providing culturally sensitive housing and support services for the Irish community in Leeds.

LEEDS
IRISH
HEALTH
&
HOMES

A Guide to Our Services

#### WHO ARE WE?

Leeds Irish Health & Homes (LIHH) is a voluntary organisation providing culturally sensitive housing and outreach services to Irish people who require support.

We recognise how our community's experience of factors such as transient housing, discrimination, isolation and heavy manual labouring have contributed to a marked deterioration in a disproportionate number of Irish people's health and well-being.

#### WHAT SUPPORT CAN WE OFFER?

- Good quality accommodation as part of an extensive and individual support programme to single Irish people experiencing, or at risk of, homelessness, isolation, or health problems.
- The Irish Health Outreach Project can help individuals to use health services in their area and can provide information about health issues that may affect the individual.
- The Irish Elders Outreach Project aims to identify and support Irish elders living independently, and can help to relieve isolation and loneliness.
- The Women's Group is open to all women in the Irish community wishing to meet other Irish women in a social setting.

#### **AIMS AND OBJECTIVES**

We will provide accommodation for single, Irish people experiencing, or at significant risk of, homelessness, isolation, mental and'or physical ill-health.

We will provide culturally sensitive support services for the Irish community in Leeds

We will identify and support Irish elders living independently.

We aim to establish a network of Irish people who are interested in the need for culturally sensitive support and mental health issues surrounding Irish homelessness.

We have a commitment to lobbying for an Irish category in all ethnic monitoring. We will act as an information exchange, providing a network for various agencies concerned with Irish Mental health issues.

#### **HOW CAN I BE REFERRED?**

You can be referred to Leeds Irish health & Homes if you are:

Irish born or of Irish descent OR
Would like support from an Irish organisation.

At present L.I.H.H. are in a position where we can only offer accommodation to single people.

Anyone can refer themselves to us, or can be referred by a relation or professional such as a GP or Social Worker.

# PROVIDING CULTURALLY SENSITIVE HOUSING FOR MEMBERS OF THE IRISH COMMUNITY IN LEEDS

#### WHAT DO WE PROVIDE?

Good quality accommodation as part of an extensive and individual support programme to Irish people experiencing or at risk of, homelessness, isolation, mental health or health problems. "We aim to provide an environment in which tenants can regain their independence and make positive choices about their future".

#### WHAT DO WE MEAN BY SUPPORT?

Each tenant is allocated a Housing Support Worker whose role is to help people maintain their tenancy by supporting them in their own home. This includes provision of:

- Routine home visits to promote the well-being of each tenant.
- Practical support such as form-filling, connection to gas and electricity supplies etc...
- Information to ensure tenants become aware of their rights to benefits, services etc...
- Support to enable access to those benefits and services.
- Good quality housing services such as repairs, maintenance etc...

## **HOW LONG DOES OUR SUPPORT LAST?**

We support people for as long as they feel they need it. As a person becomes more independent and no longer requires as much support they have the option of becoming the tenant of the housing association or council who we manage the accommodation for.

#### WHAT ACCOMMODATION DO WE PROVIDE?

We do not provide emergency accommodation. We have single person flats which are fully furnished.

We have a limited number of properties and priority is given to people who are over 55.

#### WHAT WILL I HAVE TO PAY?

All tenancies qualify for full housing benefit. However, this will depend on the type of benefit you receive, or the amount of income/savings you have. This will be fully discussed with you when you speak to us.

As with other accommodation, tenants themselves will be responsible for paying their own Gas, Electric, Water and living expenses.

#### WHAT IF I ALREADY HAVE ACCOMMODATION?

You can still be re-housed by us even if you are already in accommodation. If your current housing is unsuitable, we will discuss what we can do to help when you contact us.

#### **HOW LONG WILL I HAVE TO WAIT?**

Each person is dealt with according to their needs and preferences. Our aim is to provide the right kind of accommodation to suit each individual; we try to make sure you do not have to wait too long, but we will keep you informed of how long you are likely to be waiting so that you can make alternative arrangements if you wish/need to.

FOR FURTHER INFORMATION: Contact our **Housing Support Workers** on 0113 240 1130

### **LEEDS IRISH ELDERS OUTREACH PROJECT**

The Irish community in Leeds has contributed to the wealth

and development of this region. Many of its members have prospered and integrated very well into Leeds' multi-cultural lifestyle.

There is however, a disproportionate number of people who are growing older, in

poverty, socially and culturally isolated and lacking access to the support they need.

A substantial proportion of the first generation Irish are now either retired or will do so in the next five years. This has major implications for the health, housing and social service providers.

In response, Leeds Irish Health & Homes have establishedan Elder's Outreach Service Caroline Murphy, to provide associated advice, information and support to older Irish people living here.

The aim of the work is to maintain the quality of life for Irish elders in Leeds by accessing appropriate activities and services, and providing easy intervention when difficulties arise.

#### WE CAN:

- Visit and assess the needs of older Irish people in Leeds.
- Offer advice and information on health, social care and community care services that are available.
- Help to check you are getting all the benefits you are entitled to.
- Help with form filling.

Contact: Caroline Murphy, Irish Elders Outreach Worker.

Telephone: 0113 240 1130



"In partnership with other service providers we hope to ensure that fears arising form ageing and frailty do not materialise."





# LEEDS IRISH HEALTH OUTREACH PROJECT

#### WHAT SUPPORT CAN WE OFFER?

For many people, particularly those living alone, coping with a physical or mental health problem can be very difficult. The Health Outreach service, created in November 2000 can offer help in the following areas:

- Help with registering with GPs.
- Help with attending appointments
- Help with organising health checks
- Help with health related benefits
- Help with finding out information about health issues that affect you
- Help if you feel isolated or lonely
- Short term support for those with mental health problems

#### FOR HOW LONG WILL THE SUPPORT LAST?

The support offered by the Health Outreach Worker will be short term.

The intention is not to duplicate services already in existence, but to facilitate access to mainstream services provided by Health and Social Services and those offered by other voluntary organisations.

Contact: John O'Dwyer Health Outreach Worker Tel: 0113 240 1130 Mobile: 0780 324 4170

#### LEEDS IRISH WOMEN'S GROUP

we are currently running free taster sessions of alternative therapies and free entry to exercise classes. Please ask for a copy of our leaflet.

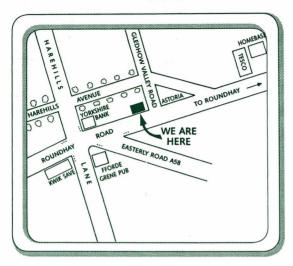
The group is open to all women in the Irish Community and monthly meetings are held at a group members' house. The group are always looking for new members, so if you

know of anyone who may be interested in meeting other Irish women in a social setting, please contact:

Karen at Leeds Irish Health & Homes on 0113 240 1130

# LEEDS IRISH HEALTH & HOMES

#### HOW TO FIND US



Contact us at:

335 Roundhay Road

Leeds LS8 4HT

Telephone:

0113 240 1130

Fax:

0113 240 1340

E-Mail:

irishheal@aol.com

#### INTRODUCING THE TEAM:

Mary Baillie Team Leader

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Karen Mallon Housing Support Worker & Women's Group.

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Kevin Ponting
Housing Support Worker

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Shelagh Fallon Housing Support Worker

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Caroline Murphy Irish Elders Outreach Worker



John O'Dwyer Irish Health Outreach Worker

