



Community Newsletter

Issue 49
Spring 2018

In this edition of the LIME Community Newsletter we share student articles from the RESS Year 2/3 Student Selected Project community placements at the Association of Blind Asians (ABA) Little London Primary School and at RETAS which are all located in Leeds. We thank all of the organisations who took part in this particular programme as well as the Sign Language tutor. We further include information of our recent very successful launch of the latest commissioned community art work by Age UK Over - 55s LGBT group - Out in Leeds. There is also a lovely photograph of a student IDEALS 2 Inclusion Health - Valuing Diversity workshop group in January who attended the session entitled 'Pets as Therapy' and we thank all the individuals who came into the School to offer these small group interactive workshops. This annual and very popular programme has been running in the School since 2001. We also include our usual features on Community News, and Barry's Community Update plus our suggested Useful Websites that could be helpful to the local community. We hope you will enjoy reading this Community Newsletter which is our 49th edition.

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**SCHOOL OF MEDICINE
LATEST COMMUNITY ART
WORK LAUNCH.
(see page 4)**

Association of Blind Asians (ABA)

RESS SSP - Newsletter for community project

The Association of Blind Asians (ABA) is a Leeds-based charity that aims to provide financial, social, and moral support to vulnerable adults in the community. Many of these adults are elderly but some are of a younger age too. They come to weekly sessions provided by ABA at various centres dotted around the Leeds area. The sessions also provide these 'service users' with a chance to interact with one another. By doing so, this can also help to combat some of the problems of loneliness which are sadly on the rise in our communities - particularly amongst the elderly.

Together, we as the volunteer medical students decided early on that we would focus on the people at the sessions. That is really what makes a charity: The population it is trying to help. It is a sad fact that those who are vulnerable are often shunned by society - the elderly here, the homeless and disabled elsewhere. But these are the people we should be reaching out to the most. We can make a real difference to them and learn something ourselves in the process too.

It was a true joy to be able to talk to so many people at the sessions. Everyone was friendly, making you feel right at home. As a newcomer this was particularly welcome. One person who stood out to us was an elderly lady who had sadly suffered a stroke back in the 80s. Following this incident, she developed significant mobility, memory, and language problems, and on top of that, she did not receive much domestic support from her family. She instead had to shoulder these challenges by herself. And that she did. Looking at her now it is almost impossible to discern anything wrong with her; physical or mental. We distinctly remember our preconceptions of stroke recovery being shattered in that moment. What was thought of as life-long and debilitating was now full of hope. When asked about how she was able to do it she simply pointed



upwards. She then smiled wryly and said she had another, seemingly divine source of help: Her doctor.

P.K. Golding was her original neurologist during the early days of stroke recovery and (quite remarkably) still treats her today. He is said to have marvelled at her progress – to the extent where he even brings along medical students to meet her as a case report. Meanwhile, their own rapport is one of great mutual trust and pride. We left feeling a renewed sense of optimism. First of all, it was simply just a pleasure getting to talk to this lady. Though more than that was this happiness in knowing that we could look forward to many such experiences in the future. We both want to be GPs when we graduate, after all!

We would like to thank ABA for how they have opened our eyes. It started with discovering the amazing work they do in the community but has ended with us being touched on a far more personal level.

By Samyak Jain & Farhana Shakeel

BARRY'S COMMUNITY UPDATE

Leeds Men's Health & Wellbeing Network partnership project 'Boyz2Men' working with BME men in Leeds LS7 and LS8 and funded by North Leeds Clinical Commissioning Group comes to an end this year. We are looking for new funding to carry on with this valuable work and possibly in another inner-city area of Leeds. In the **RESS Year 2/3 Student Selected Project Programme (Community)** thirty one medical students spent time with diverse community organisations in the city over two weeks in December plus twenty four students also did **Basic Sign Language** in the School. Feedback from all parties on these popular SSPs has once again been really positive. First and second year students as part of **Campus to Clinic** carry out community visits to mainly voluntary groups whilst on placement at Primary Care (between October and June) and it is really great to see the diverse range of visits that are carried out. In the School I contribute to a number of working groups such as **Athena Swann** (encourages and supports all staff) and the **Transitions Team** (aims to aid student retention rates). With this latter group I have been thinking about how we may possibly harness new technology including Virtual Reality to benefit students. I did two workshops on our community based work at the **Paediatricians Winter Event** at Hinsley Hall in December and these seemed to go well. I was also pleased that our School hosted the national meeting of **Diversity**

in Medicine and Health (DIMAH) in January. This could be a really exciting year for DIMAH as they elect a new Chair with a new vision plus they are already planning a national conference in Liverpool for November 2018. LIME has been a member of DIMAH for a number of years now and we recognise their pioneering work which was led by **Professor Nisha Dogra, University of Leicester**, who is stepping down this year as Chair after many years of commitment. I attended the inaugural lecture by Professor Laura Stroud on **The Art of Leadership** which was both enjoyable and very relevant to medicine. I also went to a talk by Dr Robert Burroughs, Leeds Beckett University, (part of Black History Month in October) on **Black History and the Anti-Slavery Movement** which was very thought provoking. Another inaugural lecture in February was given by Professor Hilary Bekker on **The Decision Scientist, Patient & Practitioner: Making Better Decisions Together**. Decision Science it was felt may help health staff to help patients to make more informed decisions. And interesting points were made about "leaked cues" in information and on potential bias. It was also argued that people tend to make decisions intuitively and/or analytically and people also seemed to prefer information with a story plus words can be powerful. Overall another very interesting time in the School and out in the wider community.

Our community placement experience at RETAS

by Rosie Dale & Humaira Ud-Din



What RETAS does

Refugees Education Training and Advice Service (RETAS) is an organisation based in Leeds, providing a range of services for Refugees and Asylum seekers. These services range from helping to fill out refugee status forms, help with job seeking, through to beginners and improvers English classes, "28 Day Transition Project and "Welcome to Leeds". Services are provided free of charge, and help all individuals to be welcome and integrated into a new country and become a part of the local community.

Settling into a new country can be a very tough and emotional challenge for those often from areas of conflict or adverse circumstances. However, RETAS recognises that by providing areas of support this process can be as quick and easy as possible. For instance, simply helping to craft a CV can kick start the process of finding work, earning an income and settling into a new home and social circle. Other challenges are tackled, such as those waiting to receive confirmation of their refugee status are unable to work, and therefore RETAS provides volunteering opportunities to provide useful CV experience and a friendly social environment. And by combining these services with their English language lessons, individuals are more able to communicate and feel settled in a new environment, as well as job opportunities becoming more abundant.

RETAS really is an organisation which aims to support the individual holistically, keeping in mind the importance of helping people to find their feet both economically and socially.

What we got involved in

From helping with CVs through to Christmas card workshops and observing English classes, we were able to understand the vital support RETAS provides to those the most in need. We were able to meet a great deal of those accessing the services and talk about their families and experiences in England, and it was lovely to meet so many open and friendly individuals within the community.

Furthermore, we were able to understand some of the challenges faced by those accessing the services, such as language and transport issues, and directly observe the methods used to tackle these challenges by RETAS, such as advice and helping to apply for support schemes.

Our thoughts on RETAS and the whole experience

RETAS really is a vital part of the Leeds community, and without the support



REFUGEE EDUCATION
TRAINING
ADVICE SERVICE

they provide many individuals would not feel as integrated into Leeds as they would feel without the ongoing advice and friendly faces from the RETAS staff.

Their hard work and genuine enjoyment in the roles they partake in would be enough to make anyone feel welcomed into the Yorkshire community, and into a new start in England.

Spending 2 weeks at RETAS really was an incredibly humbling experience!

Where is RETAS located?

233-237 Roundhay Road, Leeds LS8 4HS, Telephone: 0113 380 5630

Email: info@retasleeds.org.uk

Buses from the city centre to RETAS: 49, 50, 50a, 12, 13

New to Leeds

RETAS aims to integrate asylum seekers and refugees within the community of Leeds and provides access to a number of links within the local community to help prevent alienation felt by those new to the city, such as connections with local sports clubs, social clubs and family centres. RETAS itself is a hub for meeting new people within the city itself!

Reference :

1. Refugee Education Training Advice Service (RETAS). 2013. [cited 4th January 2018]. Available from : <http://retasleeds.wixsite.com/retasleeds>



A BIG THANK YOU to all the community organisations who took our medical students on placement in December as part of the RESS Year 2/3 Student Selected Projects and this includes:

* The Access Committee Leeds * Association of Blind Asians
* RETAS * Emmaus * Inkwel, Leeds Mind * DOSTI * Jigsaw Visitor's Centre, Leeds Prison * York Street Health Practice * People in Action * Phoenix Health & Wellbeing * BHA Skyline Leeds * St George's Crypt * The Big Issue * Youth Point * Leeds Occupational Health Advisory Service * Little London Primary School * plus Ian Robinson for Basic Sign Language.



City of Sanctuary

REFUGEE AND ASYLUM SEEKER
MENTAL HEALTH RESOURCE PACK

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

SCHOOL OF MEDICINE LAUNCHES LGBT COMMUNITY ART WORK.

Leeds School of Medicine launched its latest commissioned community artwork, a group painting by Age UK LGBT Over-55s Group 'Out in Leeds'. It was left up to the community groups to decide what art form they wished to use following the School's theme of 'What we would like our relationship with doctors to be like.' The event was attended by members and workers from the Out in Leeds group and medical students from the Medics LGBT Society who were welcomed to the School by Professor Trudie Roberts, LIME Director of Medical Education.

Professor Trudie Roberts said: "It was a pleasure and a privilege to meet with friends and colleagues from the LGBT community. The contribution will be a valuable resource to help train future doctors in



the School and I'm very grateful to our LGBT friends for working with us."

Adie, Community Worker with Out in Leeds said: "It was an excellent event and all the staff and students from the University made the group feel very welcome."

This work follows previous pieces by diverse community organisations in Leeds and these are due to be displayed on level 8 of the Worsley Building.

LITTLE LONDON PRIMARY SCHOOL

Salah Hassan and Aasim Adia

Little London Primary School is a buzzing, thriving and exciting school in the heart of the city of Leeds. It provides an innovative and modern approach to education and learning; where personalised methods are at the core of the school's educational ethos.

The School is housed in the Little London area in Leeds where it consists of 2 main buildings: Lower and Upper School. Lower School houses nursery, reception, year 1 and year 2; whereas, Upper School houses year 3-6.



Little London's community is incredibly diverse, there are more than 75 languages spoken at the school (which makes it one of the most diverse educational institutions in the UK). The school's strengths lie within the incredible diversity, but this does not present without its own challenges. Many of the children across all years do not speak English as their first language. They require more focused and tailored learning style. The school's infrastructure has been adapted to allow one to one and small group teaching to occur. The engineers and the school's management decided to include many small side-rooms scattered around in corridors to accommodate the small scale teaching sessions.

The school has specially trained staff to help guide foreign students to integrate and engage with studies as soon as possible. Most children from foreign countries learn to speak, read and write within a few months, which is an absolutely remarkable achievement. This is down to the malleable young minds of the children, but also down to the hard work of dedicated teachers and teaching assistants.

In many respects, the average Little London Primary School classroom represents modern, multicultural Britain and the ideal society within which we all aim to live in. Little London has diverse classes with children with different skin-tones and shades, being honed and united only by British values of respect and harmony.

Another front within which Little London Primary is thriving is technology based learning. I was genuinely impressed by the implementation of modern technologies in daily learning. The children used iPads to perform their



mathematics questions and research the catastrophic volcanic explosion at Pompeii during the Roman History week. Paper registers are a thing of the past, having been replaced by online systems. What impressed me the most is the fact that children in year 3 were learning to code independently. I believe that the immersion and use of technology in the curriculum of Little London Primary School will give its pupils an advantage in their further education and employment prospects. The two weeks which I have spent at Little London Primary School have been a real privilege and most definitely an eye-opening experience. There are many parallels to be drawn between the education sector and the domain of paediatric medicine; for example, by learning how to break down complex concepts in small, coherent steps. After all, "If you can't explain it to a six-year-old, you don't understand it yourself" - Albert Einstein.



BOYZ2MEN HEALTH

LIVING WELL AND TAKING CONTROL

HEALTH FAIR

West Indian Community Centre, Laycock Place, Leeds LS7 3AJ

WEDNESDAY 28th MARCH 2018 - 2pm to 6pm

- Health Information Stalls
- Guest Talks
- Food
- Alternative Remedies Stalls
- Local GPs Q & A

ALL WELCOME! - FOR MORE INFORMATION PLEASE CONTACT

Claude Hendrickson, Boyz2Men Project Director,

Tel: 0113 262 2270 - Email: Claude@wicct.co.uk



Community Education Development Officer Report, Barry Ewart

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

- Jigsaw Confirmation Form Meeting (4/9/17 and Management Committee Meeting 26/9/17, 23/1/18 plus AGM 28/11/17) and Full Sutton Tender Meeting (23/10/17)
- HARP Refugee Conference Planning Meeting (7/9/17 and 9/11/17)
- White Ribbon Campaign 16 Days of Action 2017 Planning Group (5/10/17)
- Leeds Men's Health & Wellbeing Network EC, (17/10/17 and 5/2/18)
- City of Sanctuary Health Network (19/10/17 and 5/2/18)
- LIME Green Team (8/11/17)

Conferences/Seminars/Presentations/Teaching:

- Jodi Gunning, RESS Student Selected Projects Co-ordinator, to look at projects for December 2017 (7/8/17)
- RESS 2/3 Supervisor Training Meeting (6/9/17)
- LIME Athena Swann Meeting (19/9/17 and 3/1/18)
- RESS 2/3 Pre-Xmas Student Selected Projects Open Afternoon (20/9/17)
- Talk Year 2 Campus to Clinic on Community Visits, Lecture Theatre (21/9/17)
- IDEALS 2 Inclusion Health – Valuing Diversity including workshop on Working Class Doctors (2/10/17 and 15/1/18)
- IDEALS 2 Language Lab Workshops (16/10/17 and 30/10/17)
- Professor Laura Stroud, Inaugural Lecture, 'The Art of Leadership', Leeds Institute of Medical Education (1/11/17)

- Campus to Clinic Year 1&2 CMT (6/11/17)
- Meeting Valerie Farnsworth concerning IDEALS 1 Unconscious Bias Training for medical students (7/11/17) and LIME Transition Team (14/11/17)
- Environment and Health Research at Leeds Event, School of Earth & Environment, University of Leeds (29/11/17)
- Shelley Fielden, Inter-Professional Education Lead, School of Medicine, re potential diversity workshops for health profession students in February and March 2108. (12/12/17)
- 2 Workshops on: 'Students Engaging with the Community' at the Paediatrics Winter Event, Hinsley Hall, Leeds LS6 (13/12/17)
- RESS SSP Community Student Feedback Meeting, School of Medicine (15/12/17) and SSP Moderation Meeting (24/1/18)
- Diversity in Medicine & Health National Meeting, Leeds School of Medicine (16/1/18)

Other Activities/Visits

- Sarah Prescott, Age UK re planning the launch of the latest Community Arts Initiative LGBT painting in our School on the 14th of December (3/10/17)
- Andrew Omrod, St George's Crypt (4/10/17)
- Black History Month Talk, Dr Robert Burroughs, Leeds Beckett University on Black History and the Anti-Slavery Movement, Leeds Central Library (4/10/17)

Patient Carer and Public Involvement (PCPI) Volunteers

We believe strongly that the 'Patient Voice' is vital in helping Leeds Teaching Hospitals NHS Trust deliver and improve high quality healthcare for all patients and their Carers.

Our PCPI volunteers provide a valuable resource to the Trust in supporting the activities of the Patient Experience Team in obtaining and analysing feedback from patients. Our volunteers come from all walks of life as we seek to ensure that the diversity of the communities we serve is represented fully.

We are currently looking to expand the number of PCPI volunteers to help with the following activities:

- Plan and deliver engagement and involvement projects.
- Support the administration of surveys in clinics or wards seeking patient feedback.
- Help the team organise functions, seminars or conferences.
- Talk to patients generally about their personal experiences, satisfaction levels and listen to their ideas for improvement.

We ask for a commitment of a minimum of roughly two hours per week for at least six months or equivalent. The actual hours you will work will be flexible, as the variable nature of the work means that you may only be required to work at particular times and/or on specific days as each project dictates.

In return we will give you the valuable experience of interacting with patients and staff, plus an understanding of project management and research techniques –and of course you'll have the satisfaction of knowing that you're contributing to improving the quality of care for our patients and their Carers.

If you require further information before applying, please contact:

Adejumobi Sowole | Assistant Patient Carer and Public Involvement Officer

Leeds Teaching Hospitals NHS Trust

St James's University Hospital | Trust HQ | Beckett Street | Leeds | LS9 7TF

☎ 0113 206 7364

✉ adejumobi.sowole@nhs.net

LIME PATIENT AND CARER COMMUNITY (PCC)

LIME has its own Patient and Carer Community (PCC) and to find out more about the group I asked a few questions to Jools Symon's from LIME who works with the group very closely:

Could you tell us what the PCC is?

A friendly community of patients, carers and family members working in partnership with students and clinicians to deliver medical and healthcare education.

Could you tell us what it does in LIME?

The PCC members use their real life experiences to enhance the learning process for all concerned. They are making a difference by putting their stories at the heart of the curriculum.

How long has the PCC been going?

There has always been patient involvement at the Medical School. However the PCC has been running since 2003 albeit under different names.

How many people are in the PCC?

We currently have 188 members and we're always looking for more.

What support is offered to PCC members?

We have a dedicated PCC team and members always have someone to contact. We provide a bespoke service so that all our members can stay actively involved.

Could you tell me if there have been any interesting recent developments with the group?

We are just about to open our fantastic rest room on level 8 of the Worsley Building. This is a large room with a kitchen, dining space, work area and comfortable lounge.

How can people get more information on the PCC if they are interested in joining the group?

You can contact Sharon Roscoe on 0113 343 0608 or email s.roscoe@leeds.ac.uk or you could visit our website at:

http://medhealth.leeds.ac.uk/info/830/patient_carer_community

You will be made very welcome so come and join us!

Community News

Call for Volunteers

Support After Rape and Sexual Violence (SARSVL) in Leeds are looking for women who want to volunteer on their helpline, providing confidential support to women and girls who have experienced sexual violence. Comprehensive training is provided and applications are open to women aged 18 or over. For more information and to download an application form please visit their website: <http://supportafterrapeleeds.org.uk/volunteer/helpline-volunteers/>

Stories Wanted by Healthwatch Leeds

Healthwatch Leeds are looking for people with multiple health needs who would be happy to share their story to possibly influence change via stakeholders. They are offering £10 Love2Shop vouchers as a thank you. The contact information for this is Email: harriet@healthwatchleeds.co.uk Telephone 0113 0898 0035.

Free Grow Wild Seed Kits

Grow Wild is inviting local groups to find an urban area or unloved space and turn it into a colourful haven for the whole community. See: <https://growwilduk.com/>

A Night to Remember – St Gemma's 40th Anniversary.

St Gemma's Hospice is planning a very special evening on the 21st of March to mark the 40th Anniversary of the Hospice. It will be hosted by presenters from Yorkshire Television at the Victoria Hall, Leeds Town Hall. There will be the brand new Hospice Choir and Leeds Symphony Orchestra. It is £5 per person and please contact Emily on 0113 218 5550 for tickets or go to: events.st-gemmas.co.uk

Protect your health – want to know more?

Information sessions on topics that are important to you and your local community. Wednesday the 28th of March from 12.30pm until 2.00pm at Technorth, Public Health Resource Centre, 9, Harrogate Road, Leeds LS7 3NB.

A BIG THANK YOU TOO to all of the facilitators who came into the School and offered a diverse range of Inclusion Health –Valuing Diversity small group interactive workshops and these include: * An Introduction to Stammering and Speech Language Therapy – Alex Wileman * Attention Deficit Hyperactive Disorder (ADHD) – Elaine Powell * Bereavement – The Great Taboo – Chris Wood * No Decision About Me Without Me: The Voice of Refugees and Asylum Seekers – Rose McCarthy and service users * Deaf Awareness (plus guest lecture) – Howard Beck, Leeds City Council Adult Social Care * Supporting People Living with HIV – BHA Skyline Leeds * Drug Addiction – Paul Sullivan and Fiona Dudley * Emmanuel Syndrome: One in Fourteen Million – Joanna Holmes * Living with Motor Neurone Disease – Sue Smith * Molecules of Emotion – Vivienne Crawford * Pets as Therapy – Ruth Boyes * Positive Approaches to Adoption and Fostering – Julie Pearmain * Religion and Health – Ghazala Mir * Severe Depression – Tony Frai * Trans & Non-Binary Identities – Kit Heyman * Understanding Autism – Julie Lambert * Valuing Diversity Inclusive Practice – Robina Mir * Visual Impairment – Joan Marshall * What's an Alcohol Problem? – Miranda Powers * Working Class Doctors – Barry Ewart * Working with Perpetrators of Domestic Violence – Kath Grogan * LGBT Health Issues – Tanner Gibbons-Klein * The Right to Healthcare – Anna Miller, Doctors of the World.

HEALTHWATCH LEEDS REPORTS & RECOMMENDATIONS

See: <https://www.healthwatchleeds.co.uk/>



Year 2 medical students attend the IDEALS Inclusion Health – Valuing Diversity Workshop in January on 'Pets as Therapy'

Student Saturdays

£10 OFF

a relaxing massage,
deep tissue massage,
Indian head massage,
reflexology or
Reiki treatment.



First Saturday
of each month



Phoenix Health and Wellbeing, Oxford Chambers, Oxford Place, Leeds, LS1 3AX
t. 0113 234 0818 e. info@phoenixhealthandwellbeing.org.uk
www.phoenixhealthandwellbeing.org.uk
Facebook: Phoenixhealthandwellbeing Twitter: PHandW



THE GATE HOUSE RESTAURANT AND COFFEE SHOP

Gloucester Terrace, Armley, Leeds LS12
(next to HM Prison, Leeds).

This is opposite The Jigsaw Visitor's Centre and is run by them with all the profits going back to Jigsaw to help prisoners and their families.

The Gate House offers breakfast and lunch in a casual setting. It is open from 7am until 2pm on Weekdays.

- Freeview TV
- Kid's Corner
- Wi-Fi (just ask the staff for the password)
- Book corner
- Food

Useful Websites:

Doing Good Leeds

<https://doinggoodleeds.org.uk>

Diversity in Medicine & Health (DIMAH)

www.dimah.co.uk/

Leeds City Council

www.leeds.gov.uk/

Doctors of the World

www.doctorsoftheworld.org.uk/

Healthwatch Leeds

www.healthwatchleeds.co.uk



MEN'S HEALTH WEEK

11-17 JUNE 2018

This year the theme is all about men and diabetes.

See:

www.menshealthforum.org.uk/mhw

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

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