

Issue 19

JUNE 2007

FREE

IRISH IN LEEDS

PUBLISHED BY LEEDS IRISH HEALTH AND HOMES



LIHH PRESENT AT THE MAKING OF HISTORY

LIHH Chief Executive Ant Hanlon was one of the invited guests as Taoiseach Bertie Ahern signalled a new era in British-Irish relations when he addressed both British Houses of Parliament on 15th May 2007.

This was the first time a Taoiseach had ever addressed a British Parliament. Acknowledged by Prime Minister Tony Blair as a true friend to him and Britain, he went on to say that Bertie Ahern had been at the heart of the search for a political settlement in Northern Ireland for over a decade.

The Taoiseach also paid warm tribute to Tony Blair whom he described as having an honoured place in Irish hearts and Irish history. Both men also paid tribute to ex-Prime Minister John Major and ex-Taoiseach Albert Reynolds for their respective roles.

Taoiseach Ahern then detailed the benefits that the shared future of the two islands would have and looked forward to a new partnership which would put past differences behind them.



Editorial

Well, doesn't time fly! It's summer again and another year has flown. Look on the bright side, the weather is picking up, thank God for global warming (only joking). It has been another busy time for Leeds Irish Health and Homes with expanding services and staff changes all adding to the interesting times we are experiencing. We had a visit from the British/Irish INTER-PARLIAMENTARY GROUP early in the year. This group which is made up of politicians from both Britain and Ireland does good work in promoting harmony and co-operation between the two countries. We also had the historic event of An Taoiseach, Bertie Ahearn, addressing both houses of the British parliament; the first time this has ever happened. We were involved in various activities around the city over the recent months including the very successful Irish History Month. We again have an issue packed with articles of both local and national interest to the Irish community. Could I remind all our readers that this newsletter is for you! Please feel free to contribute items for publication.

Eddie Mulligan.
Editor.

Funny Ad's

Little Bo Peep is 18 years old. Voluptuous hips and lips. Has one adorable little blonde sheep. Seeks kind shepherd. Preferably rich County Mayo farmer of any age with marriage in mind. Box 5A1.

Johnny Walker type. Over 80 and still going strong. I can usually remember Monday through Thursday. If you like hugs and back rubs and can remember Friday, Saturday and Sunday, we surely need each other. Urgent. Time is running out. Please reply ASAP. Box 5D1.

Attractive Widow. Blonde. Blue eyes. Hourglass figure. Late 60's. Classy and very discerning. Has unfurnished 3-bed apt. overlooking golf course. Looking for somewhat younger man with own furniture. Please send unretouched photograph of the furniture. Box 5F1.

Handicapped. Gentleman who has lost a left leg wishes to correspond with another who has lost his right leg and wears a size 10 shoe. Box 5G1.

Parachute For Sale. White. Silk. Cheap. Make offer. Used once. Small bloodstain. Box 5H1.

Farmer. 65. Never married. 100-acre farm. Mostly hay. Wishes to meet unattached female, any age, with Combine Harvester or Massey Ferguson Tractor. Must be in good working condition. Please send photograph of the machinery. No time wasters please. Box 5J1.

Big Mac. Rough and rugged outdoors type. Tall, handsome, bearded, slim, hairy chest and legs. 49. Never married. No ties. Loves fishing. Seeks younger female. Busty blonde preferred. Must know how to gut fish, bait a hook and be willing to dig for worms, grubs and maggots. Box 5L1

Gazing at the Stars

The LIHH Rambling Group's latest outing was to the Harewood House estate. It was a chilly January day but this didn't deter fifteen ramblers from meeting up and doing a 3 mile walk. It was gentle enough to allow plenty of talking and doing a spot of bird watching as up to seven giant Red Kite birds of prey circled overhead. Thankfully humans weren't on the menu and we made it to 'Emmerdale' where they film the famous soap opera. In fact, they were filming an episode as we walked by.... but the Dingles refused our request to pose for a photo! As we completed the walk the breeze died down and the sun came out and we all finished in high spirits with Teresa leading a singalong that worked to scare off the Red Kites.



Our last ramble was to Chevin Forest Park near Otley on the 20th June. All are welcome for future events ...contact Tony or Teresa on 0113-2625614 if you want more details.

New Volunteers welcomed to Leeds Irish Health and Homes

Seven new Volunteers met up at the LIHH office on Saturday 3rd March. They are from a variety of backgrounds but all are prepared to give some free time to help out our clients. They were briefed by Geraldine Ryan and Tony Mone from LIHH and then met up with two of the existing Volunteers who shared some of their experiences of volunteering over the past 6 months. They will be doing some befriending, helping out at day clubs and with the Tenant's Newsletter, and running weekend activities for LIHH clients.



Coffee Morning

Leeds Irish health and Homes now have a regular coffee morning in South Leeds. It takes place every other Thursday at 2/4 Middleton Crescent, off Dewsbury Road (on the right hand side just before the fire station). You can drop in any time between 10am and 12 noon for a cup of tea/coffee and a friendly chat. It's a chance for you to meet new people and get together over a nice cup of tea and some biscuits. Why not come down and give it a try? The next few dates are as follows: 28th June, 12th July, 26th July and 9th August. For more information, please contact Philippa or Laura at the LIHH office on: 262 5614. Hope to see you there soon!

Terry

I moved to England from Finland 1994 to work for a disability organisation. Since then I have worked in social care with people from various backgrounds in disability and mental health organisations. I worked in housing support for 2 years and then started with Irish Health and Homes in January 2007. The organisation is excellent and I thoroughly enjoy my work with clients from the Irish community. Although not from the Irish background myself, I have personal knowledge and interest in the needs of the Irish Community in Leeds as my partner's family came here from Co Mayo. I also find my own experiences as a foreigner in this country have enabled me to relate to some of the issues of the Irish in Leeds. I play the guitar and write songs. However, I haven't yet learnt any Irish songs (watch this space!) One of the perks of working in Leeds is that it does not get down to -30 degrees in the winter time.





Brecon

Hi! My name is Brecon and I am a Social Work Student on placement with Leeds Irish Health and Homes until July. I am supporting both Outreach and Housing Clients and I am also involved with the Walking Group, the Friday Day Club and the Client Focus Group. I would just like to thank everyone within the organisation both staff and clients for being so friendly and welcoming! Thank you to the staff team for being so supportive I am really enjoying working with you all.

BRINGING IT ALL BACK HOME

As part of the Irish History Month in March the Let's Knit group put on a great show entitled Bringing it All Back Home based around the Shawl which was knit by up to 60 people over the past year, with a great deal of credit going to the smaller core group.

The celebration took the form of an hour long concert with music, singing, dancing and storytelling. Over the past couple of months the knitting group has become the all singing group and with Jim Cairns accompanying on guitar did some lovely renditions of old favourites such as The Spinning Wheel, Galway Shawl and Oró Se Dó Bheath Abhaile. Rita, Eileen and Teresa did a great job with Three Lovely Lassies, Catherine was very brave (and behind a microphone for the first time) recited Oh Woman of Three Cows. Anima (a local a cappella group produced some fine harmonies with Mrs. McGrath, Fhear a Bhata and I Know My Love. Annie wrote a heart rendering piece about the knitters of The Rosses during the famine years and also about her own life growing up amongst the knitters of Donegal and some of the dancers from The Joyce O'Donnell School brought the boards alive with some feisty hornpipes.

This was a very heartfelt and warm occasion and a great way to celebrate the Shawl, the women who were involved in the knitting, the children from GATE who included some craft work, and all those who participated in one way or another to make it possible.

After its display at the Carriageworks, the Shawl went on to Headingley Library accompanying an exhibition by Irish Leeds based photographer Daniel Lyons. Further displays are being organized together with knitting workshops. It was at Chapel Allerton Library as part of Adult Learners Week in May and won an award at the South Leeds festival.

If anyone is interested in either knitting, singing or other creative activities contact Teresa at LIHH.



British-Irish Interparliamentary Visit to LIHH

On 15th January 2007 LIHH hosted a meeting of members from Committee D from the British Irish Inter-Parliamentary Body. They were visiting Leeds to see what health issues were facing the Irish community here and to meet with representatives of the Primary Care Trust here to see what their response was to the needs of our community.

The BIIP is a cross-water body established to look at all areas of inter-action between Britain and Ireland and to report back to their respective Parliamentary bodies on any issues of interest or concern. Committee D has special interest in health and social care issues.

The group, chaired by Lord Alf Dubs also included British MP Jeff Ruane, TD Paschal Mooney, Michael Lonergan from the Dion Committee and Eithne Rynne, Director of the Federation of Irish Societies..

The Assistant Director of Public Health for East Leeds PCT, Anna Frearson and Kate



Gimblett who represents the PCT regarding BME issues praised the work of LIHH in raising awareness about the health and well-being of the community.

A report is expected in late 2007.

Win a spring clean from Angels Housekeeping!

In Leeds, the City Council is running a project called Keeping House which supports the development of social enterprises to deliver services such as cleaning, shopping and gardening to older people and disabled people in Leeds. Social enterprises are businesses which are run on a "not-for-profit" basis.

LIHH has received some funding from Keeping House to develop a plan for a social enterprise which would provide cleaning and shopping services to the vulnerable Irish in Leeds. We are confident that we would find some funding to set up the service, but we know that there won't be enough funding to provide a free service to our clients.

For that reason we're looking at providing the service as a social enterprise – with charges from clients, alongside other income, to help sustain the business. Any profits would be re-invested back into the service, in an effort to keep prices as competitive as possible.

As part of the planning process, we are doing some market research to assess the demand amongst the wider Irish community for such a service which we think would bring real benefits to the Irish community. We know that the people we serve would value a service which was delivered by an organisation that they trust, and there would also be big benefits in terms of enabling people to find out about the other services that we can offer them.

Everyone who completes a survey will be entered into a free prize draw to win a spring clean (worth £100) from local social enterprise Angels Housekeeping.

For a chance to win, go to: www.lihh.org where you can complete an on-line questionnaire, which should take you no more than 5 minutes to complete. If you would like to fill in a paper copy of the questionnaire, please contact Leeds Irish Health and Homes on 0113 2625614.

The closing date for survey entries is 30th June

Community Development Workers for Black & Minority Communities

My name is Frances Creegan and I work in a team of eight Community Development Workers based at the Touchstone Support Centre in Chapeltown. The team works citywide. The aim of the service was to improve the general well being including physical, social, emotional and spiritual health for Black and Minority Ethnic (BME) Communities. The team members come from different ethnic backgrounds and speak a range of languages between them.

From left to right we are: Frances, Stephanie, Nagina, Kim, Jon, Aisha, Kamran, Nadira and Bereket.

The team is focusing on the largest BME communities in Leeds such as Irish, Bangladeshi, Black Caribbean, Indian, Chinese, Pakistani and Refugees and Asylum Seekers. One of the team specializes in working with the older members of these communities. We use a community development approach, a way of working that encourages communities to become more active and influential. Justice, equality and mutual respect are essential values that provide the foundation for our work which includes:

- Developing self help groups
- Helping groups to raise their profile and make a bigger impact
- Running information and awareness raising sessions
- Increasing the capacity of faith and religious groups to help people in distress and to promote the well being of their communities.
- Creating beneficial links between different groups, organizations and service providers.

Our work is community led where all our partners are involved in the planning and evaluating process.

Born in Dublin, I came to Leeds 17 years ago to study. I am taking the lead for the Irish Community. In recent months I have mapped the community to find out what services are available for the Irish. During this time I have formed valuable partnerships with different organizations. Irish Health and Homes have been one of my key partners looking at gaps in services for the Irish Community. In partnership with LIHH I am currently developing an Irish women's and men's group.

The past couple of months have been busy and exciting times for the Irish Community. It's been a privilege to attend some of the many events for Irish History Month, St Patrick's Day celebrations and to meet people involved with these activities. I urge any members of the Irish community who have concerns have about the services they receive, or wish to get support with setting up self help groups please feel free to approach me for an informal chat.

For assistance or more information our contact details are: E-mail: cds@touchstone-leeds.co.uk or telephone 0113 219 2727.

Address: Community Development Service, Touchstone Support Centre, 53-55 Harehills Avenue, Leeds, LS8 4EX



Potato Bread



Ingredients:

- 2 lb Unpeeled "old" potatoes
 - 1 Egg, beaten
 - 1/2 Stick butter
 - 3 T Flour
- 1 1/2 T Chopped parsley
- 1 1/2 T Chopped chives
- 1 1/2 T Chopped lemon thyme
 - Creamy milk
 - Salt
- Freshly ground pepper
 - Seasoned flour
 - Butter for frying

Directions:

Boil the potatoes in their jackets, pull off the skins and mash straight away. Add the egg, butter, flour and herbs (if using) and mix well. Season with plenty of salt and pepper, adding a few drops of creamy milk if the mixture is too stiff. Shape into a 1" round and then cut into eight pieces. Dip in seasoned flour. Fry in bacon fat or melted butter on a gentle heat.

Cook the bread until crusty and golden on one side, then flip over and cook on the other side (about 4-5 minutes on each side).

Serve on its own on hot plates with a blob of butter melting on top.

Traditional Cottage Pie



Ingredients:

- 1 tablespoon of olive oil
- 1 onion, finely chopped
- 300 grams of carrots, topped, tailed and peeled
 - 500 grams of lean minced beef
 - 300 ml of beef stock
- Salt and freshly ground black pepper
- 700 grams of potatoes, peeled and cut into chunks
 - 3 tablespoons of horseradish sauce
 - 4 tablespoons of milk
 - 2 tablespoons of fresh parsley

Directions:

1. Heat the oil in a large non-stick frying pan. Fry the onion and carrots over a low heat for 5 - 6 minutes.
2. Add the minced beef and cook for 10 minutes or until browned. Stir in the stock, cover and reduce the heat.
3. Gently simmer for 15- 20 minutes stirring occasionally. Season to taste.
4. Preheat oven to 190 degrees, gas mark 5.
5. Place the potatoes in a pan and cover with cold water. Bring to the boil, season with salt, and simmer for 10 -15 minutes, or until the potatoes are tender.
6. Drain, return to the pan and mash, beating in the horseradish, milk and chopped parsley.
7. Transfer the meat to a 1.5 litre ovenproof dish. Spoon the mashed potatoes over the meat to cover and use a fork to score the top.
8. Cook for 25-30 minutes until crisp, golden brown and piping hot.
9. Serve with spring cabbage, or green beans.

A Tinker's Tale by Jess Smith

As a small girl living in a bus home as a Scottish Traveller I would marvel at our surroundings. We Gypsies were free to enjoy the countryside, to sit under stars and watch the moon come and go with the ocean's tide. Enjoy trees changing colour as season rode on the back of another. Listen to the distinct bark of a vixen summoning a mate, hedgehogs huddling along, owls hooting, rabbits skipping and hopping by, moths flitting above the light of our Tilley lamps, fruit growing from wild orchards, salmon leaping for an abundant supply of river flies. Mother Earth gave us an abundant bounty and to her we were forever grateful. All she asked was that we cared for lesser creatures, never abuse the ground beneath our feet and leave all as it was found; stones for our camp fire to be put back at the river edge from where we borrowed them, ropes tied between trees for hanging washing to be taken down, rake up the grass to let it grow fresh unhindered. Our mother allowed us back time and again with welcome arms, so long as we followed her simple rules; never abuse the earth. Our philosophy was respect.

Today however, the culture of our people is not tolerated!

We are no longer allowed freedom to roam as laws against us spew forth from governments like falling feathers- 'no Gypsies allowed-move on! Gypsies banned! Gypsies are trouble makers! Hated, mistrusted, and on it goes. Relentless laws pour / never ending scorn / until we are forced into houses, to exist with fear and for those brave ones that change was not an option, they pay for land but the 'not in our back yard' brigade with law and officialdom at their beck and call scour them off, to go nowhere?

So when motorways rip through her flesh, trees torn from their rooted homes, oils pumped from deep within the gut of her belly, weapons to destroy the masses, brother stealing from brother, bulldozers gouging and scarring the face of our mother, we Gypsy/Travellers know what has to come.

The land does not need us-we need it.

An old saying brought me to worry on the way man is striving like a proud warrior across the world;

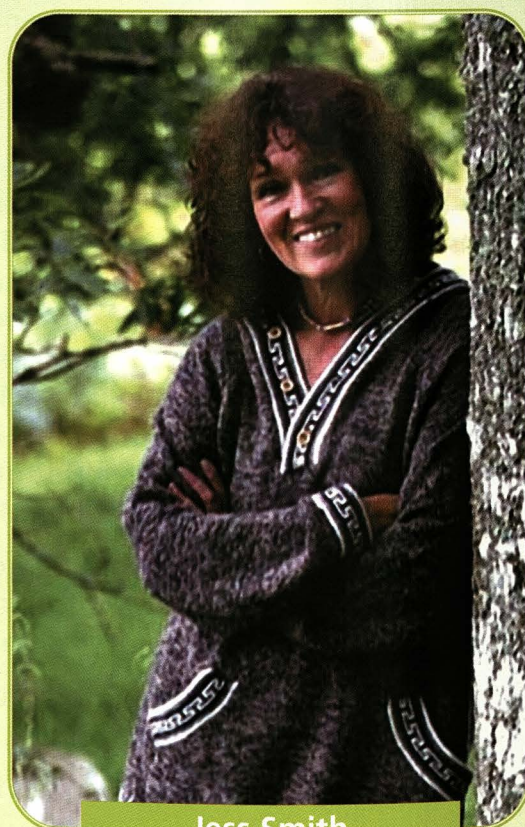
The law locks up the man and woman who steal the goose from off the common but let the greater villain loose who steals the common off the goose.

They have taken what is not theirs to take and now we see mighty nations bullying weaker countries, earthquakes, erupting volcanoes, climate change, animal abuse not use, little children old before their time and most important of all- no respect!

I wrote the above piece for Mother Earth and remembered my Granny saying if a cake tastes good it's got all the right ingredients but if it don't then either there's too much salt, not enough eggs, or the heat's wrong.

Most important of all I remember reading an Irish Gypsy prediction; 'when the Gypsy cannot be seen roaming, that's when everyone's rights of freedom are no more!

Listen as Earth groans.



Jess Smith

Irish History Month

March 2007 witnessed the first ever Irish History Month (IHM) to take place in Britain. Inspired by the achievements of Black History Month, IHM took place to promote a greater understanding of Ireland and the Irish, to value the many positive contributions that Irish people have made to life in Britain and to introduce new audiences to the vibrancy of Irish arts and culture.

IHM was officially opened in the auditorium of the Carriageworks Theatre on Sunday 4th March by Michael Forde from the Dion Committee (Irish Government fund), John Chandler from Liverpool Irish Festival, Sean Gallagher from Leeds Metropolitan University, Brendan MacGowan from the National Museum of Ireland, Ant Hanlon from Leeds Irish Health & Homes and Des Hurley & Chris O'Malley from the Irish Arts Foundation.



This event was followed by the hugely successful Experience Ireland, a one day family event consisting of a range of workshops, displays, Irish arts & crafts, food and a concert from county Mayo based traditional group Ceide. Over 1000 people came through the doors of the Carriageworks for this event.

A lecture programme in partnership with both Universities covered a variety of fascinating topics with arts practitioners and visiting lecturers. In addition to this local schools attended a range of cultural workshops co-ordinated with Education Leeds. Other partnerships throughout the month promoted Gaelic games, traditional music, singing and dancing, story telling, visual arts and poetry events.

Throughout the month, the Leeds Metropolitan University played host to two impressive photographic exhibitions: Róisín Bán (from Leeds Irish Health & Homes) and the Streets of London (from the National University of Ireland) both of which included photos over the years from Irish people living in Leeds and beyond.

Other celebrations included the St Patrick's Day Parade on 11th March in which large crowds enjoyed the fine weather to parade through Leeds.

It is hope that Irish History Month will be celebrated in March on an annual basis and grown into a national event over time. To see the full programme of what went on see www.irishhistorymonth.com



Sionhan Mac Mahon - Poet/Performer Playwright

Words and stories are powerful entities. It is through them that we perceive the world and access our inner landscapes. They can make us laugh or weep, incite us to war or call us to peace. The live experience of the Spoken Word is at the heart and centre of my work. It is through our words and the form in which we communicate them that we connect with others. When a poem is being performed the rhythms, sounds, timing and silences, convey the essence and energy within a poem, as much as the words do.

Finding and expressing the words to reflect this inner and outer connection is what inspires me to write and perform and to enable others to do so.'

– S.M.M

Siobhán is an Irish Poet, Performer and Playwright resident in Leeds.

Her passionate and provocative voice takes you, with warmth and humour, through a celebration of the ordinary everyday, deep into the mystical Celtic twilight world, where trees whisper, the sea calls you home and Goddess's roam the land. Then, before you know it you are facing the tragic/comic role that religion has played in Irish women's lives and sexuality, bringing you right back into the 21st century.

Siobhán has performed her poetry widely, at Arts centres, Literature festivals and theatres. Her recent piece – Calling Down the moon, gave a glimpse into the life of the legendary Irish Queen, Queen Maeve, combining poetry, story telling and sound. She has been published in magazines including, Tadeeb, The Leeds Guide, Print Radio, Chapel A festival guide and wrote a monthly poetry column for Print Radio.

Siobhán was instrumental in founding, promoting and hosting "Wicked Words" (2001-2003) a lively and inspiring monthly poetry event at Host media Centre Chapeltown, Leeds. She set up "Voices of Women" a six month project working with 10 female poets to explore their rich and culturally diverse voices through word, sound, movement and chorus. Performed at the West Yorkshire Playhouse and at the Chapel Allerton Arts festival 2003. A section of the piece was broadcast on BBC radio Leeds.

Siobhán has been devising and running workshops since 2000 exploring the magic and mystery of words and performance. She has

worked with Primary schools, Secondary schools, youth groups, adults and people with learning difficulties.

Her latest project "The Mouth of the Cave" celebrates the ancient Irish Goddesses and their modern day counterparts and was funded by the Arts Council England and supported by the Irish Arts Foundation. It is a passionate and provocative piece of Performance Poetry, interweaving word, sound, music and drumming, invoking the magic, myths and mayhem of the ancient Irish Goddesses. Combining humor with warmth Siobhán explores their archetypal relevance to modern Women's sexuality and spirituality and looks at the place/displacement of women within existing religious and cultural frameworks.

The Mouth of the Cave was premiered at The Carriageworks, Millennium square, Leeds on May 16th and 17th 2007. The project brings together the skills and expertise of three other artists working in different fields to create a multi layered experience of the Spoken Word;

- Sabrina Piggott – Originally hailing from Cork, Sabrina is a well respected musician on the traditional Irish music scene in Leeds and beyond. She is involved as a musician and tutor with the Irish Arts Foundation.
- Sarah Hope – is the Artistic and creative development Director of the Mouth of the Cave. Sarah has worked extensively in both theatre and television.
- Jonuz Bryan – responsible for recording the sound tracks and the promotional C.D. Jonuz is a musician and Sound Artist and Producer.

The Mouth of the Cave will be touring and is available for bookings. There is also a promotional CD available, if you would like to get a real flavour of the piece.

Siobhán, Sabrina, Sarah and Jonuz are now beginning to plan the next leg of the journey – The Irish Tour!

Siobhán has a Diploma in Drama from the Drama Studio London, is a member of Equity and has a B.Arch. from Trinity College Dublin.

Siobhán is also available as a solo artist and for giving writing/performance workshops. She can be contacted at: s.macmahon@ntlworld.com

Young Irelanders

Thomas Davis was born in Mallow Co Cork on October 14th 1814, and became one of Ireland's best-known poets. At Trinity College he met Gavin Duffy and John Dillon and their kindred spirits combined to produce "The Nation" newspaper with Davis becoming one of its main contributors. One of his best-known poems (and song) was "A Nation once again".

Unfortunately, he died at a very early age in 1845. Gavan Duffy was born in Monaghan on April 12th 1816 and studied law at Trinity. Following the cancellation of O'Connell's Monster Meeting at Clontarf on 8th October 1843, Duffy was one of those arrested. This group was then joined by John Mitchell, a Presbyterian from Newry who had also studied law.

1848 was a year of revolution throughout Europe, most of its cities becoming embroiled in insurrection. The Young Irelanders, particularly Mitchell, were obviously inspired by this, with the Newry man leaning even more towards immediate revolution than the others. As a result he founded his own newspaper "The United Irishman", also in 1848. Following his call for a rising the British Government poured more troops into the country and Mitchell was arrested. Tried for treason he was found guilty and sentenced to fourteen years 'transportation' to Van Dieman's Land (Tasmania). He later escaped and wrote his famous "Jail Journal".

An uprising eventually took place in August 1848, with Dillon and a small band attacking the police barracks in Ballingarry, Co Tipperary. Badly armed and with no apparent plan, they were easily dispersed in what later became known as "the siege of the widow McCormack's cabbage garden".

The 1848 Rebellion failed for many reasons. People were still weak following years of starvation and were in no condition or mood to take up arms. For many, survival was paramount and the spirit of insurrection was of only secondary importance. Workhouses were bursting at the seams and the destitute still dying. The "famine" was officially over but its effects were still felt throughout the land. In Ulster sectarian strife was still rampant with regular clashes between Ribbonmen and Orangemen, one of the worst of them occurring at Dolly's Brae near Castlewella in Co Down on the 12th July 1849.

The land clearances proceeded at an accelerated rate with landlords anxious to clear their estates of tenants unable to pay cash for their rents. Evictions were common, reaching record levels in the five-year period 1849 to 1854, when 49,000 families were evicted. This figure represented a quarter of a million people being dispossessed to satisfy the insatiable greed of landlords. This disgusting practice proved so revolting even to one of their own Poor Law Inspectors in Co. Clare. Captain Arthur Kennedy later recorded being so maddened by the sights of hunger and misery that he saw in his day's work, that he felt disposed "to take the gun from behind my door and shoot the first landlord I met." Many landlords and their agents were actually murdered, including one named Thomas Bateson, agent for the Templetown estate near Castleblayney in Co Monaghan. Bateson had earlier evicted 34 families, totalling 222 people.

The story of the Young Irelanders had a most amazing twist in its tail ... nine of the more prominent Young Ireland leaders, all of whom, at one stage or another, had been convicted of treason and sentenced to be hanged but later commuted to 'transportation', all became famous in both North America and Australia. They were (1) Gavan Duffy, who became Prime Minister of Victoria; (2) Thomas Francis Meagher from Waterford, better known as 'Meagher of the Sword', became Governor of the state of Montana, USA; (3) Terence McManus from Fermanagh, became a Brigadier-General in the America army; (4) Patrick Donohue also became a Brigadier-General in the US army; (5) Richard O'Gorman became Governor of Newfoundland; (6) Maurice Lyne became Attorney General of Australia; (7) Michael Ireland succeeded Lyne as A.G of Australia; (8) Thomas Darcy McGee from Carlingford became President of the Central Dominion of Canada; and (9) John Mitchell's son became Mayor of New York.

Irish Diaspora Conference

On Wednesday 4th April, Ant Hanlon represented LIHH at a conference in Dublin hosted by Dermot Ahern, Minister for Foreign Affairs looking at the Irish Diaspora and how this was viewed nationally and internationally. The theme of the conference was celebrating how the Irish have made their mark on the global world whilst remembering the massive contribution emigrants made in keeping Ireland afloat with their remittances during troubled times. It was also a time to celebrate the historic signals in March of the restoration of power-sharing in Northern Ireland and the positive effect this would have on Ireland as a whole.

Speakers at the conference included Tim Pat Coogan, author of *Wherever the Green is Worn*, Paddy O'Hanlon, Chair of the Task Force on Policy Regarding Emigrants and Professor Ian Adamson, ex-Lord Mayor of Belfast.

LIHH's work *Róisín Bán* was acknowledged within the Diaspora's importance when Paddy O'Hanlon wrote:

"This is a splendid effort: a clever title and high production values. Each section draws the reader further into the narrative and takes him/her there. I was very taken with the 'living history' section. The personal stories included make a serious contribution to the search for a shared identity - not a common identity because our experiences are different - but a place where we can fill gaps and find out what we lost in the leaving and the staying. The different elements of identity - described in the individual contributions - remain crucial in the context of need. *Róisín Bán* is a story well told, a record of hardship and deprivation and longing.

The history of the Irish in Leeds is the story of Irish Emigration. The history may vary with the storyteller and the content of the story but a broad pattern emerges. *Róisín Bán* makes a significant contribution in this regard. There is no weak section and no section that should not have been included. I congratulate all who worked on the book and contributed to the content of a very fine publication."

St Patrick's Day Festivities at the Sheepscar Club

Over 100 people enjoyed a great day of music, food and jollifications at the annual Leeds Irish Health and Homes St. Patrick's Day party.

Staff and volunteers welcomed everybody into the hall which was decorated in a very jolly St Patrick's theme, balloons and shamrocks everywhere!

Live music was supplied by Irish Arts Foundation and Tony Ford and Son which went down well with the crowd, a good few got up dancing and everyone joined in with a sing song.

After all the singing and dancing people were ready to eat and they weren't disappointed! They were treated to a delicious buffet of salmon, spare ribs and cold meats along with other delights.

Once the buffet was over it was time for the raffle and award ceremony for the best Easter card, (of was won by a tenant of LIHH) topped off with Tony Ford getting everyone up to do the Siege of Ennis! (To exercise the calories gained at the buffet) Fair to say a great time was had by all!



Could we have another Irish President of the USA soon?

As you will be aware, the race for the White House is gathering pace and the Presidential hopefuls are strutting their stuff. Barack Obama, the young Democratic candidate is a highly intelligent and personable man who proudly describes himself as an "African American". His black father is from Kenya and his white mother is from Kansas. Barack is aware that he needs as wide a electoral appeal as possible in order to secure the nomination. So surprisingly, he has just discovered his Irish roots through his great-great-great-grandfather on his mother's side. It will be no surprise if, by the time his campaign hits the city of Boston, he is known as Barra O'Bama

De Valera's Speech 16th May 1945

After the war in a speech Winston Churchill criticised Irish neutrality saying that he considered invasion. De Valera's response probably counts amongst his finest speeches and even his opponents spoke of their pride in his words.

"I know the reply I would have given a quarter of a century ago. But I have deliberately decided that that is not the reply I shall make tonight. I shall strive not to be guilty of adding any fuel to the flames of hatred and passion, which, if continued to be fed, promise to burn up whatever is left by the war of decent human feeling in Europe.

Allowances can be made for Mr. Churchill's statement, however unworthy, in the first flush of his victory. No such excuse could be found for me in this quieter atmosphere. There are, however some things which it is my duty to say, some things which it is essential to say. I shall try to say them as dispassionately as I can.

It is indeed fortunate that Britain's necessity did not reach the point when Mr. Churchill would have [invaded Ireland]. All credit to him that he successfully resisted the temptation which, I have not doubt, many times assailed him in his difficulties and to which I freely admit many leaders might have easily succumbed. It is indeed hard for the strong to be just to the weak, but acting justly always has its rewards.

By resisting his temptation in this instance, Mr. Churchill, instead of adding another horrid chapter to the already bloodstained record of the relations between England and this country, has advanced the cause of international morality an important step-one of the most important, indeed, that can be taken on the road to the establishment of any sure basis for peace.

Mr. Churchill is proud of Britain's stand alone, after France had fallen and before America entered the War. Could he not find in his heart the generosity to acknowledge that there is a small nation that stood alone not for one year or two, but for several hundred years against aggression; that endured spoliations, famines, massacres in endless succession; that was clubbed many times into insensibility, but that each time on returning [to] consciousness took up the fight anew; a small nation that could never be got to accept defeat and has never surrendered her soul?

Mr. Churchill is justly proud of his nation's perseverance against heavy odds. But we in this island are still prouder of our people's perseverance for freedom through all the centuries. We, of our time, have played our part in the perseverance, and we have pledged ourselves to the dead generations who have preserved intact for us this glorious heritage, that we, too, will strive to be faithful to the end, and pass on this tradition unblemished".

Leeds NHS Smoking Control Service

Smoking is higher among the Irish than the general population. Of our 72 tenants 50 are smokers. Stopping smoking is the single most helpful way to improve your health and the health of those around you. It isn't always easy to quit though, especially if you're trying it on your own. That's where we at Leeds NHS Stop Smoking Service can help. Our sessions are free to attend and we run over 70 clinics a week across Leeds so there's likely to be one near you. You can choose to either see an advisor on your own or to join a group support programme where you'll be with other people who are also trying to stop smoking. The sessions are friendly and informal and you'll be given lots of support, encouragement and information, such as which treatments are available to help you (there are now 8 different products).

Getting support in stopping smoking along with using a treatment, such as nicotine patches, can make it 4 times as likely that you'll succeed. Since 2000 we've helped over 18,000 people to stop smoking. In a recent evaluation of the service 98% of our users felt the service was supportive, the majority of them found sessions informative, friendly and motivating. The following comments are from some of our successful ex-smokers:

"I was a bit nervous of joining a group but I actually found it really helpful to chat to other people who understood how I was feeling."

"I no longer arrive at the shops panting for breath"

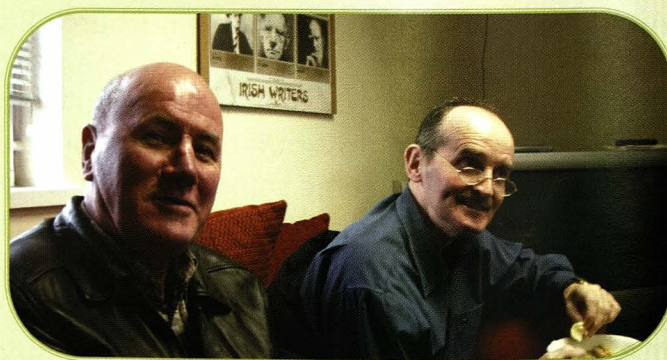
"I've saved over £200 this month"

"Knowing that I'll be seeing the advisor every week kept me motivated to say "no" to the cigs. We also have specialist advisors for pregnant women and their families.

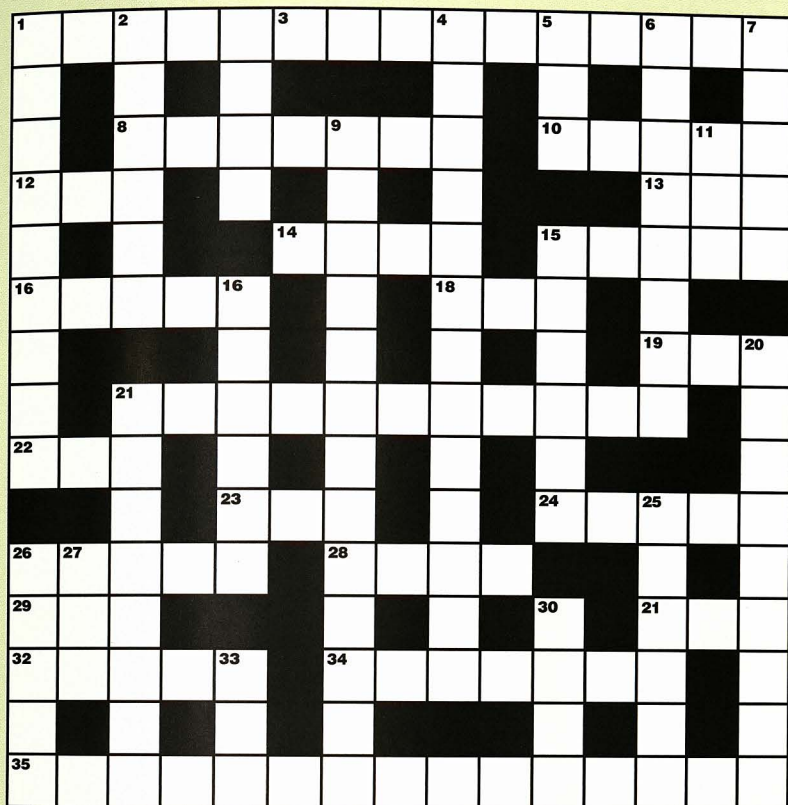
If you'd like more information or to book a place on one of our programmes, please call us on 0800 169 4219.

Focus Group

On Thursday the 8th March a group of tenants and outreach clients got together at the LIHH office. This was the initial meeting of our Focus Group and gave people a chance to have their say about how we run our services. One item to come out of the meeting was an idea to develop a news sheet which would go out to everyone receiving support from LIHH (tenants and outreach). We need suggestions for a name for it, and would love to meet any budding journalists and graphic designers. If anyone out there would like to get involved with the newsletter, we'd love to hear from you! Training and staff support would, of course, be provided. Any interested parties can contact Philippa, Sarah or Brecon at the LIHH office, on Leeds 262 5614.



Ireland In Crosswords No. 5



- Cardinal Newman. (5)
 26. Scandinavian root? (5)
 28. Ancient Irish ring fort seen in Beltra Thursday. (4)
 29. Load of money to stuff with? (3)
 31. Deer eggs? (3)
 32. Wear in hero design. (5)
 34. Under mud out east and stirred for pretty Tipperary village near Killenure Castle. (7)
 35. Baby teeth eat her. (anag.) Dublin playhouse opened in 1904 made famous by the dramas of Synge, O'Casey, and Yeats. (3,5,7)

DOWN

1. No cap quip. (anag.) Quiet Waterford village near Mount Melleray Abbey under the Knockmealdowns. (9)
 2. "A crowd flowed over London Bridge, so many, I had not thought death had ---- so many." T.S. Eliot (6)
 3. Return to make contact with swarm. (4)
 4. Ring patrol not confused with busy

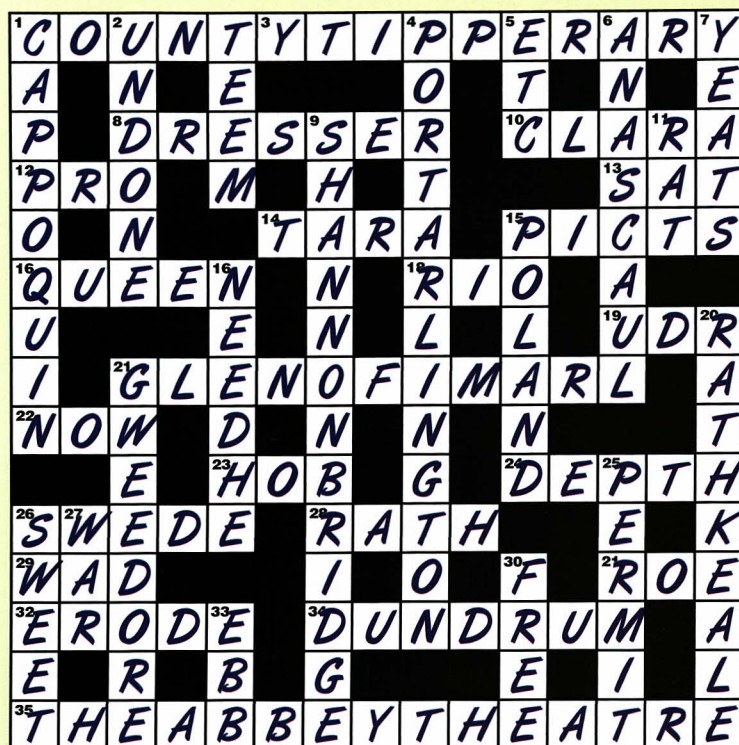
Laois town with the first turf-fired power station in Ireland. (13)

5. And so on in Clontibret castle. (3)
 6. A Saul can wander through Kerry village on coast road from Inch, where Thomas Crean, of South Pole fame, lived. (8)
 7. Stay around the east to find this Irish poet with strong Sligo connections. (5)
 9. No sharing beds. (anag.) Single street Offaly village north of Banagher. (13)
 11. "Not die here in a rage like a poisoned --- in a hole." Swift. (3)
 15. Do plan up to find where the zloty circulates. (6)
 17. Require the French to irritate. (6)
 20. Kale heart dismantled in Limerick market town on the River Deel, famous for brown trout. (9)
 21. Wore edge of Donegal resort near Dunlewy. (8)
 25. Licence for pet seen around broken rim. (6)
 26. "Though honey is ---- do not lick it off a briar." Irish Proverb. (5)
 27. "Your friend the British soldier can stand up to anything, except the British --- Office." G.B. Shaw (3)
 30. "Englishmen never will be slaves; they are ---- to do whatever the Government and public opinion allows them to." G.B. Shaw (4)
 33. Be return, second class to go back out, in the main. (3)

ACROSS

1. Pounce, pray try it. (anag.) Largest inland of the thirty two, with the Golden Vale through its middle. (6,9)
 8. Kitchen sideboard will clothe you. (7)
 10. Bring car around, Al, to go to Offaly town, near Boher, where the Shrine of St. Manchan is preserved. (5)
 12. Public relations officer is not amateur, in short. (3)
 13. "You have --- too long here. Depart and let us have done with you. In the name of God, go!" Cromwell. (3)
 14. Pitch article on Meath's royal hill. (4)
 15. 'Tis P.C. to shake up the ancient north Britons. (5)
 16. "No glass of ours was ever raised to toast the ----" -Seamus Heaney. (5)
 18. "Great steamers white and gold, Go rolling down to ----." Rudyard Kipling. (3)
 19. Northern Irish part-time military that was referred in bureau draft. (1.1.1.)
 21. Flag, I'm alone. (anag.) Natural amphitheatre 5 miles by 3 miles in County Wicklow, where the Slaney winds through. (4,2,5)
 22. This time coming back through Lixnaw on Friday. (3)
 23. Fling high by leaving lobby. (3)
 24. "Praise to the Holiest in the height, and in the ---- be praise."

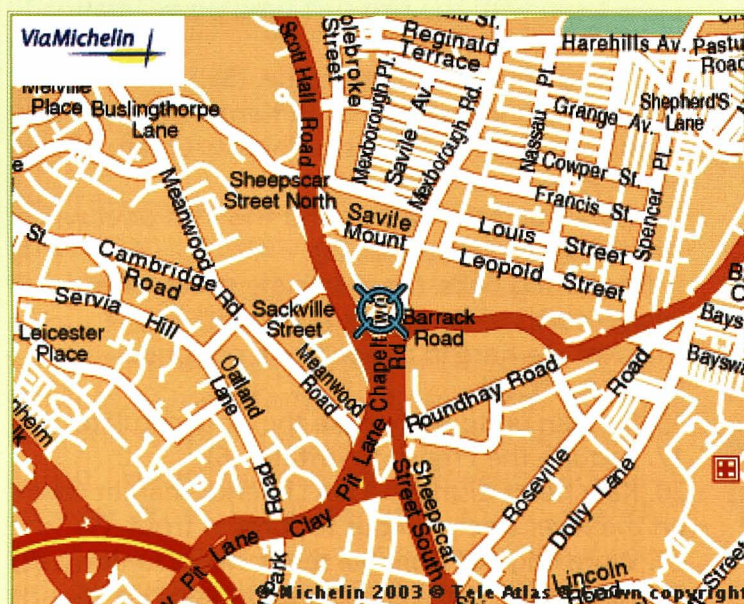
Crosswords Solutions



Volunteer Minibus Drivers wanted

Leeds Irish Health and Homes have secured funding for a minibus which is great news. We will use it to give people lifts to the weekly Over-55's Club, the fortnightly Coffee Morning in South Leeds, and to various Group activities such as Knitting, Rambling and the Carer's Group.

We are seeking Volunteers who would be willing and able to drive the minibus. If interested then please contact Leeds Irish Health and Homes for a chat on tel: 0113-262561



Contact details
LEEDS IRISH HEALTH & HOMES
UNIT 5,
GEMINI PARK,
SHEEPSCAR WAY,
LEEDS.
LS7 3JB

PHONE: 0113 262 5614
FAX: 0113 284 9040
EMAIL: info@lihh.org
WEBSITE: www.lihh.org

All contents of this magazine are solely the responsibility of the individuals contributing to them and the Management Committee and staff of Leeds Irish Health & Homes disclaim responsibility for all statements not made directly by themselves and for any resulting consequences

Registered as an industrial and Provident Society with charitable status 28320R.
 Registered in England Number IP 28320R trading as Leeds Irish Health and Homes.