

LEEDS IRISH HEALTH & HOMES
2010 DIARY

Report and accounts
of Mary, John and
Leeds Irish Health
and Homes - 2008-2009



FOR most of the people
receiving this, a diary
is about things to look
forward to... Birthdays,
holidays, meeting friends
or family, confirmations.
A year, or so, ago it
wasn't like that for me.
Most days were empty...

MARY

The first few months going sober I found it very difficult to stick to appointments. Things can and do change. I now get up, shower, I eat breakfast and see what the day has planned ahead. I've learnt to keep my self busy — I'm constantly on the move. I fill up my days with things to do and people to see.



LEEDS IRISH HEALTH & HOMES

MARY'S ACCOUNT

Christmas 2007

I can recollect a friend telling me to get in touch with LIHH.

February 2008

I was hospitalised and really poorly. It's a nice way of saying sectioned. Bad times but for good reasons. I had just came off the booze once again. The body went mad — hallucinations. They had to come and get me from home. I thought I was really going mad. It was too much for my body to cope with. Not many people know about that bit when you give up — from every day drinks to nothing. It's a shock. I remembered my friends advice after I came out and thought about giving LIHH a try just for support. I was nervous at first but gave LIHH a call. Then two weeks later Eileen and John came round and gave the support I had been told about. If you've got anything on your mind they listen and help you out. I could get things off my chest for once — I used to bottle up everything inside — but it's not the way.

If I can tell anyone, anything, is that the first step of getting in touch isn't as hard as you imagine. They were all lovely.

LIHH understand you and are really down to earth people and you know you can ring them up — they're there. You can pick up the phone and there's always someone to listen.

April 2008

My dad passed away in Leeds this month. My regret was that I wasn't there for him because I was drinking — you can't change it now though. I had always drank for confidence and to get rid of the pain from my past life — I was doing it again. I know now that you've got to deal with it without drink.

Planned to go to detox at St Anne's — I've been there a few times. I've relapsed before — it happens. You come out and five weeks later you're back on the drink. I had tried St Anne's four times you know.

May 2008

At my dad's funeral I got to see quite a bit of the family — they saw for the last time what I used to look like in my drunken lifestyle. My next meetings with them — they can all tell the difference. When I saw my relatives in Ireland in 2009 one of them from my mums side said, "Mary look at you — you look so well — told me I was welcome to visit anytime." If anything my dad has become my guardian angel — I know he looks down on me — I really do feel that I am healing.

September 2008

Enniscrone, County Sligo with LIHH. What a holiday — was the turning point for me. Just think — it was meant to be — my name came out of the hat — only 8 people get to go out of all the tenants on this trip each year. I did a lot of thinking — in fact I did a lot of thinking and drinking. I got to see some of my family based in Ireland. I knew I was ready to change.

November 2008

Haven't had a drink since November 12th 2008. Support from LIHH has really helped the process of me getting off the alcohol. A lot was down to me too — I wanted to change my life, I knew it was the right time — I didn't want to drink any more!

Let me tell you though — I was never a dry drunk — I was always happy — but it really had to stop. I was nailed every day — I was an alcoholic.

December 2008

I had to watch this one. The festivities and all that. I holed myself up all Xmas and I didn't see anyone — not even family. I had to be alone — do it for myself. I needed to do it on my own. It was all planned — I got all the provisions in that I needed for that time and I sat it out. I'm very proud of what I achieved then.

May 2009

Started doing voluntary work for a place called ADS (Alcohol Dependency Solution) — I have realised I can help others going through what I have experienced — I understand. Also, I now do volunteering on a Monday at LAD (Leeds Addiction Unit).

It's my birthday this month — I didn't even plan or think about a drink. People can see the change. I didn't go out for a 'drink' but for a pizza and a glass of 'coke', I met up with a friend in Chapel Allerton. This is my new way of going out. It's who you choose for friends — I just stick around positive people now. I try to keep myself busy.

August 2009

You come to realise what people used to think of you. They couldn't trust you. They couldn't rely on you. They still don't 100% — I do understand. I would be exactly the same. People who have experienced me in the past have that fear I will go back. I won't though and don't want to. My life has changed. I do babysitting for my sister's little boy. That's another really big step in my life. Wow — I've even stayed overnight

September 2009

I've started studying as well now. It's something for me. I'm pushing myself and filling in my time positively. I'm now doing a course on computers at Swarthmore. I'm not stressing or anything — I'd never have thought I would be doing something like this.

Excitingly, I was also invited to my sister's boys birthday — that's never happened before — just for the morning though as my children were to turn up later that day.

November 2009

My first anniversary of 'a year off the beer.' I was so looking forward to it — I'm so chuffed with myself. My house is my comfort now

— I like being there — I didn't before — I used to dread it. Don't get me wrong, I was very house-proud when I used to drink — but now my money goes on things for home or on me. I like my soaps on TV too — funny thing is — you see that all of them are set in a pub though — haha.

I've also learnt now to keep away from my old 'drinking' friends. I can't mix with them anymore — I can't afford to — the risk is too high. It's only a year but I'm still vulnerable. I know I'm going to get thoughts for the rest of my life — I'm a recovering alcoholic. I say to myself, "Hold on Mary, remember when you were really ill and just look how far you have got now!"

December 2009 and onwards...

What a change from last year. I am so looking forward — yep, looking forward — that's such a good way of thinking about it all. You know what — I'm going to York for Xmas this year. I've had an invite off my cousin to stay. I haven't seen her properly for 16 years.

I'm also working up to going to court around now. I'm ready to see my children and can't wait to prove that I haven't had a drink for a year. That was the main thing the judge told me if I did come to court and ask for contact. I have regular blood tests at the doctors — just to prove how well I'm doing — all have been clear. I don't have to, but want to be proud and show the courts the change. If my children do want to see me that will make this all complete. They haven't seen me for years.

I have always kept in contact and wrote to my kids — every two weeks even when I was drinking. **You know what — when I get to see them — I will class that as my first 'true day' sober.**

2009 is the happiest year of my life so far.





LEEDS IRISH HEALTH & HOMES

JOHN'S ACCOUNT

January 2006

I've made a right arse of it all again! I've been doing well, off of the heroin and crack and doing a bit of voluntary work to keep me busy. I've even done a counselling course but now its all gone tits up again! I've started drinking, replacing the drugs with the drink and I've been asked to leave my volunteering job.

My heads battered. I'm sat at home drinking by myself and the panic attacks and depression are starting again, the fogs starting to descend over me. Crying over frig all, sometimes I don't move out of this chair all day. Can't be bothered eating, what's up with me?

I'd be better off brown bread.

May 2006

Bumped into an old mate today, haven't seen him for ages so we shared a tenner bag of gear together. I thought I'd be all right but I ended up overdosing, it was only the once. I'm not getting back onto that stuff.

August 2006

Well it's my birthday today and I've been back in the cells, I've been nicked for an assault coz I was off my head on heroin and tablets. They're the only thing that keeps the dark moods away and I can actually get out of the house when I've been using. It's really getting me down again though, having to go out and beg borrow or steal money to pay for my drugs everyday and on top of that I've got another deep vein thrombosis in my leg from injecting.

I enjoyed being off the drugs for those few months. I've been using for over ten years and I'm not getting any younger, my family have been to hell and back because of me. I need to sort my head out!

September 2006

This is getting worse, I've been kicked out of the hostel coz once again I was off my head on tablets and gear. What am I gonna do now? I'm back on the streets, my legs are in a bad way and my head is battered. It'd be easier to end it all now.

Well I've signed up to do a Peer Mentoring course with a place called CRI. I had to go there because I got nicked for shoplifting for drugs, I might as well give it a go and I've got a part time job volunteering in Shelter Charity Shop. That should keep be busy and get me used to talking to 'normal' people again. Been taking drugs for so long that's all I know what to talk about! The methadone script I'm on down at the NFA doctors is helping me to stay off the drugs and my keyworker down there is really good, I just need to stop drinking everyday now!

I've never felt this alone in my life before, I'm in temporary accommodation which is crap and because of what happened in the hostel I'm banned from the Councils Housing List. A kid told me about a place called Irish Homes before when he was thinking about doing some voluntary work, said they decorate all their flats in the Irish colours! I'll ask my keyworker if he knows anything about them.

November 2006

Went to do the application at Irish Homes today, they seem all right. Didn't think I'd be 'Irish enough'! I haven't been to Ireland since I was about ten, me being the black sheep and all that. My mum came with me coz I was a bit nervous and she was asking a few questions about passports as they're moving back there soon. The Peer Mentoring course is going well, making some good friends on it. Getting off gear is lonely so at least I'm around people who know the score and I love the job at the charity shop. I'm there nearly every day. Got to keep busy, fill my time and keep away the depression.

January 2007

Been accepted for a flat with Irish Homes... get in! Went to see it and it's all done out and everything, ar kid was nearly right about them decorating their flats in the tricolour! Move in a few days, buzzing! Things seem to be going all right for me.

March 2007

Moved into another flat with Leeds Irish Health and Homes, knew too many people near the other flat. Got to try and keep away from people who are using drugs. My worker is a really good bloke, can't pronounce his surname to save my life though but he really seems to care. He's seems to go that bit further. I've got this computer because of him and a grant to pay for a course I want to do. He's helped me with my appeal for Sickness Benefit, I wouldn't have been able to go through it if it wasn't for him being there with me, I was shaking like mad I was that nervous. I want to get back to work but I've been a drug user for so long though that's all I know. I'm not exactly the most confident of people at the moment and I don't want to start using again. I'm gonna take my time this time around, I want to get it right. All these little courses I'm doing are helping with my confidence and getting me used to being around people again — little steps but I'm getting there.

My moods are a lot better, still having panic attacks but they're not as bad as they used to be. I've started seeing a girl as well and that's going well, she's a little stunner!

September 2007

Started a course at a place in town, a charity that works with the homeless and drug users and I'm really enjoying it. Turns out all those years I spent taking drugs and the times I was homeless I learnt quite a few things. It's doing my confidence the world of good.

I'm seeing my drugs worker and my key worker from Irish Homes regularly. Terry visits me every week and I really look forward to his visits. It good to have someone listen to all the sh**e I talk sometimes. I'm starting to learn who I am again, I'm an ex this and ex that... ..but where do I fit in now?

March 2008

I've just applied for a part time job at the homeless charity where I've been volunteering, fingers crossed!

Get in there! I got it! My first paid job in God knows how long. I hope I can handle it. I've been doing drugs for about 20 years now and its hard learning how to cope with stuff without turning to them again. I'll be right, keep yer chin up man!

My moods are alot better but maybe it's only a matter of time before the switch goes and I'm in darkness again? I'm gonna have to deal with that when I face it, it's me, I've got to live with it. Just got to think positive, I've got a lot to be grateful for. There are people a lot worse off than me. I've set myself a few goals and I'm getting there, thoughts become things. Think positive!

April 2008

They've got me working full time now, I'm loving it! I look forward to going there every day. Irish Homes have told me I can take over my own tenancy; things are going well with my girlfriend and I've got money in my pocket! Mum and Dad are back in Ireland, I'll go see them as soon as I've saved a bit of money.

December 2008

I went back to Ireland for the first time since I was ten to spend Christmas with my Mum and Dad. It's amazing where they live, the Ox Mountains to one side, Naphin to the other, the sea in front and the smell of peat burning in the air just how I remember it. My Mum and Dad are really happy, they're both so relieved that

I've 'sorted' myself out and I'm getting on really well with the auld fella considering we didn't talk for about 15 years!

I went over to my grandads farm where we used to stay as kids, cried my eyes out. I missed his funeral because I was too busy taking drugs, the last time I saw him was when I was 15 at my sister's funeral.

It feels weird but nice when people ask how long I'm 'home' for.

November 2009

So, I'm doing well still (touch wood!). I've been back over to Ireland a few times. I brought my girlfriend over with me and she fell in love with the place straight away. Once I've got the qualification I'm studying for we're thinking about moving over there. My Mum had a stroke in February so it'd be good if we were nearer to them.

I've started volunteering for Irish Homes, if I could try to give anything back to people who supported me when I was going through 'bad times' it would be those guys. Well, I'll see how it goes! Also doing a bit of part time work in a residential home for people with Learning Disabilities and I'm really enjoying it and learning so much.

I'm taking my recovery one step at a time. I don't take anything for granted anymore, especially those I love. I don't regret anything I've been through, it's made me who I am... ..and I'm starting to like that person.



Befriending Scheme

It's sometimes hard to imagine that there are people living close by who never see a friendly face or get out of the house from one week to the next. This isolation impacts on both their physical and mental well being. By becoming a volunteer befriender you can help them to feel better about and within themselves. Just an hour or so a week to visit them at home for a cuppa and a chat or meet in a cafe or a walk in a park is all that is needed to help someone feel less lonely.

Volunteering

Ever feel at a loose end? Or Feel the need to learn new skills to help you to get a job for the first time or to change career?

Think about volunteering, we can offer opportunities for volunteers to take part in varied activities, from befriending to accompanying clients on trips, helping with the cooking at the St Chad's lunch group and in the coming year we hope to get our allotment up and running, or help at cultural events such as the St Patrick's Day Parade.

Volunteers are a valuable part of making our service what it is and we offer training to help you in your role, and support to get the most out of the opportunities and most of all fun!

Student Placement

We have been very fortunate as an organisation to have benefited from hosting Social Work students on placement. The students have always commented on how much they have enjoyed the variety of work and the very welcoming atmosphere here at LIHH and the clients have appreciated and welcomed the opportunity to work with them. For us as an organisation we are keen to help students learn skills and understand what an organisation such as ours can offer. The students also bring with them enthusiasm and new ideas that we can learn from.

Donations

With funding becoming ever more difficult we are most grateful for any donations which can help to ensure our clients continue to receive the service they require and have opportunities to take part in activities, go on outings or on holiday to Ireland. Many of these are only possible through donations.

So if you are thinking of running a marathon, why not raise money for LIHH at the same time or organise some other fundraising event, or donate at

www.justgiving.com/lihh

The diary starts here for good reason. This is the start of Mary's transformation. A friend tells her about LIHH and when the time is right she gets in contact...

22 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

23 WED

24 THU CHRISTMAS EVE

25 CHRISTMAS DAY FRI

26 BOXING DAY SAT

27 SUN

2007

Around this time one of my friends lets me know about an organisation called Leeds Irish Health and Homes, and that i should give them a try as they could help me. iFt's down to me though to get in touch.

28 MON

ST CHAD'S
LUNCH CLUB

01 FRI NEW YEAR'S DAY

LIHH
FRIDAY CLUB

29 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

02 SAT

30 WED

03 SUN

31 THU NEW YEAR'S EVE

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

04 MON

ST CHAD'S
LUNCH CLUB

08 FRI

LIHH
FRIDAY CLUB

05 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

09 SAT

06 WED

10 SUN

07 THU

11 MON

ST CHAD'S
LUNCH CLUB

15 FRI

LIHH
FRIDAY CLUB

12 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

16 SAT

13 WED

SOUTH LEEDS
GROUP

17 SUN

14 THU

18 MON

ST CHAD'S
LUNCH CLUB

22 FRI

LIHH
FRIDAY CLUB

19 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

23 SAT

20 WED

24 SUN

21 THU

25 MON

ST CHAD'S
LUNCH CLUB

29 FRI

LIHH
FRIDAY CLUB

26 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

30 SAT

27 WED

31 SUN

28 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

01 MON

REMEMBER
FOCUS GROUP
MEETING TODAY
11AM-12.30PM

ST CHAD'S
LUNCH CLUB

05 FRI

LIHH
FRIDAY CLUB

02 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

06 SAT

03 WED

07 SUN

04 THU

2008
Had a wake up call, literally.
Taken from home and
hospitalised. Tried giving
up the drink and mentally
suffered for it, terribly.

08 MON

ST CHAD'S
LUNCH CLUB

12 FRI

WHY NOT?
CELEBRATE
VALENTINE'S DAY
AT THE FRIDAY
CLUB

09 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

13 SAT

10 WED

SOUTH LEEDS
GROUP

14 ST. VALENTINE'S DAY
SUN

11 THU

2008

*i plucked up the courage to
call Little. it's the best thing
i ever did. They have always
been there for me.*

15 MON

ST CHAD'S
LUNCH CLUB

19 FRI

LIHH
FRIDAY CLUB

16 SHROVE TUESDAY
TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

20 SAT

17 ASH WEDNESDAY
WED

21 SUN

18 THU

22 MON

ST CHAD'S
LUNCH CLUB

26 FRI

LIHH
FRIDAY CLUB

23 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

27 SAT

24 WED

28 SUN

25 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

2008

*This week i got to meet Eileen
and John from LIHH.
Started to make plans and
reshape my life with there
support.*

01 MON

ST CHAD'S
LUNCH CLUB

05 FRI

LIHH
FRIDAY CLUB

02 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

06 SAT

03 WED

07 SUN

04 THU

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

08 MON

ST CHAD'S
LUNCH CLUB

12 FRI

09 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

13 SAT

10 WED

SOUTH LEEDS
GROUP

MOTHERING SUNDAY
14 SUN

WHY NOT?
GO SEE THE
ST. PATRICK'S
PARADE IN
LEEDS

11 THU

15 MON

ST CHAD'S
LUNCH CLUB

19 FRI

LIHH
FRIDAY CLUB

16 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

20 SAT

17 ST. PATRICK'S DAY
WED

CELEBRATE
AND ENJOY THE
CRAIC!

21 SUN

18 THU

22 MON

ST CHAD'S
LUNCH CLUB

26 FRI

LIHH
FRIDAY CLUB

23 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

27 SAT

24 WED

PALM SUNDAY
28 SUN

25 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

29 MON

ST CHAD'S
LUNCH CLUB

02 GOOD FRIDAY
FRI

LIHH
FRIDAY CLUB

30 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

03 SAT

31 WED

04 EASTER SUNDAY
SUN

01 THU

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

05 EASTER MONDAY
MON

09 **FRI**

LIHH
FRIDAY CLUB

06 **TUE**

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

10 **SAT**

07 **WED**

11 **SUN**

08 **THU**

12 MON

ST CHAD'S
LUNCH CLUB

16 FRI

LIHH
FRIDAY CLUB

13 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

17 SAT

14 WED

SOUTH LEEDS
GROUP

18 SUN

15 THU

19 MON

ST CHAD'S
LUNCH CLUB

23 FRI

LIHH
FRIDAY CLUB

20 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

24 SAT

21 WED

25 SUN

22 THU

2008

My Dad died this week.
i wasn't there for him but
can't change that, but i
know he's looking down on
me and here for me now.

26 MON

REMEMBER
FOCUS GROUP
MEETING TODAY
11AM—12.30PM

ST CHAD'S
LUNCH CLUB

LIHH
FRIDAY CLUB

27 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

30 FRI**01 SAT****28 WED****02 SUN****29 THU**

WALKING
GROUP

CARERS GROUP
10.30—12.30PM

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

03 MAY DAY BANK HOLIDAY
MON

ST CHAD'S
LUNCH CLUB

07 FRI

LIHH
FRIDAY CLUB

04 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

08 SAT

05 WED

09 SUN

06 THU

2008

My Dad's funeral.
Met alot of family, over the
next year they'll get to see
how I have changed.

10 MON

ST CHAD'S
LUNCH CLUB

14 FRI

LIHH
FRIDAY CLUB

11 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

15 SAT

12 WED

SOUTH LEEDS
GROUP

16 SUN

13 THU

17 MON

ST CHAD'S
LUNCH CLUB

21 FRI

LIHH
FRIDAY CLUB

18 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

22 SAT

19 WED

23 SUN

20 THU

2009

My Birthday. Meeting up for
pizza and a drink of Crockit
in Chapel Allerton.

24 MON

ST CHAD'S
LUNCH CLUB

28 FRI

LIHH
FRIDAY CLUB

25 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

29 SAT

26 WED

30 SUN

27 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

2009

*Started doing voluntary work.
i need to keep busy. After
a bit of training i know i
can help people that are going
through what i did.*

31

SPRING BANK HOLIDAY

MON

04

FRI

LIHH
FRIDAY CLUB

01

TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

05

SAT

02

WED

06

SUN

03

THU

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

07 MON

ST CHAD'S
LUNCH CLUB

11 FRI

LIHH
FRIDAY CLUB

08 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

12 SAT

09 WED

SOUTH LEEDS
GROUP

13 SUN

10 THU





14 MON

ST CHAD'S
LUNCH CLUB

18 FRI

LIHH
FRIDAY CLUB

15 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

19 SAT

16 WED

20 FATHER'S DAY
SUN

17 THU

21 MON

ST CHAD'S
LUNCH CLUB

25 FRI

LIHH
FRIDAY CLUB

22 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

26 SAT

23 WED

27 SUN

24 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

28 MON

ST CHAD'S
LUNCH CLUB

02 FRI

LIHH
FRIDAY CLUB

29 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

03 SAT

30 WED

04 SUN

01 THU

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

05 MON

ST CHAD'S
LUNCH CLUB

09 FRI

LIHH
FRIDAY CLUB

06 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

10 SAT

07 WED

11 SUN

08 THU

12 MON

ST CHAD'S
LUNCH CLUB

16 FRI

LIHH
FRIDAY CLUB

13 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

17 SAT

14 WED

SOUTH LEEDS
GROUP

18 SUN

15 THU

19 MON

ST CHAD'S
LUNCH CLUB

23 FRI

LIHH
FRIDAY CLUB

20 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

24 SAT

21 WED

25 SUN

22 THU

**BIG LUNCH
AT ST CHAD'S**

FROM 11.30AM
ONWARDS
20TH JULY 2009

VOLUNTEERS
PUT ON A MEAL
FOR ALL THOSE
INVOLVED WITH
LIHH



**172,900 hours of
support, advice
and help to
individuals to
maintain their
independence
and wellbeing
Fancy a brew?**



26 MON

ST CHAD'S
LUNCH CLUB

30 FRI

LIHH
FRIDAY CLUB

27 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

31 SAT

28 WED

01 SUN

29 THU

WALKING
GROUP

CARERS GROUP
10.30—12.30PM

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call 0113 262 5614*

02 MON

REMEMBER
FOCUS GROUP
MEETING TODAY
11AM-12.30PM

ST CHAD'S
LUNCH CLUB

06 FRI

LIHH
FRIDAY CLUB

03 TUE

LEEDS-IRISH
CENTRE'S
TUESDAY CLUB

07 SAT

04 WED

08 SUN

05 THU

2009

Being doing the odd bit of
babysitting. To know someone
trusts you is so important.

09 MON

ST CHAD'S
LUNCH CLUB

13 FRI

LIHH
FRIDAY CLUB

10 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

14 SAT

11 WED

SOUTH LEEDS
GROUP

15 SUN

12 THU

16 MON

ST CHAD'S
LUNCH CLUB

20 FRI

LIHH
FRIDAY CLUB

17 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

21 SAT

18 WED

22 SUN

19 THU

23 MON

ST CHAD'S
LUNCH CLUB

27 FRI

LIHH
FRIDAY CLUB

24 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

28 SAT

25 WED

29 SUN

26 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

30 SUMMER BANK HOLIDAY MON

03 FRI

LIHH
FRIDAY CLUB

31 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

04 SAT

01 WED

05 SUN

02 THU

2008

Off to Enniscrone in Sligo.
Need to do a fair bit of
thinking. i really want to
stop drinking. May even
get to see some relatives.

A full-page photograph of an elderly man with glasses, wearing a dark suit jacket, a light blue striped shirt, and a dark tie. He is walking barefoot on a dark, wet beach, holding a brown leather shoe in each hand. In the background, there is a grassy hill with several houses and a clear blue sky. The man is looking down at his feet as he walks.

LIHH ORGANISE
YEARLY TRIPS TO
IRELAND WITH
VOLUNTEERS.
IN 2008 OUR
CLIENTS ENJOYED
A VISIT TO
ENNISCRONE IN
SLIGO



06 MON

ST CHAD'S
LUNCH CLUB

10 FRI

LHH
FRIDAY CLUB

07 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

11 SAT

08 WED

SOUTH LEEDS
GROUP

12 SUN

09 THU

2009

Start my course on computers
at Sharncliffe. Need to push
myself and use my time
wisely.

13 MON

ST CHAD'S
LUNCH CLUB

17 FRI

LIHH
FRIDAY CLUB

14 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

18 SAT

15 WED

19 SUN

16 THU

20 MON

ST CHAD'S
LUNCH CLUB

24 FRI

LIHH
FRIDAY CLUB

21 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

25 SAT

22 WED

26 SUN

23 THU

2009

Got an invite to my sister's
boys birthday. That's never
happened before! So looking
forward to it.

27 MON

ST CHAD'S
LUNCH CLUB

01 FRI

LIHH
FRIDAY CLUB

28 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

02 SAT

29 WED

03 SUN

30 THU

WALKING
GROUP

CARERS GROUP
10.30—12.30PM

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

04 MON

ST CHAD'S
LUNCH CLUB

08 FRI

LIHH
FRIDAY CLUB

05 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

09 SAT

06 WED

10 SUN

07 THU

11 MON

ST CHAD'S
LUNCH CLUB

15 FRI

LIHH
FRIDAY CLUB

12 TUE

LEEDS-IRISH
CENTRE'S
TUESDAY CLUB

16 SAT

13 WED

SOUTH LEEDS
GROUP

17 SUN

14 THU

18 MON

ST CHAD'S
LUNCH CLUB

22 FRI

LIHH
FRIDAY CLUB

19 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

23 SAT

20 WED

24 SUN

21 THU

25 MON

ST CHAD'S
LUNCH CLUB

29 FRI

LIHH
FRIDAY CLUB

26 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

30 SAT

27 WED

31 HALLOWEEN
SUN

28 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

01 MON

ST CHAD'S
LUNCH CLUB

05 BONFIRE NIGHT
FRI

LIHH
FRIDAY CLUB

02 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

06 SAT

03 WED

07 SUN

04 THU

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

08 MON

ST CHAD'S
LUNCH CLUB

12 FRI

LIHH
FRIDAY CLUB

09 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

13 SAT

10 WED

SOUTH LEEDS
GROUP

14 SUN

11 REMEMBRANCE DAY
THU

2009

*On the 12th it will be a year
off the beer. This is one of
the most important days of
my life.*

15 MON

ST CHAD'S
LUNCH CLUB

19 FRI

LIHH
FRIDAY CLUB

16 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

20 SAT

17 WED

21 SUN

18 THU

22 MON

REMEMBER
FOCUS GROUP
MEETING TODAY
11AM-12.30PM

ST CHAD'S
LUNCH CLUB

LIHH
FRIDAY CLUB

23 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

27 SAT

24 WED

28 SUN

25 THU

WALKING
GROUP

CARERS GROUP
10.30-12.30PM

29 MON

ST CHAD'S
LUNCH CLUB

03 FRI

LIHH
FRIDAY CLUB

30 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

04 SAT

01 WED

05 SUN

02 THU

*Note to self!
if you have spare time
and want to help why not
volunteer. Put a reminder
in the diary to give us a
call*

0113 262 5614

06 MON

ST CHAD'S
LUNCH CLUB

10 FRI

LIHH
FRIDAY CLUB

07 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

11 SAT

08 WED

SOUTH LEEDS
GROUP

12 SUN

09 THU

13 MON

ST CHAD'S
LUNCH CLUB

17 FRI

LIHH
FRIDAY CLUB

14 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

18 SAT

15 WED

19 SUN

16 THU

20 MON

HAPPY XMAS
IT'S THE CLIENTS
CHRISTMAS
PARTY TODAY

ST CHAD'S
LUNCH CLUB

24 CHRISTMAS EVE
FRI

LIHH
FRIDAY CLUB

21 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

25 CHRISTMAS DAY
SAT

22 WED

26 BOXING DAY
SUN

23 THU

2009
What a difference a year
makes. I needed to be by
myself last year - this year
I am off to York to celebrate
Christmas with a relative.

27 MON

ST CHAD'S
LUNCH CLUB

31 FRI NEW YEAR'S EVE

LIHH
FRIDAY CLUB

28 TUE

LEEDS IRISH
CENTRE'S
TUESDAY CLUB

01 SAT NEW YEAR'S DAY

29 WED

02 SUN

30 THU

WALKING
GROUP

CARERS GROUP
10.30—12.30PM


*Hopefully many more changes
for the good lay ahead. i look
forward to the day i get to
meet my children once again.
it's not going to happen over
night but it's something to
aim for.*

When i was young
i thought that
money was the most
important thing in life.
now that i am old i know
that it is.

OSCAR WILDE

Overall, the last twelve months have seen a continued progression for Leeds Irish Health and Homes on many fronts. We are very grateful indeed to all of our funders who have shown continued support throughout a difficult period.

LEEDS IRISH HEALTH & HOMES CHAIRPERSON'S REPORT

he past twelve months have seen unprecedented upheaval in financial and economic terms. However in introducing this annual report, I am pleased to say that we have a lot to celebrate this year at Leeds Irish Health & Homes, and that we have continued to provide the same level of service to our clients as we have in the past.

As a Board of Management, we have always been very mindful that the future of LIHH must be driven by our ability to respond to the changing needs of the community. To achieve this, we need to maintain the highly skilled and committed team of staff which we currently enjoy. Our continued commitment to staff development has been recognised in our achievement of the Investors in People award at the first attempt. This is a great credit to LIHH and adds a significant further credential to the organisation.

Our recent report looking at the experiences of older Irish people using health and social care services showed that LIHH is at the forefront of taking support to the most vulnerable members of our community, and that this is the type of support that is needed and valued. We hope to build on this valuable piece of research in support of our desire to broaden services in this area.

We have maintained a solid financial performance and this has ensured that we will now be able to make some major improvements to the welfare of our tenants at Davitt House which will result in an increased number of living spaces and a significant improvement and upgrade to the existing kitchen and bathroom facilities.

At our Board away-day we were able to strengthen our governance structure for delivering change and growth over the next few years. Most importantly this will involve staff, clients and the community in developing this vision.

Like many Irish organisations in Britain, we remain hugely appreciative of the ongoing support of Dion funding. The strategy of Leeds Irish Health and Homes has been to seek to utilise Dion

as a primer for our service delivery in Leeds and it has been instrumental for us in securing additional funds which have helped to build up our professional outreach service. Funds coming through NHS Leeds and Adult Social Care have now been confirmed with 3 year Service Level Agreements which will allow us to continue this important work.

Added value is something that we see as very much a part of our service and throughout this report you will see how the culture in LIHH seeks to add value to the services that we and others provide. This takes many forms and includes the excellent work taking place through our volunteering and befriending project, our client involvement programme, our many groups and also the significant level of research material that LIHH continues to originate.


As a Board of Management, we are hugely grateful to and indeed proud of our staff team who continue to show a level of commitment that sets them apart and which is so much appreciated by our clients because of the difference that they make to their lives.

Overall, the last twelve months have seen a continued progression for Leeds Irish Health and Homes on many fronts. We are very grateful indeed to all of our funders who have shown continued support throughout a difficult period. The welfare of our tenants and our desire to broaden services remain at the top of our priorities and we are looking forward with confidence to the challenges ahead. We hope that whoever reads this report will appreciate the difference that Leeds Irish Health & Homes makes through the work that we do.

MEL NALLY

LIHH CHAIR

LEEDS IRISH HEALTH & HOMES CHIEF EXECUTIVE'S REPORT

he next few years are going to be very challenging indeed for the voluntary sector as the public purse increasingly empties. The opportunity for charities to be side-lined as the statutory services 're-prioritise' their resources and look for greater efficiency savings becomes much more likely. We are seeing this already as established organisations go to the wall. But voluntary organisations have always been around in buoyant economic times and through the worst. Always existing or developing to address a need that has raised the passions of a group of people or a community. Whether that be working alone or creating effective partnerships to share resources. And passion for helping members of the Irish community and the willingness to work in partnership is what Leeds Irish Health & Homes (LIHH) still retains as its main driving forces.

The past year has seen a re-affirming of our desire to help Irish people access the right kind of support when they need it and to develop initiatives that fight isolation, depression and the deterioration of health. We reviewed the values that the organisation wishes to work to and in consultation with our clients formalised these through the Board process. The fruition of this was highlighted when we achieved the Investors in People award at the first time of asking with feedback that the organisation clearly trains and communicates with staff and Board in a very positive way.

"I really enjoyed my visits to LIHH, which is clearly a very special organisation. As an outsider I felt very welcome, and staff obviously enjoy their work too: several people commented that they see this as the best organisation they have ever worked for. There are excellent systems and structures to support training and development... ..and the training opportunities are all geared to making sure that the client needs are met."

IIP Assessor

During the year we held away days for the staff team, the senior Management team and the Board to all look at how we work together and what we want to achieve for the community we work for.

Our housing support service was given an excellent report from the Supporting People team and our achievement of level B was a tribute to the hard work of the team. This was supported by our tenants who were interviewed as part of the process.

"Feedback was very positive and they gave examples of their achievements since they started using this service. All service users praised all Housing Support Workers and their commitment in providing ongoing support.

I am very pleased with the service I receive; the service is excellent; a very reliable service and very helpful; it has been better than what I expected; I like the degree of independence offered; it gives me the chance to do the things I want to do for myself; the organisation is sensitive as most of the people have been through the same things; I think they are great people and have helped so many people; I have no complaints, they are very helpful to all their tenants; if I need things doing, they are very helpful and they sort out problems"

Our volunteer project has made massive leaps in being able to provide befriending services to older Irish people. Its success has also come through the time and effort it has put into making sure the volunteers understand their role within the organisation and know how they contribute to our goal. The setting up of the St Chad's project has enabled people to get out on a Monday afternoon and enjoy social interaction as well as learn home skills.

Our outreach services continue to flourish with more people using us for one-to-one support as well as our groups. The groups recreate a community feeling that sadly seems lost to a great many people nowadays.

Important pieces of research have taken place at LIHH this year. Our latest report highlights the 'Health & Social Care Experiences of Older Irish People in Leeds'. This was completed with joint PCT and Adult Social Care funding and is the first time that a study has looked at the older Irish community in detail. We also produced some very interesting information regarding dementia within the Irish community and are currently developing a framework to provide support to people in this area.

And so to the future... LIHH knows that there are changes ahead. Not only because of the economic situation, but there are changing needs within our community. We have to be able to adapt to these changes so that our community gets the best from us. We were pleased to receive a grant from the Ireland Fund of Great Britain to complete a feasibility study into extra care housing for older Irish people that will be completed by March 2010. The development of a dementia service is key to addressing some of the greatest needs within our community. We are also seeing very positive partnership opportunities with a number of significant organisations in Leeds and beyond and look forward to their progression in the months and years ahead.

LIHH would not be able to make the difference it does without the drive and dedication of its staff, volunteers and Board all putting its passion into practice. I would like to extend my thanks and gratitude to everyone for doing this so comprehensively and with such great skill.

However, none of this would be possible without Irish people themselves entrusting us with their care. We will ensure we never lose sight of that fact.

ANT HANLON

LIHH CHIEF EXECUTIVE

LEEDS IRISH HEALTH & HOMES DIRECTOR OF OPERATIONS REPORT

making a difference is what our service is all about. Our support services continue to be in demand with referrals continuing at a high level with 72 housing tenants and a waiting list of 25 applicants for our housing support service, and 118 clients receiving support from our outreach service. Many have also benefited from our volunteer project providing increased opportunities to get out and about through befriending, with sightseeing trips and bowling just some of the things on offer.

In addition we have several groups offering a wide range of activities: the Friday Club for older people, the volunteer led St Chad's group on a Monday, the fortnightly South Leeds Group, a women's group, carers group and walking group that meet monthly.

Last year we were pleased to work with the Skippko Arts project 'Under One Roof' a heritage project involving several community groups in Leeds reflecting on where they were born. It was also an intergenerational project going into local schools and working with children. They made Russian Dolls filled with items from their past, which were exhibited around the city. The clients involved learnt a lot about other cultures and enjoyed immensely being involved.

A highlight of last year was the holiday to Ireland. Eight clients, two staff and a volunteer went to Enniscrone in Sligo. We are grateful to the fundraising by the Leeds Irish Professional Network and to Liam Scott, a local Sligo business man who allowed us the use of his holiday cottages.

The holiday was a turning point for many of the clients, some were returning to Ireland after many years away, for others it was the first time they had had such a holiday.

The performance figures reflect the level of activity of our service and the varied reasons for needing our help and support. But it is not just the figures that measure our service, what is clearly

important is the outcomes for those individuals and the changes or benefits that are made to their lives. Mary's and John's stories which are told in this report are what our work is all about and it is the difference we make in helping people to make changes that is a true measure of the success of the service.

It is our ability to take clients out, involve them in different projects and go on holiday that makes our service distinctive. Providing that cultural element adds value that cannot always be measured by numbers alone.

Measuring these outcomes is not always easy and it is something we need to develop further in the coming year if we are to show the true worth of our service and show to commissioners the added value that our service can bring.

GERALDINE RYAN

LIHH DIRECTOR OF OPERATIONS

LEEDS IRISH HEALTH & HOMES PERFORMANCE FIGURES 2008–2009

OUTREACH SERVICE

BREAKDOWN OF OUTREACH CLIENTS (31/03/2009)



MALE 67

FEMALE 51

AGES OF CLIENTS (31/03/2009)



16 – 19	0	60 – 69	27
20 – 29	7	70 – 79	22
30 – 39	6	80+	21
40 – 49	15		
50 – 59	20	Total	118

BREAKDOWN OF REFERRALLS TO OUTREACH SERVICE 2008–09



MALE 62

FEMALE 46

BREAKDOWN BY AGE OF REFERRALS TO OUTREACH SERVICE 2008–09



16 – 19	2	60 – 69	21
20 – 29	7	70 – 79	10
30 – 39	14	80+	10
40 – 49	22		
50 – 59	22	Total	108

LEEDS IRISH HEALTH & HOMES PERFORMANCE FIGURES 2008–2009

OUTREACH SERVICE

REASON FOR REFERRAL TO OUTREACH SERVICE 2008–09



Alcohol	6	Mental Health	10
General Advice	5	Physical Health	2
General Support	30	Benefits Advice	6
Housing	22	Other	13
Homeless	4		
Isolation	10	Total	108

SOURCE OF REFERRAL TO OUTREACH SERVICE 2008–09



Self	47	Internal	7
Family/Friends	21	Statutory Health	2
Voluntary Org.	6	Prison	2
Social Services	7	Other	14
Homeless Agency	2	Total	108

LEEDS IRISH HEALTH & HOMES PERFORMANCE FIGURES 2008–2009

HOUSING SERVICE

GENDER (31/03/2009)



MALE 57

FEMALE 14

CURRENT TENANT PROFILE (31/03/2009)



16 – 19	0	60 – 69	21
20 – 29	5	70 – 79	13
30 – 39	5	80+	2
40 – 49	11		
50 – 59	14	Total	71

PROFILE OF NEW TENANTS TO HOUSING SUPPORT SERVICE IN 2008-2009



MALE 17

FEMALE 1

AGE BREAKDOWN OF NEW TENANTS



25 – 44	5
45 – 65	10
65+	3

Total 18

LEEDS IRISH HEALTH & HOMES PERFORMANCE FIGURES 2008–2009

HOUSING SERVICE

PRIMARY REASON FOR REFERRAL OF NEW TENANTS



Alcohol	3	Isolation	1
Mental Health	2	Physical Health	0
General Support	3	Debt Problems	0
Homeless	6	Drugs	0
Housing	3	Total	18

SECONDARY REASON FOR REFERRAL OF NEW TENANTS



Alcohol	3	Isolation	0
Mental Health	3	Physical Health	0
General Support	4	Debt Problems	0
Homeless	2	Drugs	0
Housing	6	Total	18

LEEDS IRISH HEALTH & HOMES PERFORMANCE FIGURES 2008–2009

CURRENT WAITING LIST FOR HOUSING SUPPORT (31.03.09)

AGE BREAKDOWN OF HOUSING APPLICANTS ON THE WAITING LIST



20 – 29	2	60 – 69	2
30 – 39	7	70 +	2
40 – 49	7		
50 – 59	5	Total	25

REASON FOR REFERRAL OF THOSE ON THE WAITING LIST (31.03.09)



Mental Health	7
Alcohol	9
Physical Health	4
Drugs	3
General Support	2
Total	25

VOLUNTEERING

OUR VOLUNTEERS HAVE ALSO BEEN BUSY

- 10 volunteers have been matched with clients/tenants to befriend and are visiting regularly
- There have been 8 day trips involving 65 clients/tenants and 9 volunteers
- 5 weekend walks with 20 clients/tenants taking part and 4 volunteers
- 3 weekend bowling trips with 13 clients/tenants and 3 volunteers

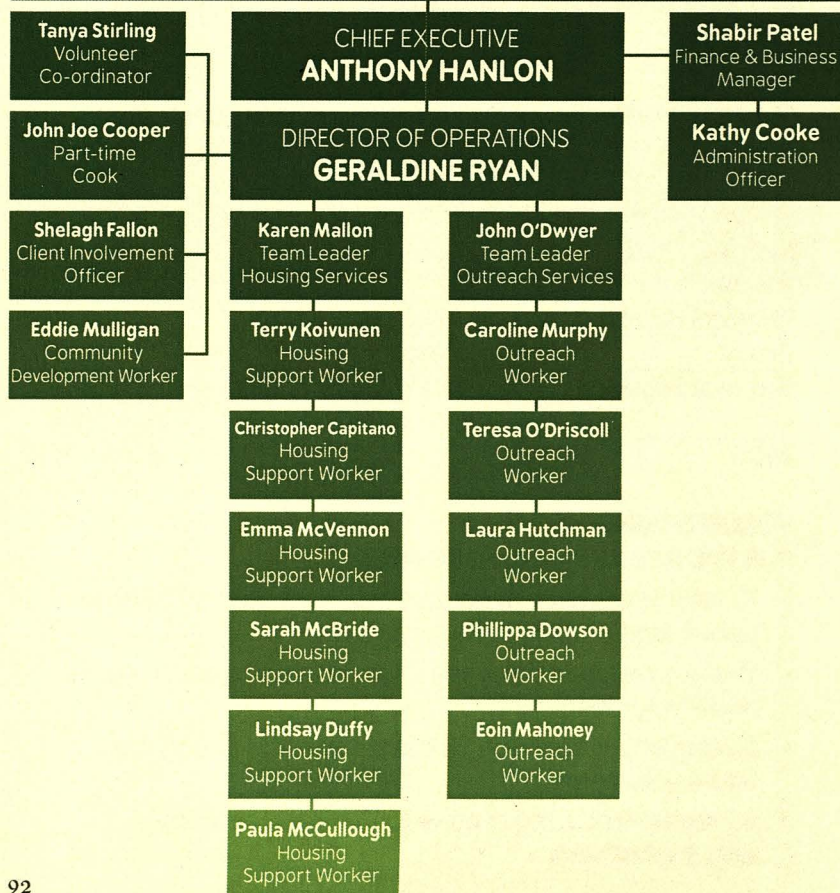
LEEDS IRISH HEALTH & HOMES STAFF STRUCTURE

LEEDS IRISH HEALTH & HOMES BOARD OF MANAGEMENT

CHAIR
MEL NALLY
VICE CHAIR
ANNA FRANKS
TREASURER
BRIAN MAGUIRE

MARY SHEARD
RACHEL LOFTUS
CLODAGH MURPHY
CLARE WHELAN

SAL TAYLOR
PETER McHALE
JOHN DEVINE
ANNE FORBES



LEEDS IRISH HEALTH & HOMES

AIMS AND DIRECTIVES

- 1 We will provide accommodation and associated support services to single Irish people who are homeless, insecurely housed, experience or are vulnerable to mental or physical ill health.
- 2 We will support and assist our tenants to develop their skills for independent living.
- 3 We will raise awareness within the public and voluntary sector to the specific needs of Irish people in terms of their housing and health needs.
- 4 We will bring to the attention of the wider public, the needs of vulnerable Irish people
- 5 We aim to establish a network of Irish people who are interested in the provision of culturally sensitive support and the mental issues surrounding Irish homelessness.
- 6 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 the various agencies concerned with Irish mental health issues.
- 7 To work in counteracting direct and indirect discrimination in the mental health service.

INCOME EXPENDITURE ACCOUNT FOR YEAR ENDED 31 MARCH 2009

	2009 £	Restated 2008 £
Turnover	1,142,092	998,299
Less operating costs	<u>(1,039,250)</u>	<u>(944,654)</u>
Operating surplus	102,842	53,645
Interest receivable and similar income	<u>25,944</u>	<u>28,244</u>
Surplus on ordinary activities for the year	128,786	81,889
Transfer (to)/from restricted reserves	2,200	1,133
Transfer to designated reserves	<u>(96,000)</u>	<u>(21,449)</u>
Surplus for year to general reserve	34,986	61,773
General reserve brought forward	<u>180,671</u>	<u>118,898</u>
General reserve carried forward	<u>215,657</u>	<u>180,671</u>

Continuing operations

The turnover and surplus for the current and previous years relate wholly to continuing activities.

Total recognised gains and losses

All recognised gains and losses are included in the Income and Expenditure account

LIHH would like to record thanks to Mazars LLP

who have audited the full accounts for 2008/09. The Auditor's opinion was unqualified and the Board approved our accounts on 19th October 2009.

A full set of accounts is available from LIHH.

BALANCE SHEET

AS AT 31 MARCH 2009

	2009 £	2008 £
Fixed assets		
Tangible assets	33,943	42,900
Current assets		
Debtors	30,336	40,024
Cash at bank and in hand	747,993	600,162
	778,329	640,186
Creditors: amounts falling due within one year	(208,076)	(196,977)
Net current assets	570,253	443,209
Total assets less current liabilities	604,196	486,109
Capital reserves		
Share capital	11	11
Reserves		
Restricted reserves	14,559	16,759
Designated reserves	373,969	288,668
General reserve	215,657	180,671
	604,185	486,098
	604,196	486,109

Leeds Irish Health & Homes
Unit 5, Gemini Park, Sheepscar Way
Leeds LS7 3JB

Telephone 0113 262 5614
Facsimile 0113 284 9040
Email info@lihh.org
Visit www.lihh.org

Leeds Irish Health & Homes is Registered
as an Industrial and Provident Society with
Charitable Status 28320R

Registered in England No.IP28320R
Trading as Leeds Irish Health & Homes