

The magazine for older people in Leeds

Shine

March 2022

IN FOCUS

SAY YES!

How agreeing to new things can have a positive effect

PERSONAL STORIES

“I’m a Human Being”

Susan tells us about how people with learning disabilities deserve a voice

Do not forget us

We look back to the AIDS crisis of the 1980s and hear from people who remember it

IN CONVERSATION

ART & AGEING

Artist Garry Barker on how art can change the way we see the world

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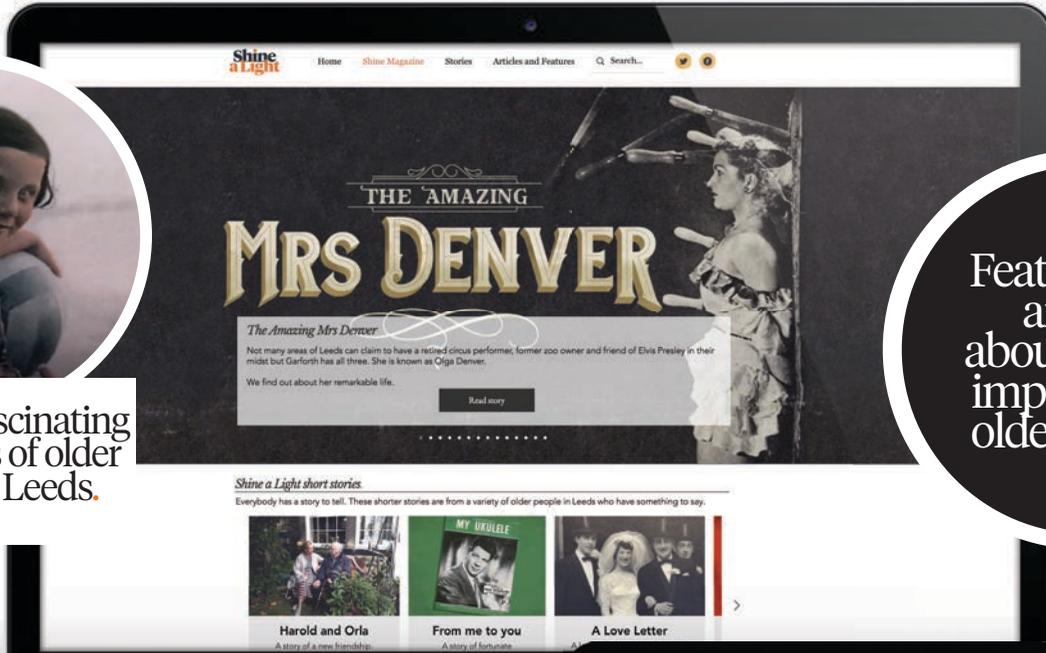
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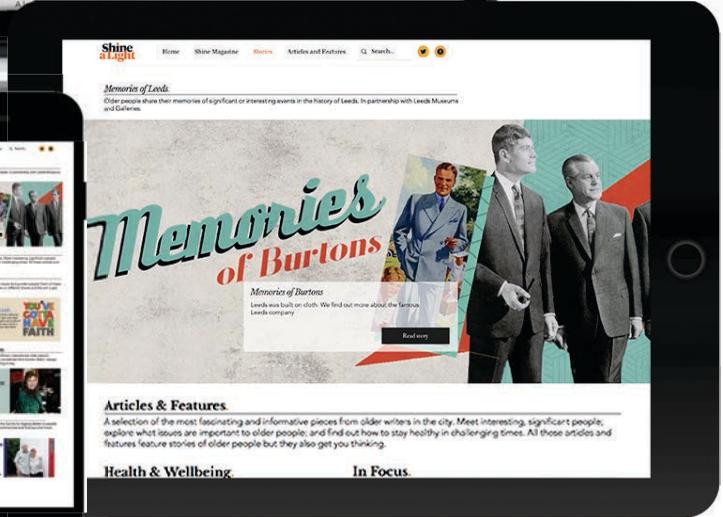


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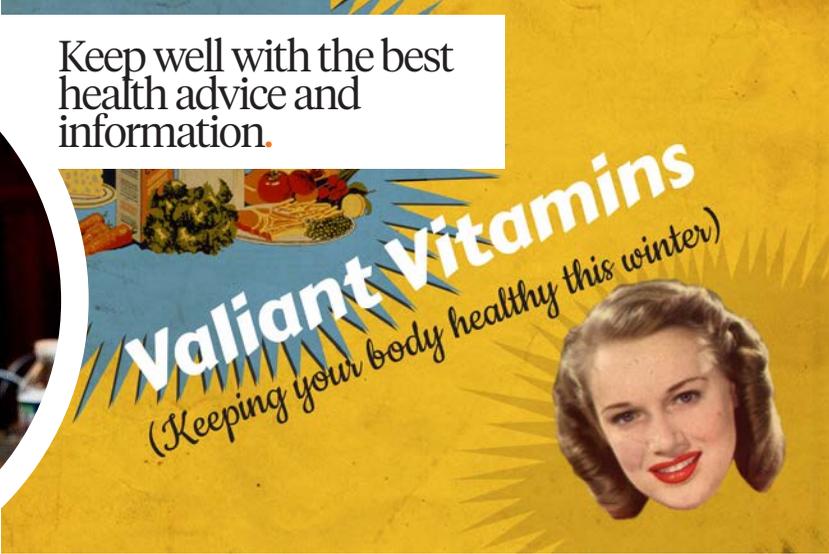
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Shine is a magazine by and for older people in Leeds. We're part of Time to Shine, which focuses on preventing isolation and loneliness amongst older people. Time to Shine funds various projects across Leeds that use creative ways to engage people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



Welcome to the March issue of Shine Magazine. Don't you love spring? The season when nature starts to shake off the holds of winter and everything begins to bloom. The weather gets warmer, we get more daylight and suddenly everything seems possible.

In this issue, Mally tells us about how she and her husband Phil chose to say "Yes" to every opportunity. Quite a brave move! Their commitment has brought some challenges and taken them both outside of their comfort zone, but it has also led to wonderful adventures and new experiences. As Mally says, "life is an adventure that only ends when you die!"

“We love the stories that older people share with us. Every one of us has a tale to tell and we would love to hear yours.”

Staying positive during lockdown has been tricky for many people. Shielding at home and not being able to get out and spend time with the people we care about has been really hard, especially for those who live alone. However, it looks like we are seeing light at the end of this particular tunnel so perhaps now is the time to think - what could you say Yes to now?

Later this issue, Eunice tells about how she said yes to becoming a befriender and how much that enriched her life - just by helping someone else. And Kim writes about how he learned how to play chess. He now plays on the giant chess set in Victoria Gardens, where he gets to meet lots of new people from all walks of life.

We love the stories that older people share with us. Every one of us has a tale to tell and we would love to hear yours. We were particularly pleased to receive some poems from local writer Melanie Woolner. Melanie's positive outlook is one we can all learn from. I'll leave you with her wise words:

*“There's something for everyone in this fair city
So shine your light and let's get busy!”*

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Shine

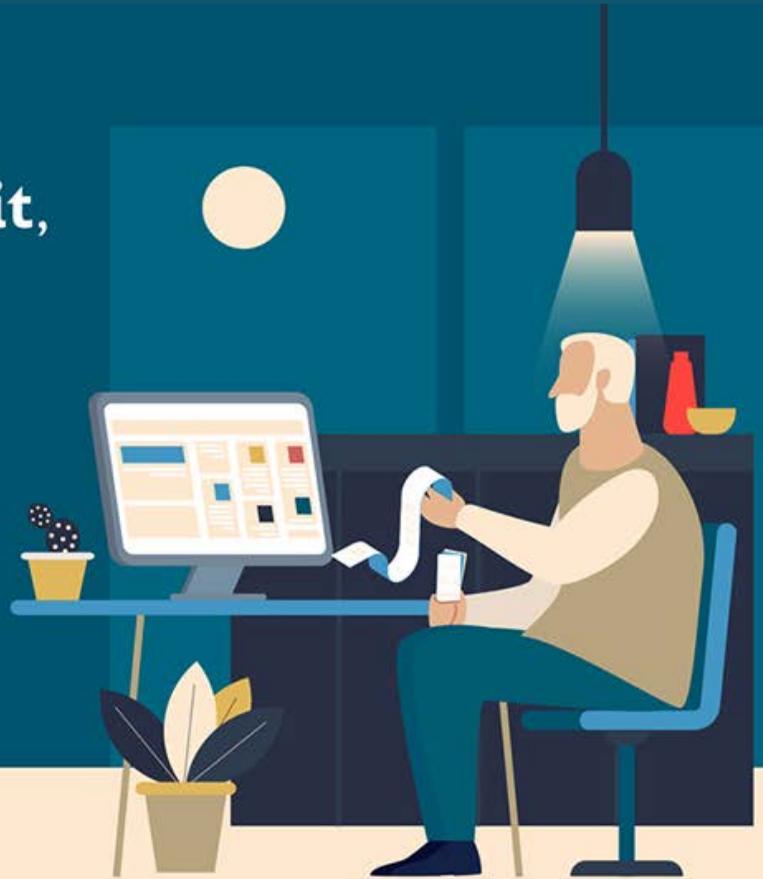
At Shine we rely on our readers to provide stories. We're always looking for people to share their story. Do you have something to say? Maybe you're an aspiring writer, or maybe you just want to get something off your chest?

Send your story ideas to us in the following ways:

POST **Shine, LOPF**
24C Joseph's Well, Hanover Way, Leeds, LS3 1AB.
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Shine

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Garry Barker is an artist who lives in Chapeltown. All his artwork springs from conversations he's had. Now in his 70s, he's started making work about how it feels to get older and how the ageing process is related to pain and memory.

“ I visualise the ageing body in lots of different ways ”

Garry was born in the Black Country and grew up in Dudley. He left school at 16 and worked at a steelworks; he was an overhead crane fitter. However, he “used to draw all the time.” Eventually, Garry left work and went to art school to do a diploma. “It was so liberating,” he says. For a while Garry worked as an industrial interior designer, working on hospitals and shipping lines. He also redesigned supermarket warehouses.

Garry has lived in Leeds for many years and currently works at Leeds Arts University. He began his career there in his mid-twenties when the university was called Jacob Kramer College. He was recruited to set up a print department. Garry taught silk-screen printing, etching and many other art processes. Eventually he started teaching a foundation course in art and design. “I like talking about art,” he says. Over the years, Garry has inspired generations of art students.

He hasn't always been paid to be an artist, but has used his creative skills in other lines of work. He believes that art can have a social purpose and can help people talk about interesting and difficult issues in different ways. “Artists help you think,” he says. We meet Garry to find out more about his art and ageing.

Your art is rooted in talking to people. Can you explain how this works?

A long time ago, I realised there was a problem with contemporary art. I'd been making art, but most ordinary people wouldn't look at it because they wouldn't go to an art gallery. I've always loved drawing. I live in Chapeltown and I used to draw on the way to and from work. I used to stand in the street, drawing.

I noticed people liked to watch me draw. Someone would come up and say, “That's interesting.” They'd often think I was either a policeman or someone in authority – because I always drew in little black books. But once they realised I was an artist, they were reassured that I was okay to talk to. They'd say, “It's like magic!” Once I got someone interested, I'd talk to them. “What do you think of the news?” or “What do you think about what's going on?” Often the person would own the house I was drawing. Or they'd live locally and would talk about the state of the street: “Look at the rubbish here, look at how bad the lighting is.” So I had a series of drawings of the streets I was passing through. But I also had lots of conversations to go with them. I started making artwork that brought these two things together. I'd expand the drawings to include the stories. ▶



You've done specific artwork about ageing?

I had a conversation with my next-door neighbour, who, like me, is in her 70s. She is from St Kitt's and she told me this amazing story. When she was a kid, she was a runner. They used to call her "3-Speed Grey Pigeon". Everybody in St Kitt's had a nickname. Hers was because she could run short distances, long distances, and middle distances. But there was a problem, as she got older. When she was 11, she was picked to be in a race. And she fell over and hurt her knee – and lost the race. She had an argument with her boyfriend and not long after this, she moved to England. But this all remained in her mind. And she had this dream. In the dream, she goes to see God. She knocks on the door to God's office. Inside, there is a giant desk. She can't see over it but she can hear that He's there. "What are you here for?" She says, "I'm here to complain. You took away my charisma." God says, "If you'd stayed in St Kitt's, you were so beautiful and had so much charisma that if you'd stayed, you'd have caused so much heartache. I had to stop it!" She says, "You've also taken away my qualifications!" Before God can answer, she's whisked out of the office into Nowhere. And she's falling, falling. And she wakes up. The charisma bit was about the running. But the qualifications bit was about something else. I said, "Your family didn't come over with the Windrush lot, did they?" She said yes. She told me her husband was having lots of problems with paperwork, to prove he was British. This was obviously worrying her.

I thought this was interesting. When I was a boy, I used to run. I loved that feeling of running down a hill, putting your arms out and feeling like you could fly. My neighbour and I realised we were talking about feelings from over 60 years ago, and from completely different places. I'm from Dudley and she's from St Kitt's. The feelings still lived in our minds, even though we were old people. It brought home to me two things about getting older: one is about how amazing memory is, how clear memories are, even after all this time. And the other is about regret and the ageing body. She had a heart attack shortly after our first conversation and was left paralysed down one side. And I'd recently been diagnosed with a heart problem myself. I'm on tablets. Suddenly, this whole process of ageing was important to my work. I didn't know of any pieces of art that I like that tells me about this ageing process. How it feels from the inside - that the body you inhabit is getting older. These days, my school-friends are always talking about hip replacements and knee replacements! Our conversations are now all about this thing called a body that we carry around with us, and how it's become more of a problem. Each year as it goes on it finds another thing that's wrong with it! It's a familiar story – we all know it.



Ageing & Art Left: Garry Barker, Right: Hand Arm Ache, Bottom: The Blind Leading The Blind.

How do you make art out of that?

There are various approaches. I think of myself as a material. I'm calcium and all sorts of stuff that swishes around in a big bag of seawater. So, I started just moving things around that dissolve in water. I take lots of bits (pigments, anything), dissolve it in water, then move it around. As it evaporates, it leaves certain types of surfaces. I also make ceramics. Somebody came to see me who had toothache. I'd had toothache and I'd made a version of it. We talked about how you visualise pain. I got the clay, twisted it and made a sharp bit. I realised I didn't have to draw an image that looked like something, but it could still communicate an idea. But someone else's idea of what pain looked like might be different to mine. If you see an advert on TV for a stomach pain tablet, they often show something like a knot. An entangled thing. But I needed something very different for a sore hip, or a headache.

The other part of the conversation with my neighbour is about memory. It's amazing how detailed people can be about a street they lived in when they were 5, but they couldn't tell me where they lived when they were 50. My parents moved house quite a lot when I was young. I made a series of drawings based on how much I could remember from the streets I lived in.

I visualise the ageing body in lots of different ways. At one point I started visualising it as something that

could be entered in lots of different ways. Like in the mouth. Older people talk a lot about orifices. Your ears get bigger. More people get nosebleeds and problems swallowing. There are always problems peeing and pooing. The body gets more visceral. People fart more! And we can't control it. We usually don't talk about these things.

Is it that as you get older, you're forced to pay more attention to the body?

You start to think about what time you eat, to make sure you can sleep. It's about the corporeal weight that you carry with you.

How might you begin to make something visual from a feeling?

I'm talking about the body as a physical, weighty form. And we can think about that with clay. We are like clay. I start to take some clay and mould it in my hand. And I can make a shape that feels like the shape that I'm feeling inside. Someone I know has Crohn's Disease. I sat next to him, making an object. He talked to me about how it felt and I shaped the clay in response. He said that Crohn's Disease feels like it starts in the neck. So I made a sort of windpipe, a column. Then in the stomach, I made what looked like a big dog-turd shape. He said he got pains that were sharp, so I made some very thin spiky bits that come out. And I stick those on. We talked about colour. At one point it's purple, then it goes green, because he said it feels kind of gangrenous. Once I've got an object, I can draw from it. I've managed to get something externalised and physical out of a feeling.

How do people respond to that process?

Most people enjoy it! They feel like someone's taken an interest in them. "How does your pain feel?" We like to talk about ourselves! What came out of all these conversations was this idea of votives. At my age, a lot of people have frozen shoulders. I talked to someone about theirs and I made a shoulder for them with clay. "You know," I said to them, "This is like the old votive thing." The artist would sit by the side of the road, with a bag of clay. You'd go to the temple to pray about your bad leg. On your way, you'd go to the artist and say, "I'm going to pray to Artemis (or whoever) for a cure for my leg. Can you knock me up a quick leg that I can put on the altar?" And the artist makes a leg out of clay, gives it to them, and off they go. And they feel better! I realised I was doing something a bit like that. The person I made the shoulder for, they came back a few days later and said, "You know, my shoulder's better!" I said, "How did that happen?" What had happened is they'd externalised the pain and put it into the object. I started writing a little ritual about these objects. It was almost like a game. "You tell me

about your pain, then I'll make an object. Then you decide what you want to do with it. Break it, bury it, or put it on the mantelpiece?" Some people gave it back to me, so I had the "pain". But it did sort of work! Almost like a placebo effect. Then I deliberately made some votives. I had to be careful because I got some people who came to me thinking I could heal them. I said, "This is not about healing, it's art. I can't cure you!" So I thought I'd better draw the votive project to a halt!

Art can have a positive effect on health though, can't it? Tell us about the cards you've made.

I took the idea of votives and turned them into packs of cards that you could give to people to play games about the body. A bit like Tarot Cards. I worked with an older people's group I was part of called Life Hacks for a Limited Future. We're a group of professionals over 65 – I'm the embedded artist. One of the women said there weren't enough cards about women's bodies, so I changed that. People had these cards distributed to groups. Older men, in particular, who didn't like to talk about their pain and their bodies. But were perhaps interested in developing a card game. This was banjaxed by Covid so I was asked to put it online, which I did. But people wanted real conversations.

And you've made some artwork about vaccines?

I'd had an argument outside Cantor's Fish Shop in Chapeltown. We were waiting to go in. I'd just been vaccinated, so I told this guy. He said it was a big lie, we're all going to die, you know all those conspiracy theories? I thought, you need something to make you proud that you've been vaccinated. I came up with an enamel badge: a shield with a syringe in the middle. Locally, that went quite well! So now my art is a practical thing that might help spread the word about how good the vaccine is.

So there is a use for contemporary art?

My frustration with art galleries is that sometimes you go in and think, "What's this all about?" I made the votives into charm bracelets, into jewellery. So I could talk to people as if their body was an art gallery. My parents were from the Black Country and they used to be interested in "tranculments". These were objects you'd put on the mantelpiece – little ceramic frogs, that sort of thing. When I went to art college this was disparaged as lower working-class stuff. But I was lower working-class lad, so I decided to make tranculments instead of sculpture. I'm always wondering what I make as artist. The "art world" doesn't worry me. The fact that I might make something that my neighbour up the road (who doesn't go to art galleries) might like and find useful – that interests me. ■

Change the World!

Angie Smiles is part of the Age Friendly Steering Group, which works to make Leeds a friendlier place for all older people. As we get older, it's easy to sit back and resign ourselves that nothing will ever change for the better. Angie thinks we need to keep fighting – and she explains how we can all make a difference.

Jane Fonda (who is 85) says, “You have to have the courage to speak about the changes that are needed.” These days anyone can publicize their concerns using social media platforms like Facebook, Tik Tok, Instagram and Twitter. Posts on these sites can then draw the attention of other media. Anyone can start a petition using Change.org or 38degrees.org.uk. Do you ever feel like you need to do something about your concerns? Have you ever signed a petition, been on a demonstration or written a letter or email to your local MP or councillor? Then you've taken action to change your world.

I belong to Leeds Age Friendly Steering Group (AFSG). Older people meet regularly to discuss how to make Leeds a more friendly and accessible city for older people. We invite local councillors and other planning representatives to tell us about their proposals and we ask questions to check that the needs of older people will be met. For example, we recently met the people behind the proposed expansion of Leeds Bradford airport. We've run a few campaigns to make improvements for everyone. One of them was the Take a Seat campaign, which encouraged local businesses to offer a seat to older people.

A fellow member, Tina Frost, is also part of the Lay Researcher Group of FRAMES - an initiative to prevent falls. After being in hospital, Tina recognized the high risk of falls among patients and started to think about practical ways to reduce the falls risk. Tina advocates the concept of the 15-Minute City. The idea is that we should only have to walk for 15 minutes to get to a shop or a bus stop. A city that is less reliant on people using cars. Tina believes that public benches encourage older people to go out; she is a fan of the Chatty Benches found in parks in Horsforth and Guiseley. A walk and a talk can relieve isolation and increase mobility. Sitting on a bench to talk to a stranger can enhance wellbeing and make you feel that you are part of a community.

You can make a difference! Recently, an investment company bought Bramley Shopping Centre and they removed 15 benches. Outraged residents wrote to

councillors to complain about the loss of the benches. People had relied on the seats to sit and wait for transport; they had used benches to rest whilst shopping. People in Bramley united to voice their anger.

Hundreds of angry residents were recruited to add their voices to the campaign. The slogan was “We won't stand for nowhere to sit!” The campaign ended in a victory: the benches were re-instated. Councillor Kevin Richie supported the campaign and said, “We're delighted.” One of the campaigners said, “Thank you to Bramley Ward Councillors, our MP Rachel Reeves, and Leeds City Council for listening and taking action.”

Caroline Strain, 62, isn't a member of AFSG, but she's signed petitions, sent emails to her MP and is willing to support our campaigns. In the 1980s she was a member of CND and went on protests and demos. She now belongs to Leeds Citizens, who set up a Listening Project for people with mental health problems. Caroline helped to save lives by volunteering for the Covid vaccination trial.

Ann West, 78, regards herself as a later life activist. She hadn't been on a demo until she was in her late 60s. Friends told her about 38 Degrees and encouraged her to go to a meeting about fighting for the NHS. Ann has joined protests against Brexit, climate change and the Leeds Bradford airport extension. She's had fun and has met lots of like-minded people. Ann believes taking action has an impact even if it's just a drip-drip effect.

More and more older people are feeling inspired to take action and make their voices heard. Another member of the group, Julie Badon, likes to get her point of view across - and wants to enable other older people to have a voice. She told me, “I can change me and I can change others and I like to think I can change the world.” ■

The Age Friendly Steering Group meet monthly to share views, ideas, experience and skills.

For more info contact Sarah Prescott on 0113 244 1697 or sarah@opforum.org.uk

The King Is Doomed

Kim Birch is often to be found outside Leeds Central Library, playing chess with the giant outdoor chess set. What is it about the game that attracts him? And why does he recommend you start playing? Kim explains below. Illustration by Paul Atkinson.

The game of chess originated about 1500 years ago in what is now India. It quickly spread to Persia, and became popular amongst the nobility, as an alternative to warfare. Pawns represent the infantry. Knights the cavalry. Bishops are the elephants, and Rooks chariots. Kings and Queens are self-explanatory. The object of the game is to trap the King, so that it cannot make a legal move. The word “checkmate” derives from Persia and literally means “the King is doomed”. Each player is like a general who has to work out a strategy and tactics to get checkmate, by the careful positioning of the pieces.

It is the only game I know that has no luck involved. Just pure logic. The player who makes the fewest mistakes usually wins. But there is also imagination involved in developing strategy and tactics. I find it fascinating that one could play a million times and no two games would be the same. A beginner might start by getting to know one or two standard openings, which are usually about getting control of the central squares, and developing the knights and bishops, as well as a good pawn structure. There are also what are known as gambits, for more advanced players. These are when the opposing player is encouraged to play what seem like good moves, but have a hidden threat behind the tactic, and with devastating consequences.

I like to think that playing chess improves qualities of concentration, patience, and planning. Keeping a cool head is important when against a good player: only one mistake can lead to a loss, or win. But whatever the outcome, it is important to shake hands afterwards.

I learnt to play properly about 12 years ago on the outdoor chessboards in Leeds city centre, next to the central library. Chess is a game for any age and there are folk of all nationalities who come to play there. During my time playing with the big pieces outside the library, I have seen many characters come and go. Club players, foreign visitors, or passers-by who stop by and fancy a game. Some just like to sit in the sunshine and watch. I enjoy playing, watching, and talking to my fellow chess-enthusiasts. Sometimes, when playing, we can get quite a crowd of spectators; we seem to be a bit of a tourist attraction. Many visitors take our photos. However, I can be so absorbed in the game that I hardly notice them. I think it's great that Leeds Council provide such a facility. And it costs nothing!

Grandmasters, such as Gary Kasparov, become national heroes. Some readers may remember the famous world title match between Russian Boris Spassky and the American Bobby Fischer in the 1970s. The media blew it up as a cold war battle, which Fischer eventually won. Some Grandmasters are able to play blindfolded, with someone telling them the opponent's moves. I watched such a game at a chess tournament, and I could hardly believe it. Of course, Grandmasters practice all day long from an early age, but I wouldn't want to be so obsessed about a game.

At first, chess seems to be quite a difficult game to play, but once one gets familiar with how the pieces work, and learn some basic tactics, it becomes quite easy. However, it seems that some have more aptitude for it than others. I enjoy teaching others how to play and if anyone is interested in learning the game, or improving, I would be glad to help.■

You can find chess pieces outside Leeds Central Library.



Say Yes!

*How do we stay positive, active and willing to try new things as we get older? **Mally Harvey** and her husband have adopted the mantra “Say Yes!”*

Mally explains how they came to the positive philosophy, where it has led them – and how you can find your own version.

After failed marriages and in our late thirties, Phil and I decided we had to work hard to make this relationship work. We had 6 daughters, aged between 7 and 16 and, trying not to be overwhelmed by the heartache of our mistakes, we recognised we had to put everything we had into making our life together work. We decided that to get the best out of our life we had to take some risks; the concept of saying Yes to every opportunity emerged. And over 37 years that is what we have done. Of course, it has landed us in some sticky situations, some scrapes, and at times potential danger. But we have never regretted being true to our ‘manifesto.’ Along the way, we have had some amazing adventures in places near and far, met many fascinating (and some not so fascinating) people, but we have had a great deal of laughter and joy too.

We challenge the idea that being older means we are over the hill. We believe being older means we have the time to try something new. I defy the old adage that once you are retired you should settle down with daytime TV or knitting. I would rather walk naked and barefoot over red-hot coals! The concept that in retirement we should put our feet up is definitely a thing of the past. We remain reasonably able - although I accept that as we have got older the adventures have become a little more sedate, that we approach things more slowly and it takes longer. But we still seek out new experiences. How about going into Leeds Bus Station and randomly choosing a bus without any idea of where it’s going or when it will return - and getting on it? The Bus Pass is an amazing passport to all sorts of adventures. Just because I am 75 and Phil is 81, this should not stop us. This is the time to say Yes, because we have the time. And we have no idea of how long we’ve got. A few years ago, when we told our family and friends it was our intention to spend a couple of months camping round the Scottish Western Isles with our 20-year-old cat and

our dog, they were horrified. “What if you die?” they said. “What if we do?” we replied. One Scottish friend just looked incredulously at us. “Scotland in May and June? You must be mad. And at your ages with an ancient cat and a dog too. You’re certifiable.”

Saying Yes can be anything. It means something different to everyone. It could be as simple as trying a new recipe, walking a little bit further every day or listening to a different genre of music. It’s about being open to trying something new. After all, if you don’t like it, you don’t have to do it again. Just move on to the next adventure. Don’t stick with it if you aren’t enjoying it. When the first lockdown was announced, we realized we had to enrich our lives in whatever way we could in our new, smaller world. We drew up a list of 70 things to do whilst locked down. Some were small tasks, like repotting plants; some were larger tasks, like painting the kitchen. I loathe painting! In over 50 years of decorating, it’s a skill that I have never got better at. I am incapable of decorating without making a huge mess, which then takes longer to clean up than the painting itself. Phil had a lot of wood, mostly given by friends who had excess quantities, so he set about building a wooden shed at right angles to the existing small extension. We had long wanted somewhere to disrobe after walking in the rain; he created it and called it the Dog House. It is not so named because he goes there when he is in trouble with me (well, maybe sometimes), but because it contains all the paraphernalia that comes with owning a dog. We have life in front of us. Surely it can be exciting to be challenged out of your comfort zone? You don’t have to be good at anything, that’s not the point. You will have had all these wonderful experiences. That makes you an interesting person, no matter how well you do things.

How to start? Find something you are interested in and see how far it will take you. Admittedly, it’s hard to get going, so take a few small steps. After all, if you decide to take up jogging you don’t start by putting your name down for a marathon. The fear of failure is one of the reasons people don’t try anything new - but what have you got to lose? If you end up with a bit of egg on your face, so what? Failure is not having tried it in the first place. On our list was, ‘Cycle Daily’. In those early days of lockdown, ‘The List’ had to be obeyed. So, after years of neglect in the shed, I resurrected my old bicycle. After all, the paths round the local RSPB reserve were flat and relatively even. It wasn’t until I fell off the third time and badly hurt ►

SAY YES!



my knees, that I had to accept that my reflexes in my 2 artificial knee joints were not sufficiently quick enough to save me from hurting myself. As we age, recovery is so much slower. Although it was difficult for me to admit, I couldn't do it. I was obliged to put my bike back in the shed. "Maybe another day perhaps?" Phil suggests in the background as I write this. "Never again!" I reply. But at least I had a go.

Do we say Yes to everything? I was talking to a friend about the philosophy and he asked me this: if someone came along and offered me a timeshare apartment somewhere - would I say Yes? It made me stop and think. In reality, there are lots of times when we don't say Yes. There are times when we need to give the matter considered thought and discussion. But for the most part when the question involves an invitation to do something, we do say Yes. We can sort out the possible problems later on - which then might end by inevitably having to say no!

The beauty of being older is you don't have to impress anyone. If something doesn't go quite as anticipated: stop. At least you'll have another experience in your life, another dimension. And another story to regale your friends with. We are so lucky in Leeds because there is so much on offer: free concerts, volunteering opportunities, dozens of organisations with activities to suit everyone, all just waiting to take you somewhere you have never been.

Another Say Yes story. Three years ago, we found a flyer in a magazine offering holidays in Northern Cyprus. They started at £150 per person for a week! Flight, bed, breakfast and an evening meal, several trips to historic sites more - huge value for money. It looked too good to be true - probably was too good to be true. Phil thought we might be conscripted into the Turkish army. But we said Yes anyway. In less than a

“For the most part when the question involves an invitation to do something we do say Yes. We can sort out the possible problems later on”

SAY YES TO TESS

By coincidence, there is a show coming to Leeds very soon that fits very nicely with the "Say Yes" mantra. Say Yes to Tess is a new musical based on real-life events and is showing at Leeds Playhouse in March and April.

In the show, Tess Seddon moves back to Leeds after a break-up and is inspired to stand for the Yorkshire Party in the 2017 General Election. This is the story of someone who says "Yes" to a very unlikely proposition! Tess told The Guardian that the prospect of standing as an MP was "an amazing, mad opportunity - but why not?"

See www.leedsplayhouse.org.uk for more details.



week after we got the leaflet, we were flying off to Cyprus. It was a wonderful trip with lovely hotels, good food and excellent weather. We even got a refund of £70 each because our flight was delayed. A small risk which turned into a joyful experience.

Of course there may be family pressure not to go on a zip wire or white-water rafting (both exciting and exhilarating), but we are adults and we are competent to make our own decisions. We never urge our adult children and grandchildren to give up their dangerous pursuits, so why should we? We have raised families, maintained homes, been (relatively) law-abiding, had jobs, careers, loved and been loved, made a zillion mistakes. So why stop now? Life is an adventure which ends when we die. We need to take every opportunity while we can. Friends who have suffered loss through death or divorce, or who may live alone anyway tell me their lives have been enriched by saying Yes to a new experience. It gives them a reason to get up in the morning, dress with a bit more care and a feeling of anticipation and excitement about the day ahead.

I'll leave you with some instructions. Get a piece of paper and write this down: "I will Say Yes to ..." And fill in the blanks. Let us know how you get on! We'd love to print some of your own stories of saying YES!

How does it feel to say Yes to something new? We spoke to a group of older people in Leeds who did just that. Sunshine in Leeds is a Health for All project that has welcomed older people who are lonely or isolated. The group run social events, walks and other group activities

 We started coming to Sunshine in Leeds when my wife Rosemary was still alive. She needed full time care – I was her carer. It was very useful to be involved because it gave us contact with other people, some of whom were in the same boat. We both tried to come to all the events. Rosemary could manage the walks because they were very gentle. It wasn't a route march.

My wife died in March. But, I've got to be positive, what else can I do? There's no point sitting wilting! I've found a new friend at church. Every time she saw Rosemary, she would ask how she was. She rang me up some time after Rosemary died. I wanted to thank her for concern so I asked her round for a cup of tea. She was a widow – her husband had died 3 years ago. She said, "I want someone to do things with." That's what I wanted too, so that's where we're at. We've been to Fountains Abbey and in May we're going to Cologne soon, all being well!

John

 I had to shield for three months and I was suffering with anxiety and panic attacks. A coffee morning was set up on a Tuesday and I was invited to be part of it. It was on Zoom. We've done it for the last 18 months. At first it was a bit strange, because you see people all in one screen. But I'm used to it now. I was asked if I wanted to come to a befriending group. Straight away, I said, "Yes please!"

Joanne

 What's new for me is a smart phone. I've never had a mobile phone, always just used the landline. But my son said I'd get stuck in the past so I got one. It was a bit complex because I never did any computer courses when I was at school. I've always done manual jobs and never done work on a computer. I was a bit scared of computers. I use the phone for meditation and mindfulness apps. It's great for that.

Eric

 I spent 32 years working as a care manager in a sheltered housing scheme. I retired in 2020. All of a sudden, Covid started and I didn't know what to do with myself. I had a very busy job and used to look after lots of people, but then I had nothing to do. I went to my doctor and she helped me find this group. I must admit, I'm not usually that positive a person. But there's no point dwelling on the bad things. There are always problems in life! But you get through them. I was slow to open up with this group, but now I'm very open and I talk a lot.

Sarbjit

 My doctor asked her about how I was, whether I got out and about. I said, "I don't get out at all!" She said, "Are you lonely?" I said I was. I told her I wouldn't mind getting involved. I was married but then my husband died. And the kids have grown up and left home. I was on my own in a 3-bed semi. I've been out to new places, met new people. I like a chinwag! Sometimes I'm pessimistic but I try not to worry. I get up and say, "Lord, I thank you for waking me up this morning." I've got a lovely bed! Some people don't have anything. I'm blessed. I say that I'm drinking out of my saucer – because my cup is overflowing with blessings! My mother died at 58; I didn't think I'd get to be 60. But I'm 80 now!

Beverley

 At my age, I'm losing friends regularly. I was becoming housebound. I found I had no social life. So said this to the GP and they put me in touch with Health For All. I've made friends with a nice group of people. I try to stay positive and not live in the past. The past is gone; it's nice to remember it but you've got to look forward. The only way is to meet new people: different ages, different nationalities – we're all different. It's interesting and you learn from other people. It's been hard to keep positive over the last 2 years. It's not an easy step to meet a lot of strange people. But right from the word go, we all just clicked.

Barbara

Find out more about the different opportunities available to older people at Health for All call Balwinder Kaur on 07590182627 or email balwinder.kaur@healthforall.org.uk

Putting the Child First

In this feature we bring together an older and a younger person together for a conversation about something they have in common.

WORDS **TOM BAILEY** IMAGES **ELLIE DAWSON**

This month, we talk to Brittany and Marie about teaching. Marie is in her 80s and worked as a teacher for many years; Brittany is in her 20s and has only been teaching for 3 weeks. Despite the 60-year age gap, the pair found plenty to talk about. And they discovered they had plenty in common!

How did you get into teaching?

Brittany: Ever since I was a little girl, I've always had a passion for children and caring. Always taught my little brother how to do things and been his role model. Going to primary school and seeing my teachers, seeing how they took care of us, taught us things, how they were patient with us; it was something I wanted to give back. I went to university for 3 years, did the degree and then qualified as a teacher in June 2020. Then the pandemic happened, so unfortunately it was very difficult to apply for jobs. I decided to become a nursery teacher – but I still wanted to go into mainstream teaching. In January this year I applied for a teaching job – and now I'm 3 weeks into being a teacher with a Year 1 & 2 class! I'm really enjoying it. There have been some stressful days! Some days things don't go as planned. But I'm keeping positive and I've got a good team behind me that are supporting me.

Marie: First of all I did a secretarial course and I worked as a secretary. I had a sister who was a teacher. I found that within 6 weeks of doing the job as a secretary I was bored. I began to feel that my boss was doing the real work and I was underachieving. The years went by; I got married and had my son. When he was 4 years old and started school, I started at Bretton Hall, the teacher training college. I was so lucky. Bretton Hall was so fantastic. Out of this world. I did 3 years there. I trained just before the B-Ed came in. I was down to do a 4th year as a B-Ed, but I got an interview for a teaching job with a school I had done a teaching practice. I was lucky, the job was near home – I'd be stupid not to take it. So I took it! I was 25 when I started at Bretton Hall.

Did you always want to be a teacher?

Brittany: I always wanted to work with animals! My first thing was that I wanted to be a veterinary nurse. So, I got into veterinary college, passed all my GCSEs ready to do that. But I couldn't find a vet practice that would take me on as a placement. They were all full. So I came to the point of not knowing what I wanted to do any more. I went to college to do my A-Levels and, as I was doing that, it came to me that I wanted to do teaching.



Marie: When I was really young, I wanted to be a lawyer. Then I wanted to be a vet. I was 10 or 11. Afterwards, I'd finished my O-Levels. Then - it sounds stupid – there was a film called Three Coins in the Fountain about these girls who went to be secretaries in Rome. And I thought, "Wow!" So I did a secretarial course instead of staying on to do A-Levels. But, as I said, I realised they were relying on me but I could do more. My boss said, "I don't need to be able to spell, I've got Marie." I worked in the probation office, and for a while I toyed with either being a probation officer or a teacher. But I lived near Bretton Hall (which is now the Yorkshire Sculpture Park). It was amazing. It specialised in drama, music and arts. Off the scale marvellous. Immigration had just started from India and Bangladesh and we worked on the pilot scheme, teaching English to those immigrant children. We did a lot around Special Needs. We were in the forefront of learning about autism and dyslexia. They were all fairly new words. In the end, I spent a lot of my career in an ordinary school as a SENCO (Special Educational Needs Coordinator).

Interesting how you both wanted to be a vet!

Marie: We love living creatures, don't we?

Brittany: It's about taking care of them, definitely. And it relates to the children we work with. You see these children more than they might see their parents. They're with us Monday to Friday. When they come in every day, you notice if they're upset, or if they're happy. You just want to care for them, to make sure they're alright, that they're safe. That they want to come to school. Making a difference to their lives. You set them up for their whole life. Mould them, give them life skills that they'll use as they grow up.

Marie: I agree with everything Brittany says! When I went to Bretton, it was in the 1960s. The Plowden Report on Primary Education came out in 1967. Baroness Plowden said in that report that the child came first. That was so wonderful. It was all about the child. I'm sure Brittany's like me: we feel that it's the child that matters in education. Each child is an ►

Something In Common

individual and it's up to you to give that child what they need individually. You can't say one size fits all, can you?

Brittany: No, that's right. There's a wide range of personalities in my class. I have a group of children who want to read books for older, Year 4 students. And some in the class just want to look at picture books. You have to take the individual child as unique and build their skills – rather than doing it as the whole class. It just doesn't work. We have 30 children and they are all different.

Marie: When I started I had 43 children in my class. It was fine – honestly! It was a great school. A mining village school. From there, I moved into the Dales, into Nidderdale. And had 23 children. That didn't feel like enough. After that I moved to a school in Harrogate, where I spent most of my career. And there, we usually had about 30 children in the class. But in the special educational classes I was doing, I never had more than 17.

How did you support children with additional needs?

Marie: The children I worked with had such a wide variety of needs, and I would help with that. When any child needed assessing, or we needed to get social services involved, that would be my job. I loved it. We had a many different children. Immigrants, disabled children – anyone who needed support.

Brittany: Sometimes there isn't enough staff for the care that a child particularly needs. But in my school, we bring in external organisations to help give the support that the child requires. Some schools can feel under pressure if there are children with special educational needs.

Marie: The 60s and 70s were a really good time. The access for children was better in all ways. There's been so much interference in education over the years. There have been steps forward – but I do think there could have been more progress. Less bureaucracy and interference.

Brittany: I'm still finding my way around all the paper-work! We have to assess the child on lots of things, it can get a bit crazy. I understand they've got to make progress, but every child's progress looks different. For some children, they struggle with the tests, but if you sit down with them individually, and for example, explain things pictorially, they can manage it.

Marie: They brought in the National Curriculum when

I was teaching. You had a bookshelf a metre long with all the folders for each subject. I thought it was too much interference from the government. In the first school I taught in, in the mining village, the Head was wonderful. He said, "The children come first, the teachers second, the parents third, and the authorities last!" That was his philosophy and he was marvellous. It was a great school. When I started there was a curriculum, but it was not just dictated from the top. The reason I got my first job was because, when I was doing teaching practice, the Head noticed that when a child held a door open for me, I would say, "Thank you." I'd always say "please" and "thank you" to the children. And he said at the interview, that's the reason I got the job! The way I treated the children. The main thing is the children.

Brittany: The Curriculum is a big document that you have to get through, On the flip side is the child's needs. It's not just what they learn in the curriculum.

Is teaching stressful?

Brittany: I think teachers do feel stressed – with SATs and all the assessment. But on the other hand it is a really rewarding job. When a child comes up to and says, "Miss, I know that 4 add 2 is 6!" And you know that it's taken them weeks to learn that – it's really rewarding.

Marie: If you're a teacher who really cares – and the vast majority are – then it is stressful. You never finish. It's hard to turn off. If I have a regret, it's that I didn't realise that you do need "me-time". A chance to switch off. It shouldn't totally dominate your life; you need to get some sense of balance. It's not a 9 – 4 job.

Brittany: I struggle with that! I find myself getting to school at 7.30, not leaving til 5, getting home, quickly eating some tea, and then going back on my laptop. And weekends as well. I am only 3 weeks in. But that is really good advice, to take some me-time.

“If you're a teacher who really cares – and the vast majority are – then it is stressful. You never finish.”

Marie: You've got to think about you. Definitely. When I started training, I had my son. But I had the world's best husband. A new man, before new men were invented. He gave me so much support. It was unheard of. A married woman with a child did not go to Bretton Hall! But they were great. Sometimes I took my son into college with me and all the other students would make a fuss.

Brittany: Do you miss teaching and being in a school?

Marie: I retired a good while ago, but when my grandchildren started junior school, I realised there was no-one to teach French. So I used to go in and teach French to the whole school. Went from class to class. I prepared it in my own time. I did that for 6 years. I only stopped when my husband was 80 and had a major heart operation; I didn't want to leave him. Children are still lovely. Children don't change. They're still gorgeous! I don't miss it though. I'm busy with Cross Gates Good Neighbours! I've got a lovely family and teenaged grandchildren. Brittany, you teach 6 and 7-year-olds. I find that a hard age group to work with! I preferred working with those aged 8 – 11. Do you prefer working with the younger ones?

Brittany: Personally, I do prefer the younger years. When they're in Year 6 and they're taller than me, it doesn't feel quite right! I would potentially give the higher end a try. But I do prefer the younger ones. Their imaginations!

Marie: It's a good job we're not all alike, isn't it! I thought the 6 and 7-year-olds were really hard work. They are sweet and lovely – bless them – but at that age they are totally egocentric. I remember doing an assembly once. All the little ones were in with the older ones. It was hard to engage with all the age groups. I was talking to all of them and I heard a voice from one of the littlest. "Mrs Broadhead!" they said. I said, "Shush a minute, darling." "Mrs Broadhead!" they repeated. "Yes, dear, what is it?" "Mrs Broadhead – do you like my new wellies?" Brittany, you deserve a medal! I used to define teaching as being in a circus, spinning all the plates.

Brittany: That's right, you're juggling a lot of things!

Marie: The last bit of advice I have was given to me by my sister. She said, "If they're being noisy, don't shout. Find other ways of quietening the class".

Brittany: That's a really good idea. I'll try it in my classroom! Thank you. I've found this conversation so useful, to listen to someone with more experience.

Marie: In my first school, I looked up to my Deputy Head. She was in her 40s. She was wonderful, I still remember an assembly she did about the flush toilet. I still look back in awe of how great she was. I learned a lot from her. You do need people at school to look up to and learn from. I love young people and have loads of respect for them.■



"I'M A HUMAN BEING!"



*Susan Hanley tells us why disabled people need a voice
and why non-disabled people need to listen.
She's a textiles artist, a business manager and potential MP.
We meet Susan to find out more about her life.
Plus: Colin on recovering from severe burns;
and Eunice on why helping others is part of life*

Susan Hanley is passionate about making sure people with learning disabilities are recognised in society. She's been involved in numerous campaigns and organisations to support disabled people and raise awareness about what life is like for them. She also makes her own needlework and is part of a fashion line promoting the artwork of learning disabled people. We met Susan to find out more.

I was born in 1964. I lived with my parents and my family in Morley. I've got a learning disability. Not just a learning disability – I've got Down's Syndrome. I can't describe Down's Syndrome.

I used to play cards with my mum. Me and my mum, we always got on. I've got two sisters. My mum and dad had three daughters, and I'm the youngest. My sisters are Jacqueline and Josephine. I have a brother too. I had my own bedroom. I used to have a dartboard. And a record player. I had funny taste in music then. Des O' Connor. Lena Zavaroni. Val Doonican. Lena Zavaroni used to sing *Swinging On A Star*. She was only 10 years old! I had her records. I had a dog. It was a golden retriever. Once I had a rabbit. A white rabbit. It had red eyes. I'd call him different names, whatever I felt like at the time. He was all white, so I used to call him Snowy. And I'd call him Bright Eyes too. I had a budgie as well.

I remember one morning, I got up and made my mum a cup of tea. After that, I used to do it regular. Bring her a cup of tea in bed. My mum always had curlers in her hair. My dad, he used to do a lot of golfing. He was a member of Fulneck Golf Club. He used to have a transport café. It was called David Street Café in Leeds – down near Water Lane. It was good there! Odd times, I'd go in and see him.

I've been to a load of schools. My primary school was at Cottingley. I can't remember much about that. I went to a mainstream school. That was alright. But then I went to Redwood Croft Special School in West Ardsley. At school, I loved swimming. I went to the swimming pool. I just liked it. Fitness and fun. I used to love it in the pool. When I first started, I was 12.

I like knitting – and not just knitting – all needlework. My mum and my auntie (who was my mum's sister) used to do a lot of knitting. That's how I first started. And crochet. It was my auntie who liked crochet. I like it because you can make things. I've made waistcoats – a pink one and a blue one. I've made cushion covers – two different colours in patchwork. You can make a lot of things. I make toys. I've done a panda. I've got a book called *Knitted Toys* and I used a pattern from that. I do it when I fancy. It makes me relaxed and happy. I feel like I'm near my mum and my auntie again. I feel

like I'm in my happy place. If I feel stressed, doing my needlework helps me to relax.

After school, I went to Park Lane College. I did woodwork. I made a coffee table. That was a long time ago. We used to do drama. We did a musical – *The Phantom of the Opera*. I did a dance routine. At the college. We had an audience. We did *Cabaret*. I was dressed up like Liza Minelli. Drama is great. I think it's fun, jolly and you get along with other people. Learn body language. I do drama now.

My parents passed away and I've been living with my sister Jacqueline since then. I was 17. I've been there 40 years now.

Leep 1

Leep 1 stands for Leeds People First. It's a self-advocacy group for people with disabilities. I used to go to a training centre called West Ardsley and in 2010 it was closing down. I was part of the panel around funding. We started chatting and I said, "How about we get an organisation called Leep 1? It's about time people with learning disabilities stood up to speak for themselves." And that's what we did. ▶



Fashion Label
Susan shows off one of the AND hoodies, for sale online.
Photo: Jan Wells

That's why we started Leep 1. We get people with learning disabilities to go out into the community to get their voices heard. I've been co-chair of Leep 1 for 12 years now.

We were in a very small office at the start. There was me, Beth Brown (she was the manager), Mandy, Tom (a volunteer) and Paul (a student). There was just a few of us – and the members. They came to us. They'd chat. I had a needlework class, where I taught people to do craft.

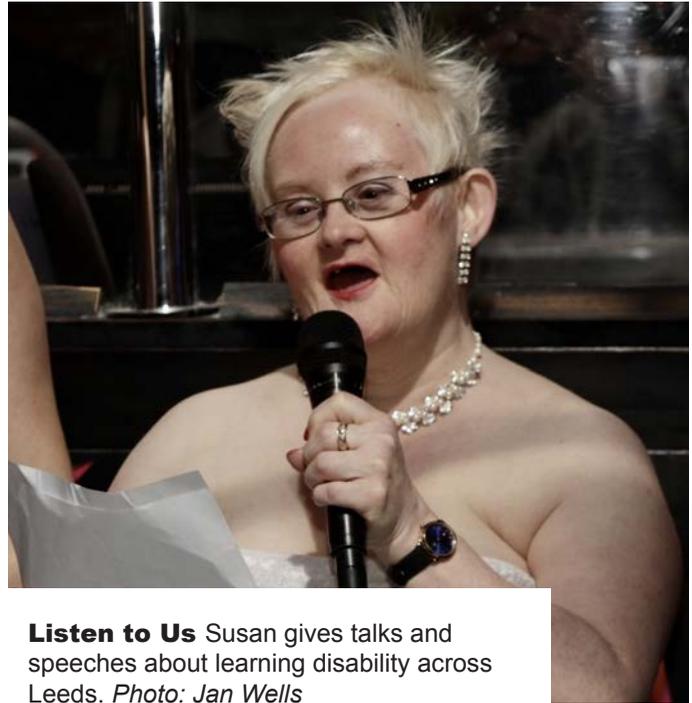
Making a Difference

I was involved in the Get Me campaign. It was me who started it all off. People with learning disabilities aren't being recognised in society. It's all about the social model of disability. It means places haven't been set up for disabled people. For example, if there are only steps and no lift. Or if there's no accessible information for people to read. People look down on us. All because they don't see us for who we are. They say some awful things. It's about being recognised as a part of the human race. We want to change people's attitudes. We were in the newspapers. We made a film and it's now online. People speak for themselves – what they enjoy doing, what they like to eat, how they feel about things. I want to do more campaigning.

I do Learning Disability Awareness training. Especially with the police. When they talk to us, they judge us. That's why I started doing it. We teach people about how to talk to us. It helps to slow down and communicate with people clearly.

I've got a podcast called Empower Me. I like to talk to different people who are part of self-advocacy groups, to see how they do it. How they support people. I interviewed Hilary Benn, the MP in Leeds. We talked about all sorts of things!

“If you know someone with a disability, make sure you don't let them down. Let them live their dream.”



Listen to Us Susan gives talks and speeches about learning disability across Leeds. *Photo: Jan Wells*

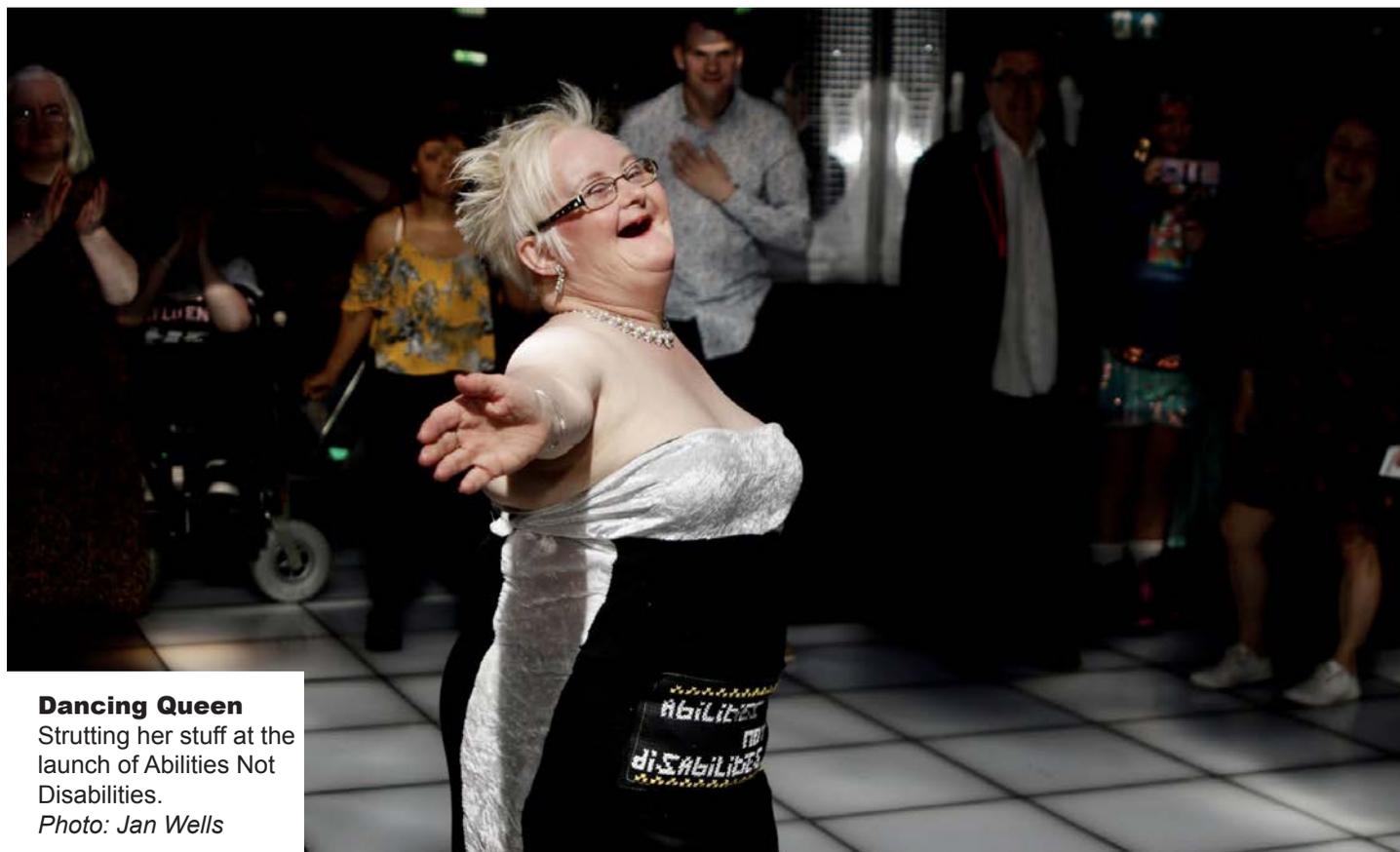
Change

A few years ago, I began to feel down. I was unsteady and things were confusing. I had no-one to talk to and I kept crying. I didn't know what it was at the time. But my body was changing. I didn't know why I was crying. I talked to someone and they said it was the menopause. Then I went on the BBC Breakfast Show, talking about the menopause. Down's Syndrome women get the early stages of menopause, earlier than other women. That's what I was talking about, to raise awareness. I thought it was important to tell students who were studying to become GPs or nurses.

Creativity

I was part of a course called Tomorrow's Leaders. A programme for people with learning disabilities. Tomorrow's Leaders is about bringing people together to talk about things and try and do something. Make a difference in our area, in our communities. Part of the homework was to do research. I did research on a lot of stuff. I looked at Meanwood Park Hospital, which was for people with learning disabilities. It's closed now. My research was called Forgotten Lives.

I had a graduation and had to create a presentation. It was all about disability. I thought, "I do a lot of creative things. I do needlework, I do fashion. Let's start a new thing." This was Abilities Not Disabilities (AND). We wanted to show that people with disabilities can do things. It's a fashion label and we make hoodies, T-shirts and sweatshirts. We design the slogans and pictures. We sell them and all the money goes into the business. We sold our things at Kirkgate Market. I went down very nicely. We also sell them online. And on eBay.



Dancing Queen

Strutting her stuff at the launch of Abilities Not Disabilities.

Photo: Jan Wells

It makes me proud to see my work on clothes. I did an exhibition at Leeds Museum in 2018. It was a social enterprise project. It was all my needlework. I felt fantastic! It's useful to show people what I can do, what I can achieve.

Covid

When Covid came it was scary. I had a meltdown. I didn't know what was going on. We couldn't go out. I had nobody to talk to, I couldn't see my friends. But what kept me going was my needlework. Through lockdown, I trained over 70 police officers! I had great feedback. And I learned to do Zoom. It's brilliant being out again. I like being face-to-face. I'm 57 now. It's a bit scary getting older. Sometimes you don't realise you're getting old. But it's just a number.

Follow Your Dream

If you know someone with a disability, make sure you don't let them down. Let them live their dream. There will be many ups and downs. And you can help support them. I still have a dream – to start my own business, just for me. I'll call it Creative Hands because it's all about your hands working. I call it busy fingers! I'd like to go out and teach people to make art. I'd like two galleries. One for the people I worked with, one just for me. I'm trying to grow myself as a professional designer. I'd love to be an MP one day and fight for my rights and the rights of everyone with a learning disability.



Wear Your Art

Hoodies and T-shirts display artwork by learning disabled people in Leeds.

Photo: Jan Wells

I hope the world can be better in the future. Better for people with learning disabilities. I hope that people can learn to talk to us like we're human beings! ■

Thanks to Mandy Haigh at Leep 1 for help with this article. For more information on Susan's campaigns and artwork go to www.leep1.co.uk

Cigarette Dogs

Colin grew up in Seacroft and was always playing out. However, on his first visit to Sunday School aged 11, Colin had a life-changing accident. He never went to church again – but he did pick up an unusual skill that he practises to this day.

My mother died not long after I was born, and I don't remember my dad at all. I never knew my mum and dad. I just knew my grandparents. They were in their 50s. I was adopted by them and I always knew that. I grew up with my grandparents and my aunts and uncles, who I knew as my brothers and sisters. That was a bit confusing! I used to like sledging and playing out. I'd go out fishing in the local beck. Sticklebacks and redbreasts. There was a monkey bridge in Seacroft. It used to run from Roundhay Park, right under York Road and led to the River Aire. We used to go there and fish.

It was 1953. I was 11. I started going to Sunday School at St Epiphany's – but I only went the once. Everything was fine, and I was coming home. They were building this new church, St Nicholas's on Oakwood Lane. It was a building site. There was a petrol barrel and a few kids were playing around it. One of them must have had matches because the next thing I knew the petrol barrel just exploded. The fire caught me on the leg. I rolled over and put it out and someone helped me up, took me home. I only lived 5 minutes away. I got through the door and the next thing I knew I was in hospital. My auntie, my grandma and my grandad came with me in the ambulance.

They put me in the Burns Unit at St James's and I had 14 skin grafts. They take skin from your thighs or your bum. I was there for 6 or 7 months. I just lay in bed. I read books. It was hard. Very hard. Stressful. I couldn't go out and enjoy myself with my friends. It was very boring. But someone came every day to see me. I did a bit of schooling while I was there. But I couldn't walk. And when I recovered, I had no strength in my legs.

The physiotherapist showed me how to walk again. And she got me making things. She was 20 or 30 years older than me. I can remember her face. I can picture her. She had ginger hair. She was very helpful. She helped me use my legs again. Another thing was, she taught me to make dogs out of cigarette cartons. Senior Service, John Players and Woodbines. It gave me something to do. And it's something that's stuck. I still make them now. And I'm nearly 80.



I don't use cigarette cartons to make the dogs now. I use tablet packets, from the chemist. I used to smoke. Every photograph I have, you can see me with a cigarette in my mouth. Even playing swingball with the kids or cutting the hedge. All with a cigarette. I was doing 60 a day! About 30 years ago I said to my wife, "I've got to stop." She said, "You won't stop." Said I couldn't do it. That made me more determined. I just stopped, there and then.

People give me money for the dogs I make – and all the money goes to scoliosis charities. My wife, she died of scoliosis in 2015. Your body shape all changes with the disease. People offer me £20 for the dogs and so I make one and they donate money. I've raised a few hundred pounds.

I've always been good with my hands, which is why I took to making the dogs. And I'm still into fishing. I like being out in the open air. The fresh air makes you very tired! And it's hard, pitting your wits against the fish. Not easy. I hadn't been for 2 years, but I went fishing last week.

I've been making dogs out of cardboard for 60 years now. And I'm keeping going. People will ask me to make one, then I donate to help others with scoliosis. It's a way of keeping her memory alive.■

Colin is an active member of Age UK in Leeds. For more information and to get involved with activities, ring 0113 389300

Here, There & Everywhere

Eunice, 77, is one of life's doers. But when she had to shield in the early days of the pandemic, she had to stay at home. Her doctor recommended getting involved with a support group – and Eunice said YES. And now she's a regular at Sunshine in Leeds, helping herself and others. Eunice shares her positive outlook below.

I always think you've got to put into where you live as much as you take out. I live in Connect Housing, which is a housing association. I was the chair of the residents' group for 16 years, until last summer.

I was fighting for tenants' rights. Making sure that if the landlords say they're going to do something, they do it. I decided to resign – but then the rest of the committee resigned as well. We'd all had enough. I was the glue keeping them all together! And I'm not getting any younger. I wanted some time to myself.

I lost my husband 11 years ago and the committee filled a gap. I had something to keep my mind occupied. It was tragic. He was 66 when he died. We were just about to start enjoying our retirement. He went within a month. Your life is shattered. It took me 5 years to get it into my head that he'd gone. I'm not frightened of saying that. I just couldn't grasp what had happened. I've come out of it now. The hardest part of it was walking into an empty house. I'd known my husband since I was 4. I went to school with him – he lived at the top of the road. He was my boss at EJ Arnold. We went our separate ways, but in the end we had to be together. I was with him from 1986. He's my second husband – I have two children, but not to him. He died with prostate cancer. You never expect it to happen. Life!

When we first went into lockdown in 2020, I got a phone call from my doctor. She said, "Eunice, you've got to stay in for 12 weeks." I said, "What's that?" She said, "Well, you've got asthma. You won't be able to go out." I said, "You're joking?" Because I'm here, there and everywhere. I'm a doer. She said, "Do you want me to put you in touch with some groups?" I said, "Well yeah, if I'm stuck in the house!"

We went on to a Zoom group. Just a chat, keeping in touch, stopping you getting lonely. There was 4 of us. And we're still going. One of the girls says to me, "We have a Wednesday group, do you want to join?" So I went to that as well. The organiser, Bally, says, "Eunice, you're on your own, aren't you? Would you

mind ringing up 2 ladies?" I said, "Doing what?" It was a befriending thing. So I ring a lady on a Friday. She's 90 this year. If I get to 90 and I've got a brain like hers, I will be ecstatic. She is a marvel. An inspiration. We talk about all sorts: politics, tennis, cricket. You name it. She is as bright as a button. I've never met her. I just rang her up one day. She hasn't been out for 2 years. She still does her own cleaning. She's on the ball. Fantastic. I ring another lady on a Sunday. I find that sometimes Sunday is the longest day. She's got a bit of Alzheimer's. She's grieving – newish. She had to go out for some milk the other week so I made sure I rang her back to make sure she was okay. She's doing fine. I've always been a volunteer. For God knows how long. And I've joined a walking group on a Wednesday morning. I noticed that one of the ladies had really come out of herself. Initially, she was wary, but she's far more chatty now. Out of our group, I'm the only one who hasn't had the virus. I've escaped it so far.

I think you should help other people. I was brought up in a house where my father didn't believe that women should work, so my mum never worked. He said, "If you can't afford a wife, you shouldn't get married." Very old fashioned! But she used to see to a boy in the street whose mother had died. We always had somebody at the table. So when Bally asked me to help, of course I agreed to it. I get a satisfaction from helping people. If everyone did a little bit, it would be a kinder world, wouldn't it? We didn't mention loneliness in the old days, we didn't call it that. But it doesn't hurt to say "Good Morning" to someone, does it? ■

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

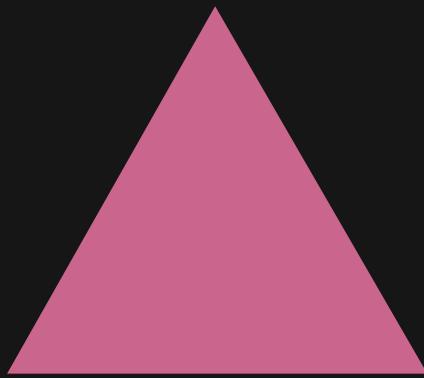


Email - hello@shinealight.org.uk

Phone - 0113 244 1697

Post - Shine, LOPF

Joseph's Well,
Hanover Way, Leeds,
LS3 1AB.



NEVER FORGET

The Forgotten Victims of AIDS

Aleks Fagelman is Project Assistant at Leeds City Council Culture Department. They are also a member of the Preservative Party, a group of young volunteers supported by Leeds Museums and Galleries. Aleks is particularly interested in “queer” history and in the following article they look back to the 1980s AIDS epidemic and how we can remember those that were affected by the disease.

The 1980s could be characterised by perm hairstyles, brightly coloured clothing, and pop music. But there was also a much darker side, especially for gay people. In this article, I shall use the term ‘queer’ as an umbrella term for people who are LGBT+ (lesbian, gay, bisexual or trans). Whilst in the past “queer” was used as a slur, it has now been reclaimed and is a more inclusive term when considering the whole LGBT+ community.

Discovering the disease

In 1981, American doctor Michael Gottlieb recorded the death of several young men from a strain of pneumonia, from which they should have easily recovered. These became the first known cases of HIV/AIDS, which then spiralled into a full-scale epidemic. Globally, over 35 million people have died due to AIDS. Whilst many of these people were not queer, this epidemic did affect LGBT+ people more significantly. Until 1987, there were no treatments for the disease and even with the early introduction of medications like zidovudine, it was still considered to be a death sentence.

One of the major issues with the AIDS crisis is that it was considered to be a disease that only gay men got. However, this wasn’t true: many queer women and straight people also contracted the disease, especially within lower-income families and communities of colour. But because it was considered by the media during this period as a ‘gay disease’, this had huge impact on the way it was treated by governments. Many governments across the world did not take the threat of HIV/AIDS seriously, and were reluctant to fund lifesaving treatments. President Ronald Reagan did not address the crisis until over 20 thousand people had died. It was an epidemic that was ignored, forgotten, and demonised by the public consciousness.

Across the world, people affected by the crisis realised that they had to stand up and fight for their own medical care. They had to fight to be recognised as relevant; that it was worth making sure that they ►

The 1980s saw a new disease come to the UK: AIDS. We look back to a time where people with HIV or AIDS were demonised and vilified, and remember how that affected them. Plus, we hear from two people who were in Leeds at the time and were affected in different ways by AIDS.

didn't die from the new disease. This led to movements and marches in the USA - as well as the NAMES Memorial Quilt. The Quilt has become one of the most important memorials of this crisis. It is considered to be the largest community project in the world, with the US quilt alone having over 50,000 panels and commemorating over 105,000 people. The UK quilt is much smaller, containing only 48 panels. These memorialisation projects are always community projects, created by and for the queer people. The goal is to keep the queer community alive, to prevent people forgetting what happened during the AIDS epidemic.

One of the reasons that memorialisation projects like this were so important, was the fact that the media was so homophobic. There were headlines like 'Britain Threatened By Gay Virus Plague' (Mail on Sunday) or 'My Doomed Son's Gay Plague Agony' (News of the World). Many blamed queer people and their lifestyle for the HIV/AIDS crisis. In 1987, Manchester Chief of Police, James Anderton, said that the gay population "were swirling around in a human cesspit of their own making". I believe that this opinion of queer people as dirty (and the AIDS crisis of being something that only happened to gay people) actively hindered development of effective medicine and help for the people who were affected.

Sharing stories

There are so many other significant projects to memorialise queer experiences during this period. In 2019, Jude Woods began to create an archive called West Yorkshire Queer Stories (WYQS). WYQS is an online archive which collates interviews and images from queer people living in West Yorkshire. It was supported by the National Lottery Heritage Fund and the sexual health organisation, Yorkshire MESMAC. 42 of their entries specifically related to the HIV/AIDS epidemic and are mainly focused on the stories of people from the crisis itself.

A fair number of stories relate to the backlash that was occurring in the UK in the 1980s and 90s, which really impacted the way that people considered this disease. Even when there was treatment, an AIDS diagnosis was considered to be a death sentence. One of the stories in WYQS comes from a person who worked at the health centre Skyline (that still assists AIDS patients to this day). They talk about how people still come into the health centre in tears, believing that AIDS is a death sentence.

"It's not a death sentence to get a positive diagnosis. But there are still the newly-diagnosed coming to Skyline who are quietly crying"

One of the stories comes from someone who worked as a volunteer at MESMAC during the crisis. The volunteer recounts how they met a Romani man who came to get a HIV test. The man was dealing with a lot of issues, being a queer man within the Travelling community. He struggled to understand that having a partner who was HIV positive would not necessarily mean that he would get the disease too. The volunteer talks about how they were able to break down this stigma and help the man. But, a few months later, he was contacted by the Romani man's partner, to tell him that the man had taken his own life, due to the stigma within his community. The volunteer talked about how hard it was to deal with that, but how it strengthened his resolve:

"In some ways, you know, it's just really, really made me so sure that I need to make sure that we are fighting for the people who can't be heard."

It is this certainty and this statement that we need to hold on to. The AIDS crisis only ended in 1990. Many younger people are unaware of how much damage the crisis did to the queer community. There are so many stories of young, brilliant people dying from a disease because people looked the other way. And there are so many people whose stories go unheard, hidden away by people who believed that their child being gay was more shameful than allowing people to properly mourn them.

Never forgotten

The AIDS crisis was a pandemic that was characterised by community togetherness. So many projects like ACT UP were created to support queer people - which were run by queer people. It is unforgivable to let these people who died during this time be forgotten. The most essential thing that we can do is remember these people. Remember the communities that helped queer people during the epidemic. Remember the people who could not stand up for themselves because they were not accepted by their families, their societies, their friends. These are the people that deserve our consideration more than ever. Projects like the West Yorkshire Queer Archive are so important for this. Another essential project is the 'Overlooked' project which is in the works by the Preservative Party. They are a youth group of people aged 14 to 24, who work at Leeds City Museum. Currently, they are working on an exhibition which illuminates the forgotten people in history, in the very same vein as projects like WYQS.

So, today, go and find out about someone who might be forgotten. Because, no one is truly forgotten as long as someone still speaks their name.

The following stories are extracted from those on the West Yorkshire Queer Stories website. Many thanks to WYQS for allowing us to print these memories.

John W

In 1981, I used to come home from Leeds up Swinegate, to the station. On the corner of a little yard - I now know it as Blayds Yard - there was a bookshop that sold 'dirty' magazines. One day, one of these magazines caught my eye and for some reason I bought it. And in it, I learnt about AIDS for the first time. It wasn't called AIDS then - 'gay plague' I think they called it. It later became H3, then H4, and then HIV. This article mentioned this disease that was affecting the gay population in California and America. It described that it was a nasty disease and people were dying from it but it wasn't widespread; it was just confined to a certain area. As they put it, it was "as rare as rocking horse s**t"! So there was nothing really to worry about.

Following on from that you started seeing snippets in the main papers. You'd hear about this disease in America, and this disease in America was going round male saunas. Ronald Reagan didn't think much about this disease and he didn't do anything about closing these saunas.

It was a nasty disease and there was no cure for it, and people were dying from it. Other people could catch it besides gay men - and all these little things in the papers. Not a lot, but if you were a gay man and you were looking out for it you noticed them, you took notice of them.

I think the watershed moment was when Rock Hudson died. That was splashed all over the front of the papers, I think in November or October 1985. 'Rock Hudson dies of AIDS'. A picture of Rock Hudson, 59 - a wizened old man! "That can't be Rock Hudson the film star, surely? He's a handsome young man! He's not gay!" He was a millionaire and still he died. I think that was the watershed moment when people took note of the fact that AIDS existed, homosexuals existed and it had to be talked about. Prior to that homosexuality wasn't mentioned.

In 1991, John's father was taken ill and had to go to hospital. Whilst in intensive care, the family observed a young man dying of AIDS.

It brought home to me how close it was. My mother - she must have known I was gay, but she never mentioned it - looked at me as if to say, "Don't you get it." She didn't say it, but you could feel that she was frightened that I might get it.

“An HIV diagnosis back then meant a likely death, because there was little knowledge of how to treat the virus”

John Roe

I was diagnosed as HIV positive on the third of November 1988, just 27 days before the first World AIDS Day. Kylie was top of the charts that year with "I Should Be So Lucky" Yeah, right! An HIV diagnosis back then meant a likely death, because there was little knowledge of how to treat the virus, and the effective medication cocktails didn't appear until 1995, seven years later. People were dying around me. Constantly getting the black tie out to go to another funeral. And the funerals could be terrible. The partner of the deceased had few rights, unlike today, and could be shunned by the rest of the family and kicked out of the shared home with little or no chance of retrieving their belongings.

Back to 1988, a big year for me, and the birth of my nephew. I was diagnosed a fortnight before he was born. I clearly remember sitting in my car in the hospital car park waiting to go in and see the new baby and proud parents. In the car, I was quietly crying. The tears were rolling down my face, as I was thinking that a new life had just come into the world while I should be preparing to leave it.

But, 30 years on, funerals are few and far between. The pills do work. The doctors know how to treat us. It's not a death sentence to get a positive diagnosis. Things have evolved and we are no longer in a crisis. So I'm a bit happier. But the situation could be described as fragile. If something happens to stop the HIV drugs being made or supplied, I will die, along with thousands of others. And politicians are still coming out with ignorance and homophobic comments. Stigma is still around.

There are several stories in the archive that refer to the AIDS crisis in Leeds. To read and listen to these stories and find out more about West Yorkshire Queer Stories go to www.wyqs.co.uk

EXPLORE YOUR CITY



Get out and about with the help of a new app from Leeds City Council.

We all know physical exercise is good for us. The health benefits of keep-fit, swimming or jogging are often talked about. But not all of us enjoy exercise. What about walking? It's relatively simple to do - and you can go at your own pace. You can get out in nature, chat to people on the way and you don't need to wear ridiculous sports gear. Sometimes, going for a walk doesn't even feel like exercise!

Leeds City Council is aware of the benefits of walking regularly, so they've teamed up with a digital company called Love Exploring to develop bespoke walks in the city. Love Exploring is a free app that you can download

on to your mobile phone. The idea is that you can follow trails and guided walks in local parks and areas of interest. There are even games and quizzes for children, though there's no reason why older people might not have a go at them.

We asked regular Shine writer Ruth Steinberg to try out the app and review it. Was Love Exploring an unqualified hit, or did Ruth have some reservations? Did she stride forth confidently, or come a cropper in a muddy bog? Was the technology involved easy to navigate, or was it a step too far? Find out on the opposite page. And overleaf, we detail all the health benefits walking can give you.

***Love Exploring – Reviewed
by Ruth Steinberg.***

At the start of the pandemic, we were encouraged to take daily walks and I really appreciated going out locally: the sound of the birds; the way nature just got on with growing and showing. So, I was pleased when I was asked to try out this Love Exploring app. I downloaded it on my phone and off I went.

I tried out 2 walks. The first was what they called a Mindfulness Walk in Roundhay Park. I started the trail at the top lake. As I walked, I listened to a voice encouraging me to slow right down, to notice my breath. There were the occasional short poems. It was going very well until I found myself crossing a sodden patch of ground. I must admit that I didn't have the right footwear; it wasn't long until I was slipping and sliding about. I ended up on my bum! So, mindfulness went out the window. I was grateful for the map though – it helped a muddled me get back to the car as quickly and easily as possible.

My next walk was on Woodhouse Ridge. It is many years since I walked there. It was a delight to reacquaint myself with this part of Leeds and the app enriched my walk. It pointed out features such as the stream and the pond, or views over the Meanwood Valley. It was a circular walk, and the app continually shows you where you are on the trail, like a satnav used in a car. There are photographs of what you are looking at so there is reassurance that you are on the right path.

On the Ridge, I got talking to one woman who had a beautiful blue-grey greyhound. She was a teacher and was excited to hear about the Love Exploring app. She told me she would look at it and tell the parents of her pupils about it. Resources like this (which are free and easy to use) are a gift to parents who are looking for interesting things for their children. There are games created with young people in mind. But, as George Bernard Shaw said, "You don't stop playing when you get old, you grow old when you stop playing."

I am someone who likes technology. There are no written instructions, it's trial and error. This app is intuitive and (mostly) I could work it out quite quickly. It covers the whole of England and uses satnav to pinpoint where you are. When you open it up, it knows you're in Leeds and shows you the walks in this city. However, I can look forward to using it to see what walks are available in other parts of the country. One of the things I like, is that you can look at one of the walks without going there. You just scroll through the photos and read the information.



Taking a Breather

Ruth Steinberg has a moment to rest on Woodhouse Ridge in Leeds.

Even if you don't physically do the walk there is so much to learn about this city. I took an interesting "virtual" walk around Elland Road and learned a lot.

In conclusion, for me, this app works well and I will be using it in the future. Using it on a walk was interesting and refreshed places that I know well. It led me to explore places I don't know. On the trail itself, the photographs are a real support. I could always see where I was, even when the trail map was unclear. There is additional information on facilities, nearby places to visit, transport, and maps. I can imagine going out with my grandchildren, who love apps and technology. It certainly encouraged me to go out and explore on my own, as I felt confident that I wouldn't get lost. It was a good combination of being interactive and enabling. It opened up bits of Leeds and I'm sure it will lead me to do more exploring (with or without a map). So, despite the limitations that inevitably come with technology-based inventions, I can heartily recommend this app. For me, anything that can support connecting with the world outside my four walls is worth exploring. ■

Ruth did two walks with the Love Exploring app, but there are many more. The app is free to download, just search for Love Exploring on the App Store on your smart phone. Or go to loveexploring.co.uk for all the information about the walks.

WALKING BACK TO HAPPINESS

WALK FOR YOUR BODY

Walking has proven physical health benefits. You don't have to go to the gym or go running. Just a stroll in a local park is enough to help you lose weight and feel better. Walking is also good for your heart. Anything that keeps your heart rate up can reduce the risk of heart disease. There are other health benefits too: walking reduces the risk of Type-2 diabetes, strengthens the bones, and reduces the risk of developing cancer.

WALK FOR YOUR BRAIN

It's amazing how getting out into nature can cheer us up. It's no fun being cooped up, as we know from the last 2 years. Even a stroll around the local park can improve our mental health. Get out in the fresh air every day, even if it's raining. If you know anyone else at a loose end, you could walk with them. Pack a thermos, or (even better) stop off at a local café for a chat.

Being physically active can also reduce the risk of developing dementia. And if you have dementia, walking is good too. It can improve strength and flexibility. And also help with sleep and anxiety. Some studies suggest it might improve memory too.



What's so good about walking? Delve into the health benefits, discover easy ways to start walking and get all the information about how to use the Love Exploring app.

WALKING TIPS

- Start slowly. Don't try going up Ben Nevis at first! Just 10 minutes a day is a good way to begin.
- It's good to walk a little every day. Try popping to the shops to pick up a paper in the morning.
- Use the stairs instead of the lift
- Plan a walk to the Dales with friends
- See if you can visit every park in Leeds
- Join a walking group – there are plenty in the area.
- Soft ground is easier than hard ground. Walk on the grass!

LOVE TO EXPLORE

Love Exploring is a mobile phone app that shows you walking routes in your area. There are games, guided trails and maps. The guided trails have been curated with local experts from Leeds. You could discover historical facts or learn the names of the trees. The maps are excellent for finding your way and knowing where you are at all times.

The app is free to download. Just go to the App Store on your phone and type in "Love Exploring". You have to log in to create an account. When you've logged in, the app will work out where you are and show you maps, walks and trails in the Leeds area. However, you can use the app all over the country.

For all the information on the app and how it works, go to www.loveexploring.co.uk

Sudoku

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

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

Wordsearch - Chess

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

BISHOP BOARD CASTLING CHECKMATE
 ENDGAME FISCHER GAMBIT KASPAROV
 KING KNIGHT PAWN QUEEN ROOK

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.



Say Yes! Quiz

1. Which band released the song "Yes Sir I Can Boogie" in 1977?
2. "She Loves You (Yeah, Yeah Yeah)" was released by The Beatles in which year?
3. What foodstuff completes the wartime classic: "Yes, we have no _____"
4. Who was the lead singer and frontman of the band Yes?
5. Who played the lead in the film "Yes Man", about a man who says "yes" to everything?
6. What brand of orange juice was advertised by a man in a white suit who said "Yes"?
7. Who originally sang "Accentuate the Positive"?
8. Who played the politician in "Yes Minister" and "Yes Prime Minister"?
9. And what was the character's name?
10. Complete the name of the reality wedding show: "Say Yes to the _____"
11. Which comedy double act of the 1970s sang "Positive Thinking"?



Word Wheel

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

Personal care

Home help

Dementia care

Live-in care

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

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

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



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

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Advertisement

Keeping Well at Home

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



Resources include:

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

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

Phone **0113 3783680**

Web active.leeds.gov.uk/keepingwellathome

Email health.programmes@leeds.gov.uk

ACTIVE
LEEDS
for health

**WE ARE
UNDEFEATABLE**

Leeds Older People's Forum:

0113 244 1697

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

Leeds Coronavirus Hotline

0113 376 0330

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

Universal Credit Hotline:

0800 328 9559

Dementia Connect:

0333 150 3456

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

Covid-19 Bereavement Support Line:

0113 218 5544 or 0113 203 3369

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

Leeds Directory:

0113 378 4610

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

NHS:

111

For all non-urgent medical care

NHS number

119

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

The Carers Advice Line for Leeds

0113 380 4300

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

100% Digital

0113 535 1170

Help with digital stuff or help to just get online

Leeds Gay Community (LGC):

Men's group. lgc@mesmac.co.uk

Sage:

sage@mesmac.co.uk

Group for 50+ year old LGBT+ people

Friends of Dorothy:

info@friendsofdorothy.org.uk

Group for 50+ year old LGBT+ people

Leeds LGBT+ Women's Space:

lgbtwomensspace@gmail.com

Group for LGBT+ women aged 40 years or older.

Silver Pride Social:

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

Quiz corner solutions

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

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

Word wheel

4 Letters FENT LENDS LENT LUNE NEST NETS NUTS SEEN SENT STUN TEEN TENS TUNE

5 Letters ENSUE SNUFF TEENS TENSE TUNES UNLET

6 Letters FLUENT NESTLE

7 Letters SNUFFLE

8 Letters EFFLUENT

9 Letters EFFLUENTS

Say Yes! Quiz

- 1.Baccara 2.1963 3.Bananas 4.Joe Anderson 5.Jim Carrey 6.Delmonte 7.Bing Crosby 8.Paul Eddington 9.Jim Hacker 10.Dress 11.Morecambe and Wise

WE ARE
UNDEFEATABLE

STAY IN WORK OUT

There are many ways you
can start moving more
with a health condition.
To try one, download the
free **Active 10** walking app.

In partnership with



BREAST
CANCER
NOW



BritishRedCross



VERSUS
ARTHRITIS



MACMILLAN
CANCER SUPPORT

ROYAL
VOLUNTARY
SERVICE

Stroke
Association

PARKINSON'S UK



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

WAU-06