

The magazine for older people in Leeds

Shine

February 2021

A GLIMMER OF HOPE
How the Covid Vaccine
offers us all a way
forward

PERSONAL STORIES

A Light in the Darkness

How writing helped one
man cope with his wife's
dementia

IN CONVERSATION

ACTIVISM AND HOW TO FIGHT AGEISM

with activist and author
Ashton Applewhite

MEMORIES OF LEEDS

Decimal Day

Remembering the day in 1971
when we went decimal

HEALTH & WELLBEING

KEEPING WELL IN WINTER



**COMMUNITY
FUND**



**Your NHS is still here for
you when you need us**

Mental health support in Leeds for adults

- For general advice and support you can call the West Yorkshire 24 hour support line **0800 183 0558**
- If you are in distress and need to talk to someone, you can call either the West Yorkshire 24 hour support line on **0800 183 0558**. Or call the Connect helpline on **0808 800 1212** (6pm -2am 7 days a week)
- If you are in crisis and need urgent help with your mental health, call the 24 hour LYPFT Single Point of Access (SPA) on **0300 300 1485**.
- For information about services and self-help resources visit www.mindwell-leeds.org.uk or for people aged under 18 visit www.mindmate.org.uk

#NHSHereForYou

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 socially isolated people. Some of these projects feature in the magazine. Linda Glew is a Time to Shine Programme Manager and she introduces each issue.



This being the first issue of 2021 it feels right to start this with Happy New Year.

I hope that you all had a safe and happy Christmas. 2021 looks set to have some challenges, but there is light at the end of the tunnel, thank goodness. This issue's main feature focuses on the vaccination program which is being rolled out across the city.

I hope that the article helps to allay any fears or anxieties that some people have about the coming weeks and months.

“This led to us launching the Age Proud Leeds campaign”

We have a fascinating conversation for you in this issue. We meet with Ashton Applewhite, a writer and activist from Brooklyn, New York. Though not from Leeds, Ashton has had a huge influence here in the city. In her book "This Chair Rocks - A Manifesto Against Ageism" she asked us to think differently about growing older. This led to us launching the Age Proud Leeds campaign and the local push to break down many of the negative stereotypes about older people. Ashton states:

“Ageing is not a problem to be fixed or a disease to be cured. It is a natural, powerful, lifelong process that unites us all!” Amen to that!

Our regular Memories of Leeds section looks back 50 years to February 1971 when the UK switched from the old pound, shillings and pence currency to the current decimal coins system. I bet many of you will have lots of memories about what that meant for you and we would love to hear them, as always.

In the pages that focus on health and wellbeing, we look at vitamins. We are encouraged to take supplements these days but some of you will also remember taking vitamins and cod liver oil as children. Regular Shine writer Maureen Kershaw shares her memories with us and we look at the latest guidance around the importance of vitamin D.

Three of our main stories this issue are about people who started writing later in life. If you are a writer yourself and would like to contribute to Shine, we would love to hear from you. We are always on the lookout for stories! Please see the contact details below and if you feel you have a tale to tell and want to share it with us, just give us a call, send us an email or drop us a line. We really do want to hear from you.

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

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



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**People aged over 60  
are at a greater risk  
from COVID-19.**

It's important that we work together to keep you safe, active and socially connected while minimising any physical contact with others. Let's work together to keep each other safe. Please visit [www.takecareleeds.co.uk](http://www.takecareleeds.co.uk)

**Take care of you,  
this winter.**

✓ Active   ✓ Connected   ✓ Safe





# Shine

FEBRUARY 2021



**06 In Conversation** We chat to author and activist Ashton Applewhite about her anti-ageism campaign.

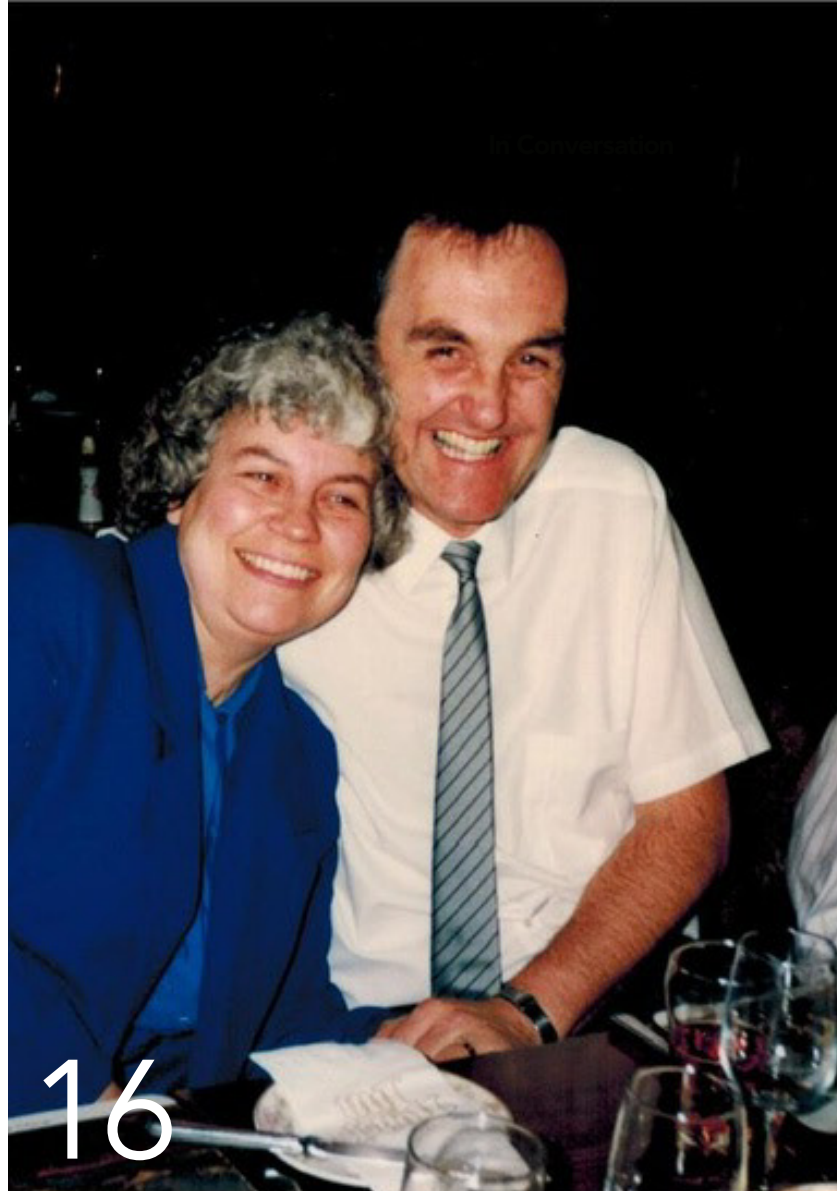
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*Every month we talk to someone who will inspire or interest you. Sometimes it's a local hero or a Leeds legend, but this time we go further afield and chat to New York based author and anti-ageism activist Ashton Applewhite.*



“Try and break the habit - which we all do – of associating ageing with negative things & youth with all good things”

**A**shton Applewhite is an author and activist based in New York City. Ashton's book “This Chair Rocks: A Manifesto Against Ageism” debunks myths about ageing and explains the roots of the prejudice towards older people. Ashton is a speaker and activist; over 1.5 million people have watched her TED talk online. She is the co-founder of the Old School Clearinghouse, an online repository of free, vetted anti-ageism resources from around the world. You can find loads of information about Ashton's anti-ageism campaign at [www.thischairrocks.com](http://www.thischairrocks.com)

Ashton's work was hugely influential on the team at Time to Shine. “We set up the Age Proud Leeds campaign after being inspired by Ashton's work around ageism,” says Linda Glew. The Age Proud campaign is focused on changing the negative perceptions around ageing and encourages people to start talking about the issue. “A lot of this came from looking at what Ashton was doing and making our version of it in Leeds,” says Linda.

Ashton made time to talk to Shine about ageism, her campaign to combat it and how she thinks everyone can make a difference.

#### Where did your interest in campaigning around ageism come from?

I started writing about ageing in my 50s. I was afraid, I was apprehensive about it. I am a bull-by-the-horns kind of person. I started researching longevity and interviewing older people who work. In a matter of weeks, I came across the facts that I've used to kick off my TED talk, over a decade later. It's not that our fears aren't real – getting sick, running out of money, ending up alone – those fears are all legitimate. But our fears are so out of proportion with reality. The media feeds the negative stuff because, yes, you read about scary stuff how forgetting a phone number means you're going to have Alzheimer's *tomorrow*. People are more likely to read that story than the truth: that you're likely to remember that phone number the minute you don't need it any more. That minor cognitive glitch is typical of ageing. Dementia is not!

I just got a bee in my bonnet about how so few people know these things, and why we only hear the negative side of the story. I suppose I am an activist by temperament. It made me angry. Fear is profitable. If we can be persuaded that by buying something, we can fix it – our wrinkles, or our ►



“Ageism is the last of the major prejudices to leak into the public consciousness”

memories – things that actually aren't fixable and in large part don't need to be fixed, well, someone can profit from us. And fear makes us stupid and pits us against each other. Prejudice operates to keep us worried and arguing with each other: Old vs Young, Men vs Women, Working Moms vs Stay-at-home Moms. Instead of joining forces to address the larger social and economic factors, that benefit from inequity. When we're all fighting amongst ourselves, the status quo goes unchallenged. That's what got me going. And here I am fifteen years later.

### When did you start writing?

I've never had a plan. I became a writer in my early 40s, when I realized I could not stay married. I had this image of a sad, lonely divorcee sat on a bar stool, drinking herself to death. Her children, of course, are juvenile delinquents and she never has sex again ... But I looked around me and that wasn't my experience, that wasn't what I was seeing. So, I wrote my first serious book called "Cutting Loose: Why women who end their marriages do so well". As with ageism, it serves the status quo if women remain silently obedient in marriages in which they are exploited. *Cutting Loose* isn't an anti-man book, it's an anti-patriarchy book. Writing is really hard. My daughter said, "Mom, why do you write if it makes you so miserable?" Because there's nothing quite as satisfying as reading something smart that I've written, and because what I have to say seems important. Writing *Cutting Loose* was so awful I swore I'd never attempt it again!

### How did the *My Chair Rocks* book come about?

I began with a blog with precisely zero readers. I thought, "I'll be a modern writer. I'll just blog and tweet and I'll never have to write another goddamn book." I am lucky in that I'm a privileged white person. I had a wonderful half-time job at the American Museum of Natural History, which supported me while I worked at this project. I am by nature a very dogged person. A British fan said, "you just keep beaver away". And I do! Eventually enough people said, "you should write a book". So, I cleared the deck, sat down every damn day and made myself work on it. Getting it published was no fun either. The publisher who had an option said, "we're concerned no-one else is writing about this". I managed not to say, "Are you f-ing kidding me?!" I ended up self-publishing it, with the help of my partner. The minute the book was published, it changed things. We did a beautiful job, if I say so myself, and sold over 20,000 copies. Two years later I sold the rights to Celdon Books, a new division of Macmillan. And it's still "beaver away".

along". I know it sounds hubristic, but I do think the book will establish itself as a seminal book in the history of a movement.

### It's certainly influenced the *Time to Shine* project! A lot of people we work with had never heard of ageism.

Age is to ageism as race is to racism. Ageism is the last of the major prejudices to leak into the public consciousness. These ideas are new to people but the minute you put it out there they smack their heads and say, "why didn't I think of that?" Just the idea that age is a criterion for diversity. We think of gender, race, ethnicity – age isn't always on the list, but it's getting there, thanks in no small part to campaigns like Age Proud Leeds, led by Time to Shine.

### What do you hope the impact of the book and the blog could be?

My goal is to help catalyse a grassroots movement. Like the Women's Movement. So, people are aware of ageism, then what they can do about it. How we dismantle it between our ears – that's the first task. Then tackle it out in the world if you feel like it. It is a fast growing, global movement.

#### Ashton Applewhite: Fast Facts

The Washington Post calls *This Chair Rocks* "one of the 100 best books to read at any age"

Ashton writes a blog "Yo, Is This Ageist?" which points out things in culture that discriminate against older people. The blog inspired Time to Shine's Yorkshire version, "Ey Up, is this Ageist?"

In 2016, she joined the PBS site Next Avenue's annual list of 50 Influencers in Ageing as their Influencer of the Year.

Ashton has written for Harper's, the Guardian, the Independent, The Big Issue, The New York Times and many more publications.

She gave a keynote address on ageism at the United Nations in 2016.

Ashton co-created Old School in 2018, a clearinghouse of free and carefully vetted resources to educate people about ageism and help dismantle it. On the website there are blogs, books, articles, videos, speakers and lots of other tools.



### What can we all do to combat ageism?

The key step is to talk about it. To get it out in the world. The most important thing is that all change starts from within. Individuals thinking about their situations and doing the internal work to say this is not acceptable, this is not just “the way it is”. That’s what consciousness raising did for the women’s movement. So just think about your own attitudes. Have you ever bought those gruesome ageist greetings cards – they can be funny, right? But we wouldn’t make fun of what colour someone’s skin was or who they love, would we? And think about your own language. How do you use the words “old” and “young”? If I say, “I feel so old...!” it probably means I ache, I have arthritis. But some older people don’t have arthritis; some young people ache all the time. Try and break the habit - which we all do – of associating ageing with negative things and youth with all good things. It’s all mixed up. Also, to eliminate ageism, we need to eliminate racism and sexism and homophobia. All prejudices reinforce and feed on each other.

It’s unpleasant to look at our own bias. The comment I get most is, “Oh Jeez, I am really ageist. I had no idea these ideas were stuck in my head.” But the good news is that the minute you look at that honest reckoning, the next step happens. You see it out there. It’s in there how your boss treats older staff. In the Greetings Cards. In the media, which is full of older men but older women get shunted off the moment they hit 30. Once you see it in the culture, you realise it’s not my fault. I didn’t do something wrong here. It’s not my fault I have allowed myself to develop wrinkles! The problem is I live in a world that discriminates me on that basis. And that’s liberating! You don’t have to turn your life into being an activist. Just open your ears and start to notice it in the culture. That’s doing your part.

### How do you feel about how Covid has had an impact on older people?

This stuff is really complicated. We saw a lot of people in the US going out and about to prove they weren’t “elderly”. That’s an awful word. But it is double edged. I’m 68, my partner’s 74. Our immunity works less well, our lungs work less well. Age is often irrelevant, but not in this case. Age makes us more vulnerable to Covid. It makes sense to take more precautions. To avoid doing so is a form of ageism because you are denying your own age. That’s where ageism gets its claws into us. However, while biology explains to a large degree why most of the deaths are amongst older people, it does not explain the sheer numbers. That is a

function of ageism – and ableism, which is discrimination against people with disabilities. The idea that those lives are less valuable. We need to see those cultural forces at work and mobilise against them – and not devalue the lives of people who don’t happen to be thin, white, young, non-disabled, and so on. There’s no easy answer. But things are going to change.

### Why is combatting ageism so important to you?

If I could put one fact into every head, it would be that the longer we live, the more different from one other we become. Everyone ages in different ways and at different rates. If I had 10 seconds on the world stage to justify an ageism campaign, I’d point out that the World Health Organisation—not the World Old-People Organisation!— is launching a global anti-ageism initiative. They realise that ageism is the biggest global threat to health and well-being – to making the most of long lives. Attitudes towards ageing have a measurable effect on how our brains and bodies function on the cellular level. When we are ignorant about age and unduly fearful it’s harmful. We don’t invest in preventative medicine, we enable hospitals and doctors to say, “what do you expect at your age?” If your doctor says that to you – get a new doctor! It is completely variable! I stopped blaming my sore knee on being 64 – my other knee doesn’t hurt and it’s just as old. Let’s have facts not fear. Read my book! It’ll keep you healthy and it’ll make you feel a lot better about the years ahead.

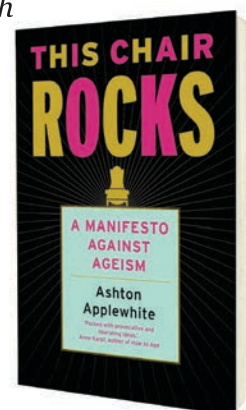
### Can you tell us something that you think is great about getting older?

I know myself better. I’m more confident. Women, in particular, are always judging ourselves. As you get older it gets easier to cast that off and be less caught up in what other people think of you. And be more liberated. I am finding that and it’s very welcome. ■

*Thanks to Ashton for talking to us – and for inspiring us to fight ageism with the Age Proud Leeds campaign. Hopefully you feel motivated too!*

You can buy Ashton’s book “This Chair Rocks” for £12.99 at Waterstones, WHSmith and other bookshops.

Or order it online at [www.mhpbooks.com](http://www.mhpbooks.com).





# A Gift from Science

*David Smith was born in Leeds but moved away to work in London. Upon retirement he returned to Leeds and is now a member of the Cross Gates Good Neighbours Scheme and a member of the Leeds Older People's Forum. Below, he examines the role of science to keep us well and prolong our lives.*

Once upon a time, milkmaids were famed for their fair complexions. Other girls might be disfigured by smallpox scars, but milkmaids became immune after catching cowpox, a milder disease. This was recognised by the famous Edward Jenner about 200 years ago. He introduced vaccination. This saved millions of people from smallpox, which once killed 10 to 20% of the entire population.

Jenner was a Fellow of the Royal Society, which was founded by King Charles II in 1660. Its purpose was to acquire knowledge through experiments and learning. Its motto, Nullius in verba, means "Take nobody's word for it". The Fellows of the Royal Society were determined to establish true facts by scientific investigation. Before that, people's beliefs about the natural world and medicine often came from the writings of ancient philosophers, who were wrong about many things. Fortunately, doctors don't treat our diseases by bleeding us with scarificators or leeches any more.

The scientific method has given many benefits to humanity and vaccines are one of the most valuable gifts. We can all now disregard many fatal diseases and travel safely anywhere in the world if we wish. No longer does smallpox kill many infants and disfigure others for life. In the 16th century even Queen Elizabeth I caught smallpox and was scarred by it, which may explain why she became famed for her lavish make-up. Now, thanks mainly to vaccination, the smallpox virus has been eradicated.

By now you may have worked out that I'm a scientist myself. I first studied chemistry and biochemistry, but then spent many years at St. Bartholomew's Hospital in West Smithfield on the edge of the City of London. Sherlock Holmes was experimenting in

the old chemistry labs at Bart's when he first met Dr. Watson. I worked with a small pharmaceutical company that was set up to research and produce medicines for emergency uses, such as antivenoms for treating snake bites. In some parts of the world bites from vipers and cobras still kill thousands every year. Injecting one or two vials of a suitable antivenom will save a life, but it's a niche market for smaller companies. On the other hand, we are going to need millions of vials of the Covid vaccines.

Antivenoms and most vaccines have to be injected and must be made in specially clean rooms. Every

batch must undergo many tests to ensure purity and safety. Medicines manufacturing is controlled by the Medicines and Healthcare products Regulatory Agency (MHRA). They reviewed and approved the "Oxford" vaccine. The MHRA licenses medicines for use in the UK and if you've had to help prepare a manufacturing site for a visit by MHRA inspectors, like I have, then you won't have any doubts about the quality, safety and effectiveness of our medicines.

Of course, we now have the Covid pandemic and it increasingly looks like the only way back to a normal life is through the Covid vaccines. If we heed the "vaccine deniers", Covid will soon find every one of us and do its worst. If the Covid virus mutates and changes, the scientists will be on to it and will be able to change the vaccines, just like they already do with the flu vaccine every year.

By having the jab, we will protect ourselves and just as importantly help to protect the whole country, including the small number of people who can't be given a vaccine for various medical reasons. Most of us had vaccinations when we were young (it's why we're still here and as healthy as we can be) and many of us have been having the flu vaccine every year to keep us safe. So, let's all be ready to play our part in vaccine history. ■







# Being Gay and Older

**Maggie Dawkins** works for Leeds City Council. She has carried out significant LGBT+ voluntary work and is the founder of Leeds LGBT+ Forum. We asked Maggie to share her thoughts about how LGBT+ people in the city have coped over the last year. Note that Maggie is using the generic term “gay” instead of LGBT+

**T**here are around 37,600 older gay people in the city – out or otherwise, known or not. I know older gay women and men aged from their early 50s to 90, from a variety of backgrounds. We’ve moved around a lot and now live in Leeds – for some, a return to our roots.

Depending on our personal upbringing, influences and experiences; and how we actually lived our lives, we have different strengths to draw upon – and of course, our shortfalls. Growing up, dealing with a situation was more instinctual. “You just knew what to do...” and we’d simply adjust to whatever changed.

The speed of social and technological change that took place over the second half of the twentieth century has never been equalled. We grew up in it. We did ‘old-fashioned’ and new. We knew ourselves and lots else; we know how to think and reflect. We know how others “lose their head” and learned to align ourselves with what went on – and to ‘dance’ and do our best with it. And that is what’s known and shared by us; and is what we draw from to cope.

Across the LGBT+ spectrum, older white, gay men are the greatest in number and most in need. Growing up in the 1940s – 1960s, social conditioning and pressure to “be a man!” was the norm. Many were ostracised by their close and wider family for being gay or being suspected of it – it was illegal, then. Most had to endure suspicion and discrimination for being ‘different’; and feared verbal and physical attacks when they went out. They lived with the terror and tragedy of HIV/AIDS, and knew some ‘straights’ joked about it. The majority of older gay men in Leeds are childless and live alone. A great many have little or no family for attention or support.

How have gay people in Leeds coped with the COVID pandemic? Generally (but looking at it from an older, gay male perspective): At the beginning, we just

made sure the basics were covered. Don’t catch the virus! Can I do the shopping - and what arrangements need thinking about? Can I do what I normally do? By May, having dealt with new realities, we thought ahead: What’s the best day to go shopping? Have I enough to do and what ‘other’ things are going on? Who can I rely on, if I need it? Do I need or want ‘technology’ and what can I do about it? Into August and September, life was becoming lean; we were noticing the deficits. Is my routine ok? Am I ok? How long might this go on? What can I do about it? By the end of 2020, for many it had become: I don’t have enough to do. I don’t have the choices I had. I feel less in control of my life and sometimes powerless. “Oh, keep it together – keep a stiff upper lip!” Our age group – especially with our ‘differences’, learned to keep things to ourselves but like any repeated message, they stop being meaningful or helpful.

“At the beginning,  
we just made sure the basics  
were covered.

Don’t catch the virus!  
Can I do the shopping?”

There are four established older LGBT+ people’s groups in Leeds, which endeavour to provide interest to members (see page 35 for details). Older gay people continue to cope as best they can, according to who they are and what their circumstances are, and what is provided.

From lives across a powerful era that included excitement, activism and exuberance; culture and fashion; special delights, glimpses and atmospheres; and the great (secret) sense of belonging. For those living alone and least digitally conscious, connected or confident, life has become smaller and continues to become so. ■

# A Glimmer of Hope

Words by Ruth Steinberg

*In every issue of Shine we choose a topic that is pertinent to older people and ask an older writer to investigate. This month we focus on The Vaccine and the hope it inspires for all of us in Leeds.*

I'm a storyteller. I have enjoyed writing for Shine, and you may have seen a couple of the stories I've written. When I was asked to write something for this issue about the new Covid vaccines I knew there would be some good stories.

Sometimes it feels like we are living through one of Grimm's fairy tales. An evil spell has been cast over the world. The hero or heroine has to go on a quest to break that spell. But this is no fairy tale. This was our world in 2020. I'm writing this just as the year turns, we have said a thankful goodbye to 2020 and now look towards the future. The light is returning, and we believe that spring will come again. It's been a hard winter and a hard year. I was born in 1952, not long after World War 2. I would often wonder what it was like to live through a world war. Many of you do know what it was like to live through 6 years of fighting, without knowing the end of the story. It did end. And here we are 75 years later. Now it is 2021 and we are living through this new battle of sorts, this world-wide epidemic. To limit the spread of infection it has been necessary to have to be separate from our loved ones, friends, family, indeed anyone outside our bubble. We have to wear a mask. Things we took for granted like going to the library or popping down to the shops are now memories. We've had months and months of living in lockdown. It wasn't all over by Christmas and we don't know how long it will go on.

Around this time last year new words and phrases came into our lives. Words like Covid, coronavirus, pandemic, herd immunity, flattening the curve, shielding, lockdown. This magazine Shine was born out of challenging the isolation and loneliness that came with the government regulations. We have now lived for a year with the ever-present threat of infection. It's like being in the depths of winter with little light and cold and it seems to go on for ever. We certainly needed something that could bring

some inkling that this won't go on forever, that could break the spell. The news of the arrival of the new vaccines has done just that. There is now a glimmer of hope that there could be an end to this pandemic. We *will* meet each other again.

## ***Following The Science***

When I was born, the NHS was only 4 years old and I was lucky to benefit from it. I remember going to the "Welfare" to get our orange juice and vitamins and it was where I received my vaccinations. I was protected from many diseases that were around at the time, (measles, mumps, polio, TB) that had devastated previous generations. But I didn't really know anything about vaccines or viruses.

You may have read the story I wrote in the first edition of this magazine. It was about Len, my husband, who is 83. Among the many things about him is the fact that he is a doctor, a GP and has been working from home on the NHS 111 Corona phone line. So, I asked him to help me understand words like virus, pandemic and vaccine. Words we now hear every day.

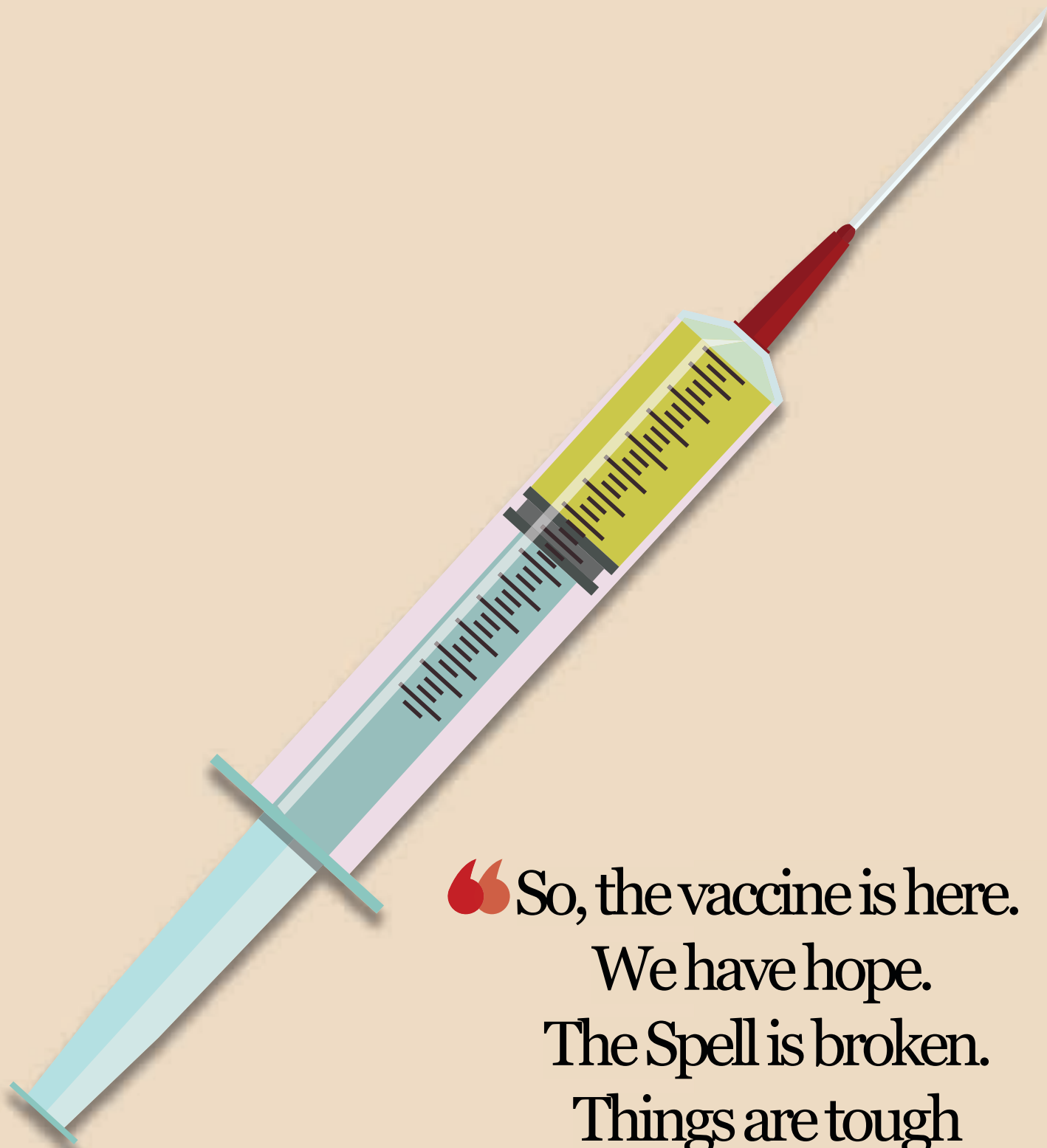
First I asked, "What is coronavirus?"

Len:

*The first thing to understand is that every cell in our body works by producing chemical compounds. They may be used to repair the cell itself or do other work in the body. For example, some of these compounds are hormones like oestrogen and testosterone. Every cell has a "genetic code" that tells it what to do: what compounds to make. The genetic code is a string of molecules that sit in a special part of the cell, the nucleus, and act as the cell's manager. Viruses are strings of molecules that get inside cells. They subvert the cell's management, so that the cell begins to produce just more viruses, instead of doing its proper work.*

*This is what the coronavirus does in the lining of our lungs. It damages the cells there. This is why people who have Covid have difficulty breathing. The damaged cells also make the patient cough and spread more virus in the air. Viruses use different tricks to get inside the cell. The coronavirus uses the projections all over its body. As though it were covered with grappling hooks that attack cells. ►*





“So, the vaccine is here.  
We have hope.  
The Spell is broken.  
Things are tough  
right now  
but 2021 has to  
be better than 2020.”

Then I asked, "What is a vaccine?"

Len:

*Floating in our blood is an amazing squad of "immune system" cells, like soldiers with special weapons to fight infections. Some are like secret agents. They can detect anything that is a foreign substance, like a virus. They attach to it a marker, an "antibody". If the foreign substance is a virus, the antibody gets in the way of the virus's attack. Also, there are other cells in the blood that look for things marked with antibodies, ingest them (eat them up) and destroy them.*

*At the same time, a message is sent to yet other cells to make antibodies and release them into the blood stream: 'Lots of antibodies needed! Hurry up!' When the coronavirus attacks, our immune cells notice the projections, the virus's grappling hooks and use that information to attack the virus. When someone gets better, it is because their body has produced so many antibodies that viruses cannot overcome them and die off.*

*To make the vaccine, scientists have identified the art of the virus's genetic code that forces the infected cell to produce the virus's projections, the grappling hooks. They then found a way to make our cells produce a lot of these harmless projections and put them out in the blood in large amounts. Our immune system recognises these projections as a foreign substance and produces masses of antibodies against them. So, if real viruses get into the blood in future, our immune system is primed to fight anything that has projections. Viruses beware!*

*So, a vaccine is a way of priming our immune system to fight an infection, and this is the way the coronavirus vaccine works. When we get the vaccine, our immune system is primed to fight the coronavirus infection with an injection that does not contain the virus and cannot make us ill. Magic.*

*A wonderful thing about the coronavirus vaccine has been how quickly it was developed. The story started with Chinese scientists discovering the virus's genetic code and letting the whole world have the result, within a couple of weeks of the first cases. Scientists all over the world started working out different strategies for killing the virus or stopping it attacking our cells. There has never been so much collaboration between different countries, laboratories, universities, hospitals and pharmaceutical firms. This is the reason why we now have several safe, effective vaccines made in record time.*

When you get a vaccine you have enough of the information your body needs to make the defences and build the immune response. It takes a few weeks for the body to build that up. So, it is important to not rush to meet people after getting your 2 injections. I also asked Len if someone has had the vaccine does that mean they can't pass on the infection. The answer unfortunately is that we don't know. It's too early to know that. And we don't know how long the immunity lasts. So, we have to carry on being careful.

There are some people who are understandably worried that maybe scientists cut corners or were too quick, and maybe the vaccine wasn't safe. But I am assured that they wouldn't have released it until they had done tests with a large number of volunteers. They work to very strong safeguards.

The spread of the Coronavirus last year was particularly cruel as the people most likely to get it were older people and people with underlying conditions. For those of us who fall into those categories it has been a particularly difficult year. There have been many losses and challenges. So, I am pleased that the roll out of the vaccine has been to our oldest people who are in their 80s, 90s, and over 100, as well as frontline medical staff. It is a welcome change that we have a society that thinks about the most vulnerable first.

### **Vaccination Stories**

The night we went for Len's first shot of the vaccine was a dark and stormy one. It was just before Christmas the wind howled and there was driving rain. We arrived at the appointed surgery and we saw queue going right round the building: 80 and 90-year-olds with their umbrellas and their hoods up. But the medical team were beautifully organised and quickly we were in, done and dusted. The atmosphere was joyous. Not a surprise with all the doom and gloom that we have been living through. A move towards normality - whatever that is!

We also heard from a number of people who were among the first to have their vaccinations.

One was Frank Cooke, the first person vaccinated in North Leeds. He is 84 with 2 grandchildren, aged 5 and 7. He was contacted by text by his surgery. "I arrived at 7.45am and got my injection at 9. It took more time than it should, what with the fuss of the TV people. The injection itself took less than a minute." When asked how he felt he said, "I feel very privileged indeed. My wife is 81 and is going for hers soon." He went on, "I can't say anything higher



than get it done. It only takes a minute, and I had no side effects whatsoever. I'm over the moon." When asked what he was looking forward to he said, "Meeting up with my grandchildren." And, "Go, go, go! Without a shadow of a doubt, go get it done. It's incredible. I can't believe I've had it. Can't wait until I get the second dose."



Frank Cooke, one of the first people in Leeds to be vaccinated

Linda Glew from Time to Shine told us about another older person she knows. Linda said "She has had her jab today and tells me it is very efficient and that she felt very safe. She was asked one odd question though. Bearing in mind that they are only vaccinating those over 80. They asked, was she pregnant? I know it is the season where we are to believe in miracles but - wow!"

From a Leeds Older People's Forum Trustee; "I go for my corona vaccination on Thursday at 9.30am. I was first invited to have the vaccine by telephone last Wednesday and accepted. Why wouldn't I? Anything to be released from the prison of all year. Thursday's vaccination will be the best Christmas present and January's will be the best birthday present. Light at the end of the tunnel? Of course there is."

### The Future

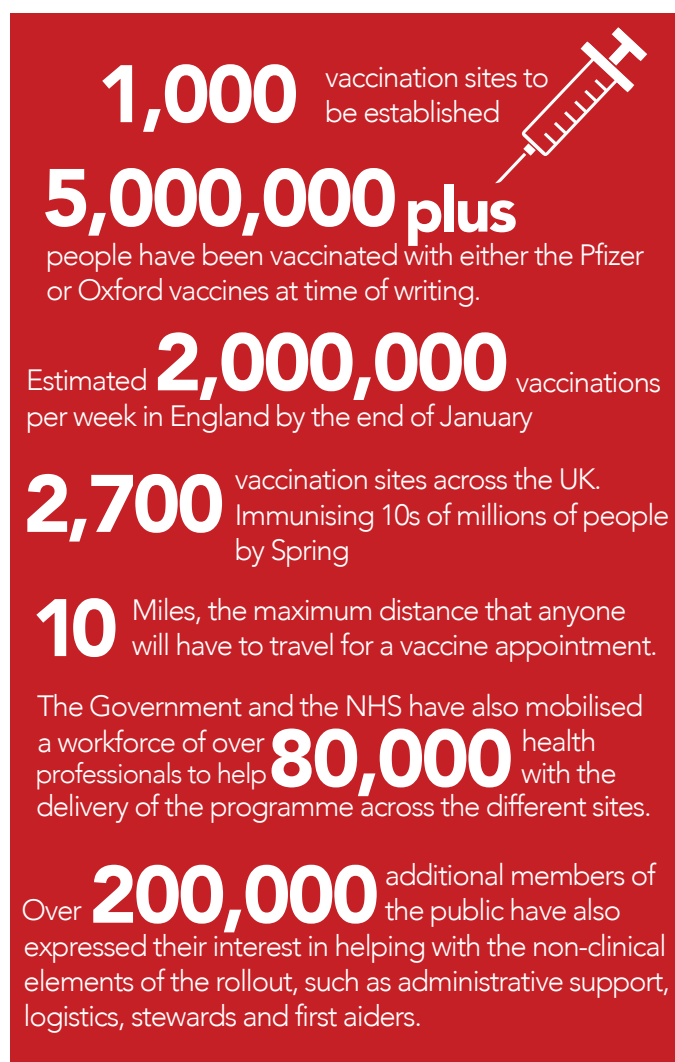
So those are some of the stories from the last year. What about the future? I wrote this in the first half of January. The plans for getting the vaccine to everyone is a mammoth task. NHS England boss Sir Simon Stevens told MPs the vaccine programme would involve two "sprints" and a "marathon".

He told the Commons Public Accounts Committee: "This is a sprint to mid-February (to vaccinate the four highest priority groups) and then it will be a sprint from mid-February through to the end of April to extend the vaccination to the rest of the higher risk groups identified by the Joint Committee on Vaccination and Immunisation. Then it will be a marathon from April through the summer into the autumn... where we are offering everybody in the country who wants it, over the age of 18 for whom the vaccines are authorised, that jab."

At least two million people will be vaccinated against Covid-19 every week, ministers have said as they set out the plans for the biggest vaccination programme in UK history.

### Hope

So, the vaccine is here. We have hope. The Spell is broken. Things are tough right now but 2021 has to be better than 2020. If you are reading this, you might have already had the vaccine. If not, you'll get yours soon. And if you're anxious or concerned, listen to the stories of friends or family members and they'll tell you how simple and quick it is. In the words of Frank Taylor: "Go, go, go!" ■





# MHA

## Community Support Project:

### *Beyond the Garden Gate*

Words: Helen Tankard

“The project was set up to build people’s confidence and help them reconnect with their local communities”

*A look behind-the-scenes at Beyond the Garden Gate, a fantastic befriending project run by MHA. The project has been funded by Time to Shine over the last three years and has helped a huge amount of isolated older people in Leeds.*









**T**he original aim of the project was to provide a befriending service to help lonely older people go “Beyond the Garden Gate”. Lots of older people are so isolated that they rarely go out; the project was set up to build people’s confidence and help them reconnect with their local communities. The befriending service is led by volunteers and the idea was to support older people for 12 weeks. The older people would be referred by the Reablement (SKiLs) services in Leeds. A volunteer would initially meet the older person to set out some personal goals. These goals might be as simple as to have a chat on the telephone; walk to the garden gate; go on a supported shopping trip; or visit a local coffee shop. The volunteer would provide short-term support for the older person to gain confidence. Hopefully the older person would start to do day-to-day activities themselves - or be linked to a community schemes for longer-term support if they needed it. The volunteer could then move on to help other older people.

### **Neighbourhood Networks**

The project initially linked with three neighbourhood network schemes based at Pudsey, Farsley and Horsforth. This was extended to the South Leeds scheme based in Beeston as the project expanded. The team was appointed, a project manager, volunteer recruitment manager, and one community support coordinator. At a later date (as the project extended) a further community coordinator joined the team.

Meetings were held with the reablement management team in the west of the city and the “Beyond the Garden Gate” referral pathway was introduced. This meant that the right people knew about the project and could refer anyone to it. At this point the Community Support team prepared our own processes to accept referrals. These included a dedicated email address and landline phone number with answering service. We also began a large recruitment drive for volunteers so we were ready to provide the support.

How did it work? The referral was sent to the CSP. They made contact with the older person directly. Sometimes we’d do a “warm handover” where one of the community coordinators met the older person alongside one of the reablement team. They’d work with the person to agree goals. Then we’d find a volunteer befriender and go from there.

We’ve now extended the project to include the

reablement team in the South and other neighbourhood nursing teams, community mental health workers and more. These referrals are received from all over the Leeds. The project acts as a “triage” system to allow easy referrals to all neighbourhood networks across the city if necessary.

As the Community Support Project draws to a close, the team and volunteers are working more directly in the MHA Communities teams so that the work with the “Beyond the Garden Gate” initiative continues to provide the support that is required.

*Jackie and Zara, who have been part of the project share their stories.*

“Initially, it was my social worker who contacted the community support project. I had recently lost my long-term partner and had been in hospital. I was living at a kind of nursing home based in Pudsey whilst I was waiting to be rehoused. I was feeling a bit lonely and worried about what might happen to me when I moved to a new house. Helen and Jane from the community support project came to see me. They told me about how they had a team of volunteers and they could get someone to come and talk to me and help me go out and about shopping and things like that. A lady called Zara came to see me at the home and she took me shopping and talked to me. She was lovely and she still supported me when I moved out to Bramley.

When I was involved with Zara, I felt very supported and she helped me a lot with my anxiety. She used to get me to write things down when things were worrying me and then we used to talk about them when we met. She really helped me get the confidence to go out and be more independent. She used to listen to me. It helped me feel less lonely and less isolated and I felt able to do more things by myself.

When I moved, I was linked to Bramley Elderly Action and a lady called Julie helped me and got me involved in things. I have been settled in my flat quite a while now. I now have a carer who helps me with my anxiety and she takes me to the shops or the bank. She tries to get me to remember my shopping list in my head as we go round the shop - I think she is trying to help retain my memory and keep me focused!

The Covid situation had restricted things a lot.



hope we can start doing more normal things soon. I would like to volunteer but it's hard for me to think about that at the moment. I have seen Jane since Covid started. She came to visit me outside to check how I was doing - she is not allowed to come in. It was great to see her as sometimes it is difficult as I haven't got a phone. I feel safe but I have found being more locked up difficult. People have mentioned about computers but I don't understand them. I would rather go to the library and read things. I just really feel that the Covid situation has knocked me back a bit but I think I will be ok when I can see more people who might be able to visit me.

**Jackie Watson**

"After searching online for a volunteering opportunity, I found some information about MHA and the befriending project they were starting. I sent an email across to Sue the volunteer recruiter who met up with me for a coffee and told me all about the project. We had a great chat about our experiences with befriending and I was happy to sign up to volunteer straight away.

I really enjoyed meeting up with Jackie each week. It was amazing to see how far she progressed, from being quite shy on our first few visits, to venturing out to look around the charity shops for an afternoon out together. We spent our first visit drawing pictures and telling each other where we were from and a little bit about where we grew up.

Jackie didn't have the confidence to go out for a walk or felt too nervous to talk to new people.

Towards the end of our visits, we were going on walks around the village, Jackie was confident enough to ask the driver for our bus tickets and would order our drinks at the café! It really brings a smile to my face knowing that I have been involved in Jackie's progress and have helped to give her confidence when meeting people and carrying out her daily tasks.

I enjoying getting to know new people and hearing their stories. Volunteering as a befriender is a great way to meet people and to me, it was a very fulfilling way to spend a Saturday afternoon! The person you're visiting becomes a friend and meeting up for a cup of tea and a catch-up becomes something to look forward to each week, from both sides. Not only do I feel a great sense of joy and fulfilment when I think about helping Jackie, this



role has also helped me understand what I would like to do in my career. I now work in a patient services role in the NHS, which was inspired by the people I met whilst volunteering with MHA. This role has really inspired me to help people, not only in my work life but in my personal life because I have seen what positive difference programmes like this can make on people's lives.

MHA has a fab team. The first person I spoke to was Sue, who was so friendly, positive and proud to be part of this project – I instantly felt like I to be part of this project – I instantly felt like I wanted to be involved! I met some other lovely volunteers at an induction day and coffee evening that the team put on for volunteers. We got together for coffee and biscuits which was a great way to meet other volunteers and hear about their experiences and what they wanted to put in and get out of the role.

I felt very supported throughout my time as a volunteer. On my first visit I was met by Jane who introduced me to Jackie and helped out. Our first visit run smoothly. Jane had lots of experiences and stories that she shared with me. She checked in with me after my first few visits to make sure everything went ok and I felt like I could contact her or Sue if ever I had any questions.

Jackie is such a lovely lady, she is very caring and I'm glad I was able to spend my time volunteering with her"

**Zara Payton**

Thanks Zara and Jackie for sharing their stories. ■

*If you want to get more information about MHA contact them at*  
**0113 271 6201**  
*or look at the website at*  
**www.mha.org.uk**

## A LIGHT IN THE DARKNESS



*In this section we like to Shine a Light on the stories of older people in Leeds. This month, Brian Sugden writes about his wife Audrey and how he coped when she was diagnosed with dementia. And Ray Rebane shares his musical memories.*



*In 2016, Brian Sugden's wife Audrey was diagnosed with dementia. Brian tells the story of their marriage and how he coped. As Brian says, even in the most difficult times he was able to find "a light in the darkness."*

**A**udrey & I met in November 1960. I was eighteen, she was nineteen - though I thought she was much younger. She certainly looked it and I was a bit bothered about being accused of cradle-snatching.

But with other blokes showing an interest (in her, not me!) I knew I had to make a move. We married on her 22nd birthday in 1963.

We had a marriage made in heaven. The usual ups-and-downs that all couples have from time to time, but a good marriage nonetheless, including two fine sons. I thank the Good Lord every day for the 56 years we had together. I love her now, a year after her death, as much as ever. I keep saying that I could search for a thousand years but wouldn't find a better wife.

Audrey was always the organiser; she was really good at it. Two stints as Churchwarden, leading several church groups & committees, and a good long spell as Church Council Secretary are evidence of that. She always controlled our finances. We didn't have much money in the early days, it all went on feeding us and paying the bills. It came as something of a surprise when, a few years ago, Audrey asked me to get involved with the finances. In case anything happened to her, she said. So, we shared the task. By now we were banking online so I would run off a sheet with the monthly income & expenditure and Audrey would check it as I called out the figures on the computer screen. After a while, Audrey started to have problems with the figures. I would have to show her where on the sheet they should go. Later, I would have to show her how to form the figures. I put this down to the fact that we were getting older and this was just a part of the aging process. Perhaps, subconsciously, I was afraid to even consider the alternative.

Months later, she had a series of mini blackouts which led to me phoning for an ambulance, despite dire threats to my wellbeing if I did so. Then a trip to hospital and the dreaded diagnosis was made. From that point, I watched this lovely, intelligent, extremely capable woman deteriorate before my eyes. Initially she hid the problem very well, though some of our friends had their suspicions. Then I found an old diary which she had used to practice signing her name. She obviously knew that something was wrong.

It was weird having to take over. The finances; the housekeeping; the washing and ironing; the cooking, cleaning and shopping. Gradually Audrey did less and I did more. Fortunately (I'm not sure how) I made contact with Carers Leeds, Crossgates Good Neighbours (XGGN), HOPE, Tea Cosy Cafe and Garforth NET who, between them, saved my sanity. The various organisations pointed me in the direction of help and provided us with social opportunities that can be enjoyed by those living with dementia and their carers.

I have found music to be a great lifter of spirits. XGGN have a Sandwich and Song session on the first Tuesday in the month. I go there and sing my heart out, a great reliever of stress. I have been fortunate in becoming friends with the musician involved who is helping me to learn to play keyboards. It's a very slow process but something which took me away from the stress of caring. We are also setting ourselves up as a musical duo. Once the plague is beaten, watch this space.

**“All I can say in this situation is: keep loving the person you're caring for. It's still them. Cultivate patience”**

That stress was lessened somewhat when Audrey moved into permanent residential care. Her decline was enormously quick. There were still stresses though: on some visits I would try to help Audrey with her meal. She wasn't feeding herself by this time and needed help. To sit there, offering her a spoonful of soup and having her stubbornly refusing to open her mouth brought back all the frustrations of caring for her at home. I'm ashamed to say that, at times like that, it was difficult to remember how much I loved her. Times like that are truly heartbreaking. Audrey had also lost all sense of balance. I had intended to take her out - especially to the Garforth NET coffee morning on Thursdays. But I couldn't do it any more. I lived in hope that she would recover some of her mobility, but I didn't hold my breath. ►

I have friends who told me of their wives beginning to live with dementia long before Audrey was diagnosed. They have not deteriorated half as quickly and, at the time of writing, they still have their wives at home. This disease is as unique as the person suffering. No two sufferers are alike.

All I can say in this situation is: keep loving the person you're caring for. It's still them. Cultivate patience - they can't help frustrating you. Seek out help, both practical and social. Some of your friends will vanish. Not everyone can cope with the change in your loved one.



Brian and Audrey on holiday in Rome.

Audrey and I met through church and have been involved for almost 60 years. However, when my prayers for her to be well and for her not to deteriorate proved fruitless, I railed at God and quit the church. Even then, something pulled me back. I don't know what but I'm glad I returned. I can't describe how differently I look at things now. I can still see the negatives but am able to concentrate on the positives (cue for a song?).

### Acceptance

The feeling I'm fighting now is guilt. Audrey is now no longer with me. I, on the other hand, am free to come and go as I please. To indulge myself in the things I enjoy, while the person I love most in the world can't. I know that it isn't my fault, I know

that this situation is not of my making. But when I sit at home after being out enjoying myself or just getting on with a normal life, I cannot convince myself of that. The sheer unfairness of the life she had for those last few years compared with mine is difficult to accept and often sours my lonely evenings at home. All my lunch clubs, involvements with the local groups, my re-involvement at church don't come anywhere near compensating for the loss of my Audrey.

The shining light in my darkness is that, because of the horror of Audrey's condition, I have met some truly wonderful people. The volunteers and staff at the organisations I've mentioned are truly amazing. They act as if you're doing them a favour by going. There really are some wonderful people in the world. With their help & that of my family & friends I will set out to enjoy the rest of my life. Audrey would not want me to do otherwise.

*Caring for Audrey prompted Brian to write poems. Below he tells us about his writing and the book he has written to raise money to find a cure for dementia.*

### What got you started on writing?

It's something I've done for a long while. It started when my son Peter came home from school with a report that said his creative writing was very good. For some reason I thought, "I can do that!" So, I bought an exercise book and started writing a story. I filled two books! I used to write bits of doggerel. If something interesting or funny happened, I'd write it down. I'm a great one for mangling mottos. I changed the saying "you can't turn a dog out on a night like this" to "you can't turn a knight out on a dog like this". That one's in the book. I went on a marketing course with the post office. I told someone about my writing, and I ended up writing an ode for each of the blokes on the course! Sometimes Cross Gates Good Neighbours ask me to write a piece for them. I wrote one in praise of the volunteers recently. I wrote a poem for the AGM last month – and sang a song too.

### How did the book come about?

I wanted to kill the disease that killed my wife – to put it crudely. The only way I could think of doing it was to make some money for research. I used to do talks about Audrey and read poems and people seemed to like them. People would come up and say, that poem was lovely. So, I thought, if people like my poems and they're prepared to pay for them, I can make some money. I dragged everything that I'd written and put it into a book. I even put in pieces



I'd written back in the 1970s. There was one I wrote after a difficult day caring for Audrey. We'd gone to bed and I was reading a book on my iPad. I just looked at her lying beside me and thought, "Well, you're here, love. But you're not here." The poem just came to me and I wrote it out. When Audrey went into Springfield (residential care) I told them about the poem and they asked for a copy. And another one too. I do entertainment with a friend of mine, John. And he asked me if I had any Valentine's poems we could sing. I said no, but I'd no sooner put the phone down and the wheels started turning in my brain and I wrote a Valentine for Audrey. The people at Springfield framed them and put them in Audrey's room.

### How do you get inspiration?

It's just a question of what strikes me. For example, I moved into a new place in October. One of the ladies I know mentioned a couple I sit with at the lunch club. I'd written a piece for their golden wedding which they printed out and framed. This lady said, "You should write one for Annie, she's 101 years-old." I got some information about Annie and I wrote her a poem for her birthday. It just depends what comes up. I've got a 20,000-word story I'm working on. I had this idea: what if I were to go down one of those alleys off Briggate and end up in

a parallel world...! I've hit a bit of a block with that one. I enjoy writing though. It's a bit like reading. I'm discovering the story as I go along.

### Did writing about Audrey help you?

I do think it helped. It was good to be able to put it down in writing. The frustrations. It got it out of my system. Caring for someone in that situation, particularly someone you love so much. You can sort of feel their loss. Audrey was such a competent person. She was the thinker, the organiser – the gaffer! To see someone so capable suddenly lose the ability to dress herself, to hold a conversation, to know she needed to go to the loo... It was just as if I were a nurse. So, writing about it did help. If people read the poems and they are caring for someone with dementia, I like to think they'd realise there is some hope. And I'd hope people would realise there is help. You know, right until the end, she knew she loved me. She was unable to walk, she was unable to talk. She lost the ability to say random words. But I knew she still loved me. ■

*You can get a copy of "Light in the Darkness" by Brian Sugden by contacting Cross Gates Good Neighbours. Drop in or call them on 0113 2606565.*



Audrey's condition deteriorated but Brian still cared for her.



# My Life in Music

*Ray Rebane is Bramley Elderly Action's occasional record reviewer. We asked him to write a piece summing up his life through the music he has enjoyed over the years.*

I was born in the Mile End District of London, within the sound of the Bow Bells. This makes me a true Cockney. My early schooling took place in Wanstead, and after leaving school I took up residence in Clacton. I enjoyed my school days as everything was provided: hot meals, clean laundry and more. When I left, I suddenly found I had to do everything for myself. I couldn't always rely on Mom. Then, to add insult to injury I had to earn a living. I spent time in Lydney (married there), Dunstable (daughter born in Luton), Eaton Socon (began working for the Government), Halifax (lived with parents-in-law) and finally moved up to Leeds in the early 90s with my family.

I developed a liking for music in the early 60s whilst at boarding school. Opinion was divided between The Beatles and The Rolling Stones; I opted for the latter. This was the group that every parent would forbid their daughter from going to see. Somehow, The Beatles were okay. At the same time, American folk singer Bob Dylan started to captivate British listeners, myself included.

My friends and I competed to buy the singles of the day. We couldn't afford LPs. It was an opportunity to brag about the new groups: The Kinks, The Animals, The Yardbirds, The Searchers. The beauty was that all these acts could be seen live on TV unlike the mimed offerings by 'Top of the Pops' of later years. Fortunately, a lot of this stuff can be found on the internet: nothing is lost if you look hard enough.

## Live Gigs

My first real concert was The Isle of Wight festival in 1969. I hitched down from Clacton, caught a tube across London, met a friend, and the both of us hitched down to Southampton. As it was getting a bit late, we bedded down in someone's garden with the intention of walking to the festival at first light. However, we were woken up by a lady, presumably the owner, with a cup of tea. We mumbled our apologies, drank our tea, and joined the throng. When we got to the venue, we threaded our way towards the stage and waited for the magic to appear. Among the artists I do remember seeing

over the two days were The Who, Richie Havens, The Pretty Things, and of course Bob Dylan. He was late appearing on stage, but the wait was worthwhile. I also attended the Weeley Festival in 1971 and saw Rod Stewart. I took my boss's daughter with me!

My first recollection of smaller gigs was down in Plymouth. As I played rugby for the college, the team was roped in to act as bouncers at a Hawkwind gig, on the promise of free drinks - whatever was going at the time! My next foray into the world of live music occurred in Derby where I met my future wife. We went to see Captain Beefheart (and his Magic Band) at Wolverhampton. Only in the early 90s did I start going to gigs again. Wasted years perhaps? We opted for the smaller venues where one can get closer to the groups and the beer was cheap. Over the years I have seen The Groundhogs, The Yardbirds, The Blues band, ELO – and loads more. I did see Noel Gallagher at Leeds Direct Arena but it did seem somewhat impersonal.



Ray taking a break after a long walk in the countryside.

### Music Memories

I associate particular pieces of music with certain experiences in my nomadic existence. 'Girl from the North Country' by Bob Dylan reminds me of my first crush on a house matron when at school. She was from Rochdale – well, it was certainly north from where I was at the time! 'I Can See for Miles' I associate with a flirtation whilst at college in Colchester. Unfortunately, I was so engrossed that I missed the last bus and had to walk 15 miles in the dark to get home. 'Gene Jeanie' by David Bowie reminds me of dancing with my girlfriend and future wife at a college disco in Derby. 'Everybody Wants to Rule the World' by Tears For Fears I associate with driving south down the M5 on the way to one of several holidays spent in North Devon.

### Reviewing Records

Recently I was at a Volunteers Meeting for those working for Bramley Elderly Action and after consuming copious amounts of wine, I sat down and discussed the success of the evening with another volunteer and the Services and Development Manager. It was suggested by the latter that I might want to write about music rather than talk about it. Months later, she contacted me, called my bluff and implied that if I didn't come good with a music review, I was never to darken the BEA doors again. Well, I was caught between a rock and a hard place, so I had to put pen to paper pretty damned quick. My first review appeared in the BEA summer newsletter. The rest, as they say, is history! ■

*You'll find Ray's Record Reviews in the BEA Newsletter. In the meantime we asked Ray to give us an insight into his musical taste with 4 "Desert Island" LPs. His mini- reviews are below:*

#### **The Spotlight Kid – Captain Beefheart**

*(released January 1972 by Reprise)*

I've always been a fan of Captain Beefheart and his Magic Band since my student days. What fascinated me most was his five octave range voice together with his avant-garde approach to his music, developed from his love of Delta blues. One could say that Captain Beefheart is an acquired taste and if that makes my taste unique, so be it!

#### **Found Love – Jimmy Reed**

*(released 1960 on the Vee Jay label)*

I've always had an interest in American Blues which originated in the deep south of America at the beginning of the 1900s. Whilst the music itself can be simply put together, one has to try to understand the 'message' behind the lyrics. If you want to relax after a stressful day, this album is for you – but don't drive at the same time. It's so laid back, it's almost horizontal.

#### **Debut Album – The Rolling Stones**

*(released in April 1964 on the Decca label)*

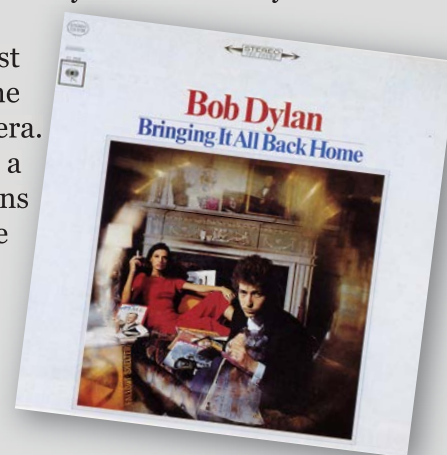
Very few debut albums capture my attention in such a way as to make me await further releases from the artist. The tracks have a distinct rhythm and blues feel about them being influenced by the music of black American artists who were starting to make an impact on the club and pub scene. This album demonstrates the group's ability to embrace a new musical style in their own way – and it works!

#### **Bringing It All Back Home – Bob Dylan**

*(released March 1965 on Columbia Records)*

With this album, Bob Dylan successfully moved from being a folk messiah to an artist completely at home with the 'electric' era. The songs explore a number of emotions from sorrow to the romantic. My favourite track 'Mr Tambourine Man' is part surreal yet captures feelings

we can all identify with. I always look out for the three guitar notes at 3:46 – sad maybe, but who cares! And some of his later stuff is even better! Some singers/bands try to change their musical output but don't always succeed – with this album, Dylan makes the transfer from folk hero to mainstream genius with ease.



*Do you have a story to tell? It could be a memory, a family tale or a story of how you've coped over the last year*  
 Send it to us at Shine  
 Email - [hello@shinealight.org.uk](mailto:hello@shinealight.org.uk)  
 Phone - 0113 244 1697  
 Post - Shine, LOPF  
 Joseph's Well,  
 Hanover Way, Leeds,  
 LS3 1AB.



**MEMORIES  
OF  
DECIMALISATION**

**Do you remember  
D Day?**  
*for Decimal*

**...it's the day we changed to  
decimal money**

*50 years ago, Britain took a decision that would change our money for good. We look back to D-Day on 15th February 1971, when the old pounds, shilling and pence were replaced by new money.*

*The changes were years in the making. The government agreed to the process in 1966 and voted to make it law in 1969. Lord Fiske was appointed to oversee decimalisation – he was appointed Chairman of the Decimal Currency Board.*

*Lord Fiske led the campaign to make people aware of the coming changes. Some of the publicity echoes the recent government campaign to make businesses aware of changes that have occurred since Britain formally left the European Union.*

**Kat Baxter** is a Curator of Archaeology at Leeds Museums and Galleries. She is preparing an exhibition around money, particularly focusing on the shift to decimalisation. Below, she explains the changes that took place. Over the page we hear from some Leeds people about how Decimalisation affected them.



**O**n Decimal Day, the 15th February 1971, the currency of the UK completely changed. For centuries people in Britain used a system of coins based on pounds, shillings and pence. There were 12 pence in a shilling and 20 shillings, or 240 pence, in a pound. There was a range of different coins, such as the crown, sixpence and halfpenny (or ha-penny). Some of the coins were known by different names too - the sixpence was a tanner and the threepence was known as a thruppence or thruppenny bit. People using this system had to work out complex arithmetic in daily life, and to those under 60 it can be difficult to imagine how everyone did it.

### **D-Day**

‘On Decimal Day (or ‘D-Day’ as it was known), the currency officially changed over and the old system became history. The new system was based on a factor of ten, where a pound was made up of 100 pennies. Many Commonwealth countries had already switched to a decimal system; it was supposed to be easier to use, particularly when dealing with trade and tourism in the modernising world. But it meant that every single person in the country had to use coins which looked different and represented new values and denominations.

As well as being a big change for people in everyday life, decimalisation was a huge undertaking for the country. The Royal Mint, who produces the UK’s coinage, had to mint hundreds of millions of new coins. A brand-new Royal Mint had to be built to meet the demand, which is located in Llantrisant in South Wales. It was also a big challenge for banks, who had to change their entire system. The Bank of England, as well as some other banks in Scotland and Northern Ireland, had to start printing new decimal banknotes.

### **Information Campaigns**

The new coins were issued gradually. The first new coins, the 5p and 10p, were released in April 1968. They were the same size as the shillings and florins, so they could easily be in circulation alongside each other. But some of the new currency was completely unfamiliar. The new 50p, released in 1969, was the world’s first seven-sided coin and replaced the ten shilling (or ‘ten bob’) banknote.

As well as running the old and new currencies alongside each other, there were also publicity and information campaigns aimed at making the transition as smooth as possible. Leaflets and posters were distributed in the years leading up to D-Day, and there were television programmes such as ►



'Decimal Five' on the BBC and 'Granny Gets the Point' on ITV. There were also songs such as Wilfrid Brambell's 'Decimal Song' and Max Bygraves' 'Decimalisation', which included the lyrics "They've made it easy for every citizen 'cos all we have to do is count from one to ten".

Although decimal currency was supposed to make life easier, not everyone was happy with the change. A passionate public campaign to "Save Our Sixpence" showed how emotionally attached many people were to the coin. The sixpence was the last of the old coins to stay in circulation, finally being withdrawn in 1980. Some people thought we were losing touch with our heritage by getting rid of the old coins. To honour this heritage, the current 12-sided £1 coin takes inspiration from the old 'thruppence', the first 12-sided coin in the UK.

*We asked some of our readers to share their memories of the historic day. Maureen Kershaw and Jane Abramson reflect on how they felt when the currency changed fifty years ago and what the changes meant for them.*

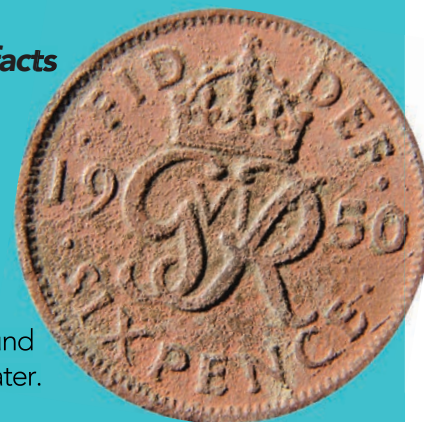
**A**t that time, I was working in the Typing Pool of 'General Accident Insurance' in Leeds. A training company was brought in to guide us through the big switchover from pounds, shillings and pence to decimalisation. It was like being at school again, but now being told to forget the 12 pence to a shilling and 240 to the pound. The new pound would have only 100 pence - confusing! We were assured it was all going to be so much easier in our calculations but even at the age of 23, I didn't want to let the side down. After the basic lesson from our tutor, it was 'back to primary school', playing shops with plastic coins - replicas of our new legal tender. I distinctly remember we girls calculating which and how many coins we would need to purchase our daily cream slices from Craven Dairies on East Parade. We knew our priorities!

Of course, it was the older generations who did worry about the changeover, even to feeling convinced they would be 'diddled' out of the correct change! For a while after decimalisation came into being, many were confused after a lifetime of old coinage and notes, with some even handing over purses or a handful of change for the shop assistant to take the correct amount. As with so many things though, everyone adapted with time and, save for perhaps a few loose coins kept as mementos, we had all moved with the times.

*Maureen Kershaw*

### Decimalisation facts

The Decimal Association was formed in 1841 to promote decimalisation and metrication. Their campaign found success 130 years later.



The last farthing was minted in 1956.

Doris Hare starred in an ITV drama called "Granny Gets the Point" to educate the public about decimalisation

Guineas are still used to this day in horse auctions.

The sixpence was finally withdrawn in 1980.

The most recent new coin to be minted was the £2 coin in 1997.

Cash was used for 58% of payments in the UK in 2010; in 2019 only 23% of transactions used cash.

'New pound', 'the noble' and 'the royal' were a few names that had been suggested for the name of the new currency

**I**n 1971 I was a graduate trainee with NatWest Bank, working at the Beckett branch on Park Row. I remember that the banks closed for two days on the Thursday and Friday, in preparation for D-Day on the Monday. We had an awful lot of big handwritten ledgers in those days. I was in the Security Department at the time so there were Safe Custody items that had been lodged for safe-keeping by the bank. And securities against loans and that sort of thing. They all had nominal values against them. We had to go through them all by hand, cross out the old pounds, shillings and pence and write in the new decimalised currency. We didn't quite finish on the Friday so we had to work Saturday morning too. It was quite a big thing, everyone was involved for a time beforehand to prepare.

I was living in Harehills at the time. I remember very clearly getting the bus into town on D-Day, for work. The bus fare wasn't that much, but I had a handful of pennies to pay. I noticed that amongst the coins was a very old, very worn Victorian Penny. The money had been around for that long. So, I gave the

driver my fare and he gave me my change, which was these amazing, gleaming new coins. It was all called “new pence” and we all calculated it back to the old money, it was hard to get your head around. A bit like when you go abroad, dealing with a new currency.

I also remember going into Lewis’s at lunchtime on D-Day. They had a café downstairs and up on a board they had all the items that were for sale, with the old money and how much it was in new pence. It was a bit ridiculous though. There was so much sentiment about it. “Oh, we don’t want to lose our old pounds, shillings and pence.” They kept the sixpence (2-and-a-half pence) and the shilling (five pence) to placate people, but they eventually phased out the sixpence. I probably had a slightly more professional attitude to it because I was an economics graduate. I wasn’t very sentimental. I could see the sense of moving forward into decimalisation. A lot of people felt much more strongly. A bit like the metric martyrs, refusing to use kilograms in the market! My husband is a numismatist (coin collector) and from their point of view the old coins such as the half-crown piece (25 new pence) were much loved. They were lovely old coins. This new money looked like toy money. I remember my late grandfather looking at one of the new 50p pieces and saying, “how can this be worth ten shillings?” The older people were more resistant. And there was a tendency for people in shops to round up to the nearest new pence.

Nowadays we barely even use cash! It’s a shame in a way. I know a couple of older people who don’t have cards. But I find it so easy. And we can transfer money using electronic payments.

I left the bank and decided I wanted to qualify as a teacher or lecturer. So, I studied for a teaching qualification and ended up at Park Lane College in Leeds. They had a big banking education section and they grabbed me with both hands! I got back coins. This new money looked like toy money. I remember my late grandfather looking at one of the new 50p pieces and saying, “how can this be worth ten shillings?” The older people were more resistant. And there was a tendency for people in shops to round up to the nearest new pence.

*Jane Abramson*

*Thanks Maureen and Jane for sharing your memories of D-Day. ■*

*The “Money Talks” exhibition at Leeds City Museum has been delayed for obvious reasons but will hopefully arrive at some point in 2021.*

*Let us know at Shine if you have any memories of the change to a decimal system in 1971.*



Lord Fiske promoting the new decimal system in 1971.





# Valiant Vitamins

*(Keeping your body healthy this winter)*

Nowadays we are advised to take vitamin supplements and eat "five a day" to stay healthy. But what was it like when we were growing up? **Maureen Kershaw** shares her memories of healthy eating and vitamins.



I still shudder when I remember the words "Eat your tripe Maureen, it'll do you good!" but tripe was a cheap meal back in the 1950s. With vitamins B3 and 12, tripe provided iron and nutrients, sometimes lacking in many people's diets.

In the 1950s and 1960s meals were often simple yet wholesome. Breakfast cereals boasted how many vitamins they contained, but did have a higher sugar content. Children though were more interested in the free toy hidden in the packet, encouraging us to buy that brand. Milk (always full cream), eggs, cheese, bread and butter all provided a good source of

calcium, with much of the bread's goodness found in the crust.

I would be told to "Eat your crusts, they'll make your hair curly"! Marmite spread on bread was loved or hated back then too, preference being given to Sunny Spread honey, jam or even chocolate spread. A milky bedtime drink, such as Ovaltine was comforting, providing extra vitamins. Do you remember the song "We are the Ovaltineys, little girls and boys"?

Primary Schools handed out a daily spoonful of cod liver oil. I've yet to come across anyone enjoying the experience. If lucky, it could be washed down with

'Welfare' orange juice. If mixed with malt it became more palatable. I loved my daily dose of Virol - delicious! Scott's Emulsion, Minadex supplement or Haliborange tablets were taken by many children to boost their immunity.

Visits to the local butcher would see the purchase of various red meats or rabbit, providing the base of tasty stews, or we could enjoy chops and liver. Red meat provided us with the B vitamins again but also a small amount of D. I only remember eating poultry at Christmas or on special occasions. Fish, particularly oily varieties, gave us essential nutrients and vitamins A and D, but however tastily served at home, no-one could resist fish and chips eaten out of newspaper. Considered a cheap meal in those days, but how times have changed!

### **Popeye the Sailorman**

Plainly cooked vegetables accompanied meats or fish but without today's selection. The humble potato was around all year, as were carrots, with the old saying passed down the generations to "Eat your carrots, they'll make you see in the dark"! Onions, swede and turnips would be added to hearty stews or soups, the root vegetables giving hungry bodies warmth and goodness. Cauliflower, cabbage and seasonal garden peas provided extra Vitamin C and iron. Spinach too was apparently encouraged with children being told "It'll make you stronger and run faster". I have to say the nearest I came to spinach was watching Popeye the Sailorman on TV. The "love-it or loathe-it" Brussels Sprout would be seen just a short time before Christmas. Their flavour and texture always benefiting from the crisp Autumnal frost.

### **Seasonal foods**

Salad, available only in Summer months, was enjoyed as much as availability allowed. How many of us grumble at there being no flavour in salad, as there used to be? We are spoilt for choice with tomatoes, although it's often said that none could beat the flavour of the 'Blackpool' ones! Today's readily available lettuce is the 'Iceberg' and arguably bland, but what happened to the sadly missed crisp 'New York' variety? A salad meal consisting of lettuce, cucumber and tomato alongside a slice of, say, boiled ham, would be accompanied by salad cream but certainly no oil dressing!

Fruits eaten in the 1950s and 60s were seasonal. I recall awaiting the arrival of strawberries each Summer. Who would have thought in years to come that we could eat strawberries all year round? Apples, bilberries and rhubarb would be served as

pies or crumbles, but our treat would be tinned Bartlett pears and Plumrose cream. I remember eating fruit yogurt when it launched in the UK in 1965, feeling very healthy reading the list of nutritional content.

I have to say I can see pretty well in the dark, but thanks to wearing glasses rather than a lifetime's abundance of carrots being eaten! My hair remains straight despite eating my crusts and as for tripe.... no thanks!

*We asked some older people what vitamins they used to take as children and what they take nowadays:*

**"My dad was a pharmacist and we never had anything but aspirin in the house. My mum lived until her 90's so there you go, it must have worked!"**

**"I had the malt on a spoon like jam or butter, not as a vitamin though just as a meal!"**

**"I remember, as a very skinny kid, my mum used to make me take a dark, thick, sticky substance.....I have no idea what it was or what it was supposed to do for me!"**

**"We had some organgey, gloopy stuff mixed with water, it was lovely"**

**"I remember the cod liver oil but I used to be sick with that"**

**"Cod liver oil every day at school on a big spoon, I think I must have been to a poor school, it was disgusting, oh and they served it a luke-warm milk too"**

**"I take turmeric and I rarely ever get a cold."**

**"I take vitamin D and B12 and glucosamine when I remember!"**





## 1 Bones

*Vitamin D is important for healthy bones, teeth and muscles.*

A lack of Vitamin D can lead to a bone deformity illness called Rickets in children, and bone pain and muscle weakness in adults, which may also increase the risk of falls in older people. There have been some reports about vitamin D reducing the risk of Coronavirus (COVID-19). But there is currently not enough evidence to support taking Vitamin D to prevent or treat Coronavirus.

## 2 Sunshine

*During colder months you need to get Vitamin D from your diet because the sun is not strong enough to help the body to make its own Vitamin D.*

Since it's difficult for people to get enough Vitamin D from food alone, everyone should consider taking a daily supplement containing 10 micrograms of Vitamin D during the Autumn and Winter. This year, the advice is more important than ever. Many of us have been indoors more than usual this spring and summer, and some people have been shielding.

## 3 Supplements

*The Government is offering free vitamin D supplements to more than 2.5 million vulnerable people across England this winter.*

All care homes will automatically receive a provision for their residents, while individuals on the clinically extremely vulnerable list will be invited to opt in for a supply to be delivered to their homes. Deliveries will be free of charge and will provide 4 months' worth of supplements to assist people through the winter months. The Department of Health and Social Care recommends a daily supplement containing 10 micrograms of Vitamin D during Autumn and Winter.

*Every month the Health Improvement Team at Leeds City Council provide some helpful information about how older people can keep well. This month they focus on Vitamin D.*

**Andrew Vaux** explains why taking Vitamin D supplements are recommended for older people and what they can do for you.

## 4 Take Extra Care

*Some people are more at risk of Vitamin D deficiency. They should take extra care with their diet and taking supplements.*

Some people are more at risk of not having enough vitamin D even in spring and summer, including those with dark skin (such as people with an African, African-Caribbean or South Asian background), those who aren't outdoors often, those in care homes, and those who cover up most of the skin when outdoors. They are advised to take a daily vitamin D supplement all year round.

## 5 Be Safe

*Make sure you read and comply with the instructions on the product label.*

Each '1-A-Day' vitamin D supplement should contain 10 micrograms ( $\mu\text{g}$ ) of vitamin D. This is the daily amount recommended for the general population by government for general health and in particular to protect bone and muscle health.

If your GP has recommended that you take a different amount of vitamin D, you should follow your GP's advice. Some people have medical conditions that mean they may not be able to safely take as much. If in any doubt, you should always consult your doctor. Do not exceed the recommended dose (1 supplement per day containing 10 micrograms ( $\mu\text{g}$ ) equivalent to 400 international units). This is a safe level of intake, designed to meet your nutritional needs. Taking more is not currently recommended.

While some medications may interact with high doses of vitamin D, there are no issues associated with the 10 microgram vitamin D supplement. They are intended to supplement the diet and should not be substituted for a varied diet.

*Contact your GP if you think you are entitled to free Vitamin D supplement and you haven't had a letter.*

## Sudoku

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

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

## Wordsearch

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

Crown   Decimal   Farthing   Guinea   Half Crown  
Penny   Pound   Shilling   Sovereign  
Thrupence

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



## Money quiz

1. Fort Knox, best known as the site of the United States Bullion Depository, is in which American state?
2. Which stock market, the second-largest exchange in the world, is located at One Liberty Plaza, New York?
3. Which industrialist and philanthropist, born in Scotland in 1835, is often regarded as one of the richest Americans ever?
4. What are the currencies of the following countries: (a)China, (b)Brazil, (c)Israel and (d)Turkey
5. Starting with the letter 'N' what is the study or collection of currency called?
6. Who said: 'It costs a lot of money to look this cheap'?
7. Where would you have seen Sir John Houblon from April 1994 to April 2014?
8. First published in 1776, name the magnum opus of the Scottish economist Adam Smith?
9. This wouldn't be a money quiz without asking how much cash do the following British slang terms represent: (a)monkey, (b)pony, and (c)score?
10. Which term for a method of payment was mentioned eleven times in Edward Bellamy's 1887 utopian novel Looking Backward?



## Word Wheel

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

Personal care

Home help

Dementia care

Live-in care

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

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

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



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

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SHINE FEBRUARY **33**



# *Do you have a story to tell?*



## ***We need your stories!***

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

### ***How to share your story***

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

### ***Contact us:***

**Phone:** 0113 244 1697

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

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

# **Shine**

**Leeds Older People's Forum:****0113 244 1697***LOPF can direct you to Neighbourhood Networks and older people's services in your area.***Leeds Coronavirus Hotline****0113 378 1877***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 so if you have Covid symptoms, want a test or are over 70 and not yet had your vaccine.***The Carers Advice Line for Leeds****0113 380 4300***If people are one of the 74,000 unpaid carers in Leeds and need some advice, help or support***100% Digital****0113 535 1170***Help with digital stuff or help to just get online***Leeds Gay Community (LGC):***Men's group. [lgc@mesmac.co.uk](mailto:lgc@mesmac.co.uk)***Sage:****[sage@mesmac.co.uk](mailto:sage@mesmac.co.uk)***Group for 50+ year old LGBT+ people***Friends of Dorothy:****[info@friendsofdorothy.org](mailto:info@friendsofdorothy.org)***Group for 50+ year old LGBT+ people***Leeds LGBT+ Women's Space:****[lgbtwomensspace@gmail.com](mailto:lgbtwomensspace@gmail.com)***Group for LGBT+ women aged 40 years or older.***Silver Pride Social:***A new WhatsApp social 'chat' group with a fast-growing membership of 50+ year old LGBT+ people.***Quiz corner solutions**

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

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

**Word wheel****4 Letters** COIN CONS ICON IONS LINO  
LION LOIN LOON SOON**5 Letters** COINS COLON ICONS LIONS  
LOINS SCION SONIC**6 Letters** COLONS**7 Letters**  
SILICON**9 Letters**  
COLLISION**Money Quiz**

1.Kentucky 2.Nasdaq 3.Andrew Carnegie 4.(a)yuan (also accept renminbi), (b)real, (c)shekel, (d)lira, 5.Numismatics 6.Dolly Parton  
 7.On a British fifty pound note (he was the first Governor of the Bank of England from 1694 to 1697) 8.The Wealth of the Nations  
 9. (a)£500, (b)£25, and (c)£20 10. Credit Card



# Help us help you get the treatment you need.

If you need medical help you should still contact your GP practice, use NHS 111 online or call 111.

If you are told to go to hospital it is important that you go to hospital.

**We'll give you the care you need.**

