



Issue 16

DECEMBER 2005

# IRISH IN LEEDS

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**FREE**

## THE GATHERING



This November saw the unfolding of the new Irish Arts Festival, 'The Gathering', hosted by the Irish Music Project Leeds. This represented an exciting new addition to the Leeds arts scene in general and the Leeds Irish community in particular as parts of Headingley began to feel like a town in the west of Ireland.

The event was officially opened to a large audience of arts, Irish & voluntary sector groups at the West Park Centre by Greg Mulholland (MP for Leeds North West). Guest speakers including Amanda Bane (Irish Embassy), Claire Biggs (Art Forms, Education Leeds), Alastair Anderson (Director, Folkworks, The Sage, Gateshead) and Seamus McGarry (Dion Committee, Ireland Fund of Great Britain Committee). The evening was nicely rounded off with the play 'It's a Cultural Thing, Or Is It?...' where a full house witnessed a stunning performance from Michael Collins, better known for his role in the popular TV soap, Glenroe.

Headlining the festival on the Friday night, were the ever-popular Michael McGoldrick Band. Playing a dazzling set of traditional and modern material to a sell out crowd of young and old at the Headingley Stadium, they remain a firm favourite with Irish in Leeds.

Musicians from as far a field as London, Liverpool, Manchester, Newcastle, Roscommon and Sligo hosted the two traditional sessions in the Trio and Skyrack bars. Aside from the usual supporters of

sessions in Leeds, these opened up the world of traditional Irish Music to a brand new audience who were wowed by its dynamism and life. The day culminated in an intimate festival concert in St. Michael's Parish Hall where musicians from the festival provided the warm up to the lively new band from London. E-LAN played an electrifying set of traditional tunes with whoops and foot tapping from the impressed crowd.

Things took a literary turn on Sunday with a Poetry event in the Dare Café from the Lucht Focail and Wicked Words Poetry groups. This event saw local poets performing their material in public, sometimes being accompanied by local musicians.

Lively sessions in the afternoon, this time also featuring musicians from Leeds CCE, were followed by the Film 'Pavee Lackeen'. Made up of a cast of largely non-professional travellers; it took us through the rhythms of traveller life in the Cottage Road Cinema. After the final scenes, the New Inn quickly filled with film goers seeking out a traditional finish to the day with a session this time featuring the well known box player Karen Tweed.

In short, the festival was hugely successful in bringing Irish Music and Arts out into the Irish communities in the city, and, introducing a whole new audience to its vibrancy. Plans are already in place for another Gathering next year – this time leave two weekends free!



## Editorial

Hi everyone! Once again we find ourselves almost at the end of another year. We hope that you are all well and getting into the Christmas spirit. Next year is going to be an important one for Ireland in historical terms as it is the 90th anniversary of the 1916 Uprising. It is also the 150th anniversary of the birth of Michael Davitt in March 1846 in Co. Mayo. These events and their celebrations are controversial and are already causing a hot debate in Ireland with all the political parties rediscovering their republican roots. Fianna Gael are proposing to celebrate the life of Michael Collins which is also causing some stir across the water. Well, I suppose it all makes life interesting and we will have to wait and see the outcome of all the hullabaloo. Again we have another packed issue with the usual mixture of local and national interest. We have staff profiles, poems, recipes and historical items as well as humour and the second part of the interview with Niall Tobin. Once again we would like to remind readers that we would welcome any items of local interest to the Irish community for future issues. We wish you a happy Christmas and good fortune in the New-Year.

Best wishes,

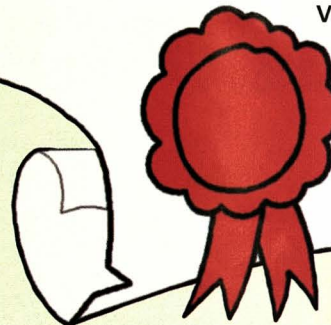
**Eddie Mulligan,**  
Editor



## Bene Merenti Award

Congratulations are due to Tommy McLaughlin, manager of the Irish Centre, who has been given the Bene Merenti Award for services to the church in the Diocese of Leeds. A rare and prestigious honour, the medal is the highest award given by the Pope to a lay person. "It is

very rare award and I am very honoured" said Tommy.



## Congratulations Ken

Congratulations are due to Ken, our office volunteer, who is in continuous adult education and has just been awarded an OCR level 2 NVQ in administration. Well done Ken and keep up the good work.

## So far today...

'So far today God I've done alright.  
I haven't lost my temper, haven't gossiped,  
Haven't been greedy, grumpy, nasty, selfish or over-indulgent.  
I'm very thankful for that but in a few minutes I am going to get out of bed  
And from then on I'm probably going to need your help.  
Amen.

## *Changing Times at LIHH*

At its recent Annual General Meeting, Mary Sheard the long-time Chair of LIHH stood down after 9 years service.

Mary, who retires from her paid employment in January, felt the time was right to step aside and encourage some new blood to help drive the organisation forward. She says, "I have enjoyed my time immensely as Chair of LIHH and acknowledge how far this organisation has come during the past 9 years. From our humble starting point we can now hold our heads up as a professional organisation providing a range of quality services to Irish people in Leeds. This was confirmed last year when we were honoured with the Irish Post National Community Award. This year we have launched our ambitious new business plan taking the organisation forward to 2010. This requires a lot of hard work for the staff and Board alike and I am happy that we are lucky enough to have a wide pool of skills and experience to draw upon to support Mel as the new Chair. I am grateful to all the Board members who have served throughout my time and the encouragement they have given me. I am happy to continue my association with LIHH as a Board member".

Mel Nally the newly-elected Chair is a Business Banking Manager with Bank of Ireland and has been on the LIHH Board since 1996. Over that time he has held the positions of Vice-Chair and Treasurer on the management committee. "Mary has done so much for LIHH. Her vision and expertise remain invaluable and I am looking forward to building on the achievements for which Mary and the Board have laid the foundations over the last nine years."

He added "We are at an exciting juncture for the organisation in which we have nine years history of providing support to Irish people in Leeds. We now want to build on this success in order to meet the needs which are becoming more apparent to us year on year, especially for the elderly. The Board are a source of great support and expertise and I look forward to working with them in my new capacity"



## *Restoring your natural balance*

Well, once again it's that time of year – the clocks have gone back and the darker evenings are with us. Consequently, many people suffer from a condition known as SAD, Seasonal Affective Disorder, a common complaint, reflecting the reduction in the amount of natural daylight, and as a result a low mood is experienced. It is suggested that there are few of us who escape this symptom, and feel depressed to some degree or another. As the evenings draw in and we are exposed to longer spells of darkness, there is then a tendency towards a reduction in the amount of the 'feel-good' factor, serotonin. This neurotransmitter (brain chemical) is well known for its anti-depressive properties. Researchers have proved bright light makes a difference to the brain chemistry. It is not a psychosomatic or imaginary illness. The vast majority of people with SAD tend to endure a number of problems, namely:

Sleep disturbances ~ oversleeping, yet not feeling refreshed, difficulty getting out of bed, needing a nap.

Overeating ~ carbohydrate craving leading to weight gain.

Depression ~ feelings of despair, misery, anxiety, guilt, hopelessness, normal everyday tasks become difficult.

Lethargy ~ everything becomes an effort.

Physical symptoms ~ joint and muscle pains, stomach problems, lowered resistance to infections.

Family/social problems ~ avoidance of company, irritability, loss of feeling, loss of libido.

Behavioural problems, particularly in young people.



Since SAD is an imbalance in the neurotransmitter found in the brain, the aim is to restore it back to its equilibrium. There are a number of over the counter remedies that are said to help but care should be taken with any medication.

St John's Wort is one such 'mood elevator' and is said to have influence upon the chemical neurotransmitters in the brain. It has the capability to increase the levels of serotonin and hence improve symptoms associated with depression. This is just one of the many remedies around but if you suffer from this condition then you should seek medical advice before you self-medicate.

### American Newspaper Headlines

- Man Struck by Lightning faces Battery Charge
- New Study of Obesity looks for Larger Test Group
- Astronaut takes Blame for Gas in Spacecraft
- Kids make Nutritious Snacks
- Chef Throws his Heart into Helping Feed Needy
- Arson Suspect is Held in Massachusetts Fire
- Local High School Dropouts Cut in Half
- New Vaccine may Contain Rabies
- Man Minus Ear Waives Hearing
- Deaf College Opens Doors to Hearing
- Steals Clock, Faces Time
- Hospitals are Sued by 7 Foot Doctors
- Some Pieces of Rock Hudson Sold at Auction
- Sex Education Delayed, Teachers Request Training
- Include your Children when Baking Cookies



## The Rossport Five



Five Mayomen, who had spent 94 days in Cloverhill prison, in their battle to stop energy giant Shell building a gas pipeline, walked free from court on September 29th this year. They had been jailed for contempt after breaching an injunction aimed at allowing Shell to complete the 700m pipeline.

Vincent McGrath, Philip McGrath, Willie Corduff, Brendan Philbin and Micheal O'Seighin - were ordered to return to the court on October 25 when the president of the High Court, Mr Justice Joseph Finnegan, would rule if they should be given any further punishment.

The men said they had no regrets. They said "We do not intend to leave the area more dangerous for the kids coming after us than we got it from the people before us". All five men agreed to continue their fight to get Shell to abandon its plans for the Corrib gas pipeline. The dispute over the 44-mile pipe from a gas field in the Atlantic Ocean to an onshore refinery near Rossport hit the headlines in June when the men were jailed. Known as the Rossport Five, the men claimed the pipeline would pose a serious safety threat. They said a gas leak or explosion would devastate nearby towns and villages.

Through lawyers the men expressed their sincere regret over the court case and apologised for disobeying the court order. Philip McGrath said the men were proud of what they had done. He said they had stood up against the power of one of the world's largest energy companies and insisted he would do the same again to protect his family. He said all five men greatly missed their freedom over the last three months.

Willie Corduff said he would return to jail if he thought it would stop Shell building the pipeline. "I'd go back in there if I had to. But it's good to be out in the fresh air and in the rain, we missed the rain."

The people of Mayo and Ireland as a whole have been shocked at the way Shell has behaved. The company entered into a contract with the then Fianna Fail Justice Minister Ray Burke in 1987. In January this year Mr Burke was jailed by the Dublin Circuit Criminal Court for pleading guilty to making false tax returns. In September 2002 a tribunal investigating allegations of corruption found that Mr Burke had received large sums of money in secret and corrupt payments from businessmen. The company is threatening to lay off over 90 workers as a result of the protest. Supporters of the five men regard this as Shell attempting to separate the community from their cause.

"We fully recognise the concerns of the objectors and the very difficult situation which the men and their families have been through," said Mr Pyle, a company spokesperson. Relatives of the men tried to get Mayo County Council to hold an emergency meeting in September to debate the crisis but the chairman Henry Kenny, brother of Fianna Gael leader Enda Kenny, refused. The council stands to gain £4 million from the project and critics suspect that council members are afraid that Shell might sue them if the project is cancelled. In 2000, 12 people were killed in a gas pipeline explosion in Mexico and last year twenty-one died in Belgium. In the past twenty years there have been 4,000 incidents in the US alone and 382 deaths. There is a serious point to this protest and it is a long way from being resolved. At the hearing in October the judge postponed a decision on the men's case, so it is all still up in the air. This article has been constructed using information from various media sources including newspapers and the internet.

My name is Teresa O'Driscoll and I come from Co. Cork. I moved to England in the early 1970's and to Yorkshire in 1975.

I was involved in the Carers Group at Leeds Irish Health and Homes and when a job came up as a Health Outreach Worker I felt I would have something to offer. I have had experience as a carer and also for a number of years have been involved in community health initiatives.

I am first generation Irish and remember my own experiences coming to this country. I recognize the impact emigration has on people's wellbeing and identity. Isolation and poverty are often a result of people leaving their own country and being disconnected from their families. As people become older this along with ill health can become a major problem.

As a Health Outreach Worker part of my role is to support people to access benefits and services which they need and are entitled to. I also offer social support and help to engage clients in leisure and educational facilities such as day clubs, walking groups etc. Since I started working at Leeds Irish Health and Homes I recognise how many of our clients see us as people who offer a friendly face and a real connection with their culture and traditions. This is a very rewarding aspect of my job.

I feel proud to part of this team and benefit greatly myself from working with people from an Irish background.



## *Have You Got Time to Spare For Mental Health?*

Are you someone who uses mental health services, or do you care for someone who uses mental health services in Leeds? Would you like to have a chance to influence the way in which mental health services consider and react to the needs of Irish people and other people from different ethnic minority communities.

A group has set up in Leeds to advise the people who plan and implement policies regarding mental health service provision for Black and Ethnic Minority (BME) communities. It is called the BME Advisory Group and reports to the Mental Health Modernisation Team.

In order to encourage as wide a membership as possible, the group would like to invite any interested parties to its meetings which occur on the first Wednesday of each month, usually at the West Indian Centre in Leeds.

For more information please call Rachel McCluskey on 0113 305 7565 or e-mail [rachel.mccluskey@leedsnorthwest-pct.nhs.uk](mailto:rachel.mccluskey@leedsnorthwest-pct.nhs.uk)

## *Where is Ireland now?*

What have they done to my land- those bloodless academics with their arid arguments and cut-and-paste alterations to my country's history- what have they done?

They have flensed the flesh from the nation's bones: the social scientists, the cultural theorists, the revisionists.

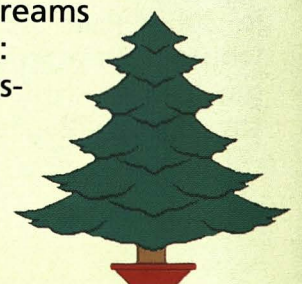
Their cold and sterile notions have stripped my country bare.

They have probed the national image and found it wanting: a construct, we are told, of patriotic fervour; history seen through a prism of distorting myth.

If they are right, then what is left- and where is Ireland now?

Gone, it seems, are all the dreams of the land I once held dear: to be replaced by sober facts- cold and dull and drear.

© Bill Fitzsimons



## *The Corn Laws*

The Corn Laws were a series of statutes enacted between 1815 and 1846 which kept corn and grains of all kind priced at a high level. This measure was intended to protect English farmers from cheap foreign imports of grain following the end of the Napoleonic Wars. During the wars, the British blockaded the European ports hoping to isolate the Napoleonic Empire and bring economic hardship to the French. One result of this blockade was that goods within Britain and Ireland were protected against competition from outside sources. Farming became extremely lucrative, and farming land was traded at very profitable rates. When the wars ended in 1815 the first of the Corn Laws was introduced. This stated that no foreign grain would be allowed into Britain until domestic corn reached a price of 80 shillings per quarter.

The beneficiaries of the Corn Laws were the nobility and other large landholders who owned the majority of profitable farmland. Landowners had a vested interest in seeing the Corn Laws remain in force. And since the right to vote was not universal, but rather depended on land ownership, voting members of Parliament had no interest in repealing the Corn Laws. The artificially high grain prices encouraged by the Corn Laws meant that the urban working class had to spend the bulk of their income on grain just to survive. Since they had no income left over for other purchases, they could not afford manufactured goods. Manufacturers suffered and had to lay off workers who had difficulty finding employment making the economic spiral worse for everyone.

In 1816, the first major failure of the potato crop had occurred. In 1817 the situation deteriorated into a near-famine which was accompanied by an outbreak of typhus. Between 1822 and 1826 there were further food shortages in Ireland. When the 'blight' - which already was affecting large parts of Europe - appeared in Britain in 1846, Ireland was more likely to suffer than the rest of the country. The Irish population had exploded in the first half of the nineteenth century, reaching about 8.5 million by 1845 without any accompanying economic improvement. Furthermore, the fungus which caused blight was unknown to the scientists of the day so no remedy was possible. The blight destroyed the potato crop of 1845 and by the early autumn of

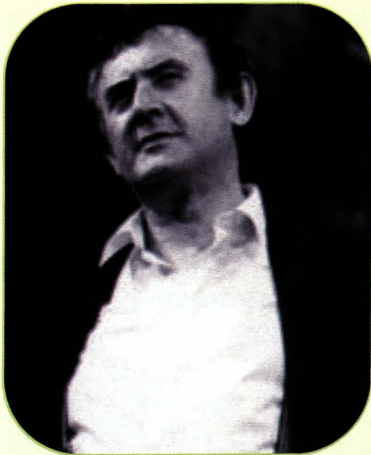
that year it was clear that famine was imminent in Ireland. Peel's government was slow to react. Peel said that the Irish had a habit of exaggerating reports of distress. As Chief Secretary for Ireland in 1816 he had produced a contingency plan for economic disaster striking Ireland. Consequently his lack of action is difficult to explain.

During the winter of 1845-1846 Peel's government spent £100,000 on American maize, 'Peel's brimstone' which was sold to the destitute and initiated relief schemes such as canal and road building to provide employment. The workers were paid at the end of the week but often they had died of starvation before their wages arrived. Even worse, many of the schemes were of no use and merely used to justify the cash payments. The Irish crisis was an excuse for Peel to repeal the Corn Laws in 1846, but it brought Ireland little benefit. There was plenty of food in Ireland but most of the wheat, meat and dairy produce was being exported to England. The repeal of the Corn Laws had no effect because however cheap grain was, without money the Irish peasants could not buy it. No government at Westminster was prepared to give food to the starving, on the grounds that the Irish already were lazy and free food would merely encourage this trait.

Peel was replaced in office in June 1846 by Lord John Russell and a Whig administration dedicated to a laissez-faire policy. Russell's administration believed that Irish wealth should relieve Irish poverty, and rejected the policy of direct state intervention or aid. However, neither Irish landlords nor the Poor Law unions could deal with the burden of a huge starving population.

The 1841 census recorded an Irish population of 8.2 million. By 1851 this figure had been reduced to 6.5 million. These statistics give some indication of the scale of the disaster but since many of those affected by the famine lived in remote and inaccessible places, it is more than possible that far more people died than has ever been thought. It has been estimated that at least one million people died from starvation and its attendant diseases, with the remainder seeking emigration to Britain and North America.

## *To been or not to been Part 2*



This is the second part of the interview with Niall Tobin. Similar to the late Dave Allan, Niall has cultivated his Irish storytelling skills, a modern day Seanachí. Was he alternative before his time? In these stories he can describe every corner of Ireland through the minute appreciation of voice, dialect and accent. It is not always appreciated in Britain, outside the Irish Community, that Irish accents have wide regional variations, and Tobin has a particularly brilliant ear for the nuances of each county, even capturing the gradations as one county slides into another. When he tells stories, the people appear before you in full character. Sometimes the stories are simple, but incisive: two old shawlies (poor Cork women buried beneath their shawls) are watching the bride and groom emerge out of the Church after a wedding. One old shawlie says of the bride - "She's laughing, God help her".

This is my second time meeting and working with Niall over the past two years and I have become his friend and constant admirer. As an Irish actor and entertainer myself I regard him as my hero. We talk regularly on the phone to ascertain his availability to come over and take part in our 'Celtic Strands' concerts, he is always obliging.

Niall loves to reminisce, yes and likes to name drop! Among his earliest experiences as a young actor was finding himself drinking with Ronald Reagan, in a Dublin bar in 1948. He happened to be at the Abbey Theatre backstage when somebody said that two Americans wanted to see around the theatre. One was called Ronald Reagan and the other was Joan Caulfield, a beautiful screen actress of the time. Tobin helped to show the pair around, and then Reagan said: "Can I buy you guys a drink?" They repaired across the way to The Flowing Tide. Niall Tobin found Reagan enchanting as a personality, though later disagreed with his politics. He tells stories of working with Brian Friel, Pat Kenny, Gay Byrne, Cyril Cusack, Donal McCann, Pierce Brosnan - etc - I told you he likes to name drop!

At 29 Niall married Judy Kenny, who died two years ago. They have four daughters, three of them involved in the theatre.

When he is in London, Tobin is often greeted by passers-by in TV character. "Hello Slipper!" a North London housewife will cry out, when he is walking around in his golf gear. Or a cabbie will cackle "Bless Me Father, and where would you be going?" when he enters a London taxi-cab. He takes all that as a gratifying tribute that people have entered into the imaginative life the actor helps to create. He enjoys being recognized and always obliges with autographs or photographs. He is very good company particularly in a 'one to one'. . We talked about BallyK "I loved Ballykissangel, though I almost turned it down thinking it was too-stage Irish and funny-Catholic.". In Britain we were all shocked when Tony Doyle died suddenly during the height of Ballykissangel fame. Niall agreed that was the beginning of the end of BallyK, and we miss it .In BallyK, he was permitted to modify the script where it struck a false note, and that worked. Also, he says, "there was something special about the mixture of a British and an Irish cast and crew. They spark each other off in some way. " The defeat to Wales in the Triple Crown did not dampen his spirit - for when he came on stage as top of the bill in 'Celtic Strands' at St. Joseph's, the capacity audience welcomed him warmly and true to form he DELIVERED !

A classic Tobin quote - "You come to the part in the joke and you get a big laugh, but that's not the tag...and as it's dying down, then you give the tag and then they fall off their seats." and that's... you know, that's...orgasmic...really...for them, not for me. I don't do that kind of thing... no, not on stage."(Niall Tobin). Let's have more of you Niall - over here.

Gerry Molumby June 2005 Triskellion ~ Irish Theatre and Concert Productions



## Porter Cake



Porter is a type of dark Irish beer, not now as widely available as it once was. It is not as strong as stout but Guinness, Murphy's or other Irish stout can be substituted in this recipe if mixed fifty-fifty with water. This cake is quickly and easily made and, though it tastes good fresh from the oven, it is best kept for about a week in an airtight tin.

1/2 pt/250 ml/1 cup porter

8 oz / 250 g/ 1 cup butter

8 oz/250 g/ 1 cup brown sugar

2 lb/ 1 kg/ 6 cups mixed dried fruit  
(equal quantities currants, raisins, sultanas  
with about half as much mixed peel)

1 1/4 lb/ 1/2 kg/ 4 cups plain flour

1/2 tsp baking soda

1 tsp mixed spice

grated rind from one small lemon (optional)

3 medium eggs

Melt the butter and sugar in the porter in a saucepan. Add the fruit and simmer for 10 minutes. Allow to go cold and add the sieved flour, baking soda, spices and lemon rind. Beat the eggs and mix in with a wooden spoon. Pour into a greased and lined 9 inch/ 25 cm cake tin and bake on the middle shelf of a pre-heated oven at gas mark 3, 325°F, 160°C for about 1 3/4 hours. To test the cake, push a skewer into the centre; if ready, the skewer will come out clean.

Allow the cake to cool in the tin.



### Karen and Baby Aoife

Congratulations to Karen Mallon our Senior Housing Support Worker who gave birth to a healthy bundle of joy called Aoife on 5th November. Well done Karen and husband Dave.

## Irish Stew



Irish stew is easy to make and if made with mutton and cooked slowly will be both flavorsome and tender. Mutton, being an older meat, has more flavor than lamb but does need to be cooked for a couple of hours over a low heat with liquid. It should not be allowed to boil or the flavor will be spoiled. There is little agreement as to the classic recipe - should there be carrots? Should the meat be browned? Should mutton, lamb, beef, bacon or even kid be used? The following dish will be found to be hearty and nourishing and traditional enough.

2 1/2 lb boned mutton

4 large potatoes

2 large onions

3 or 4 medium carrots

sprig of parsley

2 cups water

salt and pepper

(serves four)

Cut the meat into good size chunks. Peel the vegetables and slice thickly. Chop the parsley. Choose a pot with a well-fitting lid and put in the ingredients in layers, starting and finishing with potatoes. Pour in the water and season to taste. Cover and put on a very low heat for about 2 1/2 hours until the meat is tender and the potatoes have thickened the liquid. The dish may also be made with lamb, in which case it requires only 1 1/2 hours cooking time.

From the Appletree Press title: A Little Irish Cookbook.

## *A Day In The Life Of A LIHH Support Worker*

Many of the clients we offer services to at LIHH require support for many different reasons. Some may be completely isolated and need linking in to community resources, or just need a friendly ear to listen to them. Others may experience difficulties which make day-to-day existence an uphill struggle. For instance poor physical health because of the hard graft people used to do; poor mental health makes life very difficult for some as does coping with the effects of having a problem with alcohol. Each person needs an individual reaction, which means spending time with them, listening and being effective in trying to resolve what difficulties there are.

Our focus is on cultural sensitivity; in knowing what experiences may have led Irish people to need our help, but not making judgements on them. In the end, Irish people are like any one else; when the chips are down, they expect good quality support when they require it and it is this that drives me and my team members to constantly review the way in which we work. This way we make sure we're giving the best kind of support we can.

We obviously can't resolve every problem that a person has, but we'll try our best to help people get the right kind of support that they need, whether that's with us or with someone else.

Each day varies as a support worker. Sometimes you can attend hospital appointments with people, as some unfortunately don't have the self-confidence to go on their own, or their mobility may be poor.

We also provide advice and help with benefits, as many members of our community especially older people are not claiming what they are entitled to. Each day presents an interesting challenge, and it's always really rewarding when you know you have helped someone to achieve something they really want.

Our aim is to work towards a model of independent living; helping people stay longer in their homes by preventing crises

and planning our work with each client so that they know what is happening.

So here it is; an (un)typical Monday in my working life:

8.55am: Arrive at work and start the day by having a quick chat with colleagues about their weekend activities. I read my emails to make sure I have nothing urgent or outstanding and check my diary for planned activities.

My visits normally take about an hour but can take longer depending upon people's circumstances. Some of our clients are quite independent and require only a fortnightly visit. The majority of the people I provide support to get a weekly visit of about an hour's duration.

9.30am: I call the local social services office to confirm an appointment this afternoon. They are going to assess a tenant whose support needs, in my view, are too high for them living in supported housing. Sometimes as people become frailer, we have to help them secure more suitable accommodation. This can be an enormous challenge for us and the client as they have built up a relationship and trust with us and have come to rely on us. Changing homes when you're not well can sometimes lead to other crises.

Before leaving the office, we write on a board who we are seeing, what time, and when we will be back. As we often work on our own, LIHH tries to ensure our safety at all times through its policies and procedures. If I am not back at the stated time, someone will call my work mobile just to ensure I am okay and safe.

9.45am: Going to visit a client who requires weekly support. This person has slight learning difficulties and struggles with bills and daily living. I normally start the visit with a friendly chat about what they have been doing and to see what help they need. I then help them go through their mail and ensure they have enough money to pay their bills. This has been a particular problem in the past, but we have set a system up with Leeds



City Council's Benefits Advice Team where they are paying off previous debts and coping with the money they have left. My client can at last see the benefits of getting help with their debts rather than trying to bury them and forget about them. Before I leave I arrange the date and time of next the visit.

10.45am: My next visit is to a client with good living skills who is an ex-drug user and struggles to keep occupied. I normally chat initially, about how they are feeling, and what they would like to do in the future. I constantly have to remind this client to pay any outstanding bills, and just ensure they attend regular appointments. I also complete a support plan for this individual as the six monthly review is due. A support plan is an agreement between the client and LIHH about what support the client feels they need. It is very much led by the client and if we can't provide the support we will endeavour to find out who does and help the person get in touch with them.

11.50am: My next visit is to a client who is rarely at home and despite writing to remind

them I am coming they are still not in. This can happen for a number of reasons; sometimes the client is feeling low and just doesn't want to see anyone; sometimes they have different appointments and we're not the priority. It's always a good starting point of a conversation to try and understand if there's a problem. For some people it's the start of the process where they don't need our help anymore and some feel that they can't tell us this face-to-face. It's important for us to re-assure the person that we're there to provide help and support for as long as they want it, not the other way around. I leave a note to say I have called and ask them to contact me.

12.00am: Back to the office where I bring the client records up-to-date. Like many other care workers, we are required to constantly record the work we have done in order to fulfil the requirements of our funders. Sometimes this is frustrating as you feel it's taking you away from spending time with people. The upside though is that as you look back in people's files you can recognise the progress that some people make. This is a very fulfilling part to the role when you can tell that the support you are providing is having a positive effect.

My next visit is at 2.30pm when I meet a social worker who is going to assess my client's living skills. The visit takes an hour and a half followed by an exchange of information with the social worker. The social worker is very understanding about the client's difficulties but is also frustrated by the lack of solutions that she can offer, because there simply aren't enough resources for my type of client.

4.00pm I return to the office to complete my paper work. I also phone a client's GP to arrange an appointment to organise a psychiatric assessment. Much of my work is arranging meeting with other professionals in order either to get them to help our clients or to inform them of the type of service we offer in order to help them out. The most asked question I have from them is 'Why the Irish?' Because there are a lot of Irish people who need our type of service is my reply!

Finally, I update my diary with my next visits and any reminders I have.

## *Together - Working for wellbeing*

TOGETHER (formally MACA) is a leading national charity working for wellbeing. They held their annual review and celebration of their new identity at the Ramgarhia Sikh Centre on 7th September. This organization provides respite and community support for people with mental health needs or dementia and their carer's in the Leeds 8, 9 and 17 areas. They support people with mental health needs to get what they want from life and to feel happier. They do this by running a range of services across the country; by campaigning and doing research and by educating local communities about their own mental health needs. In everything they do they are inspired and



guided by the hopes and wishes of the people they support. Pictured are Diane Robinson, project manager and Julie Hemsley, admin assistant and some of the people attending the event. Workers, carer's and service users were all there on the day. After all the reports, a lovely lunch was provided and Rodi Johnson and Chris O'Malley played some fine Irish tunes to round off the event.

Together-Working for Wellbeing can be contacted on  
0113 242 7707  
or email: [northleeds@together-uk.org](mailto:northleeds@together-uk.org)  
[www.together-uk.org](http://www.together-uk.org)

### QUOTES FROM 11 YEAR OLDS' SCIENCE EXAMS:

"Water is composed of two gins, Oxygen and Hydrogin.

Oxygen is pure gin. Hydrogin is gin and water."

"Artificial insemination is when the farmer does it to the cow instead of the bull."

"When you breathe, you inspire. When you do not breathe, you expire."

"H<sub>2</sub>O is hot water, and CO<sub>2</sub> is cold water."

"Three kinds of blood vessels are arteries, vanes, and caterpillars."

"Dew is formed on leaves when the sun shines down on them and makes them perspire."

"Mushrooms always grow in damp places and so they look like umbrellas."

"Rhubarb: a kind of celery gone bloodshot."

"Vacuum: A large, empty space where the pope lives."

"For drowning: climb on top of the person and

move up and down to make Artificial Perspiration."

"For Fainting: Rub the person's chest or, if a lady, rub her arm above the hand instead. Or put the head between the knees of the nearest medical doctor."

"The tides are a fight between the Earth and Moon. All water tends towards the moon, because there is no water in the moon, and nature abhors a vacuum. I forget where the sun joins in this fight."

"Equator: A managerie lion running around the Earth through Africa."

"Germinate: To become a naturalized German."

"To keep milk from turning sour: keep it in the cow."

"To prevent contraception: wear a condominium."

"The body consists of three parts - the brainium, the borax and the abominable cavity. The brainium contains the brain, the borax contains the heart and lungs, and the abominable cavity contains the bowels, of which there are five - a, e, i, o and u."

## *The Northern College*

In September I went with nine women from both the Carer's and Women's Group to The Northern College. We spent three days there and completed a short course entitled Promoting Women's Health. This included assertiveness, confidence building and strategies for overcoming stress. Everybody got a chance to use a computer and even though some were reluctant at first eventually everyone logged on to the World Wide Web. We also had a session of relaxation including 'brain gym' (you heard it here first) and head and hand massage.



We had a lovely few days combining learning with some fine walks in the evenings, checking out the local area or just relaxing in the grounds or in the bar. As always it's lovely to spend time with these great Irish women with tales of their lives back in Ireland and their experiences in England, especially when they first arrived. Most of the women I spoke to say that getting involved with Leeds Irish Health and Homes has given them a social outlet that has changed their lives and they genuinely appreciate the care and support which they receive.



The Northern College is a residential college dedicated to the education and training of men and women who are without formal qualifications and want to return to learning. It is set in some beautiful grounds near the village of Stainborough, about four miles from Barnsley. Among the facilities at the college are good catering, a crèche and accommodation for guide dogs.

I'm sure we will return.

For more information about the college telephone 01226 776000 or web site [www.northern.ac.uk](http://www.northern.ac.uk)

Teresa O'Driscoll  
Outreach Worker





Hi everyone! My name is Lindsay Duffy and I have been working as a Housing Support Worker for fifteen months now and I am really enjoying it.

I'm from Kilmarnock in Scotland, which is usually better known as the home of Johnnie Walker whisky! I have lived in Leeds for 18 months, this was originally a bit of a culture shock for me, coming from a small, quiet town to a big city but I soon adapted, especially to all the different shops!

I grew up as part of a large Scots-Irish family, my relations on my mother's side are from Derry, I have several great aunts, great uncles and cousins living in Derry city and I am planning on visiting after Christmas.





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## *SAMUEL BECKETT 1906-1989 - AUTHOR*

Beckett was born in Foxrock, Dublin. He would later insist that he was born on Good Friday, 13 April 1906, although his birth certificate puts the date a month later. The Becketts were of French Huguenot descent. After a distinguished career at Trinity College Dublin he was to spend much of his life in France. His cricketing prowess earned him a mention in Wisden (the only Nobel Prize winner there), while he topped his year in modern languages. In 1928, he was appointed to an exchange lectureship in Paris, where he met and helped James Joyce before returning to TCD in 1930.

A critical study of Marcel Proust (1931) pointed to an academic career, but Beckett chose to become a full-time writer. He travelled widely, living rather precariously, before settling in Montparnasse in Paris in 1937. His comic novel *Murphy* was published in 1938. He also met Suzanne Dumesnil when she helped him to hospital after a street stabbing; they were to marry in 1961. Beckett was in Dublin at the outbreak of World War II, but 'preferred France at war to Ireland at peace'. He worked for the French Resistance, narrowly escaped the Gestapo, and then moved to unoccupied France, where he wrote his novel *Watt*.

In 1947 he returned to Paris, where within two years he wrote his trilogy of novels, *Molloy*, *Malone Dies* and *The Unnameable*, and the play *Waiting for Godot*. By now, he was writing in French, and then translating into English. *Godot* had its first production in 1953, and its success made the reclusive Beckett an international figure. In this innovative tragi-comedy, the tramps Vladimir and Estragon await someone they have never met and who may not exist. 'If I knew who Godot was,' said Beckett, 'I would have said so in the play'.

Other bleakly comic plays followed. 'Nothing is funnier than unhappiness,' says Nell in *Endgame*, speaking from a dustbin. In *Happy Days*, the heroine is buried in sand. Beckett was awarded the Nobel Prize for Literature in 1969, but shunned the presentation ceremony. He died in Paris on 22 December 1989.

### **Hawthorne Garden Services** *planned maintenance and landscaping*

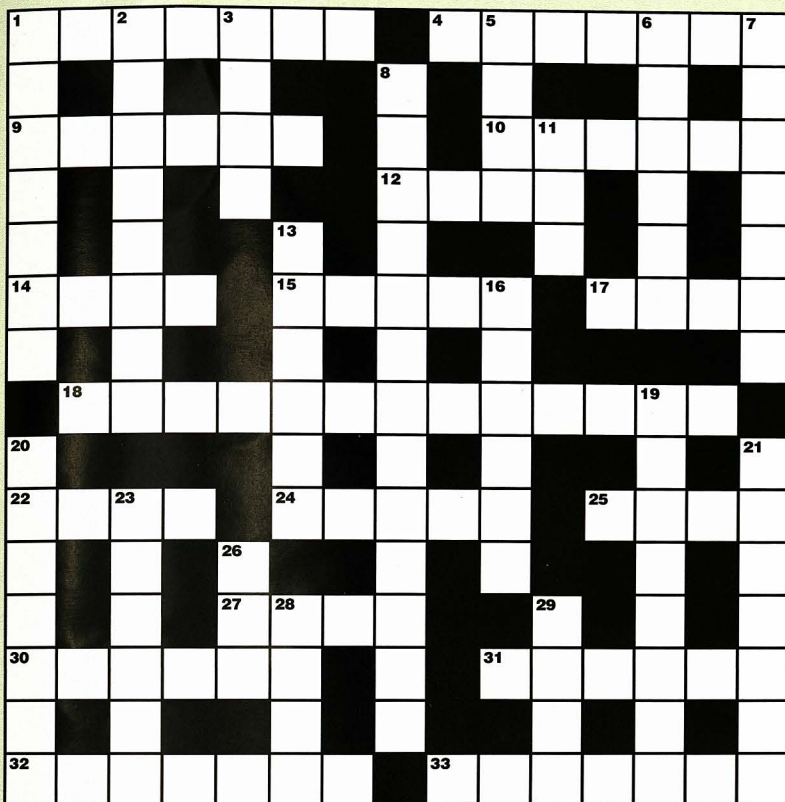
Mr Ray O'Donnell

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## Ireland In Crosswords



### ACROSS

1. Ram rode around in this West County Waterford seaside resort of Tidy Towns fame. (7)
4. Hear Mag out in Derry village, birthplace of Charles Thompson secretary to the first U.S. Congress who wrote out the Declaration of Independence. (7)
9. Little Daniel and Gerard get together and find themselves in peril. (6)
10. Ham rag torn up in Ireland's ecclesiastical capital, and ancient seat of Ulster kings. (6)
12. American uncle comes before cardinal in like manner. (4)
14. Soundly lift the shafts of light. (4)
15. A five zero chartered accountant laid out in Wicklow village in vale described by Moore "as that vale in whose bosom the bright waters meet". (5)
17. German river, ring the German! (4)
18. I sent soul here. (anag.) Seat of power in Dublin's Kildare Street built in 1745; the American White House is said to be modelled on it. (8,5)
22. But of course, it is possible for these to be evens! (4)
24. South West limb with huge number of insects. (5)
25. Can return from Napoleon's place of exile. (4)

27. Help with a wager. (4)
30. My fore in turmoil in Cork town on the Blackwater of salmon fishing fame. (6)
31. Farm bailiff will feel deep sorrow at rig up the night before. (6)
32. S.E. sworn to uncover this Wexford town on the Barrow, taken by Bagenal Harvey in 1798. (3,4)
33. Lad returns in biscuit dip in principal Louth town closely associated with Cuchulainn. (7)

### DOWN

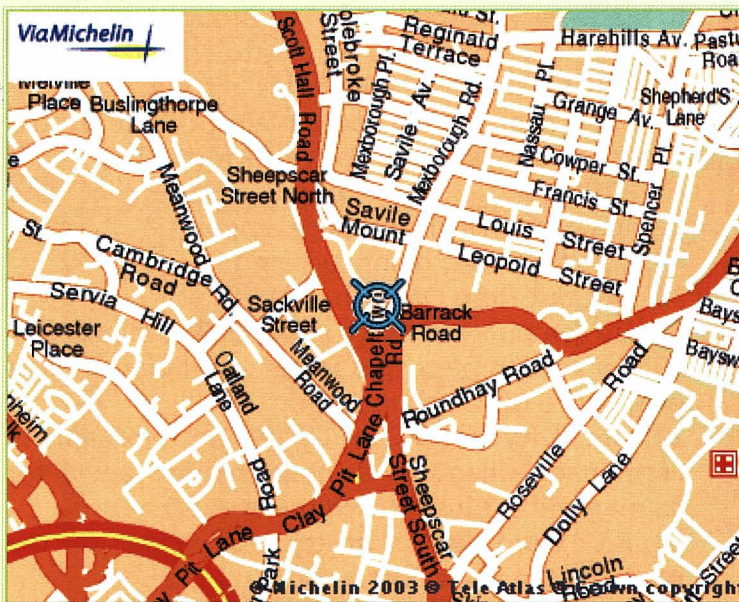
1. Rat Fred agitated in Kerry near Banna Strand where Roger Casement was arrested in 1916. (7)
2. Undone by confusion in Meath village south of Ashbourne near the County Dublin border. (8)
3. Rove about, yonder. (4)
5. "Michaelangelo left a proof On the Sistine chapel roof, Where but half awakened --- Can disturb globetrotting Madam." Yeats. (4)
6. Made very happy by ale Ted brought over. (6)
7. Try a hen. (anag.) Co. Galway town with a castle built 1238, and low lie its fields in song. (7)
8. Small site core. (anag.) Majestic seat of the Duke of Devonshire in Co. Waterford. (7,6)
11. "Better --- than dead", slogan of the Campaign for Nuclear Disarmament. (3)
13. Soft fools, but gains success. (6)
16. Not out from Omeath. (2,4)
19. No sea pub will make you take the stand. (8)
20. For coin to be tossed in beautiful Clare village near shore of Lough Inchiquin. (7)
21. Be fifty followed by Welsh emblem in Fermanagh village on Donegal border famed for its magnificent lustrous chinaware. (7)
23. R.U. word used in pretty Laois village on the banks of the River Erkina. (6)
26. Old Chinese leader seen in Fatima over the years. (3)
28. Second class affirmation leads to cricket scores without hitting the ball. (4)
29. Right between two articles, the three beautiful Galway islands of Inishmore, Inishmaan and Inisheer, thirty miles off the coast, and immortalised by Synge in "Riders to the Sea". (4)

## Crosswords Solutions



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