

FREE

IRISH IN LEEDS

Published by Leeds Irish Health and Homes



Hello everyone,

We hope you enjoyed the St Patrick's Day edition and I am sure everyone is fully recovered by now....just in time for Leeds Irish Festival (more details inside).

This is a free newsletter edited by Leeds Irish Health and Homes. While it is a vehicle for us to let you know about the services we offer, we would like it to develop into a community newsletter.

So if you have any suggestions, questions or articles that you would like to see printed please drop us a line at :

335 Roundhay Road

Leeds

LS8 4HT

Email:

irishheal@aol.com

Hope you enjoy reading!

Anna Dunne

Communications Officer

Leeds Irish Health and Homes celebrates it's 6th Birthday

Leeds Irish Health and Homes is delighted to be celebrating it's 6th birthday this month.

The organisation started as a steering group in 1992. The Group recognised that the Irish Community were over-represented in areas such as homelessness/inadequate housing and mental health referrals. They found that the Irish Community were not accessing the support services that were available to them and to which they were entitled to.

The group lobbied local government and in 1996 received 9 months temporary funding for a pilot scheme. We also became an Industrial and Provident Society with charitable status and so work on a non-for-profit basis.

When Anthony Hanlon first started with the organisation as Project Development Manager he looked after 8 supported flats. Now we have 62 supported tenancies, working in conjunction with Leeds City Council Housing Department, The Ridings Association and North British Housing Association.

As we continued to develop we recognised the need for having an Elders Outreach Worker and subsequently received funding for this post in 1999. In 2000 we gained funding for a specialised

Health Outreach worker.

So 10 years on since the first meeting we have a strong management committee of 10 people, 11 employed members of staff, an increasingly expanding client base and a desire to provide further services which we know are needed by members of our community.



LIHH FACTFILE

6 years old

1 Director

1 Support Services Manager

4 Housing Support Workers

1 Irish Elders Outreach Worker

1 Health Outreach Worker

1 Communication & Fundraising Officer

1 Finance Officer

1 Administrative Worker

6 Volunteers

62 supported tenancies

25 people attending our Friday club

150 supported clients city-wide

40 phone enquiries a week

HOWEVER.....

With approximately 30-35,000 Irish born/Irish descent living in Leeds and the surrounding areas we are sure there are many more people who could be helped by our supported housing scheme. Unfortunately we can only house single people at the moment, but even if you are married or have a family please call anyway as one of our outreach workers can come and see you. They can provide support and advice about accessing benefits, getting help from other organisations or just providing a listening ear.

Please call us today for an informal chat on **0113 240 1130**.

LEEDS IRISH COMMUNITY FORUM



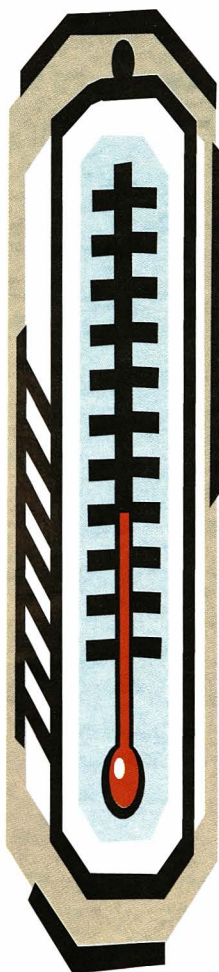
LICF has held three meetings over the past few months with representatives from the Irish Community attending. The Forum is an open forum and anyone who is interested can attend. The meetings are still in the inaugural stages but Leeds Irish Health and Homes have applied for funding to support the administration and running costs of the meetings.

The Community Forum developed after the Irish Government asked for regional meetings to be held about issues affecting Irish emigrants in Britain. It was from this meeting that the people who attended decided to continue to meet every 6 weeks to discuss issues affecting the Irish Community locally.

At present there is no management committee and the meetings work on an open debate style discussion. New attendees are very welcome and no-one is forced to comment on the issues being discussed. Maybe you might want to come along just to hear what is being said. The aim is to bring the numerous Irish Groups in the city together to talk with one voice. Ultimately we can be heard more effectively if we work together.

The next meeting will be at Leeds Irish Centre (O'Meara Suite) on Thursday 11th July starting at 7.30pm.

ANNUAL HOLIDAY—Fundraising Update



After our appeal in March's newsletter we received a few donations from the Irish Community. You know who you are and we thank you very much! Riding on the back of that we received coverage in The Irish Post and The Irish World and consequently received about £350 worth of donations. Again thank you to those individuals.

The Managing Director of O'Brien's Sandwich Bar also kindly donated the use of 2 holiday cottages in Grange, Sligo for us to use when we need them. So in total with monies and the donation of the cottages the holiday fund lies at approximately £1500.

We still have a long way to go and we are looking at fundraising initiatives. We will be having a craft stall at the Leeds Irish Festival and we are trying to raise money on the day so please do come and hunt us out and support your local Irish organisation.

The people we help are an inspiration to the Irish Community in Leeds. Many of them have worked hard all their life. Through different circumstances they have now found themselves experiencing poor housing, health and isolation. This holiday will be of benefit to each person in their own individual way.

Every little bit helps so if you feel you could spare £1 or a £100 please send a cheque today made out to Leeds Irish Health and Homes and help us reach our target of £8,000.

Cheques can be made payable to Leeds Irish Health and Homes and sent to the address on the back cover.

STOP PRESS

Leeds Irish Health and Homes have been awarded £4,500 from Community Chest to continue to design, print and circulate this newsletter to the Irish Community.

If you know anyone who would like to be added to the mailing list then please call us on 0113 240 1130.



IRISH HEALTH AND ELDERS CORNER

The following article was submitted by a member of the Irish Community. It talks truthfully about the experiences of a person who has dealt with mental health difficulties. We feel that it is important to portray people's thoughts and experiences exactly as they want and so we have not altered this text in any way. If you would like to share your story/experience of emigration or living as part of the Irish Community in Leeds please send your articles to us for the next issue.



Lucy was on the bus on the way to see the psychiatrist; she was trying to pluck up the courage to tell him that she'd stopped her medication three months ago. Her stomach was trembling and she was starting to panic at the thought of him. They'd put her on this "stuff" months ago telling her it was her only chance of being "normal" and "functionable" and said to her don't complain that you can't get out of bed or read or watch television or walk and talk and get fat at the same time because of the side effects, the side effects are worth it if it makes you "well" so put up and shut up. Anyway, when she got in to see the psychiatrist, after waiting for two and a half hours over her allocated appointment time and trying to

keep her courage up to break the "news" to him, she walked into the office and sat on the plain wooden chair at one end of a plain wooden table and she looked at him in his lovely big black comfy leather chair and her bottle kept dropping further. It was just on the tip of her tongue to say "look Doctor, I've stopped the tablets months ago 'cos I couldn't cope with being fat and unsociable and I know you're really trying to help me and I'm really grateful but I'm feeling okay, honestly". She was just about to blurt it all out and really grovel when he looked at her and said "Well Lucy, you're looking better, I haven't seen you looking this well in a long time, this new medication must be really suiting you. We always said it was just waiting for the right tablet to come along didn't we, yes Lucy it's amazing what they can produce nowadays and I think if we can persevere with this treatment we'll really start to reap the benefits."

And then she looked at him and thought to herself "you stupid twat, I can't be bothered".

© Jules

If you feel that you would like to speak to someone about any issues raised in this article please contact our Health Outreach Worker John O'Dwyer on 0113 240 1130.

FIRST CHECK POINT LEEDS



- Are you retired?
- Living on your own?
- Is your house in need of repair?

First Check Point Leeds will put you in touch with the right person to do the job at a reasonable price. This service is free of charge.

The will also survey the larger or more complicated jobs and then recommend the most suitable persons or

companies for the size of job you have.

They don't solve the problems but they do help prevent problems such as 'cowboy builders'.

If you don't think the job needs doing or think that a price you have already been quoted is too high call:

FIRST CHECK POINT LEEDS

0870 013 27 27

(calls charged at National rates)

Open between 9.00am - 4.30pm Mon-Fri

FRIDGESAVERS

Did you know that it is possible to get a new fridge for £25 or a fridge freezer for £50? That is the offer from Fridge savers. To qualify you need to be in receipt of state benefits and have an appliance that needs replacing.

Details and an application form can be obtained from :

Fridge savers

FREEPOST EH 2357

Edinburgh

EH6 0JP

LEEDS IRISH FESTIVAL - 20/21st July 2002

Don't forget that Leeds Irish Festival is happening over the weekend 20-21 July at South Leeds Stadium, Middleton Grove, Leeds.

Other events taking place in the run up to the festival include:

Sat 13th July - Children's Celtic Tales and Art Workshop at Borders Bookshop—11.30am

Sun 14th July - 'The Matchmaker' showing at Ster Cinema, Leeds Lights - 5.30pm (Limited free tickets)

Sun 14th July - Life Bar Leeds Lights Free Live music 'Acoustic Ceilidh' - 8pm

Mon 15th July - Lord Mayor's Show, Civic Hall Free tickets available - 7.30pm

Thurs 18th July - Poetry Reading evening at Borders Bookshop - 6.00pm

Friday 19th July - Annual Welcome Dinner at Leeds Irish Centre, £15 - 8pm Tickets only

Sat 20th July - Festival at South Leeds Stadium - 11.30am - 8pm

Sat 20th July - ' Craic under Canvas' - 8.30pm South Leeds Stadium £5 tickets. Top Line bands.

Sun 21st July - Festival at South Leeds Stadium - 12pm-12am

If you would like more information about tickets and particular events please call Pat Heneghan on 07748 936 901.

Our Contribution

Don't forget to come and find Leeds Irish Health and Homes stall. Not only will we have people on hand to answer any enquiries about our services but we will also be selling arts and crafts to raise money for our organisation.

Items for sale will include:

- Handmade cards designed by Hazel Downes, a young designer from Waterford
- Hand - drawn framed Celtic prints.
- Dried flower arrangements.
- Home made cakes and biscuits.
- Arts from the Dove Centre, Leeds MIND

Other activities will include Guess the Weight the Cake and Guess the Number of sweets in a jar.

Our video '**A Long Way From Home**' **The Irish Community in Leeds** will also be on sale at £ each.

So come on down and make sure you pay us a visit.



PHOTO ID FOR FLIGHTS TO IRELAND



There has been a lot of publicity recently about photographic identification that is required for non-ticket flights to Ireland. Ryanair's comment on the need for photo ID is as follows:

" All passengers must present valid photo identification at check-in for all flights including domestic UK flights and routes between Ireland and the UK. **The only accepted** forms of photo-id on domestic UK flights and Ireland-UK routes are: a valid passport, driving licence with photo, or an international student identity card with photo. Children under the age of 16 years travelling with an adult who has photo identification as defined above do not need photo-id on domestic and Ireland-

UK routes. All international journeys require a valid passport (and visa if required), or where applicable a national identity card. Failure to present such valid proof of identity matching the names on your reservation will result in you being refused check-in without a refund."

Ryanair states that this policy is to ensure that only the passengers who are validly booked are travelling on their flights. The situation became more compelling after the terrorist attacks in the U.S. on 11th September 2001.

A standard Irish passport currently costs £35.

However, Irish people over 65 can now apply for a three year passport which costs £8. You can get the application form for the passport office at The Irish Embassy. You can contact them on 0207 2257700. Alternatively we have forms available at the Leeds Irish Health and Homes offices on Roundhay Road. Call us on 0113 240 1130 to get an application form.

O'BRIENS IRISH SANDWICH BAR TO SPONSOR 2003 SPECIAL OLYMPICS WORLD GAMES

O'Brien's Sandwich Bar is currently on target to raise 1.27 million Euro towards staging the Special Olympics World Summer Games which is being held in Dublin in 2003.

O'Brien's Sandwich Bars, which now has more than 60 outlets in the UK, pledged it's sponsorship back in 2001 and since then through various fundraising events such as golf tournaments, balls and auctions they have aimed to reach their goal. They have also pledged to provide 20,000 lunches daily and attract 30,000 volunteers predominately from the Greater Dublin area for the event.

O'Brien's Managing Director, Brody Sweeney has taken a personal interest in the event since becoming godfather to a boy with a learning disability. "Getting to know Daniel and seeing the joy he brings to those around him, has really brought home to me how special people like him are, and how important their contribution is."

The 2003 Special Olympics World Games will be the biggest sporting event in the world next year. 10,000 athletes, coaches and delegates will be attending from 160 countries. The Games begin on June 21st 2003 with the Opening Ceremony in Croke Park followed by seven days of competition at 21 venues throughout the Greater Dublin area. The Closing Ceremony will take place on June

29th 2003.

Ray Umney is the owner of the local O'Brien's Sandwich Bars in Leeds city centre. "We are delighted to be raising money locally for such a good cause. We have a variety of fundraising initiatives happening and we can also give details to people who may be interested in volunteering at the games."

Leeds Irish Health and Homes are also pleased to announce the donation of two holiday homes in Grange, Sligo from Brody Sweeney the Managing Director of O'Brien's Sandwiches. These will provide accommodation for our annual trip to Ireland. Unfortunately at present the trip is on hold due to the lack of support and funds we have received even though some individuals have been very generous we are still approximately £5,000 short.

If you would like to make a donation to the Special Olympics why not pop into your local O'Briens. You can also redeem your free tea/coffee at the same time! This is an exclusive offer to readers of Irish in Leeds.

FREE TEA/COFFEE

When you buy any sandwich at O'Brien's Sandwich Shops in Leeds City Centre.



This voucher is not redeemable in any other O'Brien's outlets

VOLUNTEERS NEEDED



- Do you have some spare time on your hands?
- Would you like to get involved in helping people from the Irish Community?
- Would you like to gain new skills and experiences and a sense of satisfaction?

Volunteers are needed to:

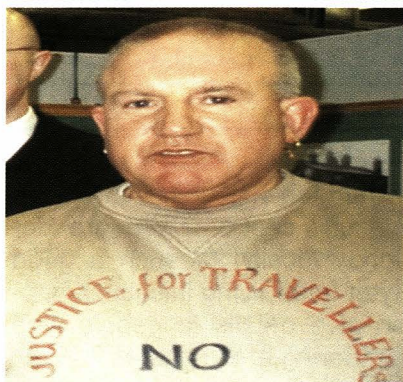
- Help at the Over 55's Day Club, Montague Burton Resource Centre, Roundhay Road, LS8 (Fridays 11am-3pm)
- Organise fundraising activities for Leeds Irish Health and Homes.
- Help organise and run other Client Participation Groups and Events.

Let us know of any other skills you have that maybe you can use to help the Irish Community.

Knowledge of the Irish Community is desirable but not essential.

Commitment, enthusiasm, lots of ideas and a can do attitude is much more important.

Call **Anna Dunne** today on **0113 240 1130** to see how you can get involved.



NAME: Tommy Collins.

ORGANISATION:

Justice For Travellers.

ESTABLISHED: Six months ago.

The group arose out of Leeds Travellers Partnership.

WHY: A group got together in response to statistics highlighting the health needs, housing needs and general welfare of travellers. We want to fight discrimination and provide independent advice.

HIGHLIGHTS: Since travellers began to organise themselves 2 years ago they have gained seats on various committees including the Racial Advisory Forum. Meeting Nelson Mandela and President McAleese were also personal highlights.

FRUSTRATIONS: Nobody in authority willing to listen or give assistance to travellers. Councillors not representing travellers. Problems with accessing adequate healthcare, evictions and the lack of support and aid from the wider community.

HOPES FOR THE FUTURE: To secure enough funding to build a successful organisation in Leeds and to build good relationships with local bodies. Also to combat segregation of travellers there is a need for suitable locations of a standard quality to be found.

CONTACT DETAILS:

Phone: 0113 265 2556

Leeds Irish Health and Homes - Our Services

- Are you Irish or of Irish descent?
- Are you at risk of isolation, homelessness, or have ongoing physical or mental health problems?
- Are you in need of support or advice?

Our organisation offers the following services:

- **Supported Housing Service**—providing fully furnished single tenancies and ongoing support, tailored to suit individual needs.
- **Irish Elders Outreach Service**—provides associated advice, information and support to older Irish people living in Leeds. An over-55's Day club also run weekly for those who may feel isolated and want to meet new people.
- **Health Outreach Service**—provides short and long-term support around a wide range of health issues.

We also have access to Leeds Irish Women's Group which organises monthly meetings and social activities for Irish Women.

Anyone who wants advice or support can refer themselves to us, or alternatively a relative or a professional such as a GP or Social Worker can refer clients.

We are happy to make house visits so call us today on 0113 240 1130.

BRIDES AND GOWNS



6a Hollin Park Parade
Leeds, LS8 3AS

Tel: 0113 2407500

Website: www.bridesandgownsofleeds.co.uk

Email: info@bridesandgownsofleeds.co.uk

Open: Mon-Sat 11am-5.00pm
by Appointment only

LUACHT FOCAIL (PEOPLE OF THE WORD)

Come on you budding poets! Anybody with a love or interest in Irish poetry and literature should check out Luacht Focail. We are a small group of like-minded people who meet once a month at Leeds Irish Centre, York Road on a Thursday evening at 8.30pm. Although we are a diverse bunch of people we are united by a common interest in the written word, particularly (but not exclusively) poetry.

Luacht Focail is the brainchild of Deirdre McGarry and Bill Fitzmissons, 2 mature students who met on the Irish Studies course at Leeds Met. The idea of forming the group was inspired by Seamus Heaney's visit to the university in January 2002.

There is nothing formal or academic about Luacht Focail. The whole idea is to provide a relaxed and friendly forum in which to offer encouragement and support to each other and (hopefully) to develop poetic skills.

Newcomers are particularly welcome whether or not they have ever put pen to paper. The only requirement is an interest in poetry, or literature. If you are keen, or merely curious, please come along to our next meeting which will be held on July 11th in the new committee room at Leeds Irish Centre.

We are also involved in the Poetry evening on July 18th at Borders Bookshop, Briggate to celebrate Leeds Irish Festival.

If you would like any further details or information please contact Deirdre on Leeds 225 6691 or Bill on Leeds 242 9765.

POETRY

This poem was submitted to us by a member of staff at Leeds Irish Health and Homes.

I knew you once
We said knowing would be eternal
Eternity was short
As short as words are

S
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Final Words

Well we hope you have all enjoyed this issue.

As mentioned before this newsletter is for the Irish Community. We do depend upon articles and ideas from you, the readers, so why not put your thinking caps on and let us know what sort of information you would like to see. Maybe you have a housing query or general advice query that you would be happy to have answered in a letters column. Maybe you know of other people who would be worthy of a Spotlight review about their work in the community. Perhaps you play for a team and would like to see a review of their season.

The next edition is anticipated for September/October so you have plenty of time to think about what to contribute.

In the meantime if you have any queries or wonder whether we can help you, your family or a friend please just call us for an informal chat on 0113 240 1130.

Quiz Winner—Issue 5

The lucky winner of the video 'A Long Way From Home' from the last newsletter was Sister Ellen McGrath. Hope you enjoyed it Sister Ellen!

Photos by Corinne Nicholson

Left: Attendees at our Friday Lunch Club help celebrate our 6th birthday

Back Page: Irish marching band lead the St Patrick Day's parade passed the Corn Exchange.



LETTERS PAGE



Dear Editor

I would like to complement you on your last edition of 'Irish In Leeds' newsletter. I was amazed at how much is happening in the Irish Community in Leeds and I made sure that I passed the issue

onto some of my Irish friends. Even some of the non-Irish found it very informative! I think it is great that you try and help Irish people to get back to see their hometown. For many of us it is a yearly trip and it must be difficult to be away for so long. I enclose £100 to help them on their way and Good Luck with the rest of your fundraising!

Sheila Healy
Leeds



Dear Editor

I have purchased a copy of your video 'A long Way From Home' and would like to let you know how enjoyable it was to look at the good old days. I was also moved by the people featured in the video. Please send my best wishes to those who appeared.

Alice Shiggins

Dear Housing Manager

Q: My neighbour currently gets some money from the Disability Living Allowance benefit. Can I get it?

A: To qualify for DLA you will need to have an illness which is disabling to you in some way. It could be a mental or physical health problem or be linked to alcohol use/misuse. At LIHH we can help you complete the necessary forms or we can arrange for someone from Welfare Rights Unit to help you. We cannot promise that you will get the DLA but we can do our best to submit the right information on your behalf. There are 2 parts to the DLA benefit. One is concerned with the amount of care you need and the other is concerned with the amount of mobility you have. Depending on your situation this is broken down into 3 rates of pay. For example you may get Low care rate and medium mobility.

If your application fails we can help you appeal. It is always worth applying for DLA if you have a physical/mental health problem or alcohol issues that impact on your daily life in a way that makes things difficult for you.

Contact us today for more advice on 0113 240 1130.

Advertising/Sponsorship

Do you have an organisation, business or service that might be of interest or use to the Irish Community?

We are currently looking for people to advertise in this magazine. It is a quarterly magazine and looks at a variety of issues and appeals to a wide audience. We are currently circulating 4000 copies throughout Leeds.

For more information about circulation and rates for advertising please call Anna Dunne on 0113 240 1130.

Leeds Irish Health and Homes would like to dedicate this publication to the memory of two tenants who died recently, Michael and Gerald. They were two wonderful people and will be remembered with affection.

Where to find us

LEEDS IRISH HEALTH AND HOMES
335 ROUNDHAY ROAD
LEEDS
LS8 4HT

DIRECTIONS:

On Roundhay Road we are very close to the Fford Green Pub. It is a small office located above Binson Bearings Company so don't miss the bright red door to the left of the shop.

Please do remember that if you have any mobility problems we can organise a home visit as there are some stairs leading up to the office. For more detailed directions please call: **0113 240 1130**.

All contents of this newsletter are solely the responsibility of the individuals contributing them and the management committee and staff of Leeds Irish Health & Homes disclaim responsibility for all statements not made directly by themselves and for any resulting consequences.