

The magazine for older people in Leeds

# Shine

September 2021

## LIVING WITH DEMENTIA

We meet people who live well with the syndrome.

### PERSONAL STORIES

## Making it Up

We go behind the scenes to meet a professional make-up artist.

### MEMORIES OF LEEDS

## Medical Memories

We visit Thackray Museum of Medicine and uncover stories of healthcare.

### IN CONVERSATION

## MARCHING OUT TOGETHER

Mick Ward on how football has changed over the years.

### ON YOUR DOORSTEP

David Smith on ukuleles, gardens and why Cross Gates is great.

### HEALTH & WELLBEING

## BEAT THE SCAMMERS!

PLUS!

Advice, quizzes and more!



COMMUNITY FUND

If you get **Pension Credit**, you may get other help too, like with housing costs, council tax or heating bills.



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



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



**A**s we move into Autumn we see more and more organisations start to return to some face-to-face work. We've also seen Leeds hold its first ever Age Proud Festival. Hopefully by the time you read this you will have taken part in the huge array of activities that the festival highlighted. The festival has been a two-week window on

to all of the great things that happen across Leeds all year round. It has been a very tough 18 months and we really hope that people are starting to feel more confident about getting back out into the world. Covid certainly hasn't gone away, but hopefully we are now better equipped to live with it.

This month we focus on dementia. We talk to people who are living with dementia, their partners and professionals who work with older people's mental health services. It is an insightful piece that asks us to rethink our perception of people living with dementia and bring the disease out in the open. We also highlight the great work of Carers Leeds. Being a carer can be a very isolating and lonely experience and the Carers' Connection project provides 1:1 support from one of their team of volunteers.

There are plenty of fascinating stories too. We speak to Mick Ward, the recently retired head of Adult Health and Social Care in Leeds. Mick talks about his lifelong fight for equality and especially about the fight against homophobia in football. Mally tells us about her career as a mental health nurse and what life for mental health patients was like in our hospitals. Tina highlights the importance of having somewhere to sit in the community and the benefit of "friendly" benches. Christine tells us about her career as a make-up artist for Yorkshire television; Keranjeet shares her story of her childhood in Africa; and David talks about why Cross Gates is important to him. There are plenty of diverse and interesting stories in our Medical Memories section, which focusses on the NHS and celebrates the re-opening of Thackray Museum of Medicine.

This month brings a new feature from a new sponsor. The Home Group will deliver a feature that focuses on the importance of home. This feature has the stories from some of the residents of sheltered housing and how much they enjoy living independently but still surrounded by support and friendship.

Until next month, enjoy the last of the summer and the early days of autumn and continue to stay safe and well.

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

## Shine

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

Send your story ideas to us in the following ways:

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

# Keeping Well at Home

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



## Resources include:

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

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

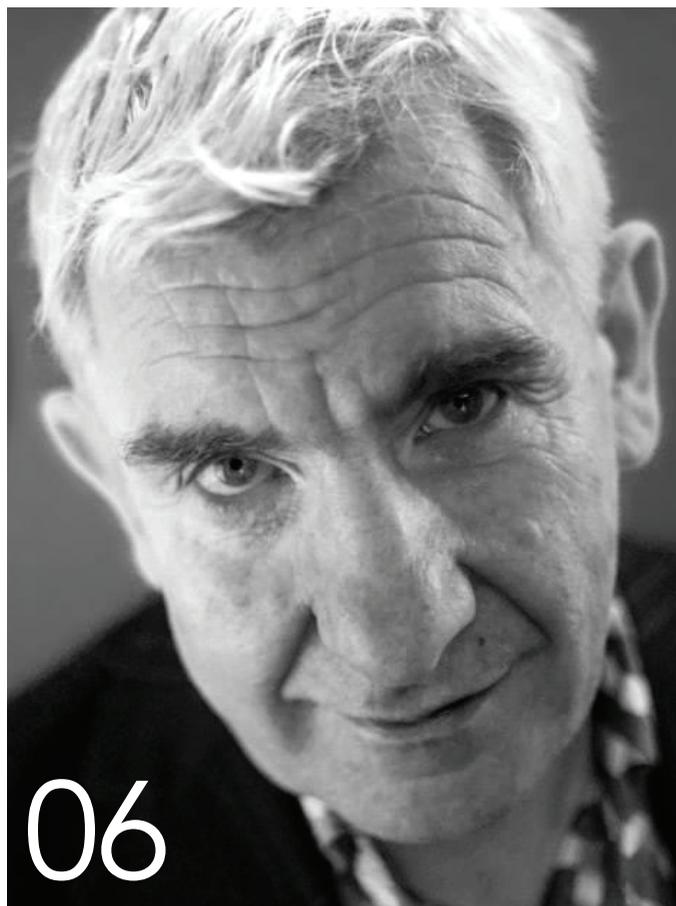
Phone **0113 3783680**

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

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

**ACTIVE**  
LEEDS  
*for health*

**WE ARE  
UNDEFEATABLE**



06

- 06 In Conversation** *We talk to retired head of Adult Social Care Mick Ward about his passion to make football more inclusive to LGBT+ people.*
- 10 Columns** *How working in the world of mental health has changed; and Leeds has many beautiful places – but why is there often nowhere to sit?*
- 12 In Focus** *What is it like to live with dementia? What needs to change in society? And how have people coped over the last 18 months?*
- 16 My Time to Shine** *A look behind the scenes at Carers Leeds, who offer support and friendship to people who spend their life caring for friends, partners or relatives.*
- 20 Shine a Light Stories** *Stories Christine tells us about her life making up the stars – and appearing onstage herself. Keran looks back to a childhood in Africa and Beeston.*



Making It Up

20



26

- 26 Memories of Leeds** *We visit the newly refurbished Thackray Museum of Medicine and take a look back at how healthcare has changed over the years.*
- 30 On your doorstep** *We meet David Smith who tells us about ukuleles, gardens and why Cross Gates is a great place to live.*
- 34 Health & wellbeing** *Beat the Scammers! Judith tells us her personal story of being scammed by a Covid Test company; and we get the latest information about how to avoid similar NHS scams.*
- 37 Quiz Corner** *Keep your brain active – sponsored by Home Instead Senior Care.*

*Every month we talk to an inspiring or interesting older person and delve a bit deeper into what makes them tick. Sometimes a Leeds person, sometimes someone fascinating from further afield. This month Mick Ward tells us about a new campaign.*



*Illustration by Boris Cruse*

**M**ick Ward worked in social care for 42 years. He started his career as a care assistant, helping disabled people with day-to-day tasks. He ended up as Deputy Director of Adults and Health at Leeds City Council. Mick had responsibility for commissioning a wide range of health and care services in the city – and he was one of the team responsible for securing the original funding for Time to Shine. “I was there at the start!” he says.

Mick retired in 2020 and spends his time working for different causes. One of the projects he’s passionate about is Marching Out Together, which aims to make football more friendly for people who are LGBT+ (Lesbian, Gay, Bisexual or Transgender). Mick has been a fan of Leeds United since the mid-1960s and is keen to change the air of “aggressive machismo” that surrounds the game.

Mick is known for his immaculate suits, natty scooter and his commitment to fairness. “For me, it’s all about equality,” he says. We meet Mick in his garden to talk about football, retirement, LGBT+ issues, being an ally, how Leeds has changed over the years - and much more.

“The first group of 6 of us met just before the game in a bar near the ground and it’s gone from there.”

***Tell us about Marching Out Together.***

It was started about 3 years ago by a couple of gay men who wanted to make Elland Road more inclusive to LGBT+ people. Just at the start of the season they put out a call for people to get involved and I responded for two reasons. One is that I’m a very big Leeds fan. I love Leeds United, I’m a season ticket holder. The other is that I’ve always been supportive of equality stuff. The first group of 6 of us met just before the game in a bar near the ground and it’s gone from there. We’ve got around 200 members now. The first aim (and the main one) is about Leeds United being as inclusive as possible. The second is about being a social group for LGBT+ fans. The third is about campaigning on LGBT+ issues relating to football.

***Why might a gay person feel uncomfortable at a football ground?***

They’re incredibly machismo-filled, aggressive places. Although the world has moved on with regard to LGBT+ issues, it is still an issue. In football, everything goes to the Nth degree – whether it be sexism, racism, homophobia. It’s a very macho environment. There’s not a single “out” gay male footballer in Europe! The very few who are out are all retired. Robbie Rogers, who played for Leeds, came out when he went to ►

“If you’re doing anything  
in life you should be  
striving for equality”

America. It's about the mocking from the crowd – and sometimes downright hostility. For me, we do it because it's a difficult area. It's tough. But when you do make some progress, the reach is incredible. I did an interview about this just before a game and it was watched by 2.4 million people. It was live on Sky! The profile of football is huge. One of our big successes is having the Marching Out Together flag at the ground. It's a rainbow flag that sits under the scoreboard. So it's not just the 32,000 people at Elland Road who see it. Every time Leeds are on TV there are lots of shots of goal celebrations and people see the flag. That's international: some gay kid in Kuwait or Russia will see that. Visibility is a big thing.

### ***How has football changed? When did you start going to matches?***

1964 was the first game I went to. There are some things that haven't changed at all – and others that have changed a lot. The main one is about just being able to turn up to a game. When Elland Road would take 40 – 50,000 people, you all just crammed in. There were very few season tickets. It was nearly all men in those days. The whole disconnect between the club and the community that's happened. When I used to go, you would literally see the players in the fish shop opposite Elland Road. Don Revie had a nice house, but it was only on Alwoodley Lane. Eddie Gray went to the same church as my mate. They weren't all living miles away. Clubs were much more equal. Clubs that won the league would change far more regularly. You'd have teams that dominated an era – Liverpool, Leeds United (whispers), Man United. But you would see Nottingham Forest, Derby – others. Obviously, there was less money in the game. It was very English – and Scottish. If you had a foreign player, it was quite a thing.

### ***But Leeds had quite a bad reputation, didn't they?***

Dirty Leeds. What football fans always do is embrace the negativity around them and own it. When we were promoted 2 years ago, one of the first things that went on sale, made by Leeds fans, was a "Leeds Scum are Back!" T-Shirt. This relates to the last time Leeds got promoted, that was the headline in the Sun, after the fighting at Bournemouth. Leeds has historically been a violent city. It was a racist city – but also there was a big fightback against that too – in the 70s and 80s. Both the Club and through campaigning groups. Literally challenging National Front guys outside the ground. I remember chatting to a Londoner once. This was when the time David Peace TV series was on [Red Riding]. Leeds looked so dirty, so grimy. She said, "Is it really like that?" I said, "Yeah, it's like a documentary." But, in all seriousness, it was more edgy. I stopped going to the ground in the 1980s.

Partly because Leeds were a bit rubbish, but mostly because I had a baby – that really slows you down a bit. But also because there was that edge to it. That new laddish racist-type stuff. You'd go to an away game and you'd be embarrassed by your own fans. I started coming back once my son had grown up because he liked going to the games. But it was still a bit edgy then.

### ***How do you distinguish friendly banter from abuse?***

We were just talking about this. The first home game of the season was on Sunday. We did a training session for the stewards – they have to manage the insanity at a match. Not an easy role. Very very drunk, often angry men. There are a few homophobic things you come across. Chanting - when Leeds play Brighton there are some chants: "Does your boyfriend know you're here?" Not the most abusive, compared to 20 years ago. But still. The big one is homophobic comments, even to your own players: "Get up, you poof!" That sort of thing. Potentially there's downright aggressive and abusive behaviour. Most people are "out" to people sat amongst them, but you'd think twice about holding hands. But there is something about banter. Maybe when it's witty, it seems ok? You can't underestimate the level of swearing. It's very extreme. The root is that it's negative to be gay – and it makes people feel uncomfortable, so you do have to challenge it. We have said to the club that if someone had been banned, we would meet them to do some reconciliation instead.

### ***How are things particularly different for older gay people?***

It is different for older gay people. A lot of people were around when it was illegal. I remember when the gay club in Leeds was called Charlie's. You'd go up these stairs and they'd open a hatch to decide if they wanted to let you in. One of the only gay pubs was the New Penny – it had all the windows blacked out. There was no way you'd see gay men on the street. It was very different back then.

### ***Earlier you described yourself as an ally. What does that mean?***

I am a white, straight, able-bodied man. My fundamental core belief has been about equality. If you're doing anything in life you should be striving for equality. And I just put my energy into different things that do that. I have dabbled, I suppose, but I've lived with my partner Gill for 30 odd years. Life is more complex. It's fluid. Now the world is a bit more confusing, a bit more grey – and I like that. The running joke in Marching Out Together is that I'm

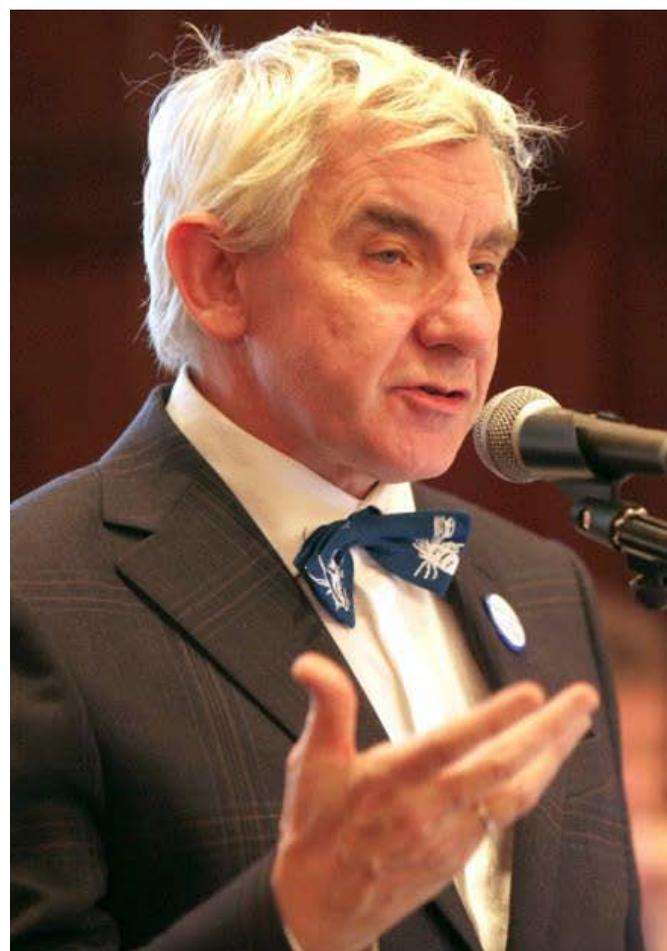
the campest one in the group by a long long way!

***You stood down as head of Adult Social Care last year. How do you feel about retiring?***

I was loving my work, but I wanted to go out at the top of my game. Selfish, I know, but I did. I always thought, “Fawlty Towers, 12 great episodes and out.” I just thought I might start to plateau. Also I thought, “Go before you mess something up.” You can do that in any job, but I was in the sort of job where that could happen badly. The other thing was I didn’t want to retire and die within a year. I’ve known people that’s happened to. I did end up staying a bit longer because of Covid. I’d never fully thought out what it would mean to be retired. I suppose Gill, my partner, is better at self-organising, going to things etc. I’m more like, “Whatever!” But I wanted to do 3 things. I knew I wanted to do a little bit of work. I’ve been doing some work around community development. I knew I’d do some voluntary work. I’m a trustee at PAFRAS (Positive Action For Refugees and Asylum Seekers). For my retirement do I did a crowd-funder for PAFRAS and people were very generous. But really the plan was to do loads of holidays. But reality had other ideas! Luckily, I’ve not been ill with Covid. Like everyone I’ve been doing a lot of walking. But what isn’t the same as other people is that most of that has been around the Industrial Estates of Leeds. Cross Green, Seacroft, Rothwell. I love a bit of light industry.

***You were around at the very start of Time to Shine, weren’t you?***

The notion that people’s lives should be dominated by health and social care is a nonsense. Although my responsibility was in health and care I thought, “What can I do in the bigger world”. We tried to put a lot of energy and resource into the promotion of health - and living an active life in older life. The biggest success was in loneliness. Neighbourhood Networks already existed – other people had done the work on setting them up - but they weren’t across the city and they were only funded for a year or two at a time. A few of us began to realise how we could put a lot of focus and investment into that. You can use stories and older people can identify what needs to change to make things better – and do it themselves. When it became clear that there was a big pot of money available from the Government through the Lottery fund it seemed clear that Leeds would be the best place to host it. It would be taken seriously in Leeds: it wouldn’t just be a stand-alone project - it would influence other things. My contribution, as well as helping to write the original Time to Shine bid, was to make sure that happened. Time to Shine went way beyond anything I’d ever conceived of!



***For you personally, what’s the best thing about getting older?***

You’ve got more experience and knowledge, which is great - as long as you can still respond to new things.

***What are you planning for Marching Out Together?***

We’re doing a mural. I love football and I love art. There’s been a splurge of murals in Leeds. The Bielsa one in Hyde Park, the Calvin Phillips one in town. I thought it would be great to have a Marching Out Together one. East St Arts said they had a site on the side of Patrick Studios. And I got a grant from Leeds Inspired. We’ve got the artist – Jake Gilliard. We don’t know what the image will be yet. We did a session with LGBT+ fans and what is clearly coming out is the theme of togetherness and solidarity through sport. There’s something about being a fan and something special about going to a game. It starts when you get near to the ground. Walking to Elland Road. Or parking and getting a burger. The pre-match drinks, the atmosphere. It is like nothing else. It’s pure theatre. So the mural will hopefully reflect that.■

For more information about Marching Out Together see [www.marchingouttogether.co.uk](http://www.marchingouttogether.co.uk)

# Somewhere to Sit

*Every month a member of the Age Friendly Steering Group writes a piece about an issue that is important to them. This month **Tina Frost** explains how many amazing green spaces there are in Leeds. So much of the city is accessible to older people – but is there somewhere to sit when we get there? Illustration by Paul Atkinson*

**I**n the last 18 months, I have walked more locally and made many discoveries that have given great pleasure and good memories. Parks and buildings I never knew existed; the history of Leeds and its people that I was unaware of. I know I am lucky in being able to walk some distance, but there are ways that one can do this sort of exploring in little bits - or from one's chair if one is shown how. I was in hospital a while ago (after a serious accident) and I realised that retracing in my mind the good places I had visited in the past helped bring me back to health. It really works - try it!

There are things on the internet that will introduce you to all sorts of fascinating details about your area. There's a project called 365 Leeds Stories that made me and my family get out and walk the area where we have lived for 40 years. We learnt so much! I see it now with very different eyes and am much more aware of the architecture and how people lived. I knew about the bear pit on Cardigan Road, but apparently what was intended was an amazing zoological pleasure garden. The stories recounted by local people have really made the area live again for me. Just type in where you live and you could find out something that will amaze you. Go to [www.365leedsstories.org](http://www.365leedsstories.org)

Other information is available in the Yorkshire Post, in books or at our many libraries. I've noticed many leaflets produced locally, often to be found attached to fences. I recently found the Cragg Hill and Woodside Circular Walk leaflet at the beginning of an alleyway and learnt all sorts about the area. Another leaflet gave me more information about Hunger Hill in Horsforth. I had thought its name was due to lack of food but found that it was named after the old English

/Norse word for a wooded slope (Hangra).

If you're in Horsforth, don't miss Hall Park; the walled Japanese garden is sensational. A real treat for all the senses. And why not sit on the chatty bench in the middle of the park and get to know someone else? Leeds has been providing benches in local areas - not just to encourage us to shop, but also to help us chat to others. The Friendship Bench that began 30 years ago in Zimbabwe is now being copied worldwide. These benches give a chance for all age groups to sit and exchange views and get to know each other. This greatly improves mental health and stability in the community. More benches are planned in other areas. There is a lovely one in the park at the top of the hill in Guiseley that has been proudly decorated by the local people who meet there. It's worth a visit.

So many people find benches important. Having pleasant places to rest help make everywhere in the city Age Friendly. Did you know that the new landlords of Bramley Shopping Centre have removed their original benches, apparently "to improve congestion"?

This has meant so much to local people (of all ages) that they have formed a 'Place to Sit' campaign, where they all take their own seating at arranged times. Their slogan: "We Won't Stand For Nowhere To Sit". Brilliant!

Seating is essential for young families and groups of all ages. Benches are so important for physical and mental wellbeing. Take note city planners! We all need benches and proper toilet facilities, especially at stations. It's great that so much of Leeds is accessible to older people – but don't forget to give us somewhere to sit! ■



# A Cinderella Service

*Mally Harvey worked with people with mental health issues for many years. Now retired, she looks back at her experiences and frustrations working in what is often seen as a “Cinderella” health service.*

**S**ome would say I had a chaotic childhood. I was a “forces child”; I lived in troubled parts of the world and attended 11 schools. I may not have learned much algebra or physics, but I learned about the diversity of humanity and to be tolerant and accepting. Maybe it was inevitable that I would train as a ‘nutcase nurse’. This was the derogatory name I was given after I became a Registered Mental Nurse.

Back then, large psychiatric hospitals were then referred to as ‘Looney Bins’ or just ‘Bins’. They had been a repository for the flotsam and jetsam of society for many years, as well as housing people with serious and enduring mental illnesses like schizophrenia and bipolar disorder. Some patients had been in the hospitals for many years. I remember Gerty who had spent 75 years in the hospital - she died there aged 101.

The hospitals themselves were not the dreadful places of old. It was a more enlightened time in the 1960s. The hospitals were communities with many facilities like weekly cinema, TVs, outings, sports days, dances, concerts and fairs. The Occupational Therapy department offered all sorts of crafts and patients worked on the farm, in the carpenter’s shop, the gardens, or the laundry. The canteen for patients and visitors offered a place to meet and sold teas, coffees, confectionary and cigarettes. Cigarettes were a currency - I remember one patient, Dolly, who earned herself a few fags by “obliging” the male residents.

Treatments were becoming more enlightened: less over-sedation and fewer side-effects. Talking therapies began - counselling and Cognitive Behavioural Therapy (CBT). Community Care arrived at great fanfare - but it was implemented with little planning, was completely underfunded, inadequately resourced and rushed through. Many patients were simply not ready for independent living and some, after decades of institutionalisation, never would be. They were ill-equipped to deal with modern society and daily living. Many became homeless, alcoholic, or acutely ill. Some would return to the derelict

hospitals, to their “home”, searching for the safety of a life no longer available to them. We failed them.

I left in 1971 to have a family. I taught for 10 years in a further education college, before returning to mental health. The whole management of people with mental health problems had changed. I worked in a clinic treating people in their own homes and I had become a Community Mental Health Nurse (CMHN). We carried caseloads of 30 - 40 patients, with a vast range of illnesses. I felt completely overwhelmed, out of my depth and ill-equipped to deal with the breadth of my caseload. I didn’t feel competent to give my patients a good service and it took me several years of pestering to go on a degree course to specialize in CBT. I loved the course but had to return to an old-school boss who ran the team as his own private fiefdom. He was adamant that there was no need for supervision (he could apparently tell us everything we needed to know) and this inevitably led to confrontation.

My last years in practice were difficult. I was fighting against ignorance and the “Old Boys Network”. New strategies limited the amount of time we could offer patients, regardless of complexities. It was demoralising. New computer systems required data about time spent with patients - who had suddenly become ‘clients’. It was difficult and time-consuming. It took practitioners away from patient care.

I had so much respect for my patients, who were struggling to overcome mental health problems as well as coping with everyday living demands. I felt I had let them down. I would like to think the situation had improved since my retirement but stressed-out colleagues in the service refute this. Mental health is still the Cinderella service and effective training for staff, resources and time for people are still lacking. It’s clear that the pandemic has affected everyone’s mental health. Will we see an epidemic of psychiatric problems in the future? Whatever happens, we need to be aware that services aren’t always going to be able to cope with demand. It’s more important than ever to think about mental health – and look after the people we know who are suffering. ■

# Living with dementia

*What is it like to live with dementia? Is it possible to have a good life? How should society change to make things better? And how have people with the syndrome coped over the last 18 months?*

**E**arlier this year, Anthony Hopkins (aged 83) accepted the Academy Award for his role in *The Father*. In the film, Hopkins plays a man living with dementia. His character says in the film, “I feel like I’m losing all my leaves.” Critics praised *The Father* for its depiction of how the syndrome can affect someone. But is it realistic? Is it helpful for films and TV to show people living with dementia in such a way?

## **Challenging experiences**

Most of us will know someone with dementia. Over 8500 of people in Leeds are living with the syndrome. All of us probably know that dementia is about memory loss, but it’s not just that. It can affect how we speak, think, feel and act. Many older people living with dementia have had difficult or challenging experiences when out and about; others feel judged by other people. Many of us will have seen stickers in cafes and shops claiming their venues are “dementia friendly”. This means that staff have learned about the syndrome and how people with dementia might behave. It’s a welcome initiative. Do look out for the yellow and blue flower logo (it’s of a forget-me-not. Neat!) But there’s plenty more to do – especially after the pandemic has affected all health and social care services over the last 18 months.

## **Perceptions**

We may have an image in our minds about what someone with dementia looks like and how they behave. But the reality is often very different. Shine met with a group of people living with dementia to find out more about how they live and what they think needs to change in society.

The Up and Go Group is made up of people in Leeds living with dementia and their partners. The idea is to work together to help make Leeds a more dementia friendly city. They talk about all sorts of issues that are important to people with dementia – issues like public transport and how arts events can be made accessible.

Up and Go is part of the Dementia Engagement and Empowerment Project (DEEP), which is a national network of groups of people living with dementia. The group is supported by Leeds Playhouse and Leeds Older People’s Forum.

We meet the group to talk to them about their experiences of dementia. They start by talking about how beneficial it is to be part of the group. Lyn tells us about how important it is “that we are listened to.” Lyn cares for her husband Mick, who has a dementia diagnosis. Lyn lists other benefits: “Friendship, communication, knowledge – and knowing we can contribute our thoughts and feelings.”

Warren has dementia and he agrees with Lyn: “It’s a very friendly group. Nicky and Sarah are always very helpful. They listen to members of the group if they have any problems or concerns.” Nicky Taylor is from Leeds Playhouse and Sarah Prescott is from Leeds Older People’s Forum. They work together to make sure the group runs smoothly. In recent months, the group has had to meet on Zoom as opposed to in person. “Nicky and Sarah put a lot into the group,” says Warren. “Sometimes they go above and beyond. I can’t praise the group highly enough.”

Rosa lives with dementia too and she is similarly effusive. “We all get on well together,” she says. “The group is absolutely brilliant. So many different topics that we talk about.” It’s clear that many people with dementia relish the chance to meet others and share ideas about how to improve things for themselves and others. There’s a real benefit in talking to others with a similar diagnosis. “It helps to reduce isolation,” says Warren. “You’re not on your own, there are other people in the same predicament as yourself.” There are other benefits too, according to Valerie - another member who lives with dementia. “It makes you aware of all the help that’s available,” she says. “Also, how to deal with it.

The group are clearly passionate about making a change. They all agree that things do need to change in society to improve life for people with dementia. A lot of the problem is the perception of dementia amongst people who don’t have it. Valerie is adamant that the general public don’t know enough about people with dementia. Things have changed over the years. “People with dementia would have been set apart in previous generations,” says Valerie.” ▶



“Most of us will know  
someone with dementia  
Over 8500 of people in Leeds  
are living with the syndrome.”

But even now, public consciousness about dementia isn't very good. "We can't expect people to make allowances for us if they don't know there's something different about us," she says. "Knowing how to cope with these things when they come up."

### Attitudes

People's attitudes are key. "Someone described it to me recently," says Valerie. "I said that I'd got dementia and they didn't know you could be normal! We are people. The reaction you get when you say you have dementia – you can see people thinking that's the end of a normal conversation."

Rosa believes that one of the things that people need to understand is that "everyone's dementia is different; it progresses at different times." Everyone who gets a diagnosis of dementia will have a unique experience. "I find that often people know someone else who has got dementia," continues Rosa. If you act differently to the person they know, they might say, 'Oh, you haven't got it because they can't do this - and you can.' That's got to change."

Valerie has a unique perspective on the issue; she looked after her mother, who also had dementia. "I thought it would be helpful, having seen her go through it," says Valerie. "But it's a bit detrimental really. I now know how I should have helped her more. I'm thinking all the time, 'If only I'd done that with Mum'. But you can't. There are always ifs and buts. When you've watched someone go through it all, nothing's new. There are variations. It's not the same, you having it as them."

### Changing perceptions

How might the public's view of dementia be changed? Warren has an answer: "I think there needs to be more information for the public to be made more aware. A one-page leaflet, just giving the basic information about dementia and how it can affect people. The leaflet could go into public buildings – libraries and community centres – so as many people as possible will see it. It might help people get a better understanding of dementia. A high proportion of the population just don't know what dementia is, or they have minimal information. A leaflet would help. Or someone with dementia could go on Radio Leeds and talk about how it affects them." Mick and Lyn agree. "Definitely more education," says Lyn. "Until Mick got diagnosed, we didn't think about dementia. People don't really talk about it. It's not spoken about as much as it should be. I suppose it's like cancer. Nobody used to speak about cancer. Now everyone does, nobody's afraid to say it. We have to learn to say it and not be afraid of it."

As Lyn says, often it's just about saying the word 'dementia' and not hiding under euphemisms. Valerie shares a story about when she was matter-of-fact and honest: "I came out of church on Sunday and realised I wasn't hearing very well. I thought I'd lost my hearing aid. People were helping me, all looking for it. But I'd said 'earring' instead of 'hearing aid'. I'd mixed the words up. And all these people had been looking. I said, 'I'm sorry, it's just the dementia.' I think if we can bring the word into normal life, it might be more accepted."

### Lockdowns

After talking to some people living with dementia, we thought it would be useful to talk to a professional. Dr Sharon Nightingale is a consultant psychiatrist who works with older people with mental health issues in the north of Leeds. We asked her initially about how the pandemic has affected the people she works with:

*Covid lockdowns have been particularly hard for people who are suffering with difficulties with memory, whether it's diagnosed as dementia or not. Forgetfulness is a real battle if people change their routine. One of the lovely ways to keep living well with dementia is to have a really good structure and social input – this might be with family, with friends, it might be your day-to-day routine. Going out for lunch once a week, maybe. With lockdown, that really impacted on older people with memory problems. It meant the cues that might help them orient themselves or enable them to get through the day – they were just shut down.*

*In Leeds – and nationally – it meant that early diagnosis was either stopped or massively delayed. It just wasn't worth the risk that the person might get Covid. Since people have been double-jabbed that diagnosis has got a lot better. We are trying to get back to giving people an early diagnosis. The reason to focus on early diagnosis is to maximise their wellbeing, to help with social structure, so the person can take more control of their health.*

*It's not just those patients who haven't had that early diagnosis, it's about those family members who've had to hold it all together. There has been a lot of stress for carers – and people who wouldn't even see themselves as carers. Often it's husbands or wives that have been married for 50 years. They notice their loved one getting a bit forgetful – then 18 months later it's made a massive impact on their lives and how they reintegrate back into the world. People need even more support – and this is at a time where there is less social resource out there. Day centres aren't yet at full capacity, a lot of luncheon*

*clubs are closed, people are struggling to provide structured social activities. It's a real battle to get back to how we were. We were doing so well in recognising how important it is to break down the stigma about dementia, get a diagnosis really early, then get support for both the patient and their loved ones. We're still fighting to kind of get back on top of it. If you can get in there early and get all that support or the patient and family, people can often live well with dementia for a long time.*

It's clear that Sharon believes that early diagnosis is key to helping people live better lives. She was also keen to stress that dementia isn't just about your memory going.

*There are behavioural and psychological symptoms of dementia, which are things like your emotional wellbeing, your sleep cycle, your motivation, your agitation or irritability. These are all up and down. 98% of people will get some kind of behavioural and psychological symptoms. But the best treatment is never drugs and doctors. It's always about structure and social stuff. One of the best things for agitation and apathy is being able to go out for a walk. Interacting with loved ones, doing activities, singing – or even something as simple as going to the park. This can have a massive impact.*

### **Acceptance**

The last 18 months have been difficult for people with memory issues. But as we go forward, Sharon has a clear message to older people who might be concerned about their own memory, or that of a loved one.

*Please come to your GP and talk to them! We want to get as many people diagnosed as need it, so we can make sure they get the right support to deal with the symptoms. You don't physically have to go to a GP surgery if that feels uncomfortable. Most places will now have a way you can talk to people over video call.*

Though dementia is a serious disease, many people living with it are capable, fulfilled individuals. The Up and Go group agree with Sharon. "I think if we can bring the word into normal life, it might be more accepted," says Valerie. "You are a bit set apart because you are different to other people. It's just a matter of saying, 'Yeah, this is me. Deal with it' We've got dementia – but we're still us." People with dementia can live happy, busy lives: they are human beings! Mick has the final word: "It is what it is. I just cope with it the best way I can. As long as the football and cricket keep going, I'm fine!" ■

## POSITIVE PROJECTS



6 brilliant projects in Leeds for people living with dementia

### ● **Memory Cafes**

The cafes are monthly gatherings for people living with dementia and the carers to reminisce, make friends and have a good time in a welcoming and relaxing atmosphere. There are over 50 cafes in Leeds!

Phone Leeds Older People's Forum to find one near you: 0113 2441697

### ● **The Unfurlings: Banners for Hope and Change**

An exhibition at Thackray Museum of Medicine (see page 26) displaying banners made by people with dementia.

Until 30 November

### ● **Dementia Friendly Leeds**

A campaign to raise awareness of dementia and make services more accessible. The campaign encourages organisations and business to get training and become "dementia friendly"

[www.timetoshineleeds.org](http://www.timetoshineleeds.org)

### ● **Memory Bank**

A series of DVD resource packs made by Yorkshire Film Archive for use in reminiscence and life story work with older people. Each themed pack comprises archive films from the collection – schooldays, holidays working life – and more. 01904 876550 [www.yfanefa.com/memory\\_bank](http://www.yfanefa.com/memory_bank)

### ● **Dementia-Friendly Theatre**

Leeds Playhouse regularly puts on special performances that are specifically designed to be accessible to people living with dementia. Each season has at least one dementia-friendly performance.

[www.leedsplayhouse.org.uk](http://www.leedsplayhouse.org.uk)

0113 2137700

### ● **Dementia-safe housing**

A new housing development, specifically designed for older people living with dementia. Part of Leeds City Council's £30 million Extra Care programme, managed by the Home Group.

See page 38 for more details

# Carers Connections

“The idea is that the volunteer helps build confidence on a one-to-one basis”

*Carers Leeds offers support to people who look after loved ones. This could be a partner, a friend, a relative. Carers Connections is a specific project that supports older carers who are struggling or who feel isolated.*





## My Time to Shine

*We spoke to two people for their different perspectives on the support offered by Carers Leeds.*

*Aidan Finney is a Befriending Co-ordinator for Carers' Connections, based at Carers Leeds. Aidan told us about what he does and all the support Carers Leeds offers.*

I have a team of volunteers – their role is to reduce social isolation and loneliness in carers over 50. A carer will get referred to me; we find out why they might be lonely and what potential barriers they have to engaging with things. Then we match people based on their hobbies and interests. We might get a chap – Geoff, for example. Let's say he's 55, he cares for his wife who is an alcoholic. He wants to go to a pub quiz. So a Connections worker might do an assessment with Geoff, find out where there's a local quiz. They might go along with him to the first one if he was anxious. If the referral was another chap – Joe, let's say: he doesn't really leave the house, he's isolated, he's struggling. He might benefit from confidence building and someone to speak to who can help him plan things. Joe would be connected up with a volunteer. The idea is that the volunteer helps build confidence on a 1:1 basis. They might go for a walk, go for a coffee. Talk about how their week's been – a chance to offload. Our project is all about having a break from the caring role – getting out for a bit. Doing something a bit different.

Our volunteers are of mixed ages. A lot of our volunteers have experience of caring themselves. They might currently be carers or former carers – their loved one might have passed away. They've got that empathy from their own experience. And we have quite a few students, studying psychology or sociology. We have students, people of working-age, retired people, a whole variety.

A carer is anyone who looks after a family member or friend. They're supporting them with their physical or mental health. And they are unpaid. We often get confused with care agencies who do formal paid support. We refer to it as "unpaid carers": someone might be looking after their partner, mum, dad, child, auntie. A lot more informal. A lot of people don't identify themselves as carers. They say, "I'm just looking after my Dad." Or they might say, "If your wife got ill, wouldn't you look after her?" People don't like the label. But if they do identify as a carer, they get referred in and they can get all the support that's available.

People can get access to support in a variety of ways. GP services have the Yellow Card system. If they tell



their GP that they are caring for someone then the GP will register them and pass the Yellow Card to us at Carers Leeds. They can do this on the phone. A lot of carers self-refer; many use our advice line. We're open 9 – 5. A lot of carers ring up when they are at a point of crisis. There might be a lady who cares for her husband with dementia. She feels like she can't cope – her husband keeps wandering out of the house. So she rings Carers Leeds. Often we get calls when people are quite upset, quite emotional, in a difficult place. But people can always ring. Often people come in with one problem – it could be financial, a practical problem. But once we've helped deal with that problem, there are plethora of other things we offer to support. That's often where the Connections Project helps with isolation.

During the pandemic, we had 2 offers. A lot of people who were already involved converted to telephone befriending. They already had a rapport with a volunteer and didn't want to wait until things improved. We thought all this would only last a few months! We offered telephone and Zoom support. We have a digital worker now who can train people to use a tablet. Some carers have said, "You know what, I'm willing to wait, even if it's a year!" Volunteers

have returned to face-to-face meetings, outdoors. We did some refresher training. But we're extra cautious! We say, "meet in a park, meet in the outdoor part of a café." The feedback's been great throughout. One carer said it had been her "sanity line." Another person said their volunteer helped bring them out of their shell. Helped them through the ups and downs. We still offer remote support. It's a personal choice. We've learned a lot throughout lockdown – one thing was that, with carers, the most important thing is choice.

Carers Leeds offers a lot besides the Connections Project. We have a big focus on carers taking time to look after their own wellbeing. Complimentary therapies like massage. We've got a scheme called the Time For Carers Grant. People apply for a pot of money that enables them to take a holiday. Getting out of the house, changing their environment. Or they might need a particular bit of kit or a device. We have the Carers Leeds Emergency Card – something you can keep on you at all times. In an emergency you can show someone and it tells them that you are a carer for someone. It means that cared-for person can be supported while the carer is out of action. We want to look after carers so they have peace of mind that their loved one will be ok in a crisis. The advice line is a great way to get support quickly. You can go straight through and get on the books of Carers Leeds.

*Sarah looks after her father, who is in his 80s and has a terminal lung condition. She also cares for her husband and brother, both of whom have health conditions.*

I was struggling with anxiety as a result of the situation I was in. Feeling a bit out of control. The 3 people closest were all struggling themselves, for various reasons. It came to the point when I was nearly breaking down. I became ill, struggling to cope. I went and had a word with my doctor and he said, "Technically, you're a carer. You're looking after these 3 people; you're giving them help. Normally you would have been able to get help from the council, but because of the situation you're in, this isn't possible."

I got signed on from the doctor to the carer's register, the Yellow Card scheme. The Yellow Card scheme is accessible from any GP. The way it works in Leeds is that once you sign up, the GP passes your details on to local carers support network. Carers Leeds has an oversight of all the support that's available in the city.

They contacted me. They said, "We've received your name, you're on the register – would you like some help?" I received 2 emails and a phone call. I ignored

the first couple and then, because they were persistent, I thought, "Maybe these people actually can offer me some help." So I got in touch, which was brilliant. I probably wouldn't have done that if they hadn't been persistent with me. I was really grateful for that.

I didn't really see myself in the category of "carer". Even though I filled in the thing for the Yellow Card, it was more friendly interest at that point. But then, as I started to engage with Carers Leeds, I realised that actually I was slap-bang in the middle of that category of carer. Because I was struggling, and I wouldn't be struggling if I wasn't doing this caring role. I feel overwhelmed by these responsibilities and it feels unfair – I didn't really have anywhere to turn. I was making myself more and more unwell, ignoring the pressure. Once I got involved with Carers Leeds it was a revelation. They said, "You don't necessarily have to apply for benefits if your family members don't want to go down that route. We do have a support network here for carers."

I started off with a gentle introduction. They offered me a chance to join their relaxation and mindfulness session. It's online, via Zoom, only half an hour. It was every Monday and you could drop in or out. I tried it and found it really helpful. The person that ran that session also ran other sessions. They mentioned some stress management courses and some craft sessions. Making things I'd never have expected! Through the Connections group I suddenly began to join other communities. This was over a year ago and I've mostly been involved online. I got involved with a photography project with a few of the other carers. And that's being exhibited in Leeds soon. That's gone from online to in real life. Another project I did with my father remotely. We created these window panes - we basically drew the view that you could see out of your window. They've all been pulled together by Skippko and been made into a greenhouse – that's also being exhibited.

I've immersed myself in Carers Leeds and been welcomed to all the groups with open arms. I've had some fantastic opportunities as a result – and I'm really thankful to be part of it all.■

*Carers Leeds operates a single point of access for all carers in Leeds and offers information, advice and support.*

*For more information about Carers Leeds:*  
**[www.carersleeds.org.uk](http://www.carersleeds.org.uk)**

*Contact the advice line on **0112 3804300**  
or email **[advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)***



# Making It Up

In this month's Shine a Light section,  
Christine Castle shares her story about how she  
became a make-up artist for Yorkshire TV;  
and Keran looks back at her childhood in Africa and Beeston.

*Christine Castle has spent her life working as a professional make-up artist. And in her spare time, she treads the boards as an actor in amateur theatre. Maureen Kershaw meets her to find out more about her life in the performing arts.*

**W**hen we watch TV, we see immaculately groomed actors and presenters, perfectly made up and not a hair out of place. Have you ever wondered what it must be like to work as a make-up artist? Recently I had a very interesting chat with a lovely lady whose job that was. Christine Castle, now for several years retired, told me about her life.

Not a Yorkshire lass, I came up to Leeds from West London. I was born in Perivale in the Borough of Ealing, which has a claim to fame with the iconic Hoover factory. Built in the 1930s the building is now converted into flats - thankfully with the Art Deco exterior having been preserved.

I attended a wonderful Stage School run by Miss Pamela Howard. At eight years old I wanted to become a ballerina. I had the mental qualities, but soon realised I didn't have the physical qualities required to be a 'Les Sylphides'! I attended private lessons at The Royal Academy for a while but the teachers being very strict, I thought "no this isn't for me".

Every day after school and all-day Saturday I enjoyed Tap, Modern Dance, Drama, Elocution, and Singing, passing all my examinations. When Miss Howard started choreographing for amateur theatre groups, I joined too. I loved the musicals - except then they were the old operettas - my first was 'Goodnight Vienna'.

I was preparing to leave school; I'd been working as a Saturday girl at a little hairdresser's and loved it, but because of my involvement with amateur theatre I said, "I want to be a Dancer!" This was met with, "No, there's no future in it." Which to be fair, in those days, there wasn't. I was told, "Look you've got to get a career. Then if you still want to do it, then you've got something behind you." To which my reply was, "Well in that case I want to be a hairdresser." Back came the question, "Why don't you want to work in a Bank?" And my reply, "Because I can't do Maths!" The closing response was, "Now, that's a very good reason!"

The Headmistress suggested enrolling at The London College of Fashion in the West End. In 1963, we were the first intake at the College. It now has the most

iconic reputation because not only do you learn about hair, wig-making and beauty, but clothes, dressmaking and textiles. After three years of College, I took a job as a hairdresser in Harrow on the Hill at Sopers of Harrow - later to become Debenhams.

One of the amateur theatre groups I belonged to, based at the Questors Theatre in Ealing, was where I met Brian, later to become my husband. I took drama classes there and Brian helped with costume, having studied at college too. Like me, he wanted to do something entirely different; he ended up in costume design. We both had ambition to get on, so we encouraged each other. Although the Questors was home to our amateur theatre, professionals who were "resting" would also work there to keep up their skills. We'd moved on from operettas so were enjoying the more modern musicals of the day.

***Were you able to use your hair and make-up skills as well as performing on stage?***

Oh yes! In fact, I studied theatrical make up at Questors, which I hadn't at college. My teacher was a lady who'd been a BBC make-up artist and she taught me all I needed to know about theatrical make-up and wigs. I could do the hair 'dressing' but to learn more about wigs and fitting etc was a big bonus. Brian worked with many professional directors, helping the costume people and designing, before landing a job with ABC TV (which later became Thames Television) in Teddington, Middlesex. We became engaged a little while later and were married in May 1969.

One day, Brian spotted an advertisement in the Sunday Observer: 'Head of Costume required for Yorkshire Television'. He applied and got the job! Innocently I asked, "Does that mean we've got to live in Yorkshire?" To which Brian replied, "Yes, we'll do it for two years then come back to London". And here we are - fifty years later! Brian started at YTV in early 1971 and I joined him in the May. We never went back to live in London.

***What happened next? What were you doing at the time?***

When I joined Brian in Leeds, YTV were desperate for trainees in the Make-Up Department. The Head of Make-Up read my CV and she was impressed with

my experience to date. She said, “We NEED you, come in!” Brian and I were both based at YTV’s Burley Road studios. I then started my double life working in both television and amateur theatre - mainly at the wonderful Grand Theatre in Leeds. Looking back, I wonder how we did it with the hours, particularly when out on location. When working on *Calendar*, I would finish at 6.30pm, dash off to rehearsals with my tea ready to eat and one of the kind tea ladies would make me a cuppa, before ‘on with the show’. They were the happiest of times: lots of fun and so many new friendships made.

In 1976 our son Toby came along - which did make a difference in our lives! At the time Brian was doing all the big costume dramas at Yorkshire Television. Productions such as *The Brontes of Haworth* were massive, and others with up to 13-part series were huge. Apart from the period dramas, he was Costume Designer for popular series’ *The Beiderbecke Trilogy*, *Heartbeat*, *A Touch of Frost*, *The Royal* and *The Darling Buds of May*. Constantly going up and down to London, sometimes staying all week for meetings, visiting costumiers, fittings... In fact, when we celebrated our Golden Wedding a couple of years ago, I said rather than 50 years it was more like 25 as Brian was forever commuting to London or away filming!



Christine in 2021

### ***Did you have to work away too?***

No, I was very lucky to work a lot on *Emmerdale*. Toby was still a little boy and with our folks being in London, our dear next door neighbour Auntie Marjorie would step in! I thoroughly enjoyed my time on *Emmerdale* and made so many long-lasting friendships amongst the actors and crew. They were absolutely terrific with me. They would come into the make-up room and there’d usually be an amateur show script of mine around. Often someone would remember being in the same show - they had often started as amateur actors before turning professional. I directed and choreographed amateur shows so sometimes the *Emmerdale* actors would ask me, “How are you going to do this?” Or, “Why don’t you do it this way, or that?” I’ll always be grateful for their input, it was amazing. Everyone was so respectful, possibly because so many of them had started as amateurs.

### ***Are you still in touch with ex-colleagues working on Emmerdale? I wonder how the pandemic affected their recording schedules?***

Yes, I am indeed. At the first lockdown, everything stopped. Fortunately, they had enough episodes ‘in the can’. But at the lifting of some restrictions, they formed an incredibly complicated system of working. Episodes consisted of only two actors at a time for a couple of weeks. Costumes packed in polythene bags were placed in dressing rooms by the Costume Dept wearing masks, gloves, and PPE. As actors and crew arrived, temperatures and regular tests were taken. Make-Up and Continuity would advise the actors – from a safe distance – how to apply their own make-up. When called into the Studio, only one person at a time was allowed to enter. They had a walkie-talkie which connected them to the Make-Up Room – it was all very complicated but then it was lockdown and everyone had to adapt accordingly. Gradually they introduced more actors into the programme, but still follow very strict Covid rules. You will notice how the actors are very much socially distanced.

### ***Has the style of theatrical make-up taught now changed?***

Yes, there will be different standards nowadays, particularly with character make up. I no longer do actual physical make-up. After years of doing the job, it has taken its toll in standing up! What I do is draw a face with simple features on which, with coloured pencils I draw, for example an ageing make-up, dark circles under the eyes or whatever is required. Then I give the sheet to the actor to pin up at the side of their dressing room mirror to follow. With the technology we have now they take a photograph of their make-up, send it to me – then I can say it’s fine, or that they just need to tweak this or that. Technology has changed

everything really. If I could, I would probably draw on a computer how the make-up is applied, through to the finished look. My husband Brian was saying how much his job would have changed and his costume designs would have been drawn by computer too!

***How long is it since yourself and Brian retired?  
How do you enjoy your retirement?***

It's almost twelve years now for Brian, but I continued freelancing for a further two years. Our son Toby works in television too but in quite a different field to ourselves, as deputy news editor with the BBC in London.

I've kept up my amateur theatre when possible, although as we get older there are fewer parts. Luckily in some of the modern shows they do put in Grannies or old ladies! I remember playing Golde in 'Fiddler on the Roof' many years ago, and having to age myself. By the time I was playing the role for the fifth time, I had to apply different make-up to make me look younger! Golde was the mother of 5 daughters - the youngest only 7 years old - I thought it would look a bit odd at my age!

I'm a Representative of NODA, the National Operatic & Dramatic Association, and mentor a few groups within the Leeds area. Each member group of NODA invites a representative to see their shows, meet the people involved and write a review. All the reviews for

the North East Region are then published and distributed. Brian accompanies me and we thoroughly enjoy the experience. I'm always praising the creative team – Stage Management, Props, Lighting, Sound, Costume etc. Without them, the performers would have nothing but a blank stage. No show 'just happens' and in order to work well onstage we must appreciate what goes on behind the scenes. When I started out, we had to work backstage in all departments. Unfortunately, my spell in Lighting was short lived. My follow spot was all over the stage and met with, "I don't think we need the Blitz, Christine!"

We're coming to a bit of a turning point now because the younger people are, sadly, not coming forward to fill those key backstage roles. Obviously, everything has had to be put on hold during the pandemic, but hopefully amateur theatre will return soon. My hope for the future is to see more Black and Asian performers in our shows. There are more and more people from diverse backgrounds in professional musical theatre. I know some young people learn their performing arts at college, but I wish they'd give amateur theatre a go.

Looking back Brian and I shared, probably, the best days of working in television. But I don't think we miss the constant commuting to London - or shivering in a muddy Yorkshire field!■



# Giraffes, Maypoles and Ena Sharples

*Keranjeet Kaur Virdee works for South Asian Arts, a cultural organisation that celebrates music and dance in Leeds. Below Keran shares some memories from her childhood in Africa and the UK.*

I came to the UK from Kenya on 11th December 1967. We landed at Leeds Bradford airport. I was 6. I've been here 54 years! My grandparents were from India and when the British were doing all the railway building and the development in Africa, they all ended up there. We were in Kenya. We were in Katali, a village a few hours from Nairobi. About the same distance as it is from Leeds to London. Except we'd be on a coach through the savannahs – zebras, giraffes and Masai tribes. Quite different to what you'd see out of a coach window on the M1! My childhood memories are very fond ones; lots of wild animals, tribes – very very different from Leeds.

## **School**

My first school was Beeston County Primary. A Church of England school, I think. It was a small school. It didn't feel alien to me, being in an all-white school. I'd come from a European school in Africa so I was used to it. I remember my first May Day in 1968. I remember maypole dancing. I ended up being one of the bridesmaids to the May Queen. I remember my Mum made me a white satin dress for me to wear. Julie Lipsey (who ended up being my best friend) was the Queen because she was the tallest in the class. We did it every year. I feel sad that maypole dancing doesn't really exist any more. It was just the thing you did every year in May. In schools nowadays, they look at Eid, they look at Vaisakhi – they look at the minorities and the migrants who have come to the UK. They make sure their cultures are celebrated, their festivals are remembered. But this one – May Day – is forgotten. Schools do Christmas, but not May Day – and not really Harvest Festival.

We used to go to the old Sikh Temple on Chapeltown Road. That was the only one. And my Mum tells me that when we first came to the UK there was only one Asian shop – on Blackman Lane. We used to hang out and play in Cross Flatts park. I remember racism when we first came. But we didn't get it from the older generation. We were living on Noster Hill in Beeston. The older ladies all looked like Ena Sharples from Coronation Street! We'd sing nursery rhymes with them. It was the 1970s, when the numbers of

immigrants increased, I saw that rise in racism. I also saw a rise in inter-Asian racism. For example Pakistanis and Indians. Until then we were just "brown people". But then people saw that there were different faiths and backgrounds. I didn't feel as much racism as my sister. I was quite fair and had my hair cut short - people thought I was Greek. But it's recently I felt it. Around 2003 I was walking along Otley Road in Headingley and I remember being called a racist name. The only reason was because I was wearing traditional outfit. I remember feeling pretty nervous. There are some pubs I just wouldn't go to. This is the human race; we are tribal and we have to fight against our nature.

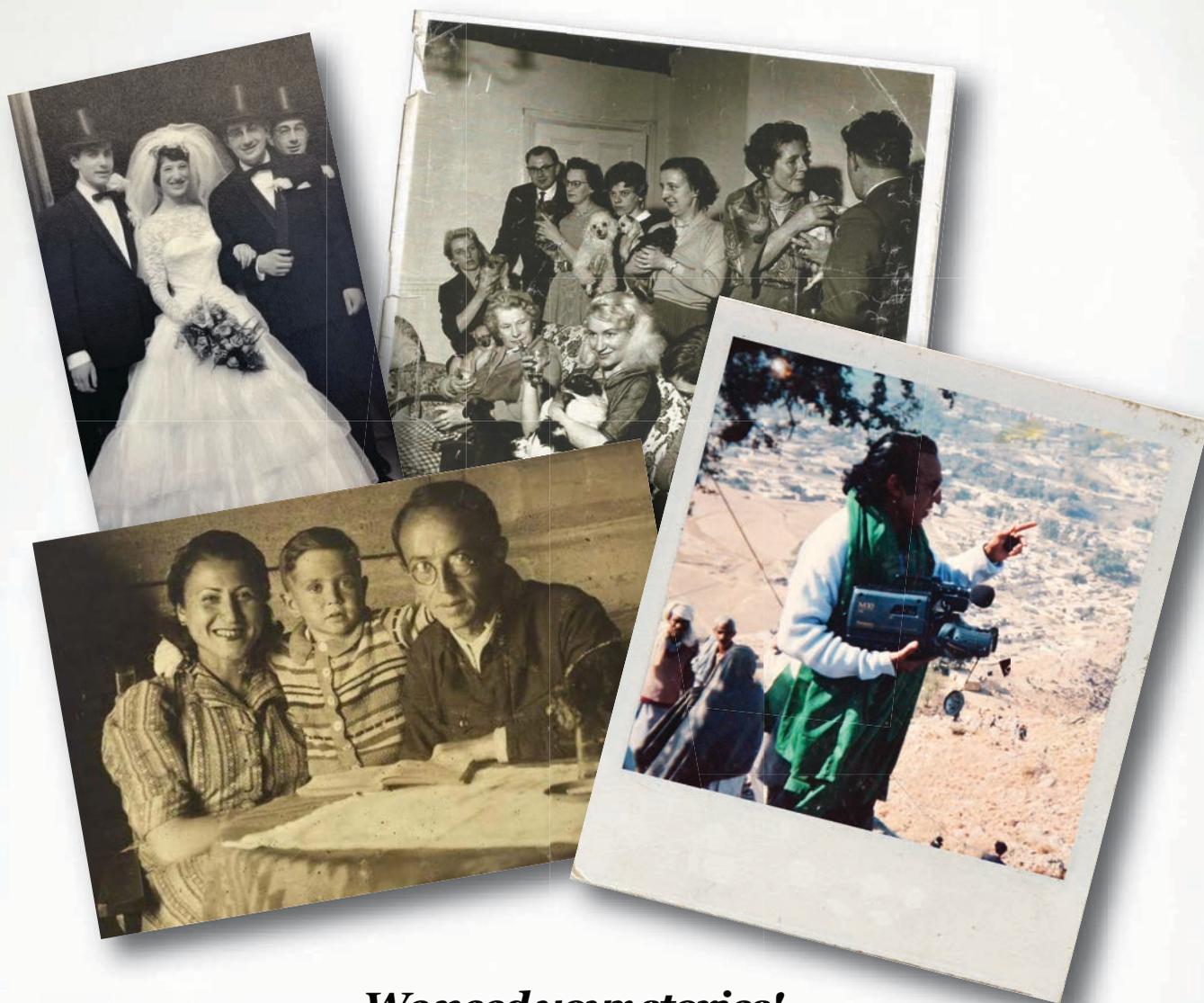
## **Discipline**

Asian parents tend to be discipline orientated. My parents wanted me to go to a school that had an element of faith and discipline. St Matthews in Chapel Allerton was similar to my school in Africa. We had to remove our shoes, put on our plimsolls, go to morning assembly. You only put your shoes on to go outside. You stood up when the teacher came in the room. In our culture, respect for the elders and for learning, for books, is held very high. For example, putting a magazine on the floor is a big thing in my household. You can't put it on the floor, it's disrespectful to the writer – it's knowledge and you are learning from it. You wouldn't ever just dump a book on the floor – or even newspapers. "That is somebody's writing!" my parents would say. In the Hindu world we have Sarasvati, who is the Goddess of Learning. We treat our Holy Scriptures like a living God so you must respect writing and books. Anything you are learning from – you must give it respect.

## **May Queen**

I'm now the CEO and Artistic Director of South Asian Arts. It was set up by an internationally renowned guitarist in 1990. I came back to Leeds from London in 1997 and joined the organisation a year later. I started as an administrator and, 20 years later, I have grown and now here I am. South Asian Arts celebrates the music and dance of South Asia. I've gone from being princess to the May Queen to running an artistic organisation! ■

# *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.

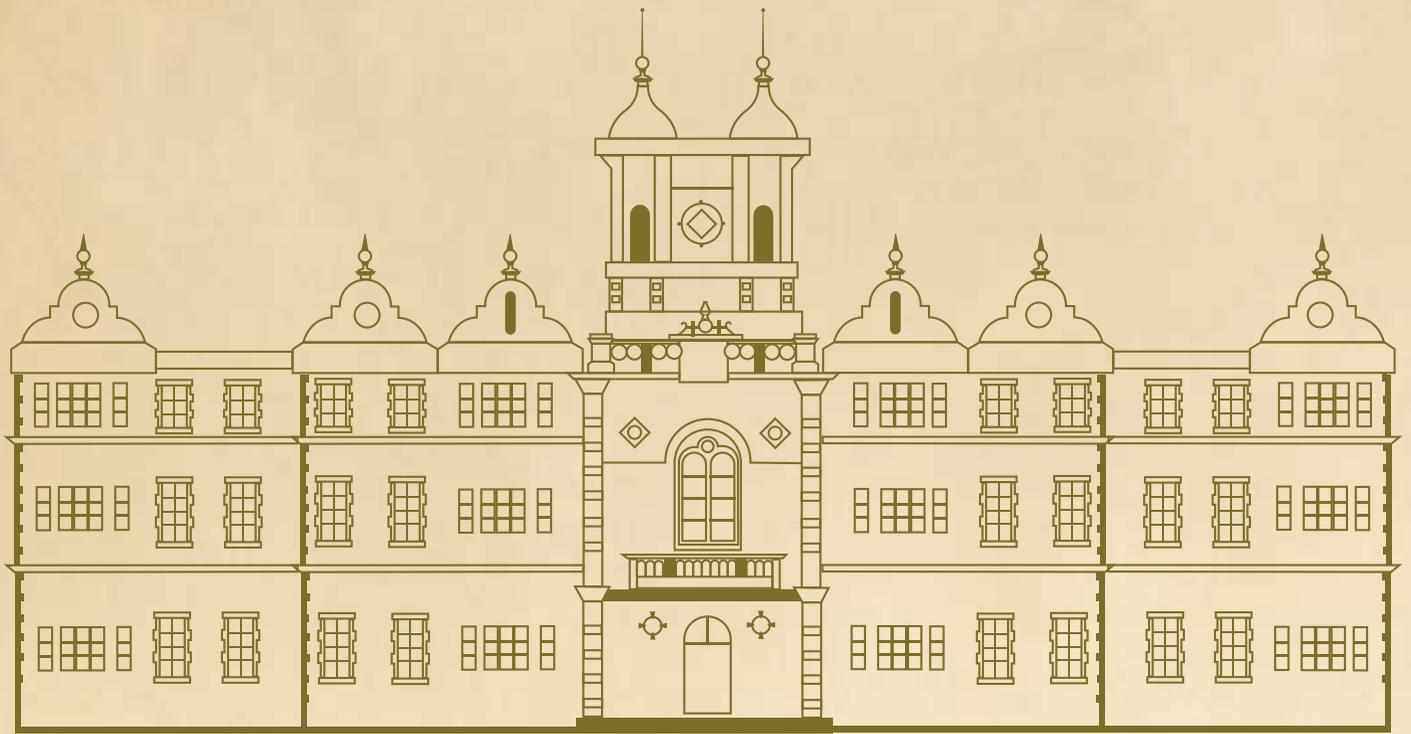
### *Contact us:*

**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



# MEMORIES OF THACKRAY MUSEUM



*How has healthcare changed over the years? The NHS was established in 1948 and some of our readers will remember life before free healthcare.*

*We take a look back into the past to see how hospitals have been transformed and how health provision continues to improve.*

*The Thackray Museum of Medicine (based at St James' Hospital in Leeds) has just re-opened after an extensive refurbishment. We sent regular writer **Mally Harvey** to visit the museum and give us a potted history of healthcare in Leeds and the UK.*



**A** visit to the Thackray Museum of Medicine at St. James's Hospital should convince anyone of the progress we have made in public health and medicine - and the importance of the role of the NHS in this. People's health the 19th and early 20th century was deplorable: poor living and working conditions, with high death rates among the less affluent classes. Surgery was a gruesome affair and a traumatic experience. In the early days there were no anaesthetics, so patients were fully conscious when operated on. 25% of patients died from shock or post-operative infections. Throughout the 1830's and 40's cholera, typhoid and Typhus fever regularly swept through Leeds. Doctors were so expensive most people relied on home remedies or medicines bought from a quack cart.

In 1841 life expectancy at birth was 40 for men and 43 for women - compared to 80 for women and 75 for men in 2011. How has this been achieved? Improvements began in 1866 with the appointment of the first medical officer of health, Dr. Robinson. However, this was still nearly 20 years after the first Public Health Act was published - and only as a result of a damning report on public health in Leeds.

### ***Working-class families***

Work by Pasteur, Lister, Long and many others reduced the mortality rate and their efforts improved the survival rate following surgery - but diseases like smallpox, diphtheria, whooping cough, tuberculosis, and measles remained rampant in the poorer population. People had to pay for a doctor; this was a cost many families could ill afford. Falling ill was a nightmare for working-class families living in poor and often insanitary conditions. Thousands died from these illnesses.

The idea of a National Health Service was the brainchild of Aneurin Bevan. He was the son of a Welsh coal miner and began work in the mines aged 13. He became involved in local union policies and saw at first-hand the effect of disease and injury on working families. The Medical Aid Society was formed in his hometown of Tredegar. In return for contributions from its members, health care was provided free at the point of use. The society planted the seed in Bevan's mind for expansion into a National Health Service. When he became Minister of Health and Housing in the Labour government after WW2, he made it a reality.

*Healthcare has changed dramatically over the last 200 years. However, in the last 30 years things have changed massively too.▶*

*Below we hear from Brian about his health journey.*

***Brian's Story by Carol Gold***

The first signs that something was wrong with my health manifested themselves early in 1987 with stomach pains and urinary infections, but after many visits to the local doctor nothing was resolved. I was prescribed various treatments, but nothing seemed to work. Eventually I was referred to St James's Hospital and after even more visits still no conclusion was reached. I was losing weight and suffering pain. I remember feeling helpless that the medical profession seemed unable to work out what was wrong with me. Being self-employed, my main worry was not earning money and the strain was beginning to show both on me and my wife.

By now it was 1988. Yet another hospital appointment was arranged and as my wife dropped me at St James's before going on to work, I seem to remember her saying "don't let them send you home until they know what's wrong!" It was at this appointment a doctor suggested a barium X-ray. Finally, there was an answer: I was diagnosed with Crohn's Disease, which had eroded the intestine which in turn attached itself to the bladder. Emergency surgery was performed on Easter Saturday 1988. The relief felt by myself and my wife and sons was immeasurable. At long last I was pain free. I recovered slowly over the next six months and life returned to normal. For the following 18 years my health was almost normal, just occasional flare ups of Crohn's symptoms. Then slowly, but inexorably, I started experiencing more bouts of Crohn's and I was referred once again to the Gastroenterology Dept at St James's.

We are now into the next century and technology and medicine has moved on. This time I felt more certain that help was at hand and I felt less panic-stricken. I underwent rigorous tests and X-rays. The new equipment was almost like space technology compared with 30 years ago. A few days later I went for the results and the specialist greeted me by saying "Bingo, we have a result. Brian, you have neuro-endocrine tumours. This is a very rare condition indeed". I didn't know whether I should be flattered or scared out of my wits. Further surgery to improve the situation was carried out in 2016; recovery from surgery was rapid this time: after two weeks life was normal.

I now have an annual scan to ensure they are behaving themselves, any changes are monitored and I am assured that there are new drugs which would prevent further growth. This is a very comforting place to be. The care I am continuing to receive through the NHS

gives me confidence for my future health and wellbeing. My story illustrates the vast progress in scientific research and medical knowledge that has given me life-saving treatment when I needed it, at no financial cost to myself. The NHS has given me a future, as it has for millions of others. It has continued to be at the forefront of medical research, improved treatments and diagnostic techniques and I am eternally grateful. Long may it continue.

*The Thackray Museum of Medicine started life as a workhouse in 1860. It was built to serve a growing number of unemployed, homeless and destitute people in the city. In WW1 the premises became Leeds Military Hospital for sick and wounded soldiers. In 1944 the workhouse buildings were taken over by St James's Hospital and it became part of the NHS in 1948. The building closed in the 1990s but then reopened as a museum in 1997.*

*The museum is full of fascinating and unusual facts about healthcare and medicine. It's also full of people's health stories. There is a really interesting display in the museum called Who Cares – it's a celebration of the people who look after us. Below are two stories from healthcare workers featured in the museum.*

*Firstly Denise, who trained as a nurse and worked as a midwife in Leeds; and Aidan, who worked as a nurse at a time when not many men did.*

***Denise Tyrell: Retired Nurse (Pictured on page 27)***

***How did you get into nursing?***

As a child I always wanted to be a nurse. After I came to England in 1958, I applied successfully in 1961 to St James's in Leeds to train as a State Enrolled Geriatric Nurse. Things were difficult because of my colour but the tutors helped to build my confidence.

***Have you always worked in Leeds?***

I wanted to continue training as a State Registered Nurse but my application was rejected at both LGI and St James's. However, I was accepted at Stockport General Hospital on a 2½ year course which meant I only saw my family in Leeds on my weekends off.

As soon as I took my final exams I handed in my notice at Stockport, passed my exam and was accepted for Midwifery training by both LGI and St James's and trained across the Leeds 17 area to the borders of Harrogate. Some patients did not feel comfortable at first but soon got used to me. I soon got a job as a District Midwife and worked in the community, mainly in West Leeds where I would then train up a student nurse over a 6-month period.

***Do you have any particular memories of your time working in the community?***

I worked on the District for about 20 years during the time the Yorkshire Ripper was around. I would tell my patients who were in labour and called at night, to leave the light on in their sitting room as often I would be called to places I wasn't familiar with – sometimes I would have to use a map, a radio the size of a brick or phone the local ambulance station to ask for help to find an address.

***Did you enjoy being a nurse?***

I enjoyed my time as a Community Midwife and made friends with the patients, who knew me by name when they met me in public. The majority of patients got used to me and respected me for what I had done for them and their babies. Even when I left Midwifery at St James's I continued as a nurse in the Special Care Baby Units at both LGI and St James's for several years, until I finally retired.

*Aidan Hindley: Nurse Specialist*

***How did you get into nursing?***

I fell into nursing really. I had no idea what I wanted to do, so I became a hospital porter. The school I went to, you had to do voluntary work on a Wednesday afternoon. Porterage was where they put me. My boss at the time said, "Have you thought about nursing?" I thought, "Why not?" I applied, was accepted for training and carried on from there.

***What is your experience of being a male nurse in a female-dominated profession?***

I started in 1981. There was a lot of sex discrimination. I think there were only about 5 or 6 male nurses in the Trust when I trained. My first time on Paediatrics (working with babies), the sister that was on the ward at the time said that she didn't agree with male nurses, we shouldn't be in nursing. So, I was banished to the bed pans.

People thought that you were in it for the women or that you were gay. During training, the jobs that you got were the dirty end of the job. You got the heavier job because you were the bloke. We would get borrowed from other wards to help lift. When you got patients that were violent and unruly, you tended to be the person that was shoved there to look after them.

There is still a lot of gender disparity. Nursing is still seen as a woman's job, not a man's job.

***Do you have any particular memories from your early days as a nurse?***

Giving my first injection. Nowadays you get given an orange to do it on. I was given a patient's backside. I was told the theory behind it, then the staff nurse gave me the needle and told me to go away and do it. I did, luckily enough, without injuring the patient or myself!

***Are there any patients you particularly remember?***

There was an old gentleman I worked with who couldn't talk, he could barely move after multiple strokes. We used to order brown ale, stout, whisky, brandy and medicinal rum from the pharmacy. They used to get it prescribed! We always used to give him an extra double measure at Christmas if the medication would allow it. It loosened his tongue and he could talk. He could sing, clear as bell, absolutely beautiful to hear. Then when he sobered up, he couldn't talk.

***What do you think makes a good nurse?***

Empathy is a big one, a willingness to help people, and to be able to react quickly without having to think about it, which is what your training teaches you. You have to be empathic. It's very difficult to care for people if you don't feel, or at least appreciate what they are going through. You need to put yourself in their position.

One of the best pieces of advice I was ever given was to treat everyone like you expect you and yours to be treated and you won't go far wrong. I have tried to keep to that one.

*The museum continues to be at the forefront of medical breakthroughs. Earlier this year, the Thackray became the first museum in the country to offer Covid-19 vaccinations. And the museum has been used by the Novavax vaccine team as a space to develop their new vaccine, which should be available soon! ■*

*The museum is open daily from 10am.*

*Find out more at*

***[www.thackraymuseum.co.uk](http://www.thackraymuseum.co.uk)***

*Thackray Museum of Medicine,*

*Beckett Street,*

*Leeds,*

*LS9 7LN*

***0113 244 4343***

# On Your Doorstep

Since our inception Shine has spoken to many older people in Leeds, but all of them over the phone or on Zoom. Now Covid restrictions have eased we are starting to see people in real life. To keep everyone safe we meet outdoors – on people’s doorsteps. In this feature we’ve teamed up with the **Centre for Ageing Better** to people who are active in their communities and find out a bit more about them. This month we talk to David Smith, who is involved in a huge number of volunteering projects in Halton and Cross Gates.

**A** softly spoken gentleman, David lives by himself on a quiet road in Halton. However, his volunteering life is anything but quiet: David is involved in a huge amount of community projects where he lives. David is also a keen musician. When we visited, he treated us and his neighbours to a one-man ukulele concert! David tells his volunteering story below.

## ***Tell us about yourself.***

I’m a retired scientist but now I’m a trustee at Cross Gates Good Neighbours Scheme and at Leeds Older People’s Forum. I’m also part of Halton in Bloom.

## ***Why is your community important to you?***

To me, community means people in a place together. It’s not just people, it’s people who got some sort of connection or history with a certain place. For me, the places where I feel a sense of community are Burmantofts (where I grew up) and now Halton (where I’ve lived for the last 40 or 50 years). When I was first here – when I was a boy – it was much more of a village. My family moved here in the 1960s. But it’s changed a lot. It still feels like home to me. One of my great uncles used to live up here – just near the York pub up there – and I used to come and visit him. It just feels like coming home again, when I’m here.

Leeds means my home-town and all that evokes. I spent six years in Oxford but that was at the University, where I got my first degree in Chemistry and my DPhil in Biochemistry (that’s the same as a PhD). For most of my life after that, I lived in London and worked at St. Bartholomew’s Hospital for 35 years. However I was always going to retire back to Leeds.

## ***What projects are you involved with?***

I got involved with Cross Gates Good Neighbours

Scheme when both my parents passed away. Some of my neighbours in the street here suggested I should get out and do some things, so I joined the organisation. I really liked it. Very soon I realised that many of the members there – older people – do volunteering for the charity. And I thought I should as well.

One of the first things I did when I joined Cross Gates Good Neighbours was to join the befriending scheme. The suggested I become a befriender. I’m with a chap who lives about 5 minutes’ walk from here. He’s a stroke survivor. A fairly bad stroke. He’s got limited movement on his right side. I originally agreed to visit him for 12 weeks at home, for an hour a week. Eventually we decided we’d prefer to go out. We could go to men’s groups. Eventually we started going to a gym in Armley. That was a nice outing for both of us – we both enjoyed it actually. Obviously, we couldn’t stop it after 12 weeks, so we’ve kept it going for 4 years! Not recently, of course.

Then, through my scientific interests, I got involved with Time to Shine, analysing the results and studying the effects of the work they were doing with lonely and isolated people. Now I’m involved in the Health and Care systems in Leeds. I’m very interested in that area.

I’m also keen on keeping the area looking good. Halton in Bloom was started a few years ago by a lady called Jenny Marshall. She thought Halton needed cheering up a bit. She’s done a brilliant job. There’s a lot more flowers now; the place is a lot cleaner. I try and go out every Sunday for 2 or 3 hours – do something with the flowers, or just tidy up the weeds. There’s a place close to me: Dial House. It’s a 300-year-old house. We look after the garden. It’s used now for people who are seriously mentally unwell. They actually run it through the night as a crisis centre. People can go for a refuge – and I look after the garden. Halton In Bloom led to me accidentally becoming the first Womble in Halton, though volunteer litter-picking is now well ►



**“When you’re retired you can give something back to the community by using that experience and applying it”**

## On your doorstep

organised under Leeds City Council's Litter Free Leeds scheme, with a great many Halton Wombles of all ages going out with the familiar purple bags.

### *Why is volunteering so important?*

For me, it's about giving something back. After getting through your life with lots of opportunities, abilities, and experiences. When you're retired you can give something back to the community by using that experience and applying it. That's very rewarding, I think. Most volunteers do think it's rewarding. It's very satisfying.

### *Of course, the pandemic has affected everything. How did you cope? And can you see any positives from it?*

Lockdowns actually didn't change my life very much at all because I've always lived on my own. With the rapid onset of Zoom meetings, even my interest and involvement in the health & care sectors in Leeds didn't really take a dip, although it's become clear to me and many others that Zoom can't fully replace face-to-face meetings.

The one positive thing about Covid is that it's helped many older people become digitally connected. Most of them never realised the advantages of digital until they did it – they just needed that stimulus. We have a very good digital coordinator at Cross Gates. We've helped many people get on Zoom and take part in our online activities in Lockdown.

### *One of your hobbies is the ukulele, isn't it?*

It's one of the big things in my life. One of the first things I did when I joined Cross Gates Good Neighbours was to realise they had a Ukulele Group. I said, "OK, I'll join it". I'd played guitars all my life but until then I'd never really thought about the ukulele. That was about 3 or 4 years ago now. Since then, I've become more or less obsessed with ukuleles: I collect them and play them.

This ukulele was made by the famous Martin Company in the USA. It was made in the 1920s. It's called a Style O, which is their most basic model. It's got virtually no decoration on it. But it was made with the finest mahogany, rosewood and ebony by great craftsmen. These ukuleles have never been equalled.

### *How has the world changed since you were growing up?*

I don't think the world has got better or worse. It's just different really.

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

I more or less ignore getting older really. I do accept that ageism is a problem for some people. I think ageism has only become apparent in the time since people been able to live a substantial number of years after they retire, having a useful and healthy life. Before that, yes, society was ageist, but that's because there were a lot of reasons to fear becoming old. You



wouldn't have many years of older life! My parents' generation were probably the first to live into their 70s or 80s with a reasonable standard of life. So you could enjoy retirement. Before that, people tended to die just after retiring at 65. I don't really understand why that is – it might be something to do with vaccinations.

***Have you felt discriminated against because of your age?***

Not particularly. But I don't go looking for it. I probably wouldn't even notice it! The only thing I do notice is that when you're in London, on the Underground, some kind people will stand up and offer you their seat. Which really does make you feel old. But apart from that, I don't notice anything.

***What's the best thing about getting older?***

There are lots of things. The main one is that you don't have to worry about what people think about you any more. That's the definitely the best thing. Another thing is that when you're retired, you can do what you like. If you have enough money to indulge a few hobbies, it can be very enjoyable.

**Quick Q & A with David Smith**

**When did you last laugh?**

I always laugh at Private Eye magazine, which I've read since I was a sixth former in the 1960s. I suppose that tells you something about my sense of humour. The last proper laugh was listening to George Formby songs. In fact, I learned a learned one of his very very naughty songs just recently. I performed it in Castleford last month. It's from the 1940s – it doesn't really translate to nowadays!

**Who do you admire?**

I've got very great respect for our Chief Executive Officer at Cross Gates Good Neighbours, Jo Horsfall. She's so dedicated and full of foresight and resilience. She drives the charity really well. I also admire one or two people who work within the health & care system in Leeds, but I won't tell you who they are.

**What's one of your favourite places in Leeds?**

I'll say the Dark Arches, where the River Aire

passes underneath Leeds City Station. They're a triumph of Victorian railway engineering. Magnificent. To me they have a cathedral-like atmosphere, which combines strangely with the sound of the river rushing through directly beneath the Leeds station platforms.

**What gets you out of bed in the morning?**

After a good sleep, my brain is refreshed and the experiences and learning from the day before are unscrambled. So I'm raring to go, but what I do first is just a matter of chance: maybe get some emails ready to send out, maybe practise something new on a new ukulele, maybe something else. But I'm definitely up for doing something every day.

**Who were your heroes growing up?**

I'll say two players with the Leeds Rugby League team in the 50s and 60s: Lewis Jones and Jack Fairbank. This was long before the Leeds Rhinos name came in. Anyone who was at Headingley in 1961 and saw Jack Fairbank's famous tackle on Billy Boston of Wigan will understand.

**What keeps your brain active?**

Science and music. Science, as it's applied to the Health & Care system. Music, as in learning things on the ukulele.

**When were you happiest in your life?**

This is a difficult one. I can't say I've ever really been unhappy! Probably now actually.

*Thanks David for letting us On Your Doorstep. You can find a filmed version of this piece online on our website at [www.shinealight.org.uk](http://www.shinealight.org.uk)*

*Thanks to the Centre for Ageing Better for sponsoring this feature. The Centre for Ageing Better has a vision for society where everyone enjoys later life. Find out more about the great work they do at [www.ageing-better.org.uk](http://www.ageing-better.org.uk)*





# BEAT THE SCAMMERS!

*How to stay safe in the face of unscrupulous scammers*

Over the last year or so, some of the more nefarious members of society have been using the pandemic as an excuse to scam money off the rest of us. Many of us will have received dodgy texts and phone calls from people insisting we should give them our bank details, reveal our mother's maiden name or tell them our inside-leg measurement. Some of these scams are obvious and nothing more than annoying. But others are more convincing.

Some of these scams relate to Covid-19 and the vaccine – and this is where the Health Team at Leeds City Council come in. They were particularly keen to bust

some myths about how the NHS operates. For example, the NHS will never contact you about paying for a vaccine or for tests. Over the page, Hannah McGurk explains more about how to stay safe and keep your money.

However, what is it like to be the victim of a scam? *Judith Sullivan* is in the unusual position of having travelled abroad recently – she is originally from the USA. It's likely that most of us won't be travelling to another country any time soon - but even so, it's salutary lesson. As Judith recounts on the next page, even those of us who think of ourselves as pretty savvy can fall victim to the scammers.

There's an ad running on TV these days in which a sad-looking male pensioner (he's an actor but you get the idea) recounts a savings-depleting scam. The plotline is that he'd just retired and was looking forward to a second life full of sun, sand, surfing, etc. Sadly, before that could happen, a silver-tongued salesman slithered into the guy's trust, life and bank accounts. The devil in disguise promised a fool-proof scheme to invest pension money and add to the chap's savings.

Needless to say, our amiable pensioner never escapes to Paradise and all he has left is a warning to other would-be suckers.

A month ago, I would have scoffed. How could anybody be so dumb? Good Samaritans don't just pop in out of the blue and deliver on double-digit returns. Plenty of bad Samaritans offer paradise, the moon even. But anybody with a modicum of sense would slam the door in the scam-artist's face.

Ahem. Pot. Kettle. Hello.

I went to the United States in June for a family event. As I had already travelled back and forth in April, I knew the drill. A few days before leaving Newark for Heathrow, I consulted the UK government's list of providers of Covid Tests. You're supposed to get Day 2, Day 5 and Day 8 tests for those returning to Blighty from amber nations. I wanted to be free of quarantine in time for the 4th of July festivities in London, so I paid the full whack (£250) for Day 6 release.

A package with three official looking envelopes, swabs - tips, vials and other testing paraphernalia awaited me on return. I was very good the first few days and only left the house to mail the envelopes back to the Bradford-based company (that's why I selected them - "Yorkshire Forward" and all that). By Day 5 I had yet to receive any results. The 4th of July was looming, so I began calling the number on this allegedly "expert" company's website. I heard lots of music but no human voice. I sent several emails, which were met with wooden apologies or nothing at all.

On day 7, a negative result came in by email. Day 5 and 8 trailed in a good two weeks after the magical 10-day deadline and guess what? Inconclusive.

Yeah, I thought, you couldn't conclude anything cause you have no lab, no doctors, no nothing except an email address.

By then I had checked Trustpilot, where I learned I was part of a well-travelled but unhappy club. None of those postings is quotable but they sure lit a fire

under me. Letters were dispatched to the British Medical Council, Resolver, the UK.gov website and UKAS. An irate comment was posted on Trustpilot and more emails sent to the Bradford company.

The thundering silence from all those has been broken only by the GMC. They sent a long email to say, "Sorry, no can do." The main reason: No individual doctors on the website. GMC's suggestion: Contact the company. My thoughts: Absolutely not for a family publication.

I await replies from the other bodies, but I am not expecting much joy. My bank will look into a claim but of course, I have to do all the paperwork.

The government is wily in that the website lists but does not endorse any of the providers. One recent morning Transport supremo Grant Shapps reminded Radio 4 listeners that private providers were the only game in town. Pressed by the newscaster on the costs, Shapps used some wonderfully Orwellian rebuttal. "The prices are being driven down a lot."

Could it be, Mr. Shapps, that a bunch of cowboys have set up shop? Knowing what an easy target nervous travellers can be, these modern-day banditos set up a pretty website, profess impressive qualifications, buy some envelopes and vials wholesale. And Bob is your defrauding uncle. Like the sad-eyed faux pensioner, I can only turn this sow's ear into a silk purse if I provide some advice to others:

- *Trustpilot.*

*Had I consulted that service before I forked out the cash, I might have steered clear of these rip-off artists. There are glowing commentaries on the Trustpilot page and they all sound the same. The unhappy contributors, including yours truly, all try to ramp up the distress knob to 11 and so we all have different tones and words.*

- *Ask your friends.*

*Even if you pay a few quid more for a recommended company, you might really get the service requested.*

- *Pay with a credit card if you have one.*

*It is easier to get your bank to reimburse you than if you use a debit card.*

Whatever you do, if you do get to go abroad, enjoy it - but be careful!

If you have been the victim of a scam, let us know and we'll tell others to be on the alert. ■



## VACCINE SCAMS

We are aware that a small number of people nationally have received suspicious calls and text messages offering the Covid-19 vaccination. The vaccine will always be available free of charge. The NHS will never ask you to share bank details to confirm your identity. The NHS will never email you about vaccines. You may receive a text from 'NHSvaccine' inviting you to book your vaccination appointments at a larger vaccination centre or pharmacy.

The text will be sent to the phone number your GP surgery has listed for you. You may also get a letter a few days after.

If you receive a text from 'NHSvaccine' inviting you to book and you're not sure if it is genuine, you can wait to receive your letter. Texts from 'NHSvaccine' are separate to any invites you may get from local NHS services such as a GP surgery or hospital.

## TEST & TRACE SCAMS

The NHS Test and Trace Service will email, telephone and text people who have been in close contact with confirmed Coronavirus cases. The team will call from 0300 013 5000 or send a text from "NHS".

Contract tracers will never:

- Ask you to make any form of payment or purchase a product
- Ask any details about your bank account or social media
- Ask you for any passwords or PINs to download software

*Hannah McGurk from the Public Health Team offers some advice about how to see through scams.*

## OTHER COVID SCAMS

Be wary of text messages encouraging you to pay for a Covid Pass. Remember, the NHS will never ask you to pay for this sort of thing. The text may direct to a website that mimics an NHS site – but this is fake. Don't give anyone your bank details.

If you are travelling abroad, look out for disreputable websites offering PCR Tests. Do some research before you buy a test – try [www.covid19-testing.org](http://www.covid19-testing.org), which gives independent advice.

Sometimes scammers might come to your door, claiming to be from a delivery company or from NHS Test & Trace. Always make sure to ask for ID before opening the door to people. Are you expecting that delivery? If not, don't let them in – and don't give people who seem suspicious your bank details.

## THINGS TO REMEMBER

- Never give a stranger personal information or bank details
- Ask to see ID if people come to your house
- You don't have to talk to someone you don't feel comfortable with
- Don't share passwords or log-in details
- The most common scams come through emails and often ask you to click on a link. Never do this, unless you're sure it's genuine.
- Regarding Covid, Someone from the NHS or the government will never ask for any money, either over the phone, on an email or on the doorstep. If this happens, put the phone down, delete the email or close the door.
- Don't rush into things. If something seems "too good to be true", it probably is!
- If you believe you have been the victim of fraud or identity theft you should report this directly to Action Fraud on **0300 123 2040** or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

**Sudoku**

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

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

**Wordsearch - Medical**

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

Ambulance Doctor Examination Hospital  
Hot water bottle Nurse Patient  
Secretary Stethoscope Surgeon X-ray

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



**NHS Quiz**

1. In which year was the National Health Service launched?
2. Which politician held the post of Health Secretary when the NHS was set up and is generally considered to be the driving force behind its creation?
3. A charge for prescriptions was first introduced in June 1952. How much did a prescription cost?
4. What is the cost of a single prescription as of 1st April 2021?
5. Which was the first NHS hospital?
6. In which decade were vaccinations for polio and diphtheria launched by the NHS?
7. In which city did the first UK kidney transplant take place in 1960?
8. What is the name of the world's first 'test-tube baby', born at Oldham General Hospital in 1978?
9. In which decade was the NHS organ donor register set up?
10. What is the non-emergency telephone number which can be used by NHS patients to access fast medical service and advice but when the situation does not warrant a 999 call?



**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**

# The Home Page

*There's no place like home, is there? Over the next few issues we'll touch on different aspects of home: DIY, paying bills, support in the home and more. This issue, Gemma Hutchinson tells us about a new Community Wellbeing Scheme coming to Leeds. Plus we meet Liz, who tells us all about where she lives.*

If you're in the Tingley area of Leeds, you may have spotted the construction work on Westerton Walk. This development will be Home Group's newest extra care service, Amblers Orchard, the first of four Community Wellbeing schemes coming to the city. Our Community Wellbeing ethos is keeping older people with support needs healthy, active and independent for longer. The building has 63 apartments, with clever design features to help residents feel safe at home. For example: assistive technology and onsite 24/7 care provision. It's not just another 'old people's home'!

We work closely with our in-house and external developers, interior designers and architects to make the buildings age and dementia friendly. From carefully considered flooring to prevent falls to apartments featuring custom designed kitchens with eye level side-hung ovens and pull-out larder units

which are easier to use for people with reduced mobility. The kitchens feature contrasting units, handles and worktops which are helpful for people with visual impairments, giving residents confidence to cook their own meals for longer, aiding their independence.

There are spacious en-suite 'Jack and Jill' wet floor shower rooms, allowing easy access direct from the master bedroom as well as the hall. Door widths are wheelchair accessible. Other features include gardens, pet friendly zones, games areas, outdoor seating. We also highlight local walking routes to tempt residents outside into nature. There will also be communal facilities for residents including multiple lounges and activity rooms. Furthermore on-site café /restaurants and hair and beauty salons welcome non-residents too, inviting the local community in to reduce social isolation.

## Q&A Liz Cross

Tell us where you live.

I live at Webb Ellis Court in Scarborough which is on Scalby Road about 5 minutes in the car from the beach.

## What do you love about your home?

I love everything. It's safe and the staff are very good to me.

## Where have you lived in your life?

I moved from York when I lost my mum and I moved to Scarborough when I was 29 and it's the best thing I have ever done. Before moving to Webb Ellis Court I lived in a flat where I didn't feel safe.

## Who do you live with and why?

I live on my own but I am surrounded by friendly people.



## Tell us about some of your favourite objects you have where you live

My mother's photos for good memories. My Welsh watch for even more good memories. I also love the sailing ship in my living room as my grandad used to sail on them and tell me stories all about it.

## What's good about living in a Home Group Home?

I love living at Webb Ellis Court because there are always people I can go to if I am worried about anything. The staff are extremely helpful and offer advice and guidance when needed. I enjoy all of the activities available, especially bingo and the coffee morning. My confidence has also grown since being here as I feel safe and welcome. I am very very happy here.

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

For more information:

Tel: **0345 1414663**

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

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



**Leeds Older People's Forum:**

**0113 244 1697**

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

**Leeds Coronavirus Hotline**

**0113 376 0330**

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

**Universal Credit Hotline:**

**0800 328 9559**

**Dementia Connect:**

**0333 150 3456**

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

**Covid-19 Bereavement Support Line:**

**0113 218 5544 or 0113 203 3369**

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

**Leeds Directory:**

**0113 378 4610**

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

**NHS:**

**111**

*For all non-urgent medical care*

**NHS number**

**119**

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

**The Carers Advice Line for Leeds**

**0113 380 4300**

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

**100% Digital**

**0113 535 1170**

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

**Leeds Gay Community (LGC):**

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

**Sage:**

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

*Group for 50+ year old LGBT+ people*

**Friends of Dorothy:**

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

*Group for 50+ year old LGBT+ people*

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

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

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

**Silver Pride Social:**

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

**Quiz corner solutions**

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

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

**Word wheel**

**4 Letters** CENT CITE GELT GENT GILT LENT LINT LITE TEEN TILE TINE TING

**5 Letters** ELECT ELITE GLINT INLET INTEL LEGIT TINGE

**6 Letters** CLIENT ENTICE GENTLE TINGLE

**7 Letters** GENETIC GENTEEL GENTILE NEGLECT

**8 Letters** ELECTING

**9 Letters** TELEGENIC

**NHS Quiz**

**1.**1948 **2.**Aneurin Bevan **3.**One shilling **4.**£9.35 **5.**Park Hospital, now known as Trafford General Hospital **6.**1950s **7.**Edinburgh **8.**Louise Brown **9.**1990s **10.**111



**NHS**



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

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

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

**HELP US  
HELP YOU**

GET THE CARE YOU NEED

[www.nhs.uk](http://www.nhs.uk)