# **Community Newsletter**

Issue 45 Spring 2016

In this issue we are really pleased to announce that we were awarded the City of Sanctuary (CoS) Health Award on the 27th of November 2015 at an event held at West Yorkshire Playhouse in Leeds (see photo below). We also include a lovely poem from Philip Sheridan (who is a member of our Patient & Carer Community Group) and the poem is called 'Voices of a Patient.' We also include a link to the PCC's very powerful video. There are my usual reports and community updates plus community news and articles by Leeds Gate (who support gypsies and travellers) plus Jools Symons and the team who write about the Dementia Friends scheme. We further include an update on our latest Community Arts Initiatives as well as including a powerful piece from Doctors of The World. We also find space for a Student Selected Project at BHA Skyline in Leeds which supports those living with HIV in the city. We hope you will enjoy our Spring Issue as hopefully we may be over the worst of the recent weather.

CONTENTS	
City of Sanctuary Health Award	1
Healthwatch Leeds	2
Thank You to Community Organisations	2
Community Education Development Officer Report	3
University/Union LGBT History Month	3
Voices of a Patient	4
Barry's Community Update	4
Leeds Gate	5
Dementia Friends	6
Community News	7
Doctors of the World	7
BHA Leeds Skyline	8
Useful Websites	8

# City of Sanctuary

### LIME GETS CITY OF SANCTUARY HEALTH AWARD!

We are delighted to announce that we were successful in our bid to receive the City of Sanctuary (CoS) Health Award for being a refugee and asylum seeker welcoming organisation and for involving their service users in our curriculum plus for promoting this work. Barry Ewart, our Community Education Development Officer is pictured being presented with the award by Diana, CoS Chair, alongside Rose McCarthy, the National Streams CoS Coordinator.



## A BIG THANK YOU

to all of the community organisations who took our year 2/3 medical students on placement in early December 2015 as part of the **RESS Pre-Xmas Student Selected Project Programme.** The placements went really well and the full list of community organisations who participated is: The Access Committee Leeds, City of Sanctuary, DOSTI, Emmaus, Inkwell – Leeds MIND, Jigsaw Visitor's Centre (Leeds Prison), York Street Health Practice, Leeds Organic Growers, Filipino Futures, People in Action, The Phoenix Health & Wellbeing Centre, BHA Skyline, South West Yorkshire Partnership Foundation Trust, St George's Crypt, The Big Issue in the North, Westroyd Infants School, Youth Point, and Sign Language (24).

We also wish to thank all the organisations and individuals who came into our School to facilitate interactive small group **Year 2 Inclusion Health – Valuing Diversity Workshops** in September 2015 and January 2016. The feedback from students was also very positive and a full list of the workshops is given below:

- An introduction to stammering and speech plus 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 asylum seekers and refugees Rose McCarthy, City of Sanctuary and service users.
- **Deaf awareness** Howard Beck, Leeds City Council Deaf Equality Team.

- Drug addiction –
  Paul Sullivan & Fiona Dudley.
- Emmanuel syndrome one in fourteen million Joanna Holmes.
- Learning disabilities Bill Walton and ROOOTS members.
- Living with motor neurone disease Sue Smith.
- Molecules of emotion Vivienne Crawford.
- Pets as therapy Ruth Boyes, Pets as Therapy.
- **Positive approaches to adoption and fostering** Julia Pearmain.
- Religion and health Ghazala Mir.
- Severe depression Tony Frais.
- Trans & non-binary identities *Kit Heyman*.
- Understanding autism Julie Lambert.
- Valuing diversity inclusive practice-Robina Mir.
- Visual impairment Joan Marshall.
- What is an alcohol problem? Miranda Powers.
- Working class students Barry Ewart.
- Working with perpetrators of domestic violence *Kathy Grogan.*

## healthwatch

### On-line video -'DOCTORS, TALK TO ME' launched!

Gurdesh Birdi and his team, who have learning disabilities, want doctors to talk to them, as opposed to their parents, in appointments. With Fixers they've helped create a film to highlight just how intimidating a doctor's surgery can be to someone with learning disabilities if medical professionals don't explain what they are doing and why.

See the Fixers website: www.fixers.org.uk

### Pets as Therapy



Medical students pictured with Ruth Boyes and helper in the 'Pets as Therapy' Valuing Diversity workshop.

### **Community Education Development Officer Report Barry Ewart**

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

- Year 1 Campus to Clinic Course Management Team (12/8/15 and 12/10/15)
- RESS Student Selected Project Training Session & Making a Video Podcast
- (12/8/15 and CMT 29/10/15 plus Moderation Meeting 13/1/16) IDEALS 2 Language Lab Workshops Planning Meeting (17/8/15)
- LTHT Learning Disability Steering Group, Gledhow Wing, St James' Hospital (23/9/15 and 20/1/16)
- Jigsaw Visitor's Centre, Leeds Prison (29/9/15, 24/11/15 and 26/1/16)
- Leeds Men's Health & Wellbeing Network (5/10/15 & EC 9/11/15 & 21/1/16)

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

- Dementia Friends Workshop, LIME (9/9/15)
- RESS Pre-Xmas Student Selected Projects (Community & Sign Language) Open Afternoon, LIME (16/9/15)
- Valuing Diversity Lecture, Howard Beck, Leeds City Council Deaf Equality Unit on Deaf Awareness plus Workshop on Working Class Students and Doctors (28/9/15) and Workshop (18/1/16)
- Year 1 IDEALS Communication Skills (24/9/15)
- Year 1 Physician Associate Communication Skills (5/10/15 and 19/10/15)
- Supporting IDEALS 2 Language Lab Workshops (12/10/15 and 26/10/15)
- LIME Seminar'How technology can support the learning of today's doctors to enhance tomorrow's doctors learning as practice' (16/11/15)
- 'NHS Meeting the Needs of Everyone' Conference organised by Leeds City Council, The City of Sanctuary, Leeds Refugee Forum and NHS Leeds, West Yorkshire Playhouse (27/11/15)
- Year 1 Communication Skills (3/12/15)

#### **Other Activities / Visits:**

- Richard Veitch, Leeds Organic Growers (13/8/15)
- Pat McGeever, CEO, Health for All Leeds (13/8/15)
- Claude Hendrickson/Sayed Loonat re Men's Health Network (25/8/15)
- Joise Mellor/Richard Veitch re possible Year 4/5 ESREP Filipino Futures (3/915)
- Matt Tattersley, Caring Dads, Gipton re White Ribbon Campaign (14/9/15)
- Sayed Loonat/Elizabeth Alarcon-Rhodes, LTHT Patient & Public Involvement Officers (14/9/15)
- Professor Trudie Roberts, Director of Medical Education re the continuation of the LIME Community Arts Initiative (15/9/15)
- Medical student regetting more LGBT issues into the medical curriculum and LIME's Community Arts Initiative (16/9/15)
- Sarah and Adie, Age UK Out in Leeds Over 50's Group workers re potential involvement in Community Arts Initiative (28/9/15)
- St George's Crypt 85th Anniversary Event (14/10/15)
- World Mental Health Day Event, Leeds Civic Hall (15/10/15)
- Leeds City Council Domestic Violence Team re White Ribbon Campaign . (28/1015 and 12/11/15)
- Aspire Social Accountability Award Team (29/10/15, 10/11/15 and Meeting Rob Lane 23/11/15 plus Team Meeting 24/11/15 and 17/2/16)
- New Farnley Hillside Centre' Movember Event' (3/11/15)
- Martin Tod CEO and Tracey Herd (Dep. CEO) National Men's Health Forum, Rose Bowl, Leeds, with Claude Hendrickson, Chair Leeds Men's Health & Wellbeing Network (3/11/15)
- Tech North Open Day Men's Health stall with Sayed Loonat, LTHT (5/11/15) .
- Andrew Flynn, Menspace, Health for All Leeds (9/11/15) .
- Event Leeds Museum 'Off the Caf' (Conversations about Gender and Mental Health) (11/11/15)
- Forward Leeds Open Day, Ilford House, Seacroft (2/12/15)
- Meeting with Trudie Roberts (LIME) and Jeff Morgan (City of Sanctuary) re Reorientation Programmes for refugees who were doctors (2/12/15)
- Seminar'Health on the Margins (Gypsy & Traveller Health Strategy)'Leeds GATE, Leeds Beckett University (16/12/15).

### **University/Union LGBT History Month**

Every February Leeds University and the Student Union (LUU) celebrate LGBT History Month and there is much to celebrate around the World although in recent years some countries such as Russia, parts of the US and parts of Africa seem to be going backwards concerning LGBT rights. Jonny Foster, LUU Community Officer, said: "LGBT History Month is a festival of equality but it is important to remember the plight of other members of the community who are not able to stand in solidarity this February and who have fought for rights that we and other LGBT people around the World have the privilege to enjoy today." LGBT History Month raises the profile of issues facing the community today. For useful websites see:

#### STONEWALL www.stonewall.org.uk/

### **LGBT RIGHTS INTERNATIONALLY**

www.kaleidoscopetrust.com/

#### **ARGUS FOUNDATION** www.argusfoundation.org/lgbt/

LGBT CONSORTIUM www.lgbtconsortium.org.uk/

**LEEDS UNIVERSITY UNION** https://www.luu.org.uk/groups/lgbt/

### GAY LEEDS www.gayleeds.com LEEDS STEPPING OUT http://groups.yahoo.com/

group/leedssteppingout/

**BROKEN RAINBOW** www.broken-rainbow.org.uk

LEEDS PRIDE www.leedspride.com

SHOUT! www.shoutweb.co.uk

MESMAC www.mesmac.co.uk

LEEDS EQUALITY SERVICE www.equality.leeds. ac.uk and see external links.

**EQUALITY & DIVERSITY LEEDS CITY COUNCIL** 

www.leeds.gov.uk/council/Pages/Equality-anddiversity.aspx

#### LEEDS CITY COUNCIL EQUALITY ASSEMBLY

LGBT HUB http://www.leeds.gov.uk/council/Pages/ Equalities-Assembly/aspx

#### **GRASSROOTS MEN'S HEALTH SURVEY**

Tom Wardman a student at Leeds City College has carried out a grassroots men's health survey in Leeds amongst diverse men with the support of Leeds Men's Health & Wellbeing Network and about 100 men have responded. Sayed Loonat, Public and Patient Involvement Lead for LTHT helped in the supervision of this and Anil Gumber from Sheffield Hallam University kindly helped in the data analysis. The Network hopes to have a meeting in May to report on the findings and will ask men for their ideas on actions in response to the survey results.

### **Voices of a Patient**

I speak With a patient voice, With a voice of care.

That knows the worth Of a good life,

Abides in warm hearts, That offer hot brews With warm smiles.

That lives with the struggle, Shared with those who know Without confession.

That knows the worth Of good life,

Can't buy the hand that holds, Nor the time that gives, While pain has its gnaw.

That opens keen minds To hear those things One can only witness.

That knows the worth Of a good life,

Unveils to young hearts The human face, Puts flesh on the bones.

Reveals a being, Not a condition.

> © 2014 Philip Sheridan. http://www.philip-sheridan.com https://vimeo.com/135677241

### Barry's Community Update

This year could be an exciting time in the city as The National Centre for Men's Health at Leeds Beckett University launches its report on, 'The State of Men's Health in Leeds." The report was commissioned by Public Health, Leeds City Council and the hope from Leeds Men's Health & Wellbeing Network (who lobbied for this) is that it will lead to more action around getting men to take more care of their health and to encourage men to make better use of health services. It is hoped that the voluntary sector in Leeds will also look at what can be done later in the year. Another key challenge is to try to make the men's health network sustainable within a few years. We are continuing with our **Community Arts Initiative** in the School and two LGBT groups - Age UK's Over 55's Group 'Out in Leeds 'and Leeds University Union LGBT Group are both working on producing some art for us on the theme of what they would like their relationship with doctors to be like. Our work with **The City of Sanctuary** is being embedded within the curriculum and already they have run a session with service users for our staff; and for students in IDEALS 2 Inclusion Health - Valuing Diversity Workshops as well as hosting an afternoon community visit for first years as part of Campus to Clinic. They have further taken a pair of year 2/3 students on placement as part of the December RESS Pre-Xmas Student Selected Project Programme. I have also joined the City of Sanctuary Health Network and I now regularly attend their meetings. They are currently part of a campaign to stop migrants from being charged for maternity services, ambulances, A&E, and possibly other NHS services. I am also currently helping Ricard Veitch from Leeds Organic Growers to explore setting up an international charity 'Filipino Futures' and it is good that some of our students with Richard on a RESS SSP placement helped to put together some aims and goals for this potential charity, and volunteer management committee members would be welcome! It is also good that some other students on RESS Pre-Xmas Student Selected Projects helped to promote The Phoenix Health & Wellbeing Centre (which supports vulnerable clients) amongst local GPs whilst another pair promoted the podiatrist service amongst homeless people at St Georges Crypt. Another couple of students at City of Sanctuary put together some guidelines for health services for supporting refugees and asylum seekers. So another busy time for the students and myself in giving our time back to the community as well as learning at the same time.

#### LEEDS INSTITUTE OF MEDICAL EDUCATION



Leeds Gypsy and Traveller Exchange is a community owned organisation for Gypsies and Travellers in West Yorkshire, we work around 4 main aims which are:

Improving accommodation, improving health and wellbeing, improving education, employment and financial inclusion, increasing citizenship and social inclusion.

We know that health outcomes for our communities are not good. Gypsies and Travellers in Leeds, have a life expectancy at least 28 years younger than the settled population (2004, Leeds REC), Gypsies and Travellers are more likely to have a long term health problem or a disability, and 18 times more likely to experience the death of a child (Parry et al, 2004) All of this has a profound impact on the wellbeing of our communities, and we find ourselves asking why?

A lot of the roots causes of these outcomes are based in wider problems – a lack of appropriate accommodation, homelessness, unemployment, education, poor access to healthcare. And we find that underlying all of these problems is the structural exclusion of these communities. Facing discrimination and racial stereotyping on a daily basis Gypsies and Travellers struggle to access the most basic of services that the rest of us take for granted. We did an event in Bradford recently where 9 out of 15 people we spoke to weren't registered with a GP.

What can we do to improve these outcomes? We firmly believe that what Gypsies and Travellers want and need is equitable access to the services we all have access to – to feel comfortable attending a GP without fear you will be discriminated against or that your lack of literacy will exclude you from accessing. We also believe in using and valuing the assets which communities already possess and working with communities to deliver care in a way which works to their strengths – for example kinship care is strong in Gypsy Traveller communities with 50% more



Gypsies and Travellers providing 50+ hours of care to a loved one per week than the general populations (2011 ONS Census). So we've been working with West Leeds CCG to improve access to GP's. In the coming months West Leeds CCG will employ an outreach nurse to work with communities to bridge the gaps between them and the services they need access to. Working with target GP practices they will promote and encourage understanding between communities and healthcare professionals and build trust. Coupled with a Health Advocate post funded by South Leeds CCG and based at Leeds GATE, we are confident we will start to see improvements in the relationships between communities and health providers and we applaud the investment into our communities.

We look forward to reporting back on our progress!

**Ellie Rogers** 



### **DEMENTIA FRIENDS**

### Sessions for staff There are currently 850,000 people living with dementia in England.

Having volunteered to be Dementia Friends Champions, staff in the Faculty of Medicine and Health with members of LIME's Patient | Carer Community and medical students are delivering Dementia Friends Sessions to students in the Schools of Dentistry and Medicine and staff across the Faculty of Medicine and Health. To date, almost 100 dental students and over 240 medical students have attended Dementia Friends Information Sessions. Jools Symons (Manager of PCC) said:

"I signed up to be a Dementia Friends Champion because I believe passionately in seeing the person and not the condition and wanted to raise awareness of dementia amongst our local community. It's easy to get involved. I attended a training course, receive ongoing support and I'm now proud to be part of a growing network of people creating dementia friendly communities together."

Hannah Chivers, Dementia Friends Regional Support Officer at Alzheimer's Society said:

"Dementia touches the lives of millions of people across the country. Dementia Friends was launched to tackle the stigma and lack of understanding that means many people with the condition experience loneliness and social exclusion. It's all about learning more about dementia and the small ways you can help. From getting in touch with someone you know living with dementia to wearing your badge with pride, every action counts."

Anyone wanting to attend the Dementia Friends Session should contact Shelley Fielden at dementiafriends@leeds.ac.uk. People can also get involved in Dementia Friends through an online video. Go to dementiafriends.org.uk to find out more. Shelley Fielden, Interprofessional, Education Coordinator





### **Friends and family** Dementia Friends information sessions are not just for staff.

They are for everyone. Jools Symons and others have been busy delivering the sessions to neighbours and friends too. Jools invited her neighbours into her home and delivered the information session and even had help from Hetti, one of her lurchers, pictured below.



### **2nd year medical students** Over three weeks in October 2015, we have delivered the Dementia Friends Information Sessions to approximately 240 2nd year medical students.

Dementia Friends Champions and supporters of the PCC, have volunteered their time to help us provide this opportunity to all 2nd year medical students. The team, some of whom are pictured on the right, have committed to volunteering their time to help share this important information.

### **Community News**

#### ST GEORGES CRYPT 85TH ANNIVERSARY EVENT WEDNESDAY THE 14TH OF OCTOBER 2015.

I attended a lovely 85th Anniversary Lunchtime Event at St George's Crypt in Leeds in October and the room was full to overflowing! We were welcomed by David Pillington on behalf of the Crypt who gave a brief introduction and this was followed by a wonderful performance by Urban Sprawl (their homeless theatre group) which was very powerful plus included songs on the theme of, 'Introducing the Crypt' which outlined its history up to the present day very movingly and they even managed to throw in some comedy! We were then shown an excellent film on Nurture – a Crypt social enterprise which offers in-house catering (46,000 meals a year) and outside catering. The social enterprise develops the skills of the service users and some have moved on to employment and as the Bishop of Leeds said in the film, "Nurture offers a positive way back." The session ended with a moving contribution from the son of Reverend Donaldson who had been the original founder of the Crypt in the 1930's when he had been moved by the extreme poverty he had witnessed in Leeds at the time, and felt they had to do something. To contact Nurture ring David Pillington on 07401 192 1308 or ring St George's on 0113 383 2140 and for more information on St George's Crypt see their website at **www.stgeorgescrypt.org.uk**/

### **RAGS TO RICHES AT HEALTH FOR ALL LEEDS**

Health for All Leeds has a Rags to Riches FREE Soft Furnishing and Sewing Class on Wednesday afternoons. They make rag rugs, blinds, curtains, bean bags, patchwork quilts, cushions and upholstery all built around themes of reclamation and recycling. Scissors, pins and tape measures are provided along with some materials. If you have a portable sewing machine please bring it with you. Held Wednesday afternoons 1.00-3.00pm at Tennants Hall Enterprise Centre, Acre Close, Middleton. **Contact Teresa on 07793 798 500 for further information.** 

### **TRUSTEES WANTED FOR HOME START LEEDS**

Home Start is a local charity that supports young families that are struggling with a range of difficulties particularly parental mental health, substance misuse, domestic violence, difficult family relationships, that have an adverse impact upon on the lives of children and young people living in families. The service is a 'volunteer home visiting family support.' If you are interested could you please contact: Ann Pemberton, CEO, Home Start Leeds, Oxford Place Care Centre, Oxford Place, Leeds LS1 3AX. **Tel. 0113 244 2419. Email: office@home-startleeds.co.uk** 

### THE STATE OF MEN'S HEALTH IN LEEDS REPORT

The National Centre for Men's Health, Leeds Beckett University (LBU) has just finished its report on the state of men's health in Leeds which was commissioned by Public Health, Leeds City Council. This is probably the first LA in the country to ask for such a report and the powerful study is sobering reading. Circulatory disease and cancers seem to be the main causes of male mortality in Leeds and sadly it is the health of men in the poorest areas of the city that is the worst. Men in general do not score too well on accidents, diabetes, male suicide, mental health, overweight, smoking, and alcohol consumption. The report was produced by Professor Alan White and Dr Amanda Seims of LBU and Richard Newton of LBU and Leeds City Council. It will be formally launched soon and the next stage is to look at what can be done to improve the health of men in the city.

### **DOCTORS OF THE WORLD – BARRIERS TO HEALTHCARE ACCESS.**

In 2014 DOTW UK volunteers and staff provided 1,454 consultations, seeing a total of 1,395 patients and the findings are published in their recent European Observatory report. In London 82.7% of those who came to the DOTW clinic had not been able to register with a GP; the entry point to the healthcare system. This is in a political context where the government is increasingly questioning access to healthcare for migrants. The most often cited barriers to accessing healthcare are administrative and legal barriers (29%), lack of knowledge or understanding of the healthcare system and of their rights (17%), language barriers (14%), and fear of being arrested (11%).

- Three quarters are living below the poverty line.
- 83% are not registered with a GP.
- 56% are living in unstable accommodation.
- 11% are pregnant women.
- 6.5 years is the average length of time in the UK before accessing their service. Medical Conditions.
  - 50% of the people seen by their doctors and nurses require urgent care.
  - 63% had at least one untreated health problem.
  - 59% had at least one chronic condition that had not been checked by a doctor.

At present anyone can register and consult with a GP without charge. There is no minimum period that a person needs to have been in the UK before a GP can register them. GPs should register everyone living in their catchment area unless their list is full or they have been removed from the list due to a breakdown in relationship. Practices are not obliged to ask patients for official documentation in order to prove identity or proof of residence and there is no requirement in the regulations for them to do so. Accident and Emergency and walk-in centres are also free of charge and available to everyone in the UK. See: https://www.doctorsoftheworld.org.uk/pages/publication

#### LEEDS INSTITUTE OF MEDICAL EDUCATION

## **BHA** Leeds Skyline

for equality in health and social care

For our SSP we were placed with Leeds Skyline; a charity that works in the community to support and advise people living with HIV. Robert Houlgate, who coordinated our placement, met us on the first day and explained to us what Skyline does. The services they provide are comprehensive; from cognitive behavioural therapy with a highly experienced nurse to reflexology sessions, as well as support groups and one to one counselling. We were surprised and impressed to hear just how far they will go to assist their clients - helping to write letters to the council petitioning for better accommodation and even allocating each service-user a crisis fund to help with electricity and heating bills if they can't cope. Before we started our two weeks at Skyline, we truly had no idea what to expect from our two weeks there. However, once our placement with them was over we really started to appreciate how amazing it was to have a service that took such a holistic approach to supporting people living with a condition like HIV. We both agreed how it brought home the importance of looking at patients as individuals and not categorising them just because of a diagnosis. As we both go forward in our careers, remembering these things will make us far more approachable and understanding doctors.

Skyline aims to support all types of people living with HIV and run support groups to cover a variety of clients. They support women with young children, men who have sex with men, and even visit PAFRAS - a morning event where a variety of services can give food, medical and immigration advice to refugees. We were privileged enough to be able to attend one of the support groups – PACT – for gay and bisexual men. Both of us came away from the evening with a completely different perspective. We were able to speak to people about their experiences of living with HIV; what they found hard and any positive or negative experiences they'd had. We have both studied HIV in terms of its pathology but attending PACT allowed us to appreciate the mental health aspect of the condition. It is all too easy to become hung up only on the science side of an illness without thinking about mental health. It was an eye opener as to how profound the reactions and comments of health care professionals can affect a person's self-image and this is something we will both carry forward as a lesson for future practise.

One thing that is very upsetting is the reality that Skyline may soon be losing its funding from the local Council. We feel that Skyline is such a lifeline for many people that it would be a tragedy if it were to close. Despite the potential looming closure we both enjoyed ourselves so much at Skyline and felt privileged to have had such an eye-opening time. Furthermore, we have both voiced our interest in volunteering at Skyline if the service does stay open. STOP PRESS! Following a campaign by Skyline service users and supporters the good news is it is to be fully funded by the Council and Public Health.

By Olivia Hall and Richard Melia



**BHA** Leeds Skyline BHA Leeds Skyline Thanks to Richard and Olivia from Leeds School of Medicine for doing their placement at BHA Leeds Skyline.

### **Useful Websites:**

**Doing Good Leeds** www.doinggoodleeds.org.uk/

Leeds GATE http://leedsgate.co.uk

**Doctors of the World** www.doctorsoftheworld.org.uk/

### **66** Don't forget Barrys blog at http://communityppd.blogspot.com

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