baby.” But I feel I am old. 57 is nearly 60! It’s old enough. I’m no spring chicken. Physically, I feel older – I have aches and pains, my hair is grey, I take medication for certain things. And sometimes I’m tired – physically but not mentally. My body says to me, “You need to take a chill pill! Take a rest.” I know I’m not as old as my mum, but it’s ok. Age just crept up on me. Slowly, slowly, slowly – and there ►



“Chapelton is the best place to live. It’s vibrant, it’s diverse, there’s so much you can do!”

On your doorstep

I was, in my late 50s. I'm used to it, I'm happy with it.

I like to think it's ok to get older. As long as I maintain good health and a positive mindset, I'm happy with getting older. I look upon my younger days with a laugh and with joy. I don't have regrets. I'm old but I'm not obsolete. I'm just in a different stage of my life. Being old doesn't mean the end. It's the start of a journey. I'm so proud of my mum because she doesn't let age stop her doing anything.

I think getting older doesn't need to be the end of fun. Or the end of learning. Meeting new people, seeing new places – you can still do all of those things as you get older. I feel like it's my time, to seize back opportunities. For many years, I put myself on the back burner. I put all my efforts into raising my kids, bringing up my family. Juggling work and all that. But now I want to do something for me. I don't think I buckled down enough when I was at school. I just liked having fun! And messing about. I did ok but I could have done so much better. So now learning, for me, is massive. I love to learn new things. You can learn so much from people. I have a hunger to learn.

I think we live in an ageist society. Sometimes older people are thrown on the heap, seen as redundant. They've done their time. They're not as important. They want younger people for jobs, for example. I don't think that's fair. Older people have value, they have experience, they have knowledge. They've got

history. They should be seen as important - if not more important - than younger people.

I'm sad when I see what sickness has done to my uncle. How cruel sickness can be. The social care system isn't right for older people. Those people who've got property have a fear of having to sell their home when they've worked and paid their taxes all their life. I think it is unfair. And they're hoping you pop your clogs before you get your pension. It's very cruel.

In different places in the world, older people are looked at in higher regard. In Asian cultures and in the Caribbean. The way I was brought up, we look after our elders, we take them into our homes and look after them until they die. It's why I spend so much time looking after my uncle. The good thing is that there are services for older people to tap into. In Chapeltown the services are there. Older people are valued. I've used Age UK, Carers Leeds and Leeds Black Elders. They've all helped with older members of my community.

How are you feeling about the pandemic and where we are now with Covid?

In the first bit of Covid, I was anxious, I was frightened and suspicious. What struck me was the inability to get out and socialise. To see people, to be around people to talk to people. I used to say, "I'm so lonely!" Talking



on the phone wasn't the same, I really needed to see people face-to-face. I struggled. This can really affect people's mental health. Now we have the freedom to go out. I'm still very sensible, very cautious. But I feel I'm free now! It was a long time coming. The only good thing about the pandemic is that it possibly slowed us down a little bit. Gave us a chance to look at what is really important in life. We've lost people. Personal losses. But I've got a very positive mindset. I have anxieties and I fight against them. We've got to get back out there!

What do you love about Leeds?

Leeds is all I've ever known. I've been to a lot of other cities. I've spent a lot of time in the Midlands. But I would never go anywhere else to live. It's a very warm city. It's pretty. Some lovely parks. Transport is good – it's easy to nip and out. And people are friendly. It's vibrant. It tops a lot of cities. I have I'm always happy to come back to Leeds. It's the best, it is. The best.

What are you looking forward to?

I'm looking forward to doing more travelling. I want to see more of the Caribbean islands. I've been to Jamaica and St Kitt's and Nevis a few times. Been to Cuba, been on a Caribbean cruise, been to Turkey, Spain and Greece - lots of countries. But I want to travel and see more places. My absolute passion is to go to Africa.

I've had this passion since I was in my teens. I want to visit Ethiopia – as soon as I can. Between now and 60 – it's a massive dream of mine. I've always been mystified about Ethiopia. I'm intrigued. I've always been quite conscious. I used to talk to Rastafarians and want to know more. People have told me that you "feel" something when you go there. I want to find out for myself. One thing is that I'd love to spend 6 months in the Caribbean, 6 months here. And I want to do more weekend breaks!

I also want to go to more reggae concerts. Reggae is my genre. I like "conscious" lyrics. I like anybody who promotes having a conscience. Buju Banton, Bob Marley, Chronixx, Koffee: there my go-to musicians. They're all Jamaican artists. I'm of Jamaican parentage, it's very strong in me.

You seem to have a very active life!

I'm doing things I never thought I would. I'm learning to swim, which is a big thing for me – I thought I'd be crying – but I'm loving it!

Thanks Maxine!

Quick Q & A with Maxine Bassue

When did you last cry?

I'm not a crier but I cried last week. Around my uncle and his care, it just got overwhelming. But it's ok to cry. It's a release.

When did you last really laugh?

The last time I had a really good belly laugh was my birthday in July. We had a lot of people on this decking! And we had a really good laugh.

Who are your heroes? Who do you look up to?

I don't really like the question! I'm not into celebrities and all that. I don't look up to people in that way; they're just people with a talent. But I love my Mummy to bits and she's my hero!

What is your favourite place in Leeds?

Leeds city centre. I'm always running around town, doing one thing or the other. I love town and know it well. I'm known for always being in town – and keeping it real!

What gets you out of bed in the morning?

Life! The minute my eyes open I think, "What am I going to do today?"

Maxine is a regular at Feel Good Factor, which is based in Chapeltown and supports people to improve their health and wellbeing. There are a number of activities to try, including social groups, Pilates, men's club, cookery, gardening and much more. For more information on Feel Good Factor contact them at Feel Good Factor Leeds, 53 Louis Street, Chapeltown, Leeds, LS7 4BP. Tel: 0113 350 4200 Email: office@fgfleeds.org

Thanks Maxine 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

 **Centre for Ageing Better**



MEN'S HEALTH

What can men do to stay healthy and happy in Leeds? Find out in our Men's Health special.

What is it with men and doctors? “I don’t want to bother them”, “It’ll clear up in a bit” and “It’s nothing serious” are all things we might find ourselves saying – or hear from the men in our lives. Men’s antipathy to medical treatment doesn’t help the statistics. Men are more likely to die earlier than women – and more men live unhealthier lives than women. It’s not just physical problems (that nagging cough, a dodgy knee, that funny rash); men often ignore their mental health too. There is a huge disparity in the high number of men who die from suicide and the low number of men who seek treatment for depression, anxiety and other mental

health challenges.

There are particular health issues for older men: prostate problems, heart disease and bladder cancer can be of particular concern. Often men choose not to address serious health problems and don’t seek help until it’s too late. What can be done about this situation? There are lots of people in Leeds who are offering support to men in the city. Men’s Health Unlocked is a project that aims to bring all this great work together to help put the focus on men’s health. They even produce a magazine! Over the page, Damian and Hannah outline the work of Men’s Health Unlocked.

We commissioned writer Nigel Stone to compose a short story to highlight the issue of Men's Health.

Nigel's piece is emotional, raw and gets to the heart of why men so often suppress their problems.

DANNY'S DIARY BY NIGEL STONE

MORNING.

I've never needed help before. I'm supposed to be the one troubled folk turn to. I can't afford to be weak. Besides, the doctor would laugh at me. This is insane, though! How can I lose my door keys when I live in one room? They should be on my bedside table! I ransack the place. No sign of them. I look at the mess I've made. I think about the mess I'm in. I go back to bed, broken.

MIDDAY.

I should get up. I hear the postman! I cross my fingers, hope beyond hope that he walks past my place. No bad news today, please, Mr. Postman! I can't pay those final reminders you keep dropping through my letterbox. I hear something fall onto the welcome mat. I steel myself, go to the door I can't unlock, spot the plain white envelope. I can see red type on the head of the letter through the envelope's translucent window. My heart sinks, then threatens to burst through my chest. I might not have much left but I want to keep hold of it, including the roof over my head.

AFTERNOON.

I'm hungry. I check the cupboards. They're still as empty as my complaining stomach. I rummage down the back of the armchair. No loose change there. I should get dressed. I find yesterday's trousers. The door keys are in the pocket. How did I miss that? So now I can leave the house but what's the point if I can't buy food. In desperation I take the last of my DVDs and sell them at the second-hand shop on the high street. It breaks my heart to give them up. They were presents from the kids. I stop myself from thinking about the kids. Don't go there! I buy some bananas and yoghurts. My poor teeth can cope with them. I give one of the bananas to the guy who sits on the pavement next to the ATM, then I go home.

EVENING.

I like the dark months because they give me an excuse to go to bed early. I go to bed. I can't sleep. I listen out for the church bell. It chimes the hours away.

MIDNIGHT.

I wait for twelve chimes and then climb out of bed, throw on the clothes I wore yesterday, walk to the ATM. Sweet, blessed relief. My money's gone in! Nothing's open so I go home and lie on the bed, wait for the morning.

MORNING.

I get out of bed. I know I should get washed but I'm too hungry for that. I go to the shop and buy bread, milk, half a dozen eggs, and something that's supposed to be coffee but tastes like mud. I sit and eat boiled egg and soldiers, drink something coffee-like, while I watch TV. I watch the news because there is some comfort in knowing that the whole world's gone to hell. It's not just me. I laugh at re-runs of old, American sitcoms, forget about reality for a short while. I watch programmes where people buy homes overseas, and others where people sell their treasures. They usually get more cash than I did for my DVDs.

MIDDAY.

The postman walks straight past my door. Today is turning out to be almost bearable. I break open some tab ends and make myself a skinny roll up. The nicotine hit makes me dizzy. I can see why some people turn to alcohol and drugs. I've not reached that point, yet. There's a bang at the door. I duck and peek out of the window. I think it might be bailiffs. They leave, eventually, but not before slipping something through my letterbox. I pick it up when the coast is clear. Yep, I was right. I can't keep living like this! I give up. I need help.

AFTERNOON.

I sit with the doctor, tell her what my life has become. She tells me I'm suffering from depression and suggests medication. Alarm bells go off in my head. She asks me if I'd take a tablet if it got rid of an infection. She tells me it's the same with anti-depressants. I'm scared I'll become an addicted zombie. She tells me the dose is the mildest possible. She tells me she can put me on a waiting list for counselling sessions. I cry.

EVENING.

The pill I take puts me on a level footing.

MIDNIGHT.

I smile at the full moon.

MORNING.

Morning, world! ■



UNLOCK YOUR HEALTH

THE NETWORK

The Men's Health Unlocked network is an inclusive, supportive space for men to share, learn and grow. It aims to unite the different individuals and organisations working in the field of men's health so that we can take a joined-up and gendered approach to tackling health inequalities specific to those who identify as men. Men's Health Unlocked currently has three delivery strands running some on-the-ground projects: Unlock Offline, Unlock Online, and Unlocked Magazine.

UNLOCK OFFLINE

Men's clubs and a helpline, run by Touchstone. Covid-19 has brought a whole range of new challenges to people's lives. This helpline might be for you if you:

- Want to find out what specialist services are available for men in Leeds, or
- Want to find out the next best steps to resolving challenges you might be facing.

Contact the helpline on 07909 254607
Or email matt@touchstonesupport.org.uk

UNLOCKED MAGAZINE

A magazine co-produced with men and used as part of the Manbassador Project. A great place to advertise your activities. The magazine is always looking for men to submit articles or give ideas for content. It is distributed in hard copy by the Orion Partnership, via local businesses, food banks, local charities and more. Can you help distribute any? Do you know anyone who would like some?

More info: lawrence@fgfleeds.org

Men's Health Unlocked is a project that unites the city around the subject of Men's Health.

Hannah McGurk and **Damian Dawtry** explain more.

UNLOCK ONLINE

Barca-Leeds co-ordinated and was responsible for 'Unlock Online', an initiative that provided 100 data equipped tablets to 100 socially isolated and digitally excluded men across Leeds.

Through the provision of free online access, they connected men with other people and services and unlocked the digital barriers that many men face. Men were able to access vital connections such as men's clubs or services covering a wide range of areas including mental health services, addiction services and financial inclusion. This project has now ended.

OTHER ACTIVITIES

Leeds Dads Weekly Support Session On Facebook on Wednesday evenings 8-9pm, with a trained mental health worker.

A partnership between Leeds Dads and Touchstone.

More info: joek@touchstonesupport.org.uk / 07741 328786

Well Men Activist Training

If you're a Leeds man living or volunteering in South or East Leeds and you want to improve your skills supporting other men to lead healthier and happier lives, join this free online course.

On Zoom Fridays 10.30 – 12.00

More info: duncan@humansbeing.org.uk / 0113 8730028

Contact Details

To contact Men's Health Unlocked, part of Forum Central:

Damian Dawtry, Coordinator,
Men's Health Unlocked
Email: damian.dawtry@forumcentral.org.uk
Tel: 07985 442630
Twitter: @mhuleeds

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

Wordsearch - Cycling

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

Basket Brakes Chain Crossbar Handlebars
 Helmet Lights Mudguards Pedal Puncture
 Saddle Seat Spoke Tyre Wingnut Wheel

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.



Cycling Quiz

1. In the Tour de France, what colour jersey is awarded to the 'King of the Mountains' stager leader?
2. A triathlon comprises 3 sports: cycling, running – and what?
3. What bike is abbreviated from "Bicycle Motorcross"?
4. What is the word used to describe the main group of riders in a road cycle race?
5. Which British cyclist has won the most gold medals at the Paralympics?
6. What is the name of the most famous "high wheel" bike?
7. In which year did the first Tour de France take place? 1893, 1903 or 1913
8. In which year did BMX become an Olympic sport? 2004, 2008, 2012
9. What is the name for an arena for track-cycling?
10. What year did the Tour de Yorkshire start?
11. In which decade was the term "bicycle" first used? 1810s, 1860s, 1900s



Word Wheel

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

Personal care

Home help

Dementia care

Live-in care

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

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

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



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

Each Home Instead Senior Care franchise office is independantly owned and operated. Copyright Home Instead 2020

The Home Page

There's no place like home is there? In this section we focus on different things around the places we live, in partnership with Home Group. This month we look at the idea of having a home carer to support you with day-to-day tasks. Plus we meet Doreen, who tells us about her home.

One of the difficult things about getting older is accepting that you aren't quite as spry as you used to be. You might need a sit-down after a bout of Hoovering – or you might not be able to face the chores at all. Some older people find themselves unable to cope with seemingly simple things like getting dressed and washing up. This is when it might be time to consider getting help in your home from a paid carer.

It can be difficult to accept help. Most of us value our independence and don't like the idea of having to be "helped". At Home Group, they follow a model called LIFE: Living Independently, Feeling Enabled. "We use this to think about how normal ageing changes how we live our lives on a day-to-day basis," says Lesley Bainbridge, Clinical Practice Expert. One of those changes could be having a carer to help with those day-to-day tasks.

Most of us like our privacy too. "People want an environment where they can close their front door and be as private as they've always been," says Lesley. Often people come to live in Home Group properties that are specially designed for older people – and there is an option for home care support. "People can even bring in carers they are already familiar with," says Lesley. Letting someone help you with your personal care can be a big step. Some people will need help "with washing and dressing and medication, whereas for others it may be supporting them with eating and drinking or reducing the risk of them falling."

Whatever your situation, it's important you feel part of any decision to get a home care. Lesley agrees: "Together we work out how best to support people so that they feel safe and independent." Finding out what you can do is just as important as knowing what you can't. You are in control!

Me and my Home: Doreen Holt

Doreen is currently waiting to move in to a Home Group property at Amblers Orchard, West Ardsley.

Where do you live at the moment?

I live in Morley in a bungalow, I live here alone since I lost my husband 9 years ago. 16 years ago my daughter had a stroke and we needed somewhere easy to get her in and out of. I have a large family of 5 grandchildren and lots of great-grandchildren.

Where have you lived in your life?

I lived in Beeston before here, for over 20 years – I moved seven times! My husband was organist at St Mary's Church and I kept busy being involved in the church too.

Tell us about some of your favourite things

I have photographs of my family's beautiful weddings around me. I have some solid brass ornaments from my first mother-in-law and pretty willow-patterned plates from my second husband's family. These were important to my husband so I

would like to keep them. I also have a china cat and dog that were a present to my first mother-in-law from her husband – she loved these.

Tell us what you like to do to keep well?

I used to enjoy walking, but I can't walk so well now. I enjoy gardening, reading, watching TV and love going out for a meal. Myself and my late husband both enjoyed a passion for music, which is how we met.

What are you looking forward to about moving into your new home at Amblers Orchard?

I would like a peaceful life, but with more than I am doing now. I would like friends to talk to and to invite my friends who don't live there to come in and visit for a coffee.

Home Group are 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

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

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

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

Word wheel

4 Letters BIOS BOON IONS NOBS NOUS ONUS SNOB SOON

5 Letters BISON BONUS BOONS BOSON BOSUN INBOX

7 Letters NOXIOUS


9 Letters OBNOXIOUS

Cycling Quiz

- 1.White with red polka dots
- 2.Swimming
- 3.BMX
- 4.Peloton
- 5.Sarah Storey – she's won 17
- 6.Penny Farthing
- 7.1903
- 8.2008
- 9.Velodrome
- 10.2015
- 11.1860s



NHS



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

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

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

**HELP US
HELP YOU**

GET THE CARE YOU NEED

www.nhs.uk