



A Long Way from Home

A group of eight clients from Leeds Irish Health & Homes recently enjoyed a week's holiday in Enniscrone Co Sligo. For many this was the first time they had been back to Ireland since leaving and they were struck by the vast changes.

The holiday was made possible through the generosity of Sligo businessman Liam Scott who provided the holiday homes and the warm welcome from local people made the group feel quickly at home. Ant Hanlon, Chief Executive, Leeds Irish Health and Homes commented: "Many of our clients left Ireland because there was no work for them and always hoped of returning. For too many however, this was never, and will never be possible. We find that by being able to bring people back for a holiday it helps them to feel connected to their birthplace and feel more at ease in their lives in Leeds."



The group visited many local attractions during their stay including Fr Peyton's Museum, Hennigan's Heritage Farm and Lisadell House Co Sligo. The trip was supported through Irish businesses in Sligo, Mayo and Leeds. The Leeds Irish Professional Network who raised money at their St Patrick's Day Ball. Ralph McCullough a tenant with Leeds Irish Health & Homes commented. "Before the holiday I felt anxious about spending time with people—but it was such a good crowd that I felt very comfortable from the start. It was a totally different world, the peace and quiet, and great people always greeting you in the morning. I will always be glad I was able to go." The group plans to make this an annual event.



Hi Everyone,

We would like to wish all our readers a very happy Christmas. 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 have again been involved in various activities around the city including research into service provision for older people. This is an ongoing process as we are anxious to ensure that older people from the Irish community get the sort of services that they are entitled to. We want to have influence over the shape of the future care provision for older Irish people in the city. We completed the project to help older people living with depression. This project was to be distributed nationally to provide a resource for the Irish community in Britain. Unfortunately, this has not happened due to circumstances beyond our control but hopefully it will happen in the near future.

We have another 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 or ask for articles of interest to you.

Nollaig Shona Dhaoibh,
Eddie Mulligan.
Editor.



The Banking Crisis

The present crisis in the financial system around the world was a surprise to almost everyone. It is interesting to note what prominent people have said about these institutions in the past. Here are a couple of examples.

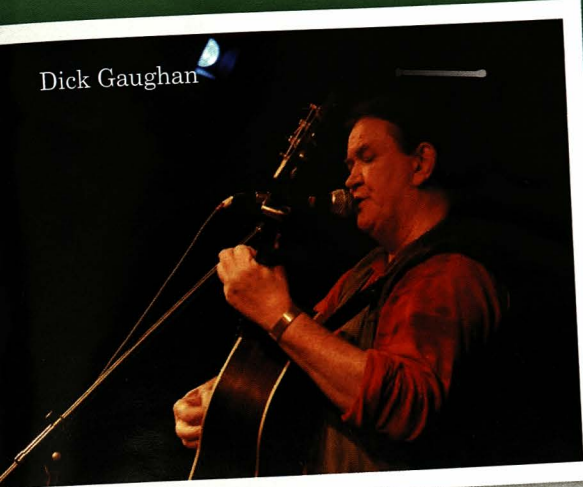
“I sincerely believe... that banking establishments are more dangerous than standing armies, and that the principle of spending money to be paid by posterity under the name of funding is but swindling futurity on a large scale.” -Thomas Jefferson to John Taylor, 1816.

Almost thirty five years later President Lincoln wrote the following on bank bailouts:

“It is an old maxim and a very sound one, that he that dances should always pay the fiddler. Now, sir, in the present case, if any gentlemen, whose money is a burden to them, choose to lead off a dance, I am decidedly opposed to the people’s money being used to pay the fiddler...all this to settle a question in which the people have no interest, and about which they care nothing. These capitalists generally act harmoniously, and in concert, to fleece the people, and now, that they have got into a quarrel with themselves, we are called upon to appropriate the people’s money to settle the quarrel.”

- Abraham Lincoln, January 11, 1837

Dick Gaughan



The Leeds Gathering

A celebration of Traditional Irish Music and Arts
6th -17th November 2008

A twelve day citywide celebration of Irish arts and culture kicked off in Leeds from the 6th to the 17th of November. Dozens of events including music sessions, literary, film and theatrical events and talks took place at venues across Leeds, bringing Ireland's finest artists to the city.

Organised by the Irish Arts Foundation, based in Leeds, events were designed to appeal to both those of an Irish background and people from the wider community with an interest in music and the arts. Rowena Harris, Development Officer explained, "The idea is to provide a unique opportunity for the Irish community in Leeds to showcase their rich and vibrant cultural traditions. This year also sees an exciting development of the Gathering's and indeed Irish Arts Foundation's national remit: we are working in partnership with our colleagues at Liverpool Irish Festival and the Return to Camden Festival in London where the IAF are hosting various events. It is through this shared expertise that we can really raise the profile of Irish Arts on a national level".

Now in its fourth year, The Leeds Gathering featured some of the most dynamic local, national and international performers and artistes in the world of Irish Arts.



Frankie Gavin
and Mike Galvin

This year's festival was headlined by Frankie Gavin with Mike Galvin, Mary Coughlan, Dick Gaughan and Grada. These names represent some of the most established acts on the Irish Music circuit and they were complimented by a plethora of local and national arts practitioners throughout the festival.

The Irish are one of largest and longest established minority groups in the country. Every year more people find out that they have some level of Irish heritage, The Leeds Gathering is a powerful example of Irish people showcasing their culture at it's best – we hope you were a part of it!



For further information on any of events, please visit the website:

www.irisharts.org.uk

Supporting People Inspection



At Leeds Irish Health and Homes (LIHH) our Housing Support Service aims to support single Irish people who are in need of housing and who need help to establish and maintain a tenancy. Some of our properties are for older Irish people over 55 years of age. Our flats are fully furnished and a Housing Support Worker helps tenants to budget and claim the benefits they are entitled to. If they are unwell, they are helped to access the appropriate health and care services. They are helped to develop the skills to maintain their independence and overcome social isolation and by getting involved in our social groups, meet their cultural needs. The service is funded by a Supporting People grant administered by Leeds City Council.

In August we had a visit from a member of Leeds City Council Supporting People team who came to inspect our housing support service; ensuring our policies and procedures are in place, that our tenants are involved and happy with the service they receive and to assess the quality of the housing support service we provide.

Inspections of this kind can sometimes feel intrusive and can instil fear in staff but as an organisation we welcome such intrusion, as it helps us to develop and improve by critically analysing what we do.

We are grateful to all those tenants who gave up their time to meet with an Officer from Leeds City Council Supporting People team to give their views on the service they receive. All tenants who took part praised the Housing Support Workers and their commitment in providing ongoing support and expressed their satisfaction with the service. Also, we are grateful to those tenants who completed the questionnaire. Their responses were extremely positive with comments such as "they are sensitive to my needs because they listen to me", "I don't know what would have happened to me without LIHH" "I am proud of what the organisation represents", "I have been able to get a new life of which I will always be grateful"

We are very pleased to receive a very positive report, which highlights the excellent progress we have made against the Quality Assessment Framework objectives.

If you want any further information about the inspection or to know more about our Housing Support Service please don't hesitate to contact us.

Geraldine Ryan,
Director of Operations

Halloween Bash

Leeds Irish Health and Homes over 55's Luncheon club is held weekly on a Friday at the Montague Burton Resource Centre, Banstead Street West, off Roundhay Road, Leeds 8 - between 12 noon and 3pm.

The annual Halloween bash was again, a monstrous success! The room was decorated like a haunted house; guests were greeted by three witches who served up witches brew soup, chicken bone surprise, screaming soda bread and various scary buns and cakes.

They enjoyed a game of bingo by the light of a pumpkin followed by a lively raffle accompanied by the rattle of chains and the screams of the banshee! Everyone thoroughly enjoyed the day and were all given a pumpkin stuffed with sweets as they left, very happy but little scared!!! **For further information Tel: 0113 2625614**



LIHH Walking Group is Thriving



Walks take place on the last Thursday of the month. These pictures here were taken at Adel Nature Reserve on a walk at the end of October.



For details on future walks or more information contact Teresa or Eoin on 0113 2625614.

Fuel Poverty

Fuel poverty is high on the Government's agenda at present. As the winter approaches and it gets colder, turning the heating up and worrying about paying bills is a real concern for many in the community. Recent rises in the price of gas and electricity have made this a major issue for older people in particular.

But what exactly is meant by fuel poverty?

Fuel poverty is defined as the lack of affordable warmth. Affordable warmth is the ability to keep your home sufficiently warm at reasonable cost. That is if you have to spend more than 10% of your income to heat your home to a level that can maintain your health and wellbeing. This is set at 21 degrees centigrade in your main living areas and 18 degrees centigrade in other areas of your home.

The links between fuel poverty, poor housing and ill health are well established.

Cold homes may exacerbate problems associated with cardiovascular illness and the onset of stroke or heart attacks, whilst damp and poorly ventilated homes are associated with a range of respiratory and allergic conditions such as bronchitis, pneumonia, asthma etc. Cold homes may also impact on conditions such as rheumatism or arthritis and may also affect those with poor mobility, thus increasing the risk of falls and other household accidents.

The Government has put in place a strategy for tackling Fuel Poverty with grants available for some households to make improvements to their home. The Government's Warm Front grant provides heating and insulation improvement to those living in private rented or owner occupied homes and on certain state benefits. Local Authorities also have a key role. In Leeds, the City Council through their Fuelsavers Team provide free and impartial advice to all Leeds residents on insulation and or heating improvement measures.

If Fuel poverty is an issue that affects you or someone you know you can get more information about the help available through your local council. If you live in Leeds and want more help and advice contact the Fuelsavers Team on 0113 224 3462.

Living with Depression Project

When Irish eyes aren't smiling.



This project was completed in March and was well received at the presentations in Birmingham in May. The project consisted of a large A3 poster and an A5 leaflet. The poster is meant to make an impact and draw attention to the existence of low mood as a problem that can be helped. The leaflet has more detailed information designed to inform people about the nature of the condition and how they can get help.

The problem for this project is that there is no national Irish organisation that is suitable as a contact point for the Irish community. It would not be very useful to inform people living with depression that help is available but be unable to tell them where to get it. The project has highlighted this lack of suitable facility for Irish people and will inform the design of future care provision for this group. The Immigrant Counselling and Psychotherapy (ICAP) service kindly agreed to be used as a point of contact.

This was a very successful project that fulfilled all that was required from the conditions of the grant we received. However, unfortunately the distribution of the resource material has not happened. This is due to circumstances beyond our control, but we hope that the posters and leaflets will be on display in public places in the near future. The information should help to highlight the problem of depression in older people and enable them to get the appropriate help.

The Prized Parrot

When my Uncle died, I inherited his prized Amazon parrot. This parrot was fully-grown -- with a bad attitude and a worse vocabulary. Every other word was an expletive. Those that weren't were extremely rude. I tried hard to change the bird's attitude by constantly saying polite words, playing soft music -- anything I could think of to try and set a good example... nothing worked. I was exasperated, whatever I did the bird just got angrier and more rude.

Finally, in desperation, I grabbed the parrot and shoved him in the freezer. For a few moments I heard the bird squawking, kicking, and screaming... Then, suddenly, all was quiet. At first I was frightened that I might have hurt my dead Uncle's prized parrot and quickly opened the freezer door.

The bird calmly stepped out onto my extended arm and said, "I am truly sorry that I might have offended you with my language and action and I humbly ask your forgiveness. I will now, from this day forth, endeavour to correct my behaviour so that such an ill-perceived outburst never again occurs." Well I was completely astonished at the bird's change in attitude and was about to ask what had caused such a dramatic change when the parrot continued, "May I ask what the chicken did?"

Garforth Community College Ceili Band Project



Garforth is a town situated beside the new A1/M1 link road ten miles to the east of Leeds at the northern most point of the former Yorkshire coalfield – the chances are you may not have heard about it... however, every year Garforth hosts an incredible



community arts festival in July, for the size of the town and its population, it has to be one of the most impressive festivals in the country.

This year the Irish Arts Foundation (IAF) have teamed up with Garforth Community College to create a Ceili band involving the young people of the area. Under the musical guidance of IAF outreach workers Roddy Johnson and Kate Badcock, and Garforth Arts Festival Director Dave Evans, fifteen students from Garforth Community College took part in an extensive introductory workshop programme on Irish music between March and July.

Despite having no previous experience of playing traditional Irish music prior to the project the

students gave an outstanding debut performance as part of 2008 Garforth Arts Festival. The newly formed Garforth Community College Ceili Band played their first concert at the local Miners Welfare Hall to a capacity crowd, many of whom had never heard live Irish music before. At the request of the students, their families and the local community the project is to continue throughout the current academic year!

The IAF are always delighted to engage in new partnerships like the one above. The tutors were surprised to note how many of the audience members came up to the band at the end of the performance to mention that their father/mother or even grandparents were from Ireland. Of course, many Irish people emigrated to this area over in the last two hundred years to work in the mines. Projects like this ensure that their memory is not entirely forgotten.

For further information please contact:

Des Hurley Chief Executive Irish Arts Foundation on; 0113 275 5665 or www.irisharts.org.uk



Never say die

Failed in business, 1831, Lost election for legislature, 1832, Failed again in business, 1834, Sweetheart died, 1835, Nervous breakdown, 1836, Lost second political race, 1838, Defeated for Congress, 1843, Defeated for Congress, 1846, Defeated for Congress, 1848, Defeated for US Senate, 1855, Defeated for Vice President, 1856, Defeated for US Senate, 1858, Elected President, 1860... Who WAS this?

Abraham Lincoln

Turas go Corcaigh – Cúlra in Éirinn 2008



In late October a group of twenty people from across Britain spent a week in County Cork; the group was made up of members of Cúlra, the educational and cultural programme of Comhaltas Ceoltóirí Éireann in Britain, an initiative that is in its eighteenth year. Seeking to expose second and third generation Irish people to aspects of a heritage otherwise obscured, the Cúlra Programme has mounted visits to many different parts of Ireland, meeting academics, storytellers, local historians, politicians, business people, writers, musicians and singers, etc. etc. in their own regional and local contexts.

its struggles and achievements, its defeats and its victories, its spiritual legacy and its artistic sophistication.

Cork affords a cultural topography, various, fascinating and rich, its people retaining a deep and lasting awareness of their own special place and significance in Ireland's story. The 'Rebel County' gave Cúlra a generous and hospitable welcome. Sessions of high calibre hosted by Brú na Sí, Dan Sheahan's and Farran Well were ingredients giving special flavour to the week. The tour conducted by Seán Kelleher of the major sites of ambush in the West Cork region

carried out by Tom Barry's Flying Column during the war of independence and the civil war that followed it, was a revelatory experience now sown deep into understanding and memory. The Tudor and Cromwellian history of Youghal brought the significance of this the second port of these islands, which it was at that time, into sharp relief. The importance of Cobh in the story of Ireland is shot through with stories of tragedy and triumph – the American Wake and the town's role in the development of trans-Atlantic seafaring, not least the twin disasters of the Titanic and Lusitania are part of its legend

The trip to Cork was the latest in a series of encounters with the Irish heritage in its own backyard as it were. The Cúlra Programme has been marked by visits to every county and province in Ireland to

date. Contributors over the years have provided input of the very highest quality. Eminent musicians, poets and essayists have played their part. Specialists in history, spirituality, theatre, film & television, politics, the press and many more have all been willing to offer insights and perspectives that have stimulated interest and sponsored what might almost be called recognition of the essential Ireland. This country, Britain, has had a role to play also in providing aspects of the Irish experience shared by the many migrants who came here to settle across the sad years of emigration. Their cultural stamp has made its impress on the awareness of generations as they worked and raised their families, built their churches and retained their cultural traditions and customs - their story has been part of the Cúlra experience also.

(Joe Sheeran – Director of Cúlra)



The Irish word 'cúlra' means 'background' and the philosophical under-pinning of the Cúlra Programme is based upon the belief that traditional music emerges from the experience of the Irish people down through history and is expressive of that history. Technique has its place, style its significance and the sounds are aesthetically impressive. But without a social, historical and environmental backdrop against which they can be interpreted they remain isolated and abstracted – just a set of appealing sounds alongside many others but fragmented and without roots. It is not surprising then that the coloniser sought to suppress traditional music, song and dance in Ireland as well as the native tongue. These were and are emblems of identity, living symbols of a unique and distinctive people that carry within them the historic memory of that people,

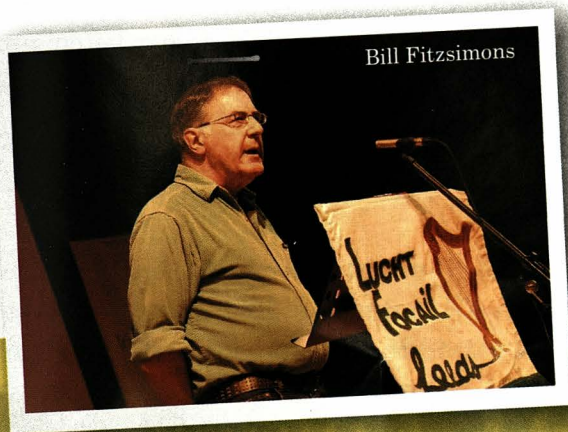


Memories of an Irish Childhood



My personal voyage begins in Dublin,
“The Hibernian Metropolis” as Joyce puts it,
in 1941. Six days before Pearl Harbor,
to be precise. No clashing of cymbals,
no comets flashing through the firmament,
no angels heralding my arrival.
Just a cold wet day in the birthing home.

My earliest memories are of the sea
and the wide arc of Dublin Bay;
Sandymount Strand and its small
pitfalls—tidal pools, razor-sharp shells
and broken glass strewn by careless nomads.
My Grandparents’ house just yards away
from the sea-wall: an Aladdin’s Cave
of smells, sights and dark rooms.



One of those rooms was a library
--in reality, a dozen dusty books—
where I learned to expand my mind.
“A Christmas Moon” and “The Hound of Cullen,”
two titles I remember with affection.
This was heady wine for a young boy to quaff.

Another room was the family kitchen,
where Grandma made me chocolate biscuits
and Granddad sat in a leather armchair
sucking his pipe and building smoke-castles
in the crowded air. He was a story-teller too,
regaling me with tales of his young manhood,
embellished by time and imagination.

Ah, the magic of childhood and Dublin!
I still hear the invocations of place-names:
Grafton Street, St. Stephen’s Green, Dolphin’s Barn,
Blackrock and Killiney Hill—I hear them still,
echoing across years of exile and time.
I have left Ireland long ago—
But Ireland has never left me.

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Gaelic Athletic Association - Community Development – Yorkshire

The Central Council of the GAA and the Irish Department of Foreign Affairs has joined forces to assist with the promotion and development of Gaelic games outside of Ireland. In Britain, this has involved the preparation of a Strategic Plan, Flying the Flag, and the deployment of full time personnel – these are known as Community Development Administrators (CDA’s) - who are assisting with the implementation of County Plans in a manner that best meets the needs of the county and its members.

Andrew Kitterick is the CDA for Yorkshire and has been in the post since April 2008. A main area of the role involves the promotion of Gaelic Games to young people in the county but also involves coach education, key partnership work and ensuring the implementation of the county’s 5 year development plan.

Coaching in schools has taken place in both Leeds and Huddersfield over the summer months and this will begin again early in 2009. At present structures are being put in place within the county to make sure that Gaelic Games can become sustainable and remain both part of the sporting and cultural fabric of Yorkshire.

Andrew would like to acknowledge the hard work and support that has been put into the ambitious plans by the committed and hard working members of both the Yorkshire Senior board and the Youth and Development Committee.

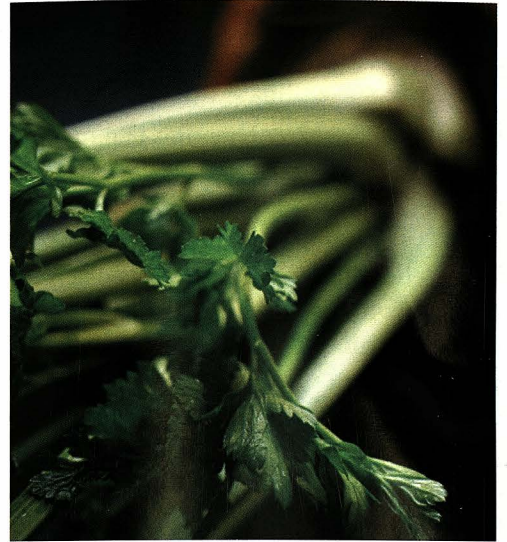
Various coach education programmes/workshops are being run over the next couple of months and anyone who is interested in getting involved with Gaelic Games in any way please contact: Andrew Kitterick • E: andrew.kitterick@games.gaa.ie
M: 07872600083 • W: www.britain.gaa.ie



Recipes: Irish Parsnip and Apple Soup – Serves 6



- 1 tablespoon of butter
- 1 pound of parsnips, thinly sliced
- 1 pound of apples, peeled/cored/sliced
- 1 chopped onion
- 2 teaspoons of curry powder
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1/2 teaspoon of cardamom seeds
- 1 large crushed garlic clove
- 1 and 1/4 litre stock of beef or chicken
- 150 ml of cream
- Salt and pepper
- Chopped chives or parsley



Heat the butter, and when foaming, add the parsnips, apples, and onions. Soften them but do not let colour. Add the curry powder, spices and garlic and cook for about 2 minutes, stirring well. Pour in the stock slowly, stirring until well mixed. Cover and simmer gently for half an hour, or until the parsnips are quite soft. Taste for seasoning. Strain or liquidise, and if too thick, dilute with a little stock or water. Add the cream and reheat, but do not let boil. Serve garnished with chopped chives or parsley.

Recipes: Irish Stew – Serves 4

- 1 pound lean mutton pieces
- 1 pound carrots
- 1 pound onions
- 1 pound potatoes
- salt & pepper
- pinch of thyme



Place the mutton with thyme in a saucepan and add cold water to cover. Bring slowly to the boil and simmer for one hour. Add onions, potatoes, carrots, all peeled. Season with salt and pepper. Continue cooking until vegetables are tender. Adjust seasoning. May be served alone or with cooked green cabbage or sprouts.

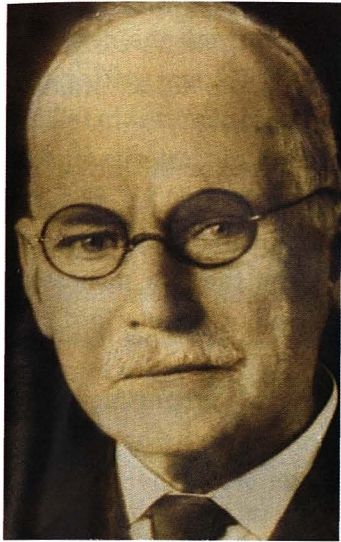
Recipes: Irish Potato Stuffing – Serves 6

- 4.5 large potatoes, boiled or steamed and coarsely mashed, not overcooked
- Large portion of butter
- 1 large onion
- 2 large cooking apples, chopped
- Good handful of herbs: chopped fresh sage and thyme
- Salt and pepper



Add the butter to the potato. Chop the onion well and add to the mixture. Stir in the apples, herbs salt and pepper. Stir well. Cook with chosen meat.

Luke Dillon (1850 - 1930) by Danny Kennally



Many Leeds residents are by now familiar with the story of Owney Madden, the Leeds-born Irishman who was the Godfather of the Manhattan underworld in the roaring twenties. However very few have heard of another Leeds Irishman –Luke Dillon. He was born in 1850 in Lower Cross Street on the Bank. His parents had only recently settled

there after fleeing from the Great Famine. The poverty and squalor in Lower Cross Street was appalling, in fact Friedrich Engels specifically mentions it in his “Condition of the Working Class in England” (1844).

In 1854, Luke immigrated to the United States with his family and settled in Trenton, New Jersey. When he grew up he joined the United States Army. Posted to the Infantry he took part in the Indian wars in Montana and Wyoming. On his discharge from the army Luke moved to Philadelphia. It was here that he got involved with Clan Na Gael, an offshoot of the Fenian Brotherhood. Very quickly, Luke became a widely respected leader of the movement.

In the late 1880s the Philadelphia Clan decided unilaterally, to carry the fight for Irish freedom to England, Dillon and two others crossed the Atlantic and carried out a series of bombings in London, at the Carlton Club, Scotland Yard and the House of Commons. London Bridge was also a target but the bomb went off and killed the two men who were carrying it. Luke Dillon returned to Philadelphia undetected.

Apparently he decided that the bombing campaign had been a mistake. The Clan was splitting into two factions, one led by John Devoy, who had opposed the campaign and the “Chicago” or Sullivan faction, who had organised it. A “Trial Committee” was convened and Dillon gave evidence, accusing Sullivan of trying to bribe him with Clan money and misappropriating

funds. He also alleged that Sullivan had tipped off Scotland Yard. The feud became very bitter when a supporter of Devoy, Dr P. H. Cronin was murdered by a Sullivan henchman. The publicity surrounding the subsequent trial nearly destroyed the organisation and Dillon worked hard to reconcile the two factions.

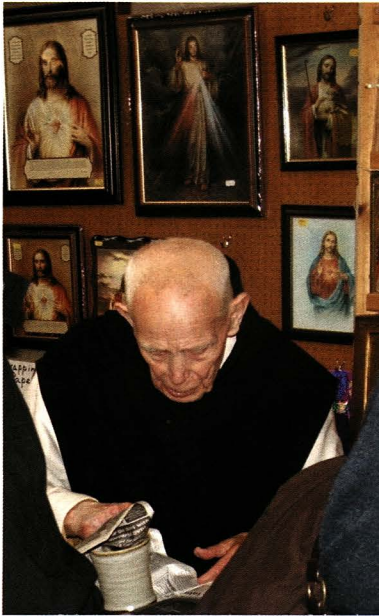
Throughout the 1890s Dillon worked hard promoting the Clan raising funds and helping those on the run, then in 1900 he disappeared. At this time he was working in a bank but his books were in perfect order and his wife and family had no idea of what had happened to him. After seven years or so they presumed that he was dead. Then on July 12th 1914 the New York Times carried the headline “Luke Dillon Returns”. He had been in a Canadian prison for fourteen years under an assumed name!

With two comrades named John Nolan and John Walsh he had gone to Canada with the intention of disabling the locks on the Welland Canal which links Lake Erie and Lake Ontario. The aim was to prevent troopships and supply ships going to support Britain in the South African War. They managed to damage the locks but did not put them out of action. The three were arrested in a nearby town and Dillon gave his name as “Carl Dollman”.

Luke Dillon was 65 years old when he was released from prison and he remained active in the organisation for the rest of his life. In the 1920s he helped De Valera raise money to launch the Irish Press. He died in 1930 at the age of 81. A remarkable story, but what is even stranger is that there is no evidence that he ever set foot in Ireland.



From Waterford to Leicestershire



I remember fondly those Sunday afternoon trips when my dad would load us all in to his 'Thames' lorry and we would set off from Thurles, Co Tipperary, for a 'spin'. One of those regular trips would be down through the Vee and its wonderful views over Tipperary and Waterford with a stop off at Mount Melleray Abbey near Cappoquin, Co. Waterford. Situated on the slopes of the

Knockmealdown mountains (or as we called them 'the knock me down mountains')

I live now in Nottinghamshire and near the Cistercian Abbey of Mount St. Bernard, Colville, Leicestershire. Cistercian Abbeys in Ireland and England had a turbulent period

with the dissolution of the monasteries under Henry VIII. This article is post that period and covers the flowering following Catholic Emancipation. But I am writing this short feature (accompanied by my own pictures) to tell the unique connection between these two monasteries. Before the end of 1835 six monks, led by Father Odilo Woolfrey as Superior, were established at Mount Saint Bernard, Leicestershire. The mother house of the new monastery was the Irish abbey of Mount Melleray, Co. Waterford.

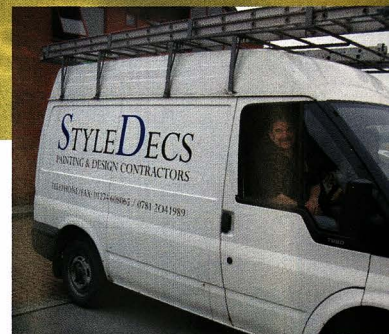
The monks settled in and from humble origins Mount St. Bernard, Colville, Leicestershire was designed by Augustus Pugin, who also designed the interior of The House of Commons, St. Mary's Church in Derby, in Ireland St. Aidan's Cathedral and St. Peter's College, Wexford.

Melleray has an in-depth museum on site and both Abbeys are open during the day for visitors to walk the grounds and if you check their websites you can time your visit to co-inside with one of their prayer and chant services.

Gerry Molumby, Nottinghamshire, October 2008

Thankyou...

It has been a very busy year for all our contractors and thanks goodness we've had great set of contractors working for Leeds Irish Health and Homes and would like to thank you all....



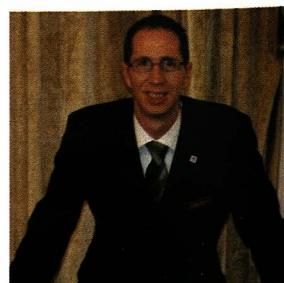
Baileys of Morley Removals
Neil Johnson's Decorators
Robinson's Removals
Handleys Aerials
Abid Jubble Gas Maintenance
Andy Beaumont Cleaning Services
Perfume Gardens

Edward Buckle Property Maintenance
Samson Security
Stanton's Locksmith
Tommy Gibbons the carpet man
Bells Electrical Supplier
Compton's Furniture
StyleDecs Decorators

Domestic Cleaning Company
Leeds Furniture Stores Partnership
North Leeds Property Services
TM West Plumbers
P.J& C Walkers Electricians
Argos
... and many more

May we also extend out thanks to all people working on the Repair Teams at:
Connect Housing • Leeds City Council • Chevin Housing • Headrow Housing • Places for People

Thanks is also due to Brian Ó Farrell general manager at Jury's Inn, Leeds for his generous donation of bedding earlier in the year. These were gratefully received by some of our less well off clients and will help keep them warm during the winter months.



Kathleen Lonsdale – Famous Irish Scientist



Traditionally a male preserve, today two-thirds of the biological sciences intake at UCC is female. An Irish woman, Kathleen Lonsdale, made her mark in science when women were the exception rather than the rule.

Born Kathleen Yardley in Co. Kildare in 1903, the youngest of 10 children, Kathleen inherited her passion for facts from her father. Harry, an ex-British Army sergeant major, was postmaster at Newbridge, near the Curragh Camp, and dealt with mail for the Black and Tans. He was intelligent and read widely. Kathleen's mother, Jessie Cameron, was of Scottish descent and of strong character. Jessie was a Baptist and raised her children in that tradition. She persuaded them to 'take the pledge' at an early age. Kathleen's earliest memories were of religious services in Newbridge. However, Jessie, worried at the unsettled state in Ireland, took the children to Seven Kings, Essex in 1908.

Kathleen won a scholarship to attend the County High School for Girls at Ilford from 1914 to 1919. She also took classes in physics, chemistry and higher mathematics at the County High School for Boys, the only girl to do so, since these subjects were not taught in her school.

Kathleen met her future husband Thomas Lonsdale when he was a research student at University College London. They married in 1927 and moved to Leeds where Thomas got a job. They had had 3 children.

Whilst at Leeds, Kathleen made her most important scientific contribution. By studying crystals of hexamethyl benzene she showed that the benzene ring, a most important compound in organic chemistry, is flat, and worked out its dimensions fairly accurately.

The Lonsdales returned to London in 1930 and Kathleen worked for the next 15 years at the Royal Institution. In 1949 she was appointed Professor of Chemistry and Head of the Department of Crystallography at University College, London. Her research group studied solid state reactions, pharmacological compounds and

the constitution of bladder and kidney stones. She edited the International Atlas for X-ray Crystallography, the standard work in the field.

Kathleen became a Quaker during her time at Leeds and she became convinced that war is a totally evil thing. When World War 2 began in 1939 Kathleen refused on conscientious grounds to register for civil defence duties. She was summoned and fined. She refused to pay and was sent to Holloway gaol for a month. Kathleen found prison life tough but the Governor allowed her to receive scientific papers and instruments to work on in her cell in the evenings.

Upon leaving prison she made suggestions for prison improvements many of which were implemented and Kathleen later became a prison Visitor. She was also a tireless campaigner in the cause of international peace.

The Royal Society in London, founded 1660, is one of the oldest and most famous scientific societies and election to Fellowship is one of the top distinctions a scientist can achieve. On 22 March 1945 Kathleen Lonsdale and Marjory Stephenson were together the first women to be elected into Fellowship. Kathleen was also the first woman President of the British Association for the Advancement of Science.

Thomas retired in 1960, aged 60, and helped Kathleen in the cause of peace and prison reform up until her death from leukaemia in April 1971.

Kathleen Lonsdale is remembered today in her native Kildare at NUI Maynooth where the Lonsdale Prize is awarded to the student obtaining the best First Class Hons. degree in chemistry. The inaugural prize in 2001 was awarded to Ms. Elaine Lawless.

(This is based on an article that first appeared in The Irish Times, December 13, 2001, By William Reville, University College, Cork).



Day Trippers and Volunteers

DAY TRIPPERS

Leeds Irish Health and Homes clients have enjoyed a number of trips with the Volunteer Project.

A trip to sunny Whitby went exceptionally well. LIHH minibus was full to capacity for this trip. The day trippers enjoyed morning coffee at Saltburn-by-the-sea before heading to Whitby.

Market Day trips have proved to be very popular. We have visited; Skipton, Ripon, Hebden Bridge, Otley and Wetherby on the respective Market days. We are heading to Lincoln Christmas Market on the 5th December, this should get us all in the Christmas spirit. Our trip calendar will continue in the New Year.



GREEN FINGERS

We have recently acquired an allotment in Harehills and we are looking for all those with Green Fingers. If you are interested in lending a hand in any way to make this allotment project a success then please contact me to discuss taking this forward.

BEFRIENDING

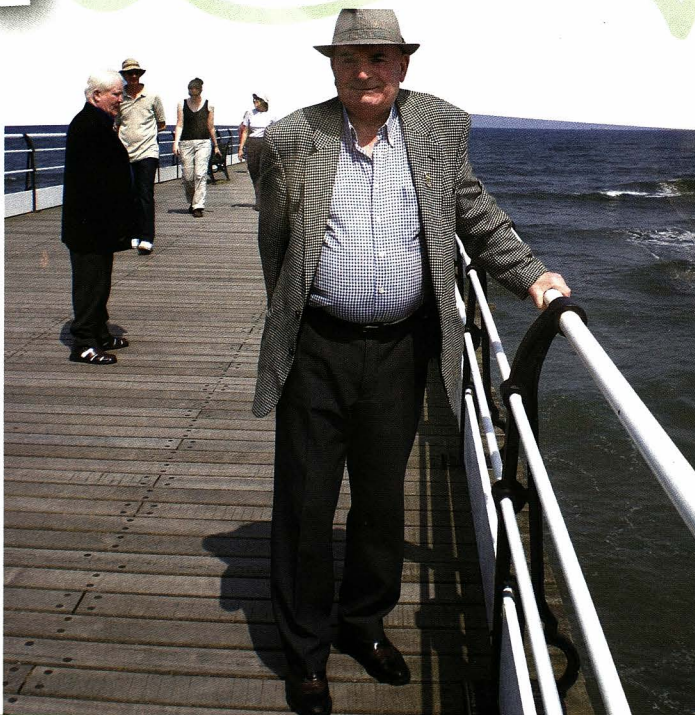
The LIHH Befriending project is currently recruiting Volunteers. Volunteering provides the opportunity to meet a wide range of people and make new friends as well as making a difference to people in your local community. There is a real team spirit at Leeds Irish Health and Homes and they provide a supportive environment to make sure that you get the most from your time volunteering. There will be an opportunity for you to Increase your knowledge

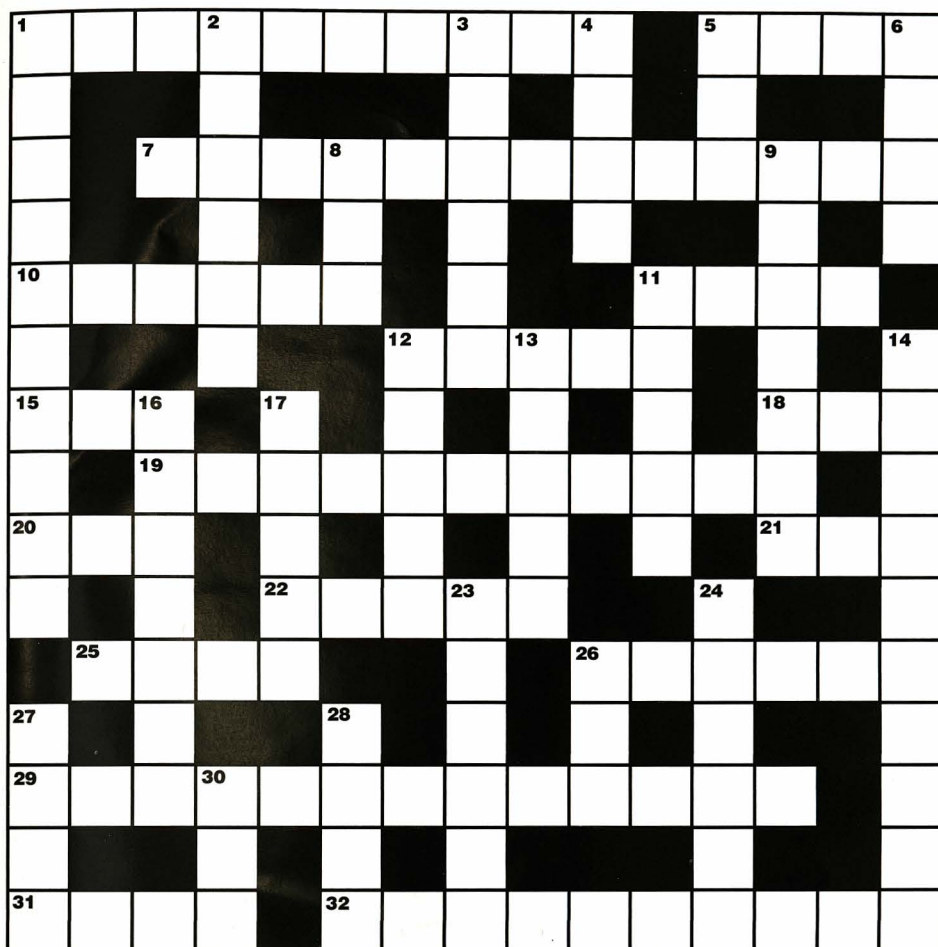
and awareness of the Irish Community in Leeds. We hear lots about volunteering and basically it is the commitment of time and energy, an active expression of community involvement. Volunteering provides a powerful opportunity for individuals to give, grow and be nurtured. All sorts of people volunteer for many reasons, but one thing that unites them all is that they find it exciting, rewarding, challenging and varied.

Volunteering with Leeds Irish Health and Homes provides the opportunity to learn new skills, and develop existing ones. With so many different volunteering opportunities on offer there will be something to suit you. Your time is precious - some roles are more flexible than others. LIHH do their best to find a role for you that fits in with your interests, and they will be as flexible as possible in enabling you to volunteer at the times that suit you. Volunteering will provide the opportunity to contribute to the well being of others, offering you a great satisfaction of achievement whilst being part of something worth while.

There are so many varied activities and there is something for everyone these include. There are other invigorating opportunities available, you could join the Walking Club, Gardening Projects, Creative Activities, these are just a few of the opportunities available so if you feel you can give 1-2 hours a week to make a difference then please get involved.

Please contact Tanya@lihh.org
or ring 0113 262 5614.





ACROSS

1. Son, two bend over to see Kildare resting place of Wolfe Tone, and a Republican shrine. (10)
5. In favour of eastern end of secluded Westmeath village with interesting antiquities of St. Fechin. (4)
7. Real dock unity. (anag.) The least hilly of the thirty two, noted for famous race courses. (6,7)
10. I rig no turbulence, for a start. (6)
11. Sound vision of where the building is. (4)
12. Can it become a grotesque pose? (5)
15. Vegetable seen in crop each year. (3)
18. Prompt use of ecu, especially by potter? (3)
19. Hark, Pip, oxen. (anag.) Scene of the 1932 Eucharistic Congress attended by over a million people. (7,4)
20. Tear late notice ? (3)
21. "The fascination of what's difficult has dried the --- out of my veins." Yeats. (3)
22. By being included with the donkey, one sees the bottomless pit. (5)
25. "And pluck till time and times are done the silver apples of the ----, the golden apples of the sun." Yeats. (4)

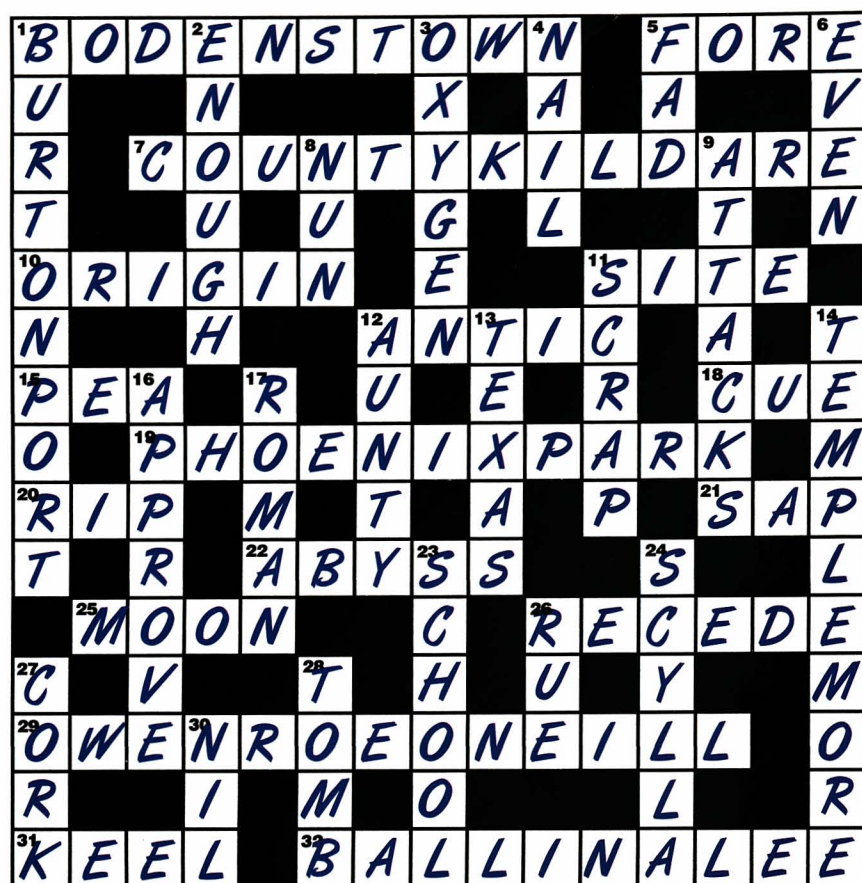
8. A holy woman, whichever way you look at it. (3)
9. A teetotaler gets the sack for assaults. (7)
11. Fight for small fragment. (5)
12. Ma's sister familiarly seen in Minaun typically. (5)
13. Sex at odds in the Lone Star state. (5)
14. Let Mom peer out at Tipperary town where the Gardai train. (10)
16. Disorderly pop rave, but sanction it. (7)
17. Or about man from Italy. (5)
23. "There is, on the whole, nothing on earth intended for innocent people so horrible as a ----." G.B. Shaw. (6)
24. Clay's confused about fifty seeing six headed monster on the Straits of Messina. (6)
26. Regret foreign street back in the European Union, right? (3)
27. Southern capital founded by St. Finbarr in the 6th century. (4)
28. Cat takes second class to the burial site. (4)
30. There's nothing to see in Dublin illusion. (3)

26. To go back sounds like having to sow again. (6)
29. I.e. low noon reel. (anag.) Irish warrior who held Dublin under siege in 1646. (4,3,6)
31. Welsh emblem returns to Mayo resort with a 2 mile beach at the foot of the Minaun Cliffs. (4)
32. I enable all to come to picturesque Longford village where Cornwallis massacred prisoners in 1798. (10)

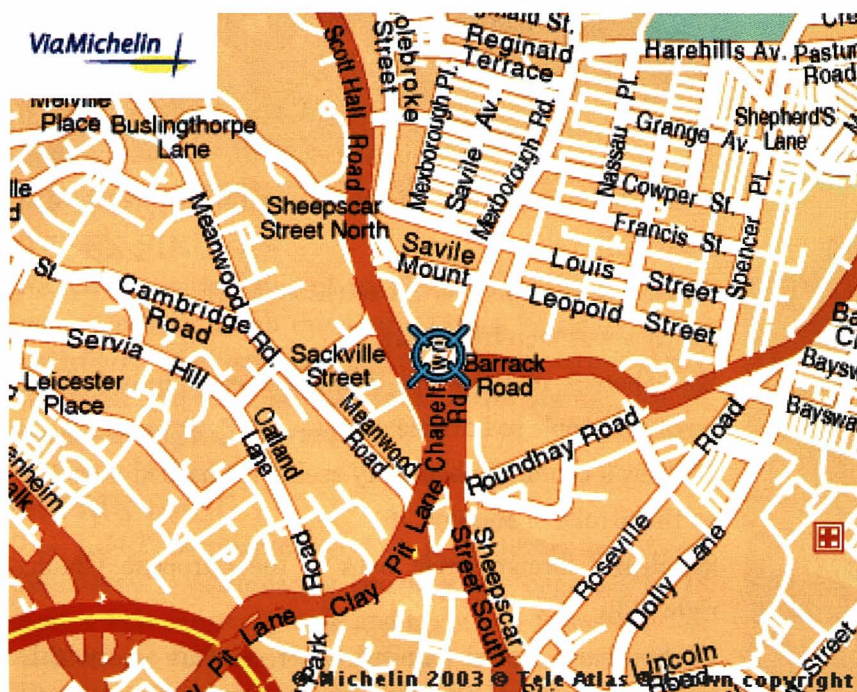
DOWN

1. Pub trot, Ron. (anag.) Donegal herring fishing centre. (10)
2. Hug one loosely, that's sufficient. (6)
3. Oh, two sounds enough for this gas. (6)
4. Cash on this for payment up front in Ballina illustration. (4)
5. Loud Christian date is latest craze. (3)
6. "Don't ---- ignore him!" Oscar Wilde's advice to Lord Alfred about his father. (4)

Ireland in Crosswords © Number 8 Solution



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