

FREE

IRISH IN LEEDS

PUBLISHED BY LEEDS IRISH HEALTH AND HOMES



Hello everyone,

We hope you enjoyed the July edition. This months edition is a little bit late and that is due to how busy our service has been recently. The launch of the health report and a substantial increase in referrals has meant that we could only get the Winter issue out now.

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 hope that it is becoming a well-established 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

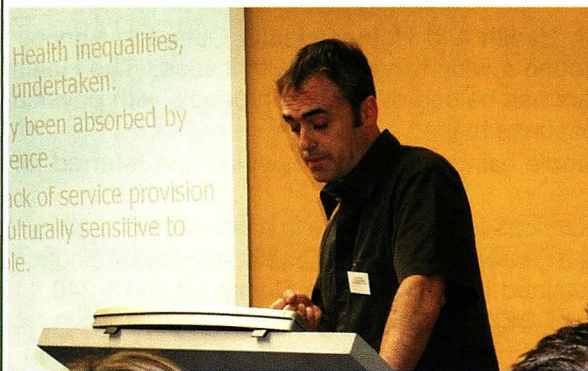
Hope you enjoy reading!

Anna Dunne

Communications Officer

DIGGIN' DEEPER OR ONLY SCRATCHING THE SURFACE

Ground-breaking report highlights worrying health inequalities within Leeds



John O'Dwyer, LIHH's Health Outreach Worker presents his report

On Monday 14th October Leeds Irish Health and Homes launched 'Diggin' Deeper – A report on the health inequalities of the Irish Community in Leeds', at the Host Media Centre in Chapeltown.

The report is a result of the findings from a two-year Health Outreach Post that is funded by Health Action Zone Leeds and Joint Finance Leeds City Council. The report explores Irish emigration to the UK and the experiences of the Irish community

in dealing with health and social care agencies. It also investigates particular health problems that a disproportionate number of the Irish community face. The report recommends 7 key areas that it believes will begin to tackle the inequalities in health and social care provision for the Irish community. These are:

1. **Long term funding provision for a team of outreach workers for the Irish community.**
2. **Adequate provision of day care/drop-in facilities.**
3. **Creation of Irish specific posts within statutory and voluntary agencies.**
4. **Training for staff in the statutory and voluntary sector about the health needs of the Irish community.**
5. **Improved ethnic monitoring of the Irish community.**
6. **Action to be taken on the recommendations of the current Black and Minority Ethnic forums that exist within Leeds.**
7. **The inclusion of the Irish community within action plans of Government health and social care initiatives.**

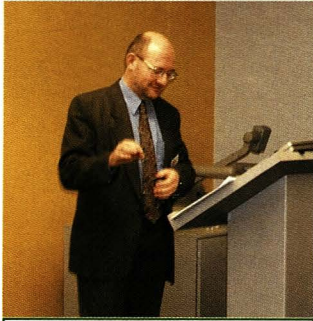
John O'Dwyer, Health Outreach Worker, Leeds Irish Health and Homes said at the launch, "The aim of the report is to improve the knowledge of service providers about health difficulties amongst the Irish community, the specific services that they lack and to make recommendations as to how best to address these inequalities. All too often the Irish are overlooked as a minority community and in turn their problems remain. This report is long over due and hopes to address the failure of health and social care providers in considering issues affecting the Irish community.

The Health Outreach Project has drawn from the experience of direct client work, in addition to the experiences and observations of other team members within Leeds

Irish Health and Homes and the clients that utilise their services."



(Continued on page 2)



Dr Bracken addresses the audience

Dr Pat Bracken, Consultant Psychiatrist, and guest speaker at launch, highlighted, "This report is timely. The British government is about to launch a new strategy with regards to ethnicity and mental health. For the first time the specific needs of the Irish community are recognised in this document. In addition, there is an increasing awareness in Ireland itself of the many difficulties faced by emigrants in the past. One senses a genuine concern in the Irish government to do something to help. This is reflected in the recent report "Ireland and the Irish Abroad" published by the Ministry for Foreign Affairs in Dublin. I am hopeful that in this climate the Leeds Irish Health and Homes project will go from strength to strength."

Leeds Irish Health and Homes Health Outreach Service provides short and long term support around a wide range of health issues. The Health Outreach Post started in November 2000 and over the last 2 years has helped over 70 Irish people with physical and mental health difficulties. The post was set up specifically in response to the:

- Over-representation of Irish people being admitted to hospital and referred for assessment under the Mental Health Act;
- Lack of culturally appropriate services for Irish people in a community setting; and
- Major health inequalities being experienced by Irish people, especially single and the elderly.

Copies of Diggin' Deeper can be obtained by calling Anna Dunne on 0113 240 1130 or via email irishealth@aol.com.

THE EARLY BIRD CATCHES THE MATCH



The team at O'Neill's on Great George Street in Leeds City Centre were up early during June to cater for all the hungry and thirsty Republic of Ireland and England supporters needing a football fix first thing. Manager, Laura Tudball, opened the doors as early as 7am to allow football fanatics to support their team in true O'Neill's style. The breakfasts were flying out of the kitchen, although



"Caroline gets distracted by the match as she serves breakfast on 12th June at about 8am"

most people stuck to orange juice and coffee rather than sampling the Guinness at such an early hour.

While Laura jetted off to Italy on holiday to watch the rest of the World Cup in the sun, Austyn Percy, Assistant Manager was left to look after everyone. He describes the Ireland v Spain

match, "The customers were on the edge of their seats during the penalty shoot out, you could cut the air with a knife it was that tense. Everyone was gutted when they lost but in true O'Neill's style the crowd celebrated the team's achievement in getting so far with a few pints of Guinness."

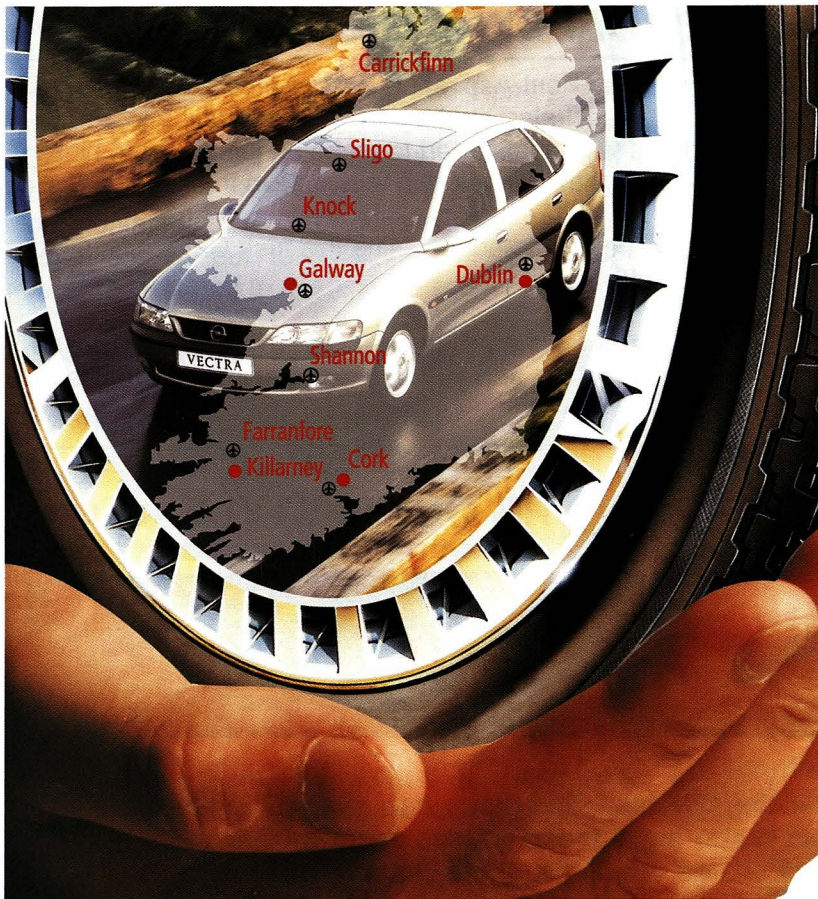
O'Neill's supported Leeds Irish Health & Homes throughout the World Cup by selling raffle tickets to win a signed Leeds United FC shirt. The winner of the shirt was Lee Slater, with the second prize £25 bar tab going to Kirsty and Jason Parr winning the third prize Guinness fleece jacket. The team raised a total of £150 and the raffle was drawn during half time of the World Cup Final between Brazil and France. O'Neill's would like to thank all those customers who took part and LIHH would like to thank O'Neills for their support.

ROSE OF TRALEE COMMITTEE DONATE £1,113

A big thank you from LIHH to the Rose of Tralee Committee. At the recent final meeting of the Committee it was decided that local organisations should benefit from monies remaining in the bank account.

Ant Hanlon, Director of LIHH thanked the committee "This substantial amount of money will make such a difference to the service we will be able to provide for our clients. This donation will allow us to push forward the organisation in developing new opportunities for our clients to become less isolated. Thank you once more to the Committee for considering Leeds Irish Health and Homes."





*Ireland in the
palm of your hand
with...*

AVIS®

For reservations to Ireland call

**0870
60 60 100**

or book online @ www.avis.co.uk

LEEDS IRISH HEALTH AND HOMES LOOKING HEALTHY ON RESULTS FOR 2001-2002

Leeds Irish Health and Homes Annual Report was published in September. Celebrating their 5th year as providers of housing and outreach support for Irish people in Leeds it highlights a 31% growth in its Housing Service. It also looks at the development of its Outreach projects aimed at improving the healthcare and well-being of older Irish people and people with health difficulties.

Mary Sheard, Chair, Leeds Irish Health and Homes said, "I am delighted with the progress and expansion Leeds Irish Health and Homes has seen over the past year. We are now renowned as specialists in culturally sensitive supported housing and advice for the Irish community in the Leeds area. We see ourselves with a very positive future and will continue to push for the services that the Irish community are entitled to."

Ant Hanlon, Director, Leeds Irish Health and Homes continued, "This year we have seen a 31% growth in the number of tenancies in our management to 58 units. We recognise a small financial deficit has occurred due to the necessary development of a combined Health and Housing Scheme for which we received no supportive funding. We are looking forward to this particular scheme becoming financially self-sufficient over the coming year. But more importantly we would not have seen the impact this scheme has had on people's lives if we had not taken the opportunity to do this."

We have also buried some of our tenants; seen further people fighting debilitating illnesses and seen many others become frail before their expected time. When questions are asked as to why a specialist Irish support service is needed in Leeds, it is these human examples as well as the statistical information that shows the need continues to exist."

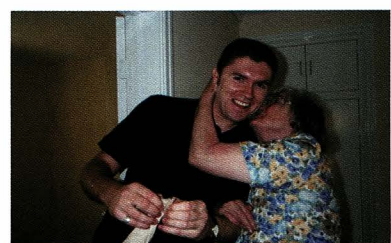
Copies of the Annual Report can be obtained by calling Anna Dunne on 0113 240 1130 or emailing Anna Dunne at irishheal@aol.com.



Ant & Karen at LIHH offices



Mary Sheard, Chair, LIHH



John, Housing Support Worker helps a new tenant move in

LEEDS IRISH HEALTH AND HOMES GARDENING CLUB



Leeds Irish Health and Homes ran a Client Aspiration Survey recently and one of the ideas that our clients suggested included starting a Gardening club. We have taken this suggestion on board and we have started to make enquiries about hiring an allotment space on a yearly basis that can be open to people in this group.

So if you are a client or you would be interested in joining this Irish Gardening Club please call John Reape on 0113 240 1130.

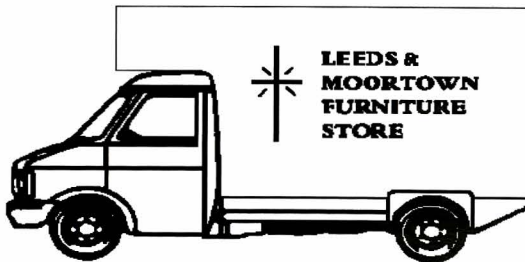
We are also in need of second hand tools so if you are clearing out your garden shed this winter please remember us and drop you old tools down to our office at 335 Roundhay Road.

LEEDS IRISH WOMEN'S GROUP STEPPING OUT IN STYLE

Leeds Irish Women's group has been running for 4 years. The group meets once a month and gives Irish women the opportunity to get together, socialise and make new friends. They have recently been on a weekend to the Lake District.



Their next challenge is to organise step-dancing classes. The group has received funding to run a series of step-dancing classes. They would like to make these classes open to other women in the Irish community. The classes will be free of charge and hopefully will happen once a week. If you would like to be informed of when these classes will be starting or would like more information about the Women's Group and how you can join please call Karen Mallon on 0113 240 1130.



CAN YOU HELP US TO HELP OTHERS?

Do you have any items of household furniture, furnishings, electric cookers, fridge's, fridge freezers or washing machines, in good condition that you no longer need?

By donating them to Leeds and Moortown Furniture Store you can help those in need who cannot afford to buy them.

Please telephone 0113 243 5455 (2 lines) to arrange a **FREE COLLECTION**.

WE CAN ONLY GIVE AWAY WHAT WE RECEIVE!

LEEDS AND MORRTOWN FURNITURE STORE LTD
46 BURLEY STREET LEEDS LS3 1LB
Registered Charity No. 1061705

NEWS FOR IRISH CARERS

In October Leeds Irish Health and Homes held a consultation with Irish carers and East Leeds Carers Service. The people who attended this initial meeting were carers that we have come into contact with through our service. 10 people turned up to put forward their experiences of being a carer and to share knowledge.

A positive outcome from this meeting is that we are trying to set up an Irish Carers Support Group. We hope this group will develop into a self-sufficient group where carers from the Irish community can come together to organise social activities and guest speakers for information mornings about issues affecting carers. Leeds Irish Health and Homes are currently investigating sources of funding to provide financial support to this group.



So are you a mother, father, husband, wife, partner, brother, sister or friend and find you care for someone with physical or mental health difficulties? Would you like to come and meet with other Irish people who are experiencing the same thing as yourself? The Irish Carers Support Group will be an informal group and we hope that the people who attend will shape how the group develops.

For more information please contact Mary Baillie at Leeds Irish Health and Homes on 0113 240 1130.

BENEFITS FOR CARERS OVER 65

Are you over 65? Do you look after a partner, relative or friend who is getting Attendance Allowance or Disability Living Allowance?

If so, after 28 October 2002 you may be able to claim some extra money as the age limit for claiming Invalid Care Allowance is going to be removed so that carers over 65 will be able to claim.

Invalid Care Allowance (ICA) is a benefit for carers who spend at least 35 hours per week looking after a disabled partner, relative or friend. The person being looked after must be getting Attendance Allowance or the middle/high rate of Disability Living Allowance care component. The carer must not be earning more than £75 per week from paid work.

Unfortunately ICA overlaps with state retirement pension. If your state retirement pension is the same or higher than the rate of ICA you will not be able to claim.

If you are on a fairly low income, you may be able to claim the carer premium if you claim ICA. The carer premium is an extra amount that can be added to Income Support, Housing Benefit or Council Tax benefit. If you have claimed ICA but don't receive it because you are getting retirement pension instead, you can still get the carer premium.

How much is ICA worth?

The basic rate of ICA is £42.45 per week, and there are additions for dependents. The carer/premium is worth up to £24.80 per week.

How do I make a claim?

Phone the free Benefits Enquiry line on 0800 88 22 00 to find out more or visit your local CAB office.

LEEDS IRISH HEALTH AND HOMES ACTIVITIES GROUP



Ted checks out the beach

Following on from recent funding provided by Leeds Community Chest Leeds Irish Health and Homes have renewed their Activities Club for users of its services. The first outing was a day-trip to Scarborough at the end of September. 40 people came along on the trip and all had a wonderful day - especially as the rain did not make an appearance! The next activity to be organised will be an afternoon of ten-pin bowling in November. Details will be going out nearer the time.





NAME: Una Martin

ORGANISATION: Tuesday Day Club, Leeds Irish Centre

ESTABLISHED: 9th Jan 2000

WHY: As a Millennium Project we felt a large proportion of the Irish community in Leeds were senior citizens who seemed reluctant to join day centres or attend social activities. They felt more comfortable mixing with people who share the same experiences and are of the same cultural background.

HIGHLIGHTS: For me it is to experience the atmosphere each week of approx. 200 people enjoying themselves. Catching up with old friends and making new ones. Hearing each week how the club has changed peoples lives from being isolated to feeling part of the Irish community.

FRUSTRATIONS: Lack of funding as a voluntary group from statutory organisations and a lack of recognition from the local council for all work that we do.

HOPES FOR THE FUTURE: We would like to encourage more men to attend as I am sure there are many more who are isolated. I would also like to see all the Irish groups, such as Irish Health and Homes, Irish Welfare and Yorkshire Irish Elders Forum working more closely together for the benefit of the community.

CONTACT DETAILS: Any Tuesday 12pm-4pm at the Irish Centre.

PHONE: 0113 248 0887

NB: The club is currently at full capacity of membership but new members are welcome from 9th Jan 2003.

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 runs 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.

STAYING WARM FOR THE WINTER WITH WARM FRONT



Leeds Irish Health and Homes have been approached by Irene Newbold who works for The Warm Front Team. The Warm Front Team is a Government initiative and is managed by TXU Warm Front Ltd in counties throughout Eastern England.

Staywarm is designed for the over 60's. However much electricity or gas you need, you pay a regular low fixed price - weekly, fortnightly or monthly. You can choose to pay by Direct Debit or by cash/cheque at the Post Office. Being with Stay Warm will not affect your rights to

claim the winter fuel payment. TXU did not create Stay Warm as a profit-making venture but more as a social initiative.

For example, two people living in England in a one bedroom home will only pay £8.50 per week for all the gas and electricity they need.

If you would like more information on StayWarm call free on 0800 1 694 694

The Warm Front Team also offer grants for home insulation and heating. Householders with a child under 16 or who are at least 26 weeks pregnant and are receiving Income support, Housing Benefit, Council tax benefit or Income-based Job Seekers allowance or householders who are receiving benefits including Working Families Credit, Income Support, War Disablement Pension may be eligible. If you would like to find out if you would be eligible for a grant call the Grants Helpline on free on 0800 952 1555.

LETTERS PAGE



Dear Anna

I picked up a copy of Irish in Leeds at my church (Holy Rosary, Chapel-town), and I found it very interesting. I am half-Irish, both grandfathers

being immigrants from Ireland.

Re: your item about Fridgesavers in the last issue. Unfortunately if one writes to them, one finds that the scheme has ended as all the appliances were allocated. It is still worth writing as you can get your name down for next time.

You may like to publicise the Warm Front scheme. The schemes are actively up and running BUT you must be either an owner-occupier or rent from a private landlord i.e. not from the council or a housing association.

Yours sincerely

Dr Anne Travers

Reply: Thank you for writing Dr Travers and as you pointed out the Fridgesavers scheme has actually finished now. I have taken your advice and provided basic details about the Warm Front Scheme in this issue and recommend people call the free phone numbers for further details about eligibility.



Mary and Caroline m a n n e d t h e information stall at our recent Health Report launch. Call 0113 240 1130 for your copy.

Dear Anna

As a co-founder and original editor of the 'Irish in Leeds' newsletter, I'd like to offer a few thoughts. First I must congratulate you on your presentation and formatting.

Regarding the actual content of the publication I have a few contents. We are repeatedly being reminded that LIHH exists because Irish people are over-represented in homelessness, poor housing and mental health referrals. To work to rectify this is praiseworthy. Yet prevention is always better than the cure. Treating the symptoms is essential, but ultimately we overcome a problem only by removing its cause.

That is the big empty space in everything I've seen written about our situation. Nobody ever asks-let alone answers — the obvious question WHY, meaning WHY are Irish people over-represented in homeless ness and mental health referrals?

When I helped to found this publication, I was hoping part of its function would be to provide a safe medium in which we could make a start at lifting the veil and sharing our experiences. I see a start being made on Page 3 of Issue 6, where the inadequacy of psychiatry is highlighted. It is quite well known now that psychiatry exists largely as an instrument of control, a money-making racket — and crucially - a cover up to spare our blushes by concealing the root cause of emotional problems. So by medicalizing, mystifying and labelling emotional difficulties and then prescribing destructive or irrelevant therapies, psychiatry enables us to avoid facing awkward realities.

I hope that part of 'Irish in Leeds' existence is too discuss these issues so let's see more in the pages of future issues.

Regards

Peter Newman



This recipe was kindly sent in by Albert Hall.

Albert's recipe Lancashire Hot Pot

(Serves approx 4 people)

INGREDIENTS

- 1lb of Beef or Mutton
- 2-3 Onions
- 4-6 Potatoes
- 1 tablespoon of seasoned flour
- 3/4 pint of veg/meat stock

Cut the meat into pieces and dip them in the seasoned flour. Cut the onions into rings and cut the potatoes into thick slices. Place a layer of the meat into the casserole dish then a layer of onions and a layer of potatoes on top. Carefully pour the stock into the casserole dish. Sprinkle the remains of the seasoned flour on top. Cover the dish and place in a moderate oven so that it simmers for 2-3 hours. If the potatoes do not brown in this time remove the lid off the casserole dish for the last 1/2 hour. Add boiling water if necessary. Serve piping hot.

The Irish Centre Guide—November– December 2002

NOVEMBER

Friday 1st Tony Forde
Saturday 2nd Trad. Music
Sunday 6th Barry Doyle
Friday 8th TBC
Saturday 9th Misty Blue
Sunday 10th Martin Cuff
Friday 15th Ferrymen
Sat 16th Sean McSherry
Sunday 17th TR Dallas
Friday 22nd Nicky James
Sat 23rd Tony Forde
Sunday 24th Larry
 Cunnigham
Friday 29th Misty Blue
Sat 30th
 Welfare Dinner Dance
 Dermot Hegarty and his band
 Tickets £18

DECEMBER

Sunday 1st The Ranchers
Friday 6th Ferrymen
Saturday 7th Trad. Music
Sunday 8th Martin Cuffe
Friday 13th Tony Forde
Sat 14th Sally Glennon
Sunday 15th Shawn Cuddy
Friday 20th Martin Taylor
Sunday 22nd Sean Wilson

Closed Christmas Day

Boxing Night 26th
 Fergal Flaherty

Sunday 29th
 Misty Blue and Pat Lally

New Years Eve with Hugh
 McMonigue + Resident DJ

OTHER SERVICES/ ACTIVITIES

Associated Travel
 0113 248 9298

Mondays—6pm
 Scanlon School of Dancing

Tuesdays (Davitt Bar)
 Commaltas weekly session

Thursday (Davitt bar)
 Quiz night

Function Suites for Hire

- **The Claddagh Room**
150-300 guests
- **The Avoca Suite**
80-100 guests
- **The O'Meara Suite**
Up to 150 people

Call the Irish Centre on 0113 248 0887 for more details.

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 tenants who died recently James, Danny, Neil, Ritchie, and Brigid. They were 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 Fforde 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 .