

# Community Newsletter

Issue 50  
Summer 2018

This issue is my last community newsletter before I retire and it happens to be the 50th edition since the first one was produced in May/June 2000. Inside we include a piece on the student Campus to Clinic Year 1 & 2 community visits whilst at Primary Care and a feature on the 50 newsletter editions. We further include my final Community Update and Community News. I just wish to say that it has been an absolute privilege and a pleasure to work with such a great and diverse group of people in my School and in the community and I believe collectively we have all done our very best to genuinely try to make a difference for the better to peoples' health and wellbeing in the city of Leeds and beyond.

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## YEAR 1 & 2 STUDENT CAMPUS TO CLINIC COMMUNITY VISITS WHILST AT PRIMARY CARE 2017 - 2018.

In 2017/18 Year 1 & 2 medical students in groups of four visited 128 diverse local voluntary groups in North and West Yorkshire as part of Campus to Clinic whilst on placement at Primary Care. In these visits students learn about the importance of the voluntary sector as potential partners in healthcare delivery as well as also having the chance to think more holistically about healthcare as they generally help out community groups for an afternoon. The community visits may also help to build links between practices and the local third sector which is what voluntary groups are always asking for. A full list of the community visits in this academic year is given below:

- AVSED, Yeadon, Leeds.
- AA, St George's Crypt, Leeds.
- AA, Woodsley Road, Leeds.
- Ashcroft Care Home, Cleckheaton.
- Ashcroft Surgery Health Champions, Bradford.
- Bradford North Food Bank.
- Bradford People First.
- BAME Hub, Touchstone, Leeds.
- Bramley Park Run, Leeds LS13.
- British Heart Foundation Charity Shop, Morley, Leeds.
- British Heart Foundation Charity Shop, Merrion Centre, Leeds.
- British Heart Foundation Charity Shop, Headingley, Leeds.
- Batley Community Outreach Centre.
- Barnardo's, Bradford.
- Bingley & Shipley Volunteer Service, Bradford.
- Bradford Deaf Centre.
- Beechwood Leonard Cheshire Home, Huddersfield.
- Cardigan House Luncheon Club, Bingley.
- Caring Together in Woodhouse and Little London, Leeds.
- Centre Point, Bradford.
- City of Sanctuary, Wakefield.
- Community Allotments, Trinity Church, Skipton.
- Community Action Bradford & District Bingley.
- Cross Gates District Good Neighbours' Scheme, Leeds.
- Dementia Forward Café, York.
- Dementia Friends Keighley.
- Flourishing Families English Class, Leeds Beckett City Campus.
- Feed Leeds, Leeds City Centre.
- Garforth Neighbourhood Elders Team, Leeds.
- Gillington Community Centre, Bradford.
- HALE, Shipley, Bradford.
- Hyde Park Source, Leeds.
- HOMED Sandwich Run, Leeds City Centre.
- Hoof Creative Arts, Wessen Court, Marsden.
- Kirkwood Hospice Charity Shop, Marsden, Huddersfield.
- Keys Group, PCE.
- Leeds Life Group, Gateway Church.
- Leeds Rawdon Sober Life.
- Little House Community Centre Dementia Café, Bingley.
- Marjorie and Arnold Ziff Community Centre, Leeds LS17.
- Mary Secole Court, Bradford.
- Morley Elderly Action, Leeds.
- Mind Acorn Centre, Harrogate.
- Meanwood Valley Urban Farm.
- Neighbourhood Elders Team, Garforth, Leeds.
- Overgate Hospital Charity Shop, Halifax.
- Open Source Arts, Leeds.
- Oxfam Charity Shop, Crown Street, Halifax.
- Oxfam Charity Shop, Morley, Leeds.
- Older, Wiser, Local, Seniors (OWLS), Leeds LS6.
- Peaslands & Anchorage Activity Club, Saltaire.
- Project 6, Keighley.
- Queensway Care Home, Kirkburton, Huddersfield.
- Rainbow Junk-tion Café, All Hallows Church, Leeds.
- Skipton & Craven Action for Disability.
- Sunshine & Smiles, Leeds.
- Senior Citizens Support Group, Wakefield.
- Step 2, Bradford.
- St Gemma's Hospice Charity Shop, Hunslet, Leeds.
- St George's Crypt, Leeds.
- Streetwise Leeds.
- The Coffee Pot Memory Café, Drighlington.
- The Mobile Kitchen, Bradford.
- The Big Swing, Harrogate.
- The Orb Community Enterprise, Knaresborough.
- The Salvation Army, Batley.
- West Yorkshire Cancer Support, Bradford.
- West Yorkshire Playhouse Heydays, Leeds.
- West Yorkshire & Harrogate Care Partnership Meeting, St George's Crypt, Leeds.
- Woodhouse Park Run, Leeds.
- Yorkshire Children's Centre, Huddersfield.

## BARRY'S FINAL COMMUNITY UPDATE

Life is really about stories.

After nearly 18 years in my post I think that I would conclude that life is really about stories; hearing them, sharing them but most importantly of all learning from them. I have been really privileged over the years to go to diverse voluntary sector meetings and events all over the city and sometimes further away and to hear a range of stories and here are a few of my favourites:

A few years ago I attended a large Health for All Annual General Meeting in the South of Leeds and there were about 200 attendees from a diverse range of projects in the community. In the meeting a lovely older Sikh man got up and told us all that he was the first Asian engineer at a large engineering company in the city in the 1960's and on his first day at work when he walked onto the shop floor all of the white engineers walked out. But of course over the years he said they all got to know each other and became friends, and he added that now that they are all retired they keep ringing him up and telling him that they miss him. There wasn't a dry eye in the room.



Recently a lovely Asian male colleague of mine told me that he and his wife were walking near the market in a West Yorkshire town on a Saturday afternoon (his wife covers her hair but not her face) and there was a middle aged white couple who were sat down. As they passed them the white man said: "She shouldn't be wearing that in our country!" My colleague said: "Excuse me Sir, we were just passing and minding our own business and why did you feel that you could disrespect us when we would not disrespect you?" He then added: "I was born here, I love this town and I love this country!" And then the white man stood up, so what happened next?

The white man hugged him. Life is about stories indeed.

Barry Ewart, Community Education Development Officer, Leeds School of Medicine. (February 2000 to October 2018).

### *Such sweet sorrow*

*So now it's time to leave this stage.  
Working with you has been a pleasure.  
To search and hear thine stories.  
To share thy gems, such treasure.*

*To give to patients what they want  
Holistic doctors with a soul  
To work with you, to care with you.  
That's always been the goal.*

*Yes parting is sweet sorrow.  
But compassion does not retire.  
So love and best wishes from me to you.  
A community flag on a university spire.*

### Mr Barry Ewart

Barry Ewart has worked in the School of Medicine since 2000 as the Community Education Development Officer. It took a while to establish this date as when I asked people how long Barry had worked here the common answer was "he started before me".

Barry is due to retire in October 2018. During his 18 years of service he has progressively shaped this post to become almost irreplaceable. As a Community Education Development Officer he has made contact and built strong relationships with a wide range of community organisations, where he has become a trusted partner and has at times served on their boards. Having spoken to some of those running community organisations I am well aware of the respect held for Barry.

Within the School he has worked tirelessly to promote equality and diversity being an early member of the Diversity in Medicine and Health (DIMAH) organisation which works to highlight and progress issues of equality and diversity in medical schools. He has also supported students through SSPs and received excellent feedback for his work. Barry has helped a number of us when we needed tutors at short notice, he has stepped in and used his skills to deliver varied teachings sessions to his usual high standard.

The most impressive thing about Barry is the quiet non-assuming way he goes about his work and builds lasting relationships with others. This has led to him being a popular and respected member of staff and being able to progress projects others might have struggled with.

In short Barry will be hard to replace and missed by us all. Dr Rob Lane, LIME





# MEMORIES FROM 50 EDITIONS

**Issue 1, May/June 2000.** 'What is Community Based Teaching' by Dr Jill Thistlethwaite. Patients Wanted! Feature on Leeds Centre for Integrated Living. Community Education Development Officer Report. Community News. Asylum in the UK Event. Useful websites.

**Issue 2, September 2000.** Pat McGeever, South Leeds Health for All 'Making a Real Difference to Children's Lives'. Student Selected Projects (SSPs) - Women Making Choices Group, No Fixed Abode Medical Practice.

**Issue 3, December 2000.** List of visits to 36 voluntary groups in Leeds for first year medical students. Feature on The Market Place Project. 'The Moor End People's Rap'.

**Issue 5, June 2001.** SSPs - Leeds City Council Social Services, No Fixed Abode and article by Dr Nat Wright, TONIC, Sign, and Youth Point. List of Individuals & Populations Year 2 community visits to larger community groups.

**Issue 6, Autumn 2001.** SSPs - Travellers Education, The Big Issue, East Leeds PCG Stop Smoking Project, and People in Action. Feature - Drop the Debt International Campaign. Feature - The Spirals Women's Group and Skippko, and The Tower Block Project, Lincoln Green, Leeds LS9.

**Issue 7, December 2001.** Engaging with People Year 2 (bringing in 8 diverse speakers from community organisations to give talks to medical students on topics such as Homelessness, Domestic Violence, and Alcohol Abuse). Report on the international health conference of The Network in Londrina, Brazil. List of 19 student community afternoon year 1 visits. Feature - Leeds Young Mind Conference.

**Issue 8, March 2002.** Introduction of Valuing Diversity small group year 2 interactive workshops by 13 outside diverse community organisations and individuals. SSPs - Day & Evening Mental Health Support Team, Social Services (Seacroft and White Rose House), and GIPSIL.

**Issue 9, June 2002.** Men's Health Week. List Public Health community visits. SSPs - The Market Place, Royal Park Primary School, and CHANGE.

**Issue 10, Winter 2002.** Community Based Teaching Presentation to the Vice Chancellor of Leeds University. School of Medicine received the BUPA Foundation National Communication Award in London for our Valuing Diversity Programme from the Junior Health Minister, Jacqui Smith. SSP - Sandford Primary School. Feature on the Health for All Conference in Leeds at West Yorkshire Playhouse.

**Issue 11, Spring 2003.** New Valuing Diversity workshop by Kevin Ward and Barry Ewart on 'Working Class Doctors' (following a suggestion by a working class medical student). List of 23 Valuing Diversity workshops. SSPs - Richmond Hill Primary School, People in Action, and SIGN. Feature on Skippko. Article by Careen Dew, Widening Participation Officer on Widening Participation in the School.

**Issue 12, Summer 2003.** Promoting Widening Participation amongst community groups and offering free tutors. Nuffield Health free seminar. SSPs - St George's Crypt, Burley St Mathias Primary School, and The Big Issue. Community poem by East Leeds Health for All.

**Issue 13, Autumn 2003.** Dr Jill Thistlethwaite report on her new post in Townsville, Australia. Leeds Special Grants Programme. Leeds School of Medicine welcomes 28 Widening Provision students. SSPs - Social Services, GIPSIL, DOSTI, Leeds Alcohol & Drugs Services.

**Issue 16, Summer 2004.** Free advert - Carers Week. Feature on Women and Poverty in Leeds. Feature on Refugee Action. SSPs - Sure Start Middleton, Youth Point, and People in Action.

**Issue 17, Autumn 2004.** Feature on 'The Reflective Portfolio' by Anne Marie Howes. Feature on Leeds University recognising Equality & Diversity. Feature on Leeds Men's Health Network and Men's Health Week plus involving the NHS bus and

community nurses. SSPs - Groundwork Trust, Leeds Alcohol & Drugs Service, and East Leeds Health for All.

**Issue 18, Winter 2004.** Feature on Racial Harassment. Feature on Skippko Celebration Event at Leeds Civic Hall. SSPs - St George's Crypt, Leeds Centre for Deaf and Partially Sighted, and Multiple Choice.

**Issue 19, Spring 2005.** Introduction from Dr John Sanders, new Community Based Education Lead. List of 18 community SSPs. List of Valuing Diversity workshops. Free advert Yorkshire MESMAC Event. Free advert Trade Justice Movement. SSPs - Jigsaw Visitor's Centre (Leeds Prison), and Richmond Hill Primary School.

**Issue 20, Summer 2005.** Advert volunteer patients needed and introducing new admin worker, Jo Homer. SSPs - CHANGE, The Big Issue, and Shire View. Free advert Health Network Event Leeds.

**Issue 21, Winter 2006.** List of community visits year 1. Request for volunteer patients for year 1 patient home visits by Liz Cockayne, Community Based Education admin worker. Feature on social prescribing. SSP - Widening Participation Leeds North West PCT.

**Issue 22, Spring 2006.** Generating Genius weekend school for 28 young African Caribbean boys who were interested in medicine. List of 20 plus Valuing Diversity Workshops. SSPs - Burley Lodge Community Centre, Social Services, and Hamara.

**Issue 24, Winter 2007.** List of 19 SSP December community placement organisations. Report from Dr Jill Thistlethwaite from Australia. Outline of the 20 Valuing Diversity Workshops. SSPs - Caring Together in Woodhouse & Little London. Article on 'Supporting the Patients Voice' by Jools Symons.

**Issue 26, November 2007.** Engaging with People workshops. SSPs - Richmond Hill Primary School, and East Leeds Health for All. Leukemia & Access Committee Leeds Charity Bike Ride.

**Issue 27, March 2008.** List of 22 Valuing Diversity workshops. Feature on Pets as Therapy dog Cassie winning The Dogs Trust Lifetime Achievement Award. SSPs - Community Action for Roundhay Elderly, Youth Point.

**Issue 28, Summer 2008.** NHS 60th Anniversary! School of Medicine Patient Voice Scrutiny Group Open Meeting. Feature on Asha Neighbourhood Project. SSPs - Jigsaw Visitor's Centre (Leeds Prison), and Access Committee Leeds.

**Issue 29, Autumn 2008.** Members of Leeds Men's Health Network and walk in Roundhay Park as part of National/International Men's Health Week. Report from Australia by Dr Jill Thistlethwaite. Leeds Carers Branch AGM. Leeds School of Medicine Widening Access to Medical Schools Scheme (WAMS).

**Issue 30, Winter 2009.** Social Enterprise Special! List of 16 community SSP organisations. List of Valuing Diversity workshops. SSPs - Sure Start 7 day Response Team, Eduplay and a study by students to see if there is demand for a crèche at a GP Practice in South Leeds, and LOGs.

**Issue 31, Summer 2009.** New curriculum for 2010. Feature on Neighbourhood Learning Project. SSPs - DOSTI, Youth Point, and People in Action.

**Issue 32, Autumn 2009.** Feature promoting STOP (who work with perpetrators of domestic violence). Free advert Eduplay's Funky Bus. Feature on the BMJ and Climate Change. SSPs - Richmond Hill Primary School, and Access Committee Leeds.

**Issue 33, Spring 2010.** List of Inclusion Health - Valuing Diversity 20 plus workshops. SSPs - Sign Language, Leeds Mind, MESMAC, and Westroyd Infants School.

**Issue 34, Autumn 2010.** The new MBChB medical curriculum. Feature on Stop Hate Volunteer Parent Advocates. SSPs - DOSTI, Intensive Family Support South Leeds, and Multiple Choice.

**Issue 35, Spring 2011.** List 15 community SSP organisations. List 22 Inclusion Health - Valuing Diversity workshops. Feature on Alcohol Valuing Diversity

## LEEDS INSTITUTE OF MEDICAL EDUCATION

workshop by the Facilitator, Tony Goodall. Feature on Carers Leeds. Feature on School of Medicine Widening Access into Medicine (WAMS). SSPs - Richmond Hill Primary School, Leeds Wellbeing Centre, and Sign Language.

**Issue 36, Autumn 2011.** Free advert The White Ribbon Campaign. List of year 1 Campus to Clinic community visits. Free advert for Conference in Bradford 'People, Places and Policy.'

**Issue 38, Autumn 2012.** Feature Grange Park Surgery Patient Group, Burley in Wharfedale. Introduction from Dr Rob Lane, Lead Community Based Education. Campus to Clinic community visits highlights. Feature on Black Health Initiative. Free advert Disability Rights UK. Free advert The White Ribbon Campaign. Article 'Rooms to the Mountains' on medical education in the Philippines.

**Issue 39, Spring 2013.** LIME Widening Participation Conference. Feature on Stanningley & Swinnow Live at Home Scheme. SSPs - Yorkshire MESMAC, Christians Against Poverty, and Deaf Start.

**Issue 40, Autumn 2013.** Feature on Leeds Let's Get Active. Article by William Merritt Disabled Living Centre & Mobility Service. Free advert BASIS. Feature on year 2 IDEALS Language Labs by Andrea McGovern. Review of 'The Essential Guide for Carers' by Tony Frai.

**Issue 41, Spring 2014.** Feature Asperger's Carers Support Group. Launch LIME Community Arts Initiative. SSPs - BHA Skyline Leeds, Phoenix Health & Wellbeing, and Richmond Hill Primary School. Feature on ROOTOS.

**Issue 42, Autumn 2014.** Banner Women's Health Befriending Group (refugee women) as part of LIME's Community Arts Initiative. Free advert Autism Plus. 2 page feature on The Big Issue's 21st Birthday plus local contacts for homelessness support in Leeds. Feature on Together for Women. LHT's 'Get Me Campaign & Charter.' Free advert World Mental Health Day. Feature Inkwell Leeds Mind.

**Issue 43, Spring 2015.** LIME Launch Community Initiative Artworks. SSPs - Access Committee, and Healthy Living Network Leeds. Free adverts Emmaus, and Phoenix Health & Wellbeing.

**Issue 44, Autumn 2015.** LIME receives City of Sanctuary Health Award. Feature on Healthwatch Leeds. List of year 1&2 120 Campus to Clinic community visits whilst at Primary Care. Free advert St Vincent's Support Centre, and Jigsaw Visitor's Centre Gate House Café (Leeds Prison).

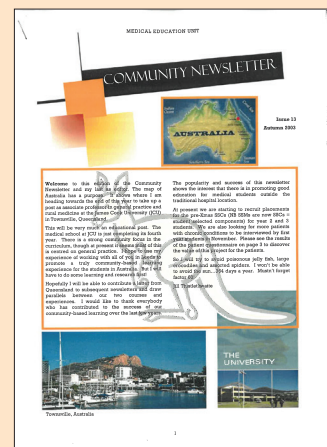
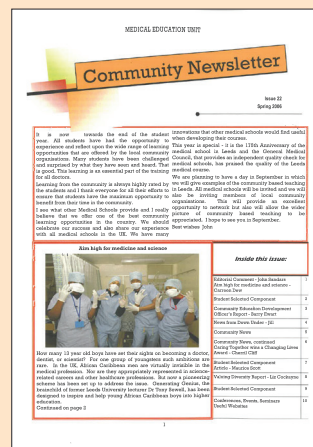
**Issue 45, Spring 2016.** List of Inclusion Health -Valuing Diversity workshops plus a list of RESS Community SSP placement organisations. LGBT support information in Leeds. Poem by Philip Sheridan from LIME's Patient/Carer Community. Feature on Leeds GATE (supports gypsies and travellers in the city).

**Issue 46, Autumn 2016.** LIME receives the Aspire International Award for Social Accountability. Leeds Men's Health & Wellbeing Network receives a Leeds City Council Certificate of Recognition from The Lord Mayor for its work in the city. LIME Green Team gets 2 awards in its first 12 months.

**Issue 47, Spring 2017.** Lord Mayor of Leeds Councillor Gerry Harper and Lady Mayor Lynne Scholes attend the Leeds Occupational Health Advisory Service 25th Anniversary Event. Year 2/3 SSP Sign Language and the medical student ideas on 'Improving the NHS for Deaf People.'

**Issue 48, Summer 2017.** Bright Sparks Inclusion Drama Project with LIME's Patient/Carer Community. Campus to Clinic 120 year 1&2 community visit highlights whilst at Primary Care.

**Issue 49, Spring 2018.** Launch of AGE UK Over 55's LGBT Group 'Out in Leeds' Community Arts Initiative painting. SSPs - Association of Blind Asians, RETAS, and Little London Primary School.







## Diversity in Medicine and Health (DIMAH) 2nd National Conference

On the 8th November, 2018 at the University of Liverpool, The Foresight Centre, 1 Brownlow Street, Liverpool, L69 3GL. To attend please email Riya George at: [reg18@leicester.ac.uk](mailto:reg18@leicester.ac.uk)

## Community Education Development Officer Report, Barry Ewart

Since the last newsletter I have attended the following **Steering Group/ Management Committee Meetings:**

- City of Sanctuary Health Network (5/2/18 and 4/6/18)
- Boyz2Men, Leeds LS7 (5/2/18, 5/3/18 and 19/3/18) and Men's Health Fair, West Indian Community Centre (28/3/18)
- Leeds Men's Health & Wellbeing Network EC (22/5/18 and 17/7/18)
- LIME Transition Team (15/2/18, 26/4/18 and 11/7/18)
- LIME Green Team (19/2/18)
- Jigsaw Visitor's Centre Finance Sub Group (19/2/18 and 9/5/18) and Management Meeting (27/3/18, 17/5/18 and 17/7/18)
- LIME Athena Swann (21/3/18 and 6/6/18) and Flexible Time Focus Group (17/4/18)
- Leeds Food Aid Network (10/5/18)
- BME Hub Sub Group (16/5/18)
- RESS CMT (4/6/18)
- Campus to Clinic Examiners Meeting (13/6/18) and CMT (25/6/18)

**Conferences/Seminars/Presentations/Teaching:**

- BME Hub Meeting, Leeds Civic Hall, Talk on Men's Health (26/2/18)

- Conference on The NHS and Charges for Overseas Visitor's, Thackray Medical Museum (6/6/18)
- Leeds and York NHS Foundation Trust Consultation 'Changes to Community Mental Health Services in Leeds, Cardigan Centre (11/6/18)
- Voluntary Action Leeds Event 'Supporting Each Other to Achieve a Thriving Third Sector', Leeds Church Institute (3/7/18)

**Other Activities/Visits**

- Sikha Saha, Course Lead, RESS Community SSPs re future work (26/3/18) and Additional SSP (21/6/18)
- Meeting Professor Trudie Roberts and Dr Rob Lane concerning the future of the CEDO post and the recruitment process (11/4/18)
- Professor Chris Witty, Annual Charles Thackray Lecture on 'What will be different about health needs in the UK in 20 years?' Conference Auditorium, University of Leeds (28/6/18)
- LIME Meeting re University Inclusion Week 24/9/18 to 30/9/18 (10/7/18)

## Community News

### Widening Access to Medical School (WAMS).

WAMS are a medical student-led society, whose main aim is to ensure that all students, regardless of their background, have the same chance of getting into medical school.

WAMS tries to achieve their aim by providing a number of different services, all of which are free and are delivered by volunteer medical students and doctors.

They run almost monthly events at the University of Leeds, provide an ambassadors scheme where medical students go out to local high schools, a primary school scheme, and a mentoring service.

You can follow them on Twitter @Leeds WAMS or see their Facebook page or email: leedswams@gmail.com and any queries relating to ambassadors email: wamambassadors@gmail.com

### Naya Savera

Naya Savera is a newly registered charity set up to provide facilities to support the social welfare of people because of age, infirmity or disability in the South Asian community. Although it has been registered as a charity since December 2017 it has experience of working with and supporting young women, elderly men and women and carers of BME communities for 14 years. They run weekly groups at the Treetops Community Centre, off Shadwell Lane, Squirrel Way, Leeds LS17 8FQ. For further information email: nayasavera17@gmail.com



### WHITE RIBBON CAMPAIGN

The White Ribbon Campaign is a global movement of men and boys that works to end male violence against women and girls. Their next 16 Days of Action is from the 25th of November 2018. See their website at: [www.whiteribboncampaign.org.uk](http://www.whiteribboncampaign.org.uk)



### REFUGEE AND ASYLUM SEEKER MENTAL HEALTH RESOURCE PACK

See: <https://health.cityofsanctuary.org/resources>

### Accessibility Exhibition

This is a free event to be held at Leeds United Football, Elland Road, Leeds, on Thursday the 18th of October 2018 from 10.00am until 3.00pm and people can try the products on display which can enhance everyday life and enable greater independence for disabled people. It is also a great opportunity for professionals to attend, with or on behalf of clients, to assess equipment which may meet peoples' needs. There will be equipment from wheelchairs to walking aids all demonstrated by local suppliers and approved charities including the William Merritt Centre.

### Women's Health Matters

This project reduces health inequalities experienced by women across communities in Leeds. They work with women who have unequal access to health and support agencies due to poverty, ethnicity, disability, sexual orientation or traumatic personal experience. For further information see: [www.womenshealthmatters.org.uk/](http://www.womenshealthmatters.org.uk/)

### Diabetes for Men

Launched to mark Men's Health Week in June 2018 Diabetes for Men is the latest of the Men's Health Forum's award-winning man manuals produced in partnership with Haynes. With diabetes increasing, men are particularly affected. They are more likely to get the condition, more likely to endure complications like limb amputation and more likely to die as a result. One man in ten now has diabetes. This guide cuts through the confusion and jargon to explain in simple terms: what is diabetes, how diet may beat diabetes, how physical activity can help, and how diabetes can affect sex. It includes the experiences and stories of men with both types of diabetes. The guide is for all men, with or without diabetes, and will be of particular use to men at increased risk of the condition or newly diagnosed. For more information, to view and order visit: Diabetes for Men see: [www.menshealthforum.org.uk/](http://www.menshealthforum.org.uk/)

### Reports and Recommendations from Healthwatch Leeds

The latest reports by Healthwatch Leeds include: 'Follow up visits to Leeds Sexual Health Clinics in Leeds' (March 2018), 'East Leeds Medical Centre' (October 2017), and 'Cardinal Court Focus Group' (December 2017) see: [www.healthwatchleeds.co.uk/](http://www.healthwatchleeds.co.uk/)

**You are invited to be a part of Leeds' first**

# **OUTing the Past - Festival of LGBT History**

**Leeds City Museum** are proud to be hosting a one-day conference on Thursday 7 February 2019

We are delighted to invite Individuals and groups to apply to present their stories to interested audiences at this prestigious event

- Do you have a story of a campaign you were involved in?
- Or have LGBT memorabilia and a story to go with it?
- Who are the local LGBT+ pioneers that you'd like to tell people about?
- Or is there something you've seen in a museum that inspired you to research its LGBT links?

**If you can make a popular history presentation, lasting about 20 minutes and backed by evidence, please apply and join us as part of our fantastic, inaugural 'OUTing the Past' LGBT History Month event**

**For more information and application form, visit [www.leeds.gov.uk/OutingThePast2019](http://www.leeds.gov.uk/OutingThePast2019)**

**Applications must be in by 14 September 2018 Email: [outingthepast@leeds.gov.uk](mailto:outingthepast@leeds.gov.uk)**



## **Useful Websites:**

### **Leeds Food Aid Network**

<https://www.leedsfoodaidnetwork.co.uk>

### **Diversity in Medicine & Health**

[www.dimah.co.uk](http://www.dimah.co.uk)

### **Leeds City Council**

[www.leeds.gov.uk](http://www.leeds.gov.uk)

### **Healthwatch Leeds**

[www.healthwatchleeds.co.uk](http://www.healthwatchleeds.co.uk)

### **Mindwell (mental health information for Leeds)**

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

To comply with the new General Data and Protection Regulations (GDPR) if you no longer wish to receive this community newsletter then could you please email us at: [b.ewart@leeds.ac.uk](mailto:b.ewart@leeds.ac.uk)

We will then remove you from our mailing list.

We thank for your co-operation in this matter.



## **Womens Health Matters**

### **Update on Breathing Space**

Our Breathing Space project began last year for women who had experienced complex trauma, experienced abusive relationships, had Social Care involvement or were hoping to access counselling. We deliver two groups in the city centre. The initial short programme focuses on wellbeing, with the women then moving onto a longer term open group with a focus on domestic abuse.

You can find out more about what's been going on in the project and the feedback they've received here and the feedback at: <http://www.womenshealthmatters.org.uk/an-update-on-breathing-spaces/>

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

**University of Leeds, Room 7.09, Level 7 Worsley Building, Clarendon Way, Leeds, LS2 9NL  
Telephone: 0113 343 4358 Email: [b.ewart@leeds.ac.uk](mailto:b.ewart@leeds.ac.uk)**