



# Community Newsletter

**Issue 48**  
**Summer 2017**

We hope that everyone was able to have a good break as now a new academic year and term begins in our School. In this issue we highlight the diverse range of community visits carried out by our first and second year medical students as part of Campus to Clinic. Ken Hardisty from the Holycroft Surgery Patient Participation Group (PPG) in Keighley also shares his tips on good patient engagement practice. We further include a feature on the excellent work being done in our School by the Bright Sparks Theatre Group in partnership with our Patient I Carer Community and our medical students. We also include a flyer to aid refugees and asylum seekers with a healthcare background who may be interested in the NHS which was produced by three medical students whilst on a RESS Student Selected Project placement with The City of Sanctuary in Leeds. There are our regular features on Community News, a Community Update and some useful websites. We hope you enjoy reading this issue.

## CONTENTS

Year 1 & 2 Student Campus to Clinic Community visits	2
Year One Community visit report £20 Book Token winner!	3
Barry's Community update	3
The Fruits of Engagement – 7 Bitesize Tips!	4
Lime's Green Team Wins Sustainability Awards!	4
BOYZZMEN Health	5
Community Education Development Officer Report	5
Bright Sparks	6
Community News	7
Well-Bean cafe	8
Useful Websites	8



## BRIGHT SPARKS

### INCLUSIVE DRAMA PROJECT

### 'OVER THE MOON'

(see page 6)

# YEAR 1 & 2 STUDENT CAMPUS TO CLINIC COMMUNITY VISITS WHILST AT PRIMARY CARE 2016-2017.

In 2016-17 Year 1 & 2 medical students (in groups of four) visited 120 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 is given below:

- AVSED, Aireborough, Leeds LS19.
- Age UK Charity Shop, Halifax.
- Anchorage Community Centre, Shipley.
- Acorn Centre, Harrogate.
- Bradford North Food Bank.
- Bramley Befriending, Flourishing Families, Leeds LS13.
- Bramley Elderly Action, Leeds OWLS, LS13.
- BHA Skyline, Leeds.
- Batley Food Bank.
- Beechwood Leonard Cheshire Home, Huddersfield.
- Blood Transfusion Centre, Headrow, Leeds LS1.
- British Thyroid Foundation, Harrogate.
- Biasan Women's Support Refugee Group, Bradford.
- Cancer Support Yorkshire, Bradford.
- Café West, Allerton, Bradford.
- Cohen's Community Pharmacy, Clayton, Bradford.
- Cancer Research Charity Shop, Leeds.
- Central Court, Keighley.
- Cellar Trust Crisis Centre, Keighley.
- Dementia Forward, Harrogate.
- Eden Place Residential Care Home, Pontefract.
- Friday Support Group, Heart, Headingley, Leeds LS6.
- Green Acres Rehabilitation Care Home, Leeds LS9.
- Girlington Community Centre, Bradford.
- Horsforth Food Bank, Leeds LS18.
- Hyde Park Source, Leeds LS6.
- Healthy Lifestyles Group, Bradford.
- Home from Hospital, LGI, Leeds.
- Hale Project, Shipley.
- Huddersfield Library & Arts Centre.
- Harrogate Homeless Project.
- IDAS North Yorkshire, Independent Domestic Abuse Service, Skipton.
- Kirkwood Hospice Charity Shop, Marsden, Huddersfield.
- Leeds Chinese Christian Church, Youth Group.
- Leeds Rawdon Sober Life, LS19.
- Memory Café, Gracious Street Methodist Church, Knaresborough.
- MHA, Assisi Place, Leeds LS10.
- Morley Elderly Action, Leeds.
- Mental Health Recovery Group, Carers Leeds.
- NET Garforth, Leeds LS25.
- North Seacroft Good Neighbour's Scheme, Leeds LS14.
- Neruka's Soup Kitchen, Church of Jesus Christ Apostolic, Leeds LS8.
- Oxfam Charity Shop, Morley, Leeds.
- Ossett War Memorial Community Centre, Wakefield.
- Park Run, Hyde Park, Leeds LS6.
- Park Run, Roundhay Park, Leeds LS8.
- Park Run, Bramley Park, Leeds LS13.
- Park Run, Thornes Park, Wakefield.
- Piccadilly Project, Bradford.
- People in Action, Leeds.
- Recovery Café, Rethink, St Catherine's Centre, Wakefield.
- Real Junk Food Café, Armley, Leeds LS12.
- Rainbow Junk-tion Café, All Hallows Church, Leeds LS6.
- Rowanberries Residential Care Home, Clayton, Bradford.
- Regent Terrace Hostel, Leeds LS6.
- St. Anne's Community Services, Kirkburton, Huddersfield.
- St. George's Crypt, Leeds.
- Salvation Army, Batley.
- Samaritan's Wakefield.
- Skipton & Craven Action for Disability (SCAD).
- Sunshine and Smiles, Leeds.
- Second Chance, Wakefield.
- Shipley & Bingley Voluntary Services.
- Thorpe House Specialist Mental Health Home, Kirkburton, Huddersfield.
- Touchstone, Harehills, Leeds LS8.
- Toast, Love, Coffee, c/o The Ark, Leeds LS8.

## YEAR ONE COMMUNITY VISIT REPORT £20 BOOK TOKEN WINNER!

### Community Visit: Carers Leeds Community Mental Health Group.

For the community project a group associated with Carers Leeds was visited, which supports the mental health of carers in the community. Particularly this group focuses on carers with a mental health condition, as well as individuals within the community that may have mental health conditions or in the past have experienced these. The group focuses on the positive aspects of day to day life, and what people have learnt and gained from their challenges rather than the negative aspects of mental health.

I was fortunate enough to visit the group during the themed session of creativity, which I found very insightful, particularly as I am interested in the concept of arts therapy and creativity as a method of channelling thoughts and emotions that cannot always easily be expressed. We were divided into small groups and given the task of drawing anything we wanted, and then roughly explaining the significance of the images to the group at the end. Speaking to some of the individuals during the session was very eye opening in regards to the analogies used to describe their conditions, which were incredibly insightful in regards to understanding people's variety of experiences of mental health. Perhaps if the public were made more aware of individual experiences of mental health conditions being often quite diverse, there would be less stigma surrounding categorising people into either having a mental health condition, or not having a mental health condition.

On reuniting at the end we discussed the interpretations of what we had created, which ranged from the aspects of life people loved, hobbies, and ways of dealing with the thoughts that accompany mental health conditions. Many expressed that being creative is a useful way of zoning out from the negative or anxious thoughts, and being able to relax and concentrate on something completely different. On reflection, a lot can be understood and taken away from the visit, as from speaking to individuals with certain conditions, I was able to begin to understand the wide range of variations and experiences that people have, and the different methods people have in regards to

management. For instance two people may have depression, however their experiences and coping methods may be completely varied in comparison to one another. Furthermore, nearing the end there was a short discussion regarding accepting mental health, and realising that often mental health makes up a part of who we are, including a number of positive aspects, rather than just negatives.

There appears to be a great deal of value in using the arts and creativity as a method of interpreting mood fluctuation and using imagery and written words to express what individuals are grateful for in day to day life. In the future this visit will help us to understand perhaps a little bit more about the various methods of coping with mental health conditions, and the huge importance of respecting that everyone's experience is so diverse, and there is no 'one size fits all approach' to mental health.

Rosemary Dale, Reece Brunt, Georgie O'Neill.



*Carers Leeds supports all unpaid carers in the city, people who are helping a friend or family member due to illness, disability, mental health issue or substance abuse problem. There are 72,000 carers in Leeds. Carers Leeds are based at 6/8 The Headrow, Leeds LS1 6PT. Their Advice Line is 0113 380 4300. Email: [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk) Website: [www.carersleeds.org.uk/](http://www.carersleeds.org.uk/)*

## BARRY'S COMMUNITY UPDATE

It has been a very successful recent few months with the Jigsaw Visitor's Centre at Leeds Prison winning three tender bids (see 'Community News' page 7) and Leeds Men's Health & Wellbeing Network receiving a £25k grant from North Leeds Clinical Commissioning Group in a partnership bid alongside The West Indian Community Centre Charitable Trust (Lead) plus the Al-Khidmat Centre. This project under the heading of 'Boyz2Men' will promote healthy living amongst diverse men in Leeds LS7 and LS8. Our LIME Green Team also won another three awards from the University Sustainability Service. We received silver accreditation for our work in general, one silver project award (for the student representatives), and gold (for our Student Selected Project teaching). In recent months I have also joined LIME's Athena Swann Team (to promote staff equality issues in the University) and LIME's Transitions Team (which supports medical students and retention rates). I also continued in my work supporting the Leeds City of Sanctuary Health Network which is currently fighting Government proposals to charge refugees and asylum seekers for some health services. I also continue to support Diversity in Medicine and

Health (DIMAH) and their work nationally. I have also been part of the team that is looking at piloting the idea of our Physician Associate (PA) students keeping reflective audio blogs (which could include poetry) and they each will work with a member of the Patient I Carer Community in LIME on this. I attended a wonderful Technology Enhanced Learning Open Morning in the School in July and for the first time in my life I put on a Virtual Reality (VR) headset and wow! This really stimulated my thinking about how VR could possibly be used in society (with potential social benefits) and I have since joined the 'VR Doctors' Facebook page. I finally attended three very useful community conferences/seminars in Leeds in May, June and July with the first being on men's health and getting voluntary groups to work together to try to get funding to address issues raised in the Leeds Beckett University National Centre for Men's Health Report (2016) 'The State of Men's Health in Leeds.' The second was hosted by Third Sector Leeds and Leeds City Council on Community Cohesion plus the third was at Leeds University Law School on 'The Wellbeing of Disabled People and Carers' and all three were very worthwhile.



## THE FRUITS OF ENGAGEMENT – 7 BITESIZE TIPS!

“Nothing is to be gained in using patients in a tokenistic way by a mere “box ticking” exercise.”

Ken Hargreaves, outgoing Patient Participation Group (PPG) Chair at Holycroft Surgery in Keighley, West Yorkshire, shares his tips for a successful PPG group:

1. A group launch - or relaunch - for PPG engagement. The initial stage of ‘engaging the engagers’ in the formation of a patient participation group is crucial to gain the motivation of patients and impetus to work collaboratively over time. At times, when the number of core members of the PPG might decrease, it may be useful to consider a relaunch to gain a few more patients; this can be achieved through a PPG Awareness Week event.
2. A culture of engagement. It is important to create a culture of mutual respect between patients volunteering for membership of the PPG and practice staff through authentic involvement.
3. Engaging events. The development of engaging ‘in practice’ events can be mutually beneficial for all and most often produces win-win situations, delivering increasing benefits for a broader range of patients and the efficiency and effectiveness of the practice.
4. Expanding engagement – increasing involvement. In an ideal situation, though not always an easy task, it is preferable for participating patients to be as representative of the practice cohort as possible in respect of age, ethnicity, gender and other demographic metrics. Involvement has been engendered over time by creating a virtual PPG for young mothers or patients with work commitments who cannot attend PPG meetings in the practice. There have been weekly events where the Bangladeshi community have been involved, engaging local school children in healthy living issues by means of artwork or voluntary organisations contributing to a

holistic approach for health education. Creative ways to engage can often be sought.

5. Never miss an opportunity to engage. There are often opportunities which arrive that ideally should be captured without procrastination or reticence; someone or something that can improve patients’ knowledge and understanding, drive patient care or services forward.
6. Extending the boundaries of engagement. Involving community groups can potentially pay dividends in promoting the health and wellbeing of patients, but it need not stop there. Additionally there are opportunities to involve the Member of Parliament in health awareness raising events and linking the PPG to external health focussed organisations. Members of this practice were instrumental in forming a PPG Network within the boundaries of the local Clinical Commissioning Group which holds quarterly meetings.
7. Celebrating the fruits of engagement. Through a proactive approach and seizing opportunities over recent years Holycroft, in collaboration with its PPG has worked in tandem to gain a ‘customer service award’ and to date facilitated two pieces of ‘service improvement research’ by Leeds University medical students. There is much that can be achieved by developing a strong, mutually respectful working partnership between well-motivated patients and a progressive GP practice.

The first ever Research Engagement Award was presented to Holycroft Surgery Patient Council in March 2015.



## LIME'S GREEN TEAM WINS SUSTAINABILITY AWARDS!

Leeds Institute of Medical Education's Green Impact Team took three awards at this year's Sustainability Awards Event held by the University of Leeds in June. The awards recognise those who are making great strides in helping the University to become a more sustainable organisation that takes its environmental, social and economic impact upon the local community and planet very seriously. LIME has now moved up to silver accreditation (from bronze) and

they also got a silver project award for their student representatives. The third award was a gold project award for its Student Selected Project Teaching and this award was even mentioned by the University Vice-Chancellor, Sir Alan Langlands, in his address to the event. LIME's Green Team are very proud of their achievements and they have now won six awards in their first two years.

## BOYZ2MEN HEALTH

### LIVING WELL AND TAKING CONTROL

In partnership with Leeds Men's Health & Wellbeing Network, the Leeds Islamic / Al-Khidmat Centre and the Sikh Centre, Leeds West Indian Centre Charitable Trust has launched a year project to target men from BME communities who have the least access to health information and services in the Chapeltown and Harehills areas, to raise awareness around heart disease, cancer, diabetes and obesity and help increase their life expectancy.

A local community survey of 82 men in Leeds of which 15 were from LS7 and 10 from LS8 (over 25% of the sample) found that men did not visit their GP regularly (2015-16). Research led by Leeds Beckett University (2016) suggests that there is a need for more health interventions amongst men and particularly the poorest areas of the City including LS7 & LS8. The report states that: 'There is a 10% year difference in life expectancy between inner-city areas like Hunslet and outer areas like Harewood and this applies similarly to LS7 & LS8'. The majority of health issues affecting inner-city males are preventable and are related to lifestyle or social conditions of work or home environment. Led by Manager Claude Hendrickson, with funding from North Leeds Clinical Commissioning Group Third Sector Grants administered by Leeds

Community Foundation, the project will work with local GPs, clinical stakeholders, local nurses and community advocates, North Leeds Clinical Commissioning Group Signposting Service (Connect Well) and Health Volunteers in LS7 & LS8 to access 300 African, African Caribbean and Asian men to a range of Health MOT services and advice through workshops, healthy exercise, and dietary sessions.

Claude said "We can see low life expectancy in Chapeltown and Harehills, especially among the many men under 50 dying of unnecessary illnesses; we want to challenge this and make men more responsible for their own health".

### FOR MORE INFORMATION PLEASE CONTACT

Claude Hendrickson, Boyz2Men Project Manager

Tel: 0113 262 2270 M: 07831 480 196 E: [claudio@lwicct.co.uk](mailto:claudio@lwicct.co.uk)

Monday to Friday 10.30am – 4.30pm

#### References

1. Local Men's Health Community Survey, Leeds Men's Health & Wellbeing Network, (2015-2016)
2. The State of Men's Health in Leeds, White. A et al, National Centre for Men's Health, Leeds Beckett University (2016)

## 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 (28/2/17) and Boyz 2 Men Steering Group (30/3/17, 19/4/17, 3/5/17) plus Members Meeting (12/6/17)
- Jigsaw Visitor's Centre, Leeds Prison Strategy, Finance, and Funding Sub Committee (15/3/17 and 10/5/17) plus Management Committee (28/3/17 and 23/5/17) also Jigsaw Special Tender Meeting (6/7/17 and 10/7/17)
- LIME Green Team (4/4/17)
- LIME Athena Swann Team (19/6/17)
- LIME Transitions Team (21/6/17 and 27/7/17)
- Leeds City of Sanctuary Health Network (13/7/17)

#### Conferences/Seminars/Presentations/Teaching:

- Campus to Clinic Year 1/2 Course Management Team (1/3/17)
- Additional June RESS SSP Meeting with 3 medical students (10/5/17)
- RESS CMT (22/5/17)
- Physician Associates Audio Blogs with Patients Steering Group (7/6/17)
- LIME Technology Enhanced Learning Team Open Morning (4/7/17)

#### Other Activities/Visits:

- Faculty of Health & Medicine Inclusion & Equality Consultation Meeting, St James' Hospital (16/3/17)
- Sikha Saha, Course Lead, Year 2/3 Student Selected Projects re LIME's bid to be part of Leeds City of Culture 2023. (22/3/17)
- Dr Rob Lane & Andrea McGoverin, LIME re potential article 'Engaging Difference' re our Year 2 IDEALS Language Lab Workshops (27/3/17 & 27/4/17)
- Special Staff Lunchtime meeting with Professor Trudie Roberts, Director Medical Education LIME (25/4/17)
- Diversity in Medicine & Health Meeting, Sheffield 10.30am to 3.30pm (11/5/17)
- Men's Health Conference: From Learning to Action - Leeds Beckett University (25/5/17)
- Third Sector Leeds - Community Cohesion Conference, Leeds Church Institute (29/6/17)
- The Wellbeing of Disabled People and Carers Seminar, School of Law, University of Leeds (12/7/17)
- Fawaad Lak, Men's Worker, Association of Blind Asians, Leeds (27/7/17)

## Bright Sparks

'Over The Moon' was an inclusive drama project which culminated in two performances over two consecutive evenings at Stage@leeds, at the University of Leeds. With support from The Patient I Carer Community (PCC), also based at the University of Leeds; alongside Aspire Community Benefit Society and headed up by Bright Sparks Theatre Arts Company (a Community Interest Company) as part of their 'Commitment to Play' initiative. The work began as a series of practical sessions at Crossgates Maryfields Centre, in which we had lots of fun and came up with ideas about what the show was going to be about; and leaned how to act, dance, sing and do sign language. We got a chance to show off our skills when it came to tell our tale. The story we made took us through time and space exploring the history of communication, with smoke signals, songs, bone-telephones, balloon messages to the moon and more. We even got a an audience with Queen Victoria. She 'was not amused!' ... but eventually we made her laugh. It was a great time for all involved, we can't wait to do another show.

*And some general stuff about the company:*

Bright Sparks Theatre Arts Company specialise in using drama techniques to work alongside people with non-conventional ways of communicating, often due to cognitive impairments.

Recent projects have involved people with physical and learning disabilities and people living with dementia. Recent activities have involved medical students from the University of Leeds, School of Medicine and we continue to work with the ground-breaking Patient I Carer Community (PCC).

"One of our fundamental goals is to unmask the patient - to see the individual behind their condition."

John Hudson - Director and Lead Facilitator

"When dealing with people who use non-conventional communication styles, the use of the arts to aid communication is an obvious choice; as the arts themselves use non-conventional ways of presenting ideas, which are often beyond typical day-to-day language."

Marc Walton - Co-founder and Stage Manager

Both John and Marc have a long history of making theatre with learning and physically disabled people, beginning in 1995 delivering drama workshops and arranging performances at Thomas Danby College, through to creating and delivering the epic, partially improvised, 'Tale of The Giant Strawberry' and the subtle multi-media performance 'Swallows and Amazons', both at the West Yorkshire Playhouse's First\_Floor space in 2012. John's ongoing work over the past five years has seen a gamut of productions with Devon based 'Wolf and Water' and 'Get Changed' Theatre Companies. In addition, Marc has been Stage Manager for 'The Beautiful Octopus Club' since it began in Leeds at the Wardrobe Club over fifteen years ago.

Their ongoing work seeks to improve communication between groups which otherwise may struggle, using drama and arts activities to make it safe, enjoyable and most importantly, playful. It's funny ... when the barriers get removed, you wonder if they were ever really there to begin with.





## Community News

### Jigsaw Visitor's Centre (Leeds Prison) Success!

The Jigsaw Visitor's Centre at Leeds Prison has been successful in its tender bids to run the visitor centres at Leeds Prison and at Wealstun, Wetherby. They also won the tender to run the visitor's centre at the Full Sutton High Security Prison in York..

### University of Leeds Positive Impact Partners (PIP) Programme

The University of Leeds, working in partnership with the voluntary sector has set up the Positive Impact Partners (PIP) Programme to work together to bring about social change. PIP is a partnership between University staff and third sector organisations and is aimed at working in a mutually beneficial way. It has been running since 2015 under the Community Mentoring Scheme.

Eleanor Rowley, Team Leader at IntoUniversity Leeds South, an educational charity that aims to raise aspirations of young people said: "It's a fantastic way to build your team's confidence and utilise the broad expertise and knowledge within the university. The scheme has greatly supported our relationship; we have more contacts and are in touch with lots of different groups which has really benefitted the work we do."

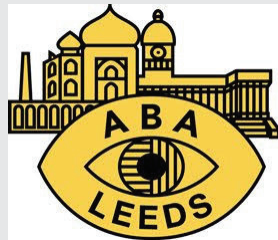
The University is now expanding the programme and is looking for new partners across the third sector and state schools.

Contact: Amanda Jackson on 0113 343 4073 or email: [a.m.jackson@leeds.ac.uk](mailto:a.m.jackson@leeds.ac.uk)

### Leeds GATE – Health Advocacy – Saves Money, Changes Lives.

Leeds GATE has produced a good practice guide for those wishing to learn about delivering equitable services to Gypsies and travellers. For further information see their website at: [leedsgate.co.uk/](http://leedsgate.co.uk/)

### The Association of Blind Asians



is a city wide charitable organisation for people with visual impairments. ABA is a culturally diverse group which has been running since 1989. At ABA we provide people with visually impairment the support they need to manage their condition so they can live independent and fulfilling lives.

We offer the following services:

- Advocacy support
- One to one support (Home visits)
- Weekly Luncheon Groups (city wide)
- Men's health group
- Multilingual reading groups

We give our service users information on benefits and housing they are entitled to. Liaising with adult social care to get the help they need to live independently. Any educational opportunities available to them such as Basic English and I.T. skills that will not only help with everyday life but also for those looking for employment. We also have special social events for example out of city trips. We also provide health and wellbeing advice, we have regular exercise activities which include a Men's walking group and chair based exercise.

Please contact us if you are in need of our support or if you know of anyone that would benefit from us. We would love to welcome new members to our family.

### Growing Points – Hidden Talents

## Guardians needed

To support refugees with medical background in applying for NHS apprentice programmes



**OCTOBER BLACK HISTORY MONTH 2017**

**Dr Julius W Garvey MD**  
Son of the pioneer of modern black nationalism, Marcus Mosiah Garvey  
IN ASSOCIATION WITH THE MARCUS GARVEY LEGACY TRUST

Individuals £25  
Corporate £35  
Includes  
Dinner Buffet  
Limited tickets

**Black History Month UK**  
Celebrate 30 Years of  
with LEEDS WEST INDIAN CENTRE CHARITABLE TRUST  
Enquiry Details: [paul@lwicct.co.uk](mailto:paul@lwicct.co.uk) / (0113) 262 2270  
[WWW.LWICCT.CO.UK](http://WWW.LWICCT.CO.UK)


**UK TOUR, LEEDS TUESDAY 3<sup>RD</sup> OCTOBER 2017**

**THE Dr Carl LA Hylton**  
Inaugural MEMORIAL LECTURES  
Saturday 28<sup>th</sup> October 2017

Individuals £15  
Corporate £25  
Includes  
Finger Buffet  
Limited tickets

**OCTOBER BLACK HISTORY MONTH 2017**

**WELL-BEAN Cafe**



**The Café opens**  
Saturday, Sunday  
& Monday evenings  
from 6pm-12pm

At Lincoln Green  
Community  
Centre, LS9 7JB

The Well-Bean Hope In A Crisis Café is open to anyone in a crisis. We offer a non-clinical alternative to A&E, to reduce distress and work with people to resolve or better manage crisis.

We offer 1:1 emotional support (from a Person Centred Approach) and/or practical support with a focus on Social Crisis e.g. isolation, loneliness, emotional health and wellbeing. We provide a safe social space where refreshments and hot food are available.

Professional Referral 07760 173505  
Self Referral 07760 173476

**Useful Websites:**

West Yorkshire & Harrogate Sustainability and Transformation Plan (STP)  
See Healthwatch Leeds: [www.healthwatchleeds.co.uk](http://www.healthwatchleeds.co.uk)

**Men's Health Forum Beat Stress UK**  
<https://www.menshealthforum.org.uk/beat-stress-feel-better>


**Doing Good Leeds**  
<https://doinggoodleeds.org.uk>

**Leeds City Council**  
[www.leeds.gov.uk/](http://www.leeds.gov.uk/)

**British Medical Journal on-line**  
And see 'News' <http://bmj.com/>

**Diversity in Medicine and Health (DIMAH)**  
[www.dimah.co.uk/](http://www.dimah.co.uk/)

**Doctors of the World**  
[www.doctorsoftheworld.org.uk/](http://www.doctorsoftheworld.org.uk/)

**1-2-1 support**  
**Advocacy support**  
**Information and guidance**  
**Drop in session**  
**Aids and adaptations**  
**Information on welfare rights**

**0113 2103347**  
**55 Harehills Ave, Leeds LS8 4EX**  
**[www.abaleeds.org.uk](http://www.abaleeds.org.uk)**  
**[Info@abaleeds.org.uk](mailto:Info@abaleeds.org.uk)**

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

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