



# Community Newsletter

**Issue 44**  
**Autumn 2015**

In issue 44 of the Community Newsletter we report on the Leeds Institute of Medical Education application for a City of Sanctuary Health Award. We also hear about the exciting international project, 'Filipino Futures' which is being run by Richard Veitch, who people may know from Leeds Organic Growers. Healthwatch Leeds also offers us an update on their work in the city that gives patients and the community a voice in health. We further include a piece on the diverse afternoon community visits carried out by our Year 1 & 2 medical students as part of Campus to Clinic as well as including a Community Update, Community News, and recommended useful websites. Once again there are contributions from community groups such as St. Vincent's Support Centre who do very valuable work in the local community. We hope you will enjoy reading our September issue.

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## City of Sanctuary

### City of Sanctuary Health Award

The City of Sanctuary is a national organisation which supports those who are seeking sanctuary in the UK and we are working closely with them to try to achieve their Health Award. This is for organisations that are welcoming to refugees and asylum seekers. We have to outline how we as an Institute and our medical students will engage with refugees and those seeking asylum throughout our curriculum. We also have to demonstrate how we will embed our community interactions with their service users within the curriculum plus how we will share the work that we are doing. We will further need to show how we will build on our work in the coming years if the award is to be renewed. We will keep you updated as we apply for this very worthwhile and exciting award.

## healthwatch Leeds

### What is Healthwatch?

Healthwatch is here to make sure that the health and social care planners and providers listen to people's views and experiences and act on them.

As a statutory body set up in the Health and Social Care Act (2012), their role is to ensure that the planners and providers of health and social care services, put people at the heart of their care.

Every local authority in England is required to have a Healthwatch.

### Who is Healthwatch Leeds?

Healthwatch Leeds gives people a powerful voice on health and social care services in Leeds and beyond. Healthwatch Leeds helps the citizens of Leeds to get the best out of their local health and social care services - whether it's improving them today or helping to shape them for tomorrow.

Healthwatch Leeds is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in the future.

They have a hard working team as well as a Board of Directors. To help with their work in the communities of Leeds they have a dedicated team of trained volunteers. If you would like to learn more about volunteering with Healthwatch Leeds contact the office on, 0113 898 0035. Healthwatch Leeds also has YouthWatch, the young person's Healthwatch, which is a group of 14-25 year olds who meet every month. For more information, or if you want to find out more about volunteering with YouthWatch, contact Harriet by phoning 0113 898 0035.

### An example of Healthwatch Leeds Work

Deaf people told us that receptionists are the 'gatekeepers'

at GP practices – they need Deaf awareness training more than most.

We spoke to Leeds West Clinical Commissioning Group who arranged Deaf Awareness Training for practice managers and administration staff in the 38 practices in their area and will review this training annually.

### Healthwatch Leeds and Take10

Take10 is an opportunity set up by Healthwatch Leeds for individuals, groups and organisations to share what works and what could be improved, about health and care services in Leeds. The great thing is that you can tell us even if you do not want to give your name, just make sure that you answer the questions about when and where so we can record it correctly.

It is a two-way communication tool, where you provide us with information about services and we take key issues including compliments and concerns to the people who buy and deliver services. We keep you informed on what we're doing and what happens through a newsletter.

You can find out more by going to the website <http://www.healthwatchleeds.co.uk/taketen>

Or contacting Parveen on 0113 898 0035

### How to find out more about Healthwatch Leeds & YouthWatch Leeds?

You can sign up for the Healthwatch Leeds newsletter here, <http://www.healthwatchleeds.co.uk/sign-newsletter>. Follow them on Twitter @HWLeeds and find them on Facebook. <https://www.facebook.com/healthwatch.leeds>. YouthWatch Leeds are on twitter @YouthWatchLeeds and on Facebook <https://www.facebook.com/youthwatchleeds>. You can also visit our website and read about our work within Health & Social care in Leeds. [www.healthwatchleeds.co.uk](http://www.healthwatchleeds.co.uk)



## Barry's Community Update

Another academic year and a new first year of medical students begin. I continue to maintain my community links by attending local conferences, events and seminars plus by being a part of several community groups in the city. Things at **Leeds Men's Health & Wellbeing Network** seem to be progressing really well and they now have an excellent information leaflet, business plan, and action plan and from now on they may be able to explore more funding opportunities. Later in the year we may also see the launch of **The Centre for Men's Health** Leeds Beckett University report, on Men's Health in Leeds which was commissioned by Public Health, Leeds City Council, and this could really inform future work with men in the city. In the School our **Community Arts Initiative** is also set to be featured in the Leeds Institute of Medicine Annual Report and we hope to continue work on this project in this academic year. **The Access Committee Leeds** has also now done some work on this with their service users and this gives disabled people a voice in medical education.

I am now an active member of **The City of Sanctuary (CoS) Health Network** and have started to regularly

attend their meetings. We are planning to work much more closely with CoS throughout the curriculum and aim to give those seeking sanctuary a greater voice in medical education and hopefully some of their service users will also join our **Patient & Carer Community Group**. I will also be working again with partners in Leeds to promote **The White Ribbon Campaign 16 Days of Action** which takes place in November 2015 and aims to get men to also address issues of domestic violence against women. I am further planning for the new **Campus to Clinic Year 1 & 2 Community Visits** (2016), **IDEALS 2 Language Lab Workshops** and **Inclusion Health – Valuing Diversity Workshops** (September, October & November 2015, plus January 2016) and the **RESS Pre-Xmas Community Student Selected Projects** (December 2015).

I am also exploring (with Ghazala Mir) offering a **Year 4 ESREP** long-term student study that will look at our health inequalities teaching and this could be quite an exciting and innovative project. So another challenging but exciting academic year.



Filipino Futures is an extension of a long and successful partnership between Leeds University Medical School and Leeds Organic Growers (LOGs) – a local voluntary organisation who have been providing student placements over the past ten years.

Richard Veitch from LOGs after visiting the Philippines and seeing first-hand the poverty and lack of healthcare in this wonderful country decided that we could and should DO

SOMETHING to improve the livelihoods and health of the local peoples. Some 24.4 million poor Filipino Workers still cannot afford to buy basic needs - the Trade Union Congress of the Philippines.

Our Vision will be based around the original Millennium Development Goals (MDGs) which are the world's time-bound and quantified targets for addressing extreme poverty in its many dimensions - income poverty, hunger, disease, lack of adequate shelter, and exclusion – while promoting gender equality, education, and environmental sustainability.

1. To eradicate extreme poverty and hunger
2. To achieve universal primary education
3. To promote gender equality
4. To reduce child mortality
5. To improve maternal health
6. To combat HIV/AIDS, malaria, and other diseases
7. To ensure environmental sustainability
8. To develop a global partnership for development

#### **We will focus on four key areas –**

1. The relief of unemployment - We provide economic opportunities for those with little other hope of employment by running ethical business in agriculture and food- processing. Our commercial operations are social enterprises which means all profits after costs are ploughed into developing our healthcare and schools.
2. The relief of poverty - Some 70% of the population lives under the internationally

recognised poverty line of \$2 per day. Through providing education to children who otherwise would not have access to it, we hope to build human capital and develop skills that are attractive to employers.

3. The promotion of health and relief of sickness - We will put a heavy onus on health education in the schools and villages to teach children about a range of health and social issues; an area that is significantly lacking. We also aim to improve the living conditions of the areas in which we operate, through the provision of clean drinking water and the improvement of pit latrines.
4. The advancement of education - To support the delivery of the Millennium Development Goals relating to education by running high quality educational establishments, to benefit those who could otherwise not afford to go to school.

We hope the healthcare element of the project could be supported by medical students and will provide a "hands on" introduction to world health with the opportunity to live, work and study for a short time in the Philippines. The project will be registered as a charity here in the UK with the Charity Commission and registered as an official NGO in the Philippines. Fundraising will be affected by a local Leeds based team and the funds used to support the project directly in the Philippines.

This is YOUR opportunity to become involved and help to find sustainable solutions.

**Please contact Richard Veitch to register your potential interest – Tel. 07730 369 663**

Email: leedsorganicgrowers@hotmail.co.uk



# Campus to Clinic Community Visits 2015



First and second year medical students (in groups of four) whilst on placement at Primary Care (as part of Campus To Clinic) get the opportunity to visit voluntary groups close to their Practices for an afternoon. The purpose of these community visits is to learn about the importance of the local voluntary sector as potential partners in healthcare delivery and to help the students (tomorrow's doctors) to think more holistically about healthcare. It may also help to build links between practices and the voluntary sector which the voluntary sector is always asking for.

This year 126 groups of students visited the following organisations:

## **MENTAL HEALTH:**

Henshaw Arts & Crafts, and The Orb (Knaresborough), Mind in Bradford, and Harrogate plus Creative Minds in Leeds.

## **CHARITY SHOPS:**

Overgate Hospice (Halifax), Oxfam (Bradford), Salvation Army (Batley), Scope (Knaresborough), BHF, Cancer Research, Martin House (Leeds).

## **HEALTH OUTREACH:**

Eccleshill Health on the Streets (Bradford), The Health Hub at Hensal Primary School (Wakefield), Health Action Local Engagement (Shipley), The Bevan Health Centre (Bradford).

## **OLDER PEOPLE'S PROJECTS:**

Cardigan House (Bingley), Shelley Village Hall, Denby Dale Over 60's Group (Huddersfield), Garforth Neighbourhood Elders Team, Otley Action for Older People, Older Peoples Action in Locality, South Leeds Live at Home Scheme (Leeds), Mary Seacole Court Day Centre (Bradford).

## **MISCELLANEOUS:**

2nd Chance Headway Centre, Carers Wakefield (Wakefield), Yorkshire Auditory Implant Service, Together In Pain.

## **COMMUNITY CENTRES:**

Heart, New Wortley Community Centre (Leeds), Café West, Clayton Village Hall, Bingley CVS (Bradford).

## **FOOD BANKS:**

St Catherine's Church (Wakefield), Gateway Church (Leeds), Batley Food Bank (Batley).

## **CHILDREN'S CENTRES:**

Sure Start, Mortimer House, Trinity Rise, Gateway Children's Centre (Bradford), Birstall and Birkenshaw Children's Centre (Batley).

## **DISABLED GROUPS:**

AVSED, Action for the Blind (Leeds), Follyfoot Disabled Riders Group (Harrogate).

## **SUPPORT FOR PEOPLE LIVING WITH HIV:**

BHA Skyline (Leeds).

## **LEARNING DISABILITIES:**

Strawberry Street & Gatehouse (Keighley), Sunshine and Smiles at Stainbeck Community Centre, People In Action (Leeds).

## **HEALTH CHAMPIONS:**

Ridge Medical Centre (Bradford), Expert Patients Group (Shipley).

## **ENVIRONMENTAL PROJECTS:**

Community Environment Project Wibsey (Bradford), Growing Zone Kippax (Leeds).

## **HOMELESS:**

Streetwise Loves Leeds, Feed the Homeless, Leeds with the Homeless (Leeds), Harrogate Homeless Project (Harrogate).

## **CARE HOMES:**

Spring Mount, Crossley House, Holme House, Rowanberries (Bradford), Wingfield (Bingley), Priestley Care Home (Batley).

## **SUPPORTED HOUSING:**

Turnbull Court (Bradford), The Laureates (Leeds).

## **SPIRITUALITY AND HEALTH:**

Chaplaincy Service BRI, Holme House Christian Community Advice Centre (Bradford), Mill Hill Chapel (Leeds).

## **REFUGEES AND ASYLUM SEEKERS:**

City of Sanctuary (Leeds).

## **DOMESTIC VIOLENCE:**

IDAS (Skipton).

## **POVERTY:**

St George's Crypt, The Real Junk Food Café (Leeds), Piccadilly Project (Bradford), Project 6 (Keighley).

## **SMOKING CESSATION:**

Quit Shop (Wakefield).

## **CANCER SUPPORT:**

Candlelighters (Leeds), Cancer Support (Bradford).

## **PARK RUNS:**

Hyde Park Run, Roundhay Park Run (Leeds).

Overall medical students in groups visited a diverse range of community organisations. They observed the organisations in practice and talked to staff and service users to learn from their experiences. They also generally joined in activities and helped out for an afternoon, giving their time back to the community. Some joined in singing sessions (and dances) with older people, seeing the benefits of these sessions first hand. Others learned about the health and wellbeing benefits of arts & crafts for mental health group service users. Some students joined in games and quizzes in care homes whilst others joined vulnerable clients in gardening sessions and on walks. The students seemed to get a lot out of these community visits and copies of the student group reports were sent to the organisations.



## Letter Concerning a Campus to Clinic Community Visit

We had a lovely letter from the Shipley Expert Patient Support Group following a community visit by students which we reproduce here below with their permission:

*'Thank you most sincerely for your letter of the 18th of June together with the report from the 4 young students who visited our group at the end of April.*

*We actually had a group meeting today so we were able to read both your letter and the students report to our members. I must say everyone was delighted with the report and firmly believe our views were very well interpreted by the students. In fact one comment today was, "let me know when they become GPs and I will arrange a visit!"*

*From our part it was a pleasure to have them visit us and hope in some very small way it will have helped them, we hope they will go on to make great careers for themselves.*

*Finally we would mention to you that we are always willing to assist whenever possible and if you feel we may be able to help any future students at some stage in the future we will be more than willing to try and help.*

*Our thanks again and with every good wish we remain,*

*The Expert Patient Support Group'*



## Community Education Development Officer Report

Barry Ewart

Since the last newsletter I have attended the following

### Steering Group / Management Committee Meetings:

- Leeds Men's Health & Wellbeing Network EC/Strategy Meeting (29/1/15, 6/5/15 and 29/7/15) and Members Meeting (11/3/15 and 17/6/15) plus Strategy Update (16/3/15) and meeting officers re CCG bid (24/6/15)
- LIME Communications Group (10/2/15 and 11/5/15)
- Jigsaw Visitor's Centre Policy & Procedures Meeting (12/3/15) plus Away Day (19/5/15) and Management Committee (24/3/15, 19/5/15 & 28/7/15)
- City of Sanctuary Health Network (30/4/15 and 9/7/15)

### Conferences / Seminars / Presentations / Teaching:

- LTHT St James' Health Event for Men with Learning Disabilities (2/3/15)
- White Ribbon Status Leeds City Council Meeting (9/3/15)
- Third Sector Leeds Poverty Event, Leeds Civic Hall (17/3/15)
- RESS Course Management Team (19/3/15)
- Year 1 & 2 Campus to Clinic CMT (25/3/15)
- Stall at Annual Clinicians Day with Patient & Carer Community (26/3/15)
- Widening Participation Workshop Facilitator Mental Health & Body Language as part of 'Reaching Excellence' (9/4/15)
- Sustaining a Thriving Third Sector Event, Hamara (23/4/15)

- Seminar, 'Can Young Men Change Their Lifestyle?' Leeds Beckett University (2/6/15)
- ESRC Seminar, 'Men, Ageing and Physical Activity: Critical Reflections' Leeds Beckett University (3/6/15)
- Campus To Clinic Year 2 Exam Board (9/6/15)
- Seminar, 'Men at Risk from Suicide' Public Health Resource Centre, Tech North (2/7/15)

### Other Activities / Visits:

- Rose McCarthy, City of Sanctuary (9/2/15) and with Rob Lane (11/3/15)
- Yosra Awad, Widening Participation Reaching Excellence Event Planning Meeting (23/2/15)
- Sikha Saha re additional Student Selected Projects followed by meeting with student and RESS Team (4/3/15)
- Tom Senior, Men's Worker, Health for All Leeds (30/3/15)
- Matt Tattersley, Caring Dads Worker, Domestic Violence Team, Leeds City Council (16/6/15)
- Meeting Ghazala Mir and Josie Mellor re a potential Year 4 ESREP looking at health inequalities teaching within the medical curriculum (24/6/15)
- LIME Staff meeting with guest speakers from The City of Sanctuary (29/6/15)



# St Vincent's

a place of help, hope and opportunity

*"St Vincent's has given me a second chance. When I walked into here over 3 years ago, I was fit for nothing. I was a recluse, I'd lost everything, I didn't want to show my face, I felt shame. Slowly, through being part of St Vincent's, all that has kind of melted away."* Andrew is one of the hundreds of people each year who found help, hope and opportunity at St Vincent's Support Centre.

St Vincent's works on the frontline of Leeds' poverty crisis. The Support Centre on York Road houses a wide range of services all under one roof, so each person who comes through the door can receive support and advice tailored to meet their specific needs.

Because poverty is complicated, and there is not always an easy answer, St Vincent's combats the root causes of poverty. The services offered at the Support Centre educate and empower people, giving the confidence and skills to get out of poverty, and stay out for good.

Each service at St Vincent's has been developed in response to the needs of the community in the heart of East Leeds where the centre is based. Andrew initially came to St Vincent's for free support from the team of professional volunteer counsellors and he said, "St Vincent's created this safe bubble for me that has allowed me to start to learn to function again. Literally, this place saved my life- make no mistake about it."

Andrew also began volunteering in the St Vincent's Charity Shop, building his confidence and social circle. Andrew has a lifelong interest in woodwork, with the support he received from St Vincent's Andrew is



pursuing his lifelong interest in woodwork, starting his own business using wood salvaged from skips to create bespoke furniture. Andrew told us how the creative process has been therapeutic "all the wood I use is pulled out of skips; it was just going to be discarded. It hurts me to see wood going in to a skip or being burned as firewood. People can't appreciate the beauty of that tree anymore, it's gone, but hopefully they can appreciate the beauty of what it's been made into. It's a little like how I feel – it saved my life coming to St Vincent's and not only that but now I feel enthusiasm again."

St Vincent's also offers free debt and benefits advice, supported volunteering for adults with additional needs, emergency food parcels and a wide range of education and employment support projects. The Support Centre is the largest provider of free English classes for speakers of other languages in Leeds, offering 28 classes a week to migrants rebuilding their lives in the UK.

Andrew has begun helping the Support Centre's fundraising department with events to fund the centre's work, he explained "I keep thinking, how many more people are there out there like me who have lost themselves and need to find help, but don't know where to turn?"



**TO FIND OUT MORE ABOUT ST VINCENT'S CALL CAITLIN ON 0113 248 4126, OR POP IN TO THE CENTRE AT 82 YORK ROAD FOR A HANDMADE CAKE FROM THE COMMUNITY CAFÉ!**

## Community News

### AN INTRODUCTION TO COPING WITH DEPRESSION

Tony Fraiss has announced that his book, 'An Introduction to Coping with Depression' is to be published by a mainstream publisher from the 2nd of July, 2015. It has had a few editing changes since the original version and it now includes a section on young carers. For further details go to: <http://www.amazon.co.uk/An-Introduction-Coping-Depression-Carers/dp/1472119339>

### WHITE RIBBON CAMPAIGN (WRC) 16 DAYS OF ACTION FROM THE 25TH OF NOVEMBER 2015

Once again this year Leeds will be supporting The White Ribbon Campaign 16 Days of Action from the 25th of November. As WRC says, "Violence against women happens more than you think, it's mostly committed by men, and we won't stand for it." They are a group of men who know there's no excuse for violence against women. They pledge never to condone it, or stand by when they know it is happening. WRC organises campaigns, lobbies, organises, and fundraises and men can get involved, not condone, not ignore, and stand up and tell your friends about the issues, or donate. You can also get involved in this year's 16 Days of Action. See the website: [www.whiteribboncampaign.co.uk](http://www.whiteribboncampaign.co.uk) Tel. 01422 886 545 Email: [info@whiteribboncampaign.co.uk](mailto:info@whiteribboncampaign.co.uk)

### WORLD MENTAL HEALTH DAY EVENT 15 OCTOBER 2015

This year's big event in Leeds to mark World Mental Health Day will be on: Thursday 15th October, 11.00am – 4.00pm, Leeds Civic Hall. Free – all welcome. This year's theme is Dignity in Mental Health. A celebratory day with stalls, information, entertainment and activities. Free and open to everyone!

A Joint event from Volition, Adult Social Care, Leeds & York Partnership NHS Foundation Trust and many others. There will be British Sign Language interpreters throughout the day. Contact Gill Crawshaw at Volition if you would like to know more. Tel. 0113 242 1321. Email: [info@volition.org.uk](mailto:info@volition.org.uk)

### EQUITY AND ECOLOGY – BUILDING A FAIR AND SUSTAINABLE LOCAL ECONOMY

The event is to agree actions that suggest ways to unite the challenges of tackling poverty with the demands of tackling climate change. It is on Friday 25 September 2015 at 2.00pm to 5.00pm, St George's Centre, Great George Street, Leeds LS1 3BR. It is organised by Schumacher North and is supported by the Third Sector Leeds Environment Forum. The Guest Speakers are: Councillor Judith Blake, Leader of Leeds City Council, and Councillor Alex Sobel, Climate Change Spokesperson for the Council plus Third Sector Speakers. It aims are: To bring together a wide range of Leeds-based third sector, private and public organisations – especially those with a specific remit to work on sustainability and combating climate change. To develop shared solutions to economic deprivation and find new ways to work better to achieve these solutions. To focus on bringing issues together, and to explore how innovative policy initiatives and partnerships can help the Third Sector to fulfil its potential in driving the transition to a more ethical and sustainable economy. To register for the event please go to: <http://equity-and-ecology.eventbrite.co.uk>



## UCL Institute of Health Equity

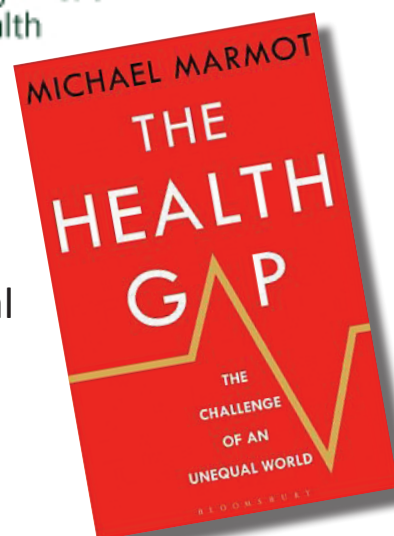
Reducing Health Inequities Through Action  
on the Social Determinants of Health

**UCL INSTITUTE OF HEALTH EQUITY IS DELIGHTED TO ANNOUNCE A GAME CHANGING NEW BOOK BY PROFESSOR MICHAEL MARMOT.**

In this book Michael Marmot, shares his personal observations and policy recommendations on strengthening and building local communities.

*To be published on:*

*Thursday the 10th of September, 2015.*





# The Gate House

## CONFERENCE FACILITY

2 Gloucester Terrace  
Leeds LS12 2TJ

This not-for-profit versatile conference facility is equipped with a Smart Board, projector, PA system, Wi-Fi, and an elevated stage. It can cater for up to 60 people seated or standing.

For details and bookings visit:  
[www.jigsawvisitorscentre.org.uk/conference](http://www.jigsawvisitorscentre.org.uk/conference)

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## Useful Websites:

### Doing Good Leeds

[www.doinggoodleeds.org.uk/](http://www.doinggoodleeds.org.uk/)

### City of Sanctuary

<http://leeds.cityofsanctuary.org.uk/>

### Leeds Asylum Seekers Support Network

<http://lassn.org.uk/>

### PAFRAS (Positive Action for Refugees & Asylum Seekers)

[www.pafaras.org.uk/](http://www.pafaras.org.uk/)

### SOLACE

[www.solace-uk.org.uk/](http://www.solace-uk.org.uk/)



“

*Don't forget Barrys blog at  
<http://communityppd.blogspot.com>*

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