

# Community Newsletter

Issue 36  
Autumn 2011

Welcome to this autumn edition of the Community Newsletter. As usual Barry has pulled together a range of interesting reports. In particular we have the reflections of Professor Sir Michael Marmot on his experiences from New Zealand and a look at the inequalities faced by a minority group – the Maori, where he dares to hope that inequalities are reducing but reminds us that a significant gap remains.

It is good to see year 1 students from Leeds Medical School enjoying early engagement with and learning from the community where we hope it will further enhance relationships between primary care services and voluntary groups in the community.

Barry Ewart reports on his activities and summarises some of his key engagements. We also have a report from Bob Young, Chief Executive of coHearent Vision looking at the impact of impairment and how help and support in the community can help.

I hope you enjoy reading this as much as I have.

Dr Rob Lane.

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**Barry's Community Update**



**MEN WORKING TO END VIOLENCE AGAINST WOMEN**

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

# Year 1 Campus to Clinic Primary Care Community Visits

## INTRODUCTION

Whilst on placement over eight Tuesday mornings in Primary Care, first year medical students (in groups of 4) are asked to arrange a community visit to a voluntary group close to their particular practice, and to offer to help in some community event, activity or outreach. As well as thinking holistically and learning about the importance of the voluntary sector as potential partners in healthcare delivery, the students also help to build links between voluntary groups and GP practices. The students in a small way may also help to make a difference in the local community.

## WHERE THE STUDENTS WENT AND WHAT THEY DID.

- **OVER 60'S EXTEND EXERCISE CLASS, CLAYTON VILLAGE HALL, BRADFORD.**  
Participated in the class and talked to group members over tea and learned about the health and well being benefits for the attendees.
- **BRADFORD PEOPLE FIRST.**  
Talked to staff and learned to treat people with learning difficulties with respect.
- **CARERS RESOURCE TEENAGERS' AFTER SCHOOL CLUB, HARROGATE.**  
Attended a session and learned about the benefits of this club that gives the young carers the space just to be children.
- **NEIGHBOURHOOD ELDERS TEAM, GARFORTH, LEEDS.**  
Learned about how the project supports older people to live independently and the benefits of this project. One group helped a carer to clear up an elderly person's garden. Another group accompanied staff on home visits.
- **GREAT HORTON LIVE AT HOME SCHEME, BRADFORD.**  
Supports older people to live independently and brings people together over coffee mornings, lunch and in arts and crafts sessions. The students attended a session and helped out over lunch plus helped to serve drinks and talked to the older people informally.
- **MEADOWCROFT RESIDENTIAL HOME, BRADFORD.**  
After a tour of the home the students helped with a residents quiz and talked to people informally. They learned about the benefits to the residents of the care given by the home.
- **COPPER HILL NURSING HOME, HUNSLET, LEEDS.**  
Visited the specialised dementia centre within the home and saw the benefits of the service for the residents.
- **AIREBOROUGH VOLUNTARY SERVICES FOR THE ELDERLY WITH DISABILITIES (AVSED).**  
Helped out during their visit including in a gentle exercise ball game with residents and they learned about the benefits that volunteers bring to the organisation.
- **LEEDS PARKINSON'S DISEASE SOCIETY ANNUAL GENERAL MEETING.**  
The students arrived an hour early to help set up the AGM and helped out in the meeting plus talked to staff and volunteers.
- **SOUTH CRAVEN COMMUNITY ACTION (SCCA).**  
Talked to the Manager of the Carefree Scheme and learned about the threats to the future funding of the scheme although they hoped that the GP Commissioning of services may help.
- **ENVISAGE ARTS CIC, DEWSBURY.**  
Talked to one Company Director and also visited the project to see it in action and learned about the benefits it offers to vulnerable groups of people.
- **CARDIGAN HOUSE DAY CENTRE, BINGLEY.**  
Talked to a Case Manager and had a tour of the centre before volunteering in the afternoon. They helped serve tea and cakes plus encouraged the older centre users to dance!
- **ARMLEY HELPING HANDS, LEEDS.**  
Talked to the Manager and had a tour of the facilities plus talked to group members. The students learned about the benefits that the organisation offers to older people.
- **CALDERDALE HOSPITAL VOLUNTEERING SERVICE, HALIFAX.**  
Visited the volunteering service and learned about the benefits that volunteers bring.
- **LEEDS WOMEN'S AID.**  
Talked to the Director and to staff and had a tour of the facilities. They learned about the issue of domestic violence and the support services offered by the organisation.
- **PRIESTLEY CARE HOME, BIRSTALL.**  
Visited the home which has strong links with the local practice. The students talked to the residents and helped out at lunchtime.
- **CAFÉ WEST, ALLERTON, BRADFORD.**  
The centre has close links with the local practice and students talked to centre staff, volunteers and service users plus learned about the health and wellbeing benefits to all age groups of centre users. One group of students also attended an arts class and got involved in the session and saw the benefits of such a class.
- **SIMON ON THE STREETS, LEEDS.**  
Attended an evening 'soup run' and talked to the volunteers and homeless people as well as generally helping out.
- **LITTLE LANE CHURCH CENTRE, BRADFORD.**  
Attended an older people's group at the centre and talked to members. They also got involved in helping to make Fair Trade bunting.
- **ALLERTON CHILDREN'S CENTRE, BRADFORD.**  
Visited the centre and got involved in their activities as well as talking to parents plus the nurse. They learned about the benefits of the centre's work particularly in the area of prevention.
- **ALCOHOLICS ANONYMOUS (AA).**  
Toured the facilities as well as talking to the Manager plus they sat in on an AA meeting and took part in a discussion on stigma. The students were able to contribute to the discussion as they had recently dealt with this topic in Individuals & Populations in the School. The students also learned about the benefits of volunteering.
- **LAWNSWOOD SCHOOL, LEEDS.**  
Volunteered to run sessions for pupils on drug awareness which should help them to communicate with younger patients in their future medical practice.
- **WAKEFIELD HOSPICE.**  
Visited this centre and talked to patients and staff. They also got involved in arts and crafts. They learned about Hospice care.
- **BIG SOUP THEATRE GROUP, KEIGHLEY.**  
This is a group for disabled people. The students joined in the activities and learned about the benefits for the group users of being involved in this group.
- **SHIRE VIEW, LEEDS.**  
Visited this centre for blind and partially sighted people. They had a tour of the facilities plus attended some sessions with a range of service users and talked to service users plus staff. One group joined in a memory game activity. They learned about the support available for the service users.
- **ST GEORGE'S CRYPT, LEEDS.**  
The students did a pre-visit and talked to an experienced member of staff before volunteering on the Sunday lunchtime. They helped prepare and serve hot drinks as well as the lunch and talked to the centre users. They learned about the support offered to homeless and destitute people in Leeds.

- **HEALTHY LIVING NETWORK – LEEDS.**  
Visited the project and talked to the Manager and they learned about the benefits of the service and particularly about the work of the Community Health Educators who make minimal health interventions in the local community.
- **CARERS RESOURCE CENTRE, SKIPTON.**  
Visited the centre and talked to a range of staff including a social worker. They learned about the needs of carers and the support offered by this organisation.
- **BATLEY BLIND SOCIETY.**  
Attended the centre one afternoon and joined in the activities including helping the service users in a game of bingo. They talked to the service users and the events co-ordinator.
- **LEEDS MIND WELLBEING SERVICE.**  
Visited the service and had a tour of the facilities. They also talked to the Director and gained an insight into the support offered to people with mental health difficulties.
- **WOODROYD CHILDREN'S CENTRE, BRADFORD.**  
Visited the centre and talked to the Manager before observing a toddler & parent class. They learned about the benefits that the centre provides in this multi-cultural area.
- **ST GEMMA'S CHARITY SHOP, CHAPEL ALLERTON, LEEDS.**  
Visited the shop and generally helped out with the volunteering activities. They talked to the volunteers and learned a lot about the work of St Gemma's and the need for such fundraising activities.
- **TEA DANCE, OTLEY WAR MEMORIAL COMMUNITY CENTRE.**  
Attended the dance session and learned about the social as well as the physical benefits of such activities.
- **CARDIGAN HOUSE, BINGLEY.**  
Visited the older person's activity session and generally helped out plus they talked to the older service users. They saw the benefits of this service in a holistic way as well as learning about the benefits that volunteers can bring to an organisation.
- **MOTHER & TODDLER GROUP, PONTEFRAC.**  
The students arrived early to help set up the sessions and joined in the activities. As well as interacting with the children the students were able to talk to the parents and learn about the benefits of this service.
- **CRAFT CLUB, LITTLE LANE CHURCH COMMUNITY CENTRE, BRADFORD.**  
Attended a session and helped out in the planning of 'The Big Lunch' event. The students talked to the group members and learned about the benefits of such a group and particularly in countering social isolation.
- **OLDER WISER LEEDS SENIORS, ALL HALLOWS CHURCH, HYDE PARK, LEEDS.**  
Attended the lunch group for older people and learned about the benefits of this service for older people. The students helped with the lunch including clearing up afterwards and they talked to the older service users. The students also learned about the benefits that volunteers bring to such a service.
- **CARERS RESOURCE MEETING, HARROGATE.**  
Attended a group meeting and talked to the members and learned from their experiences. The students saw first hand the benefits of the voluntary sector and they were thinking about how what they had learned may impact upon their future medical practice.
- **LAUREL BANK NURSING HOME, WILSDEN, NR BINGLEY.**  
Learned about the important role of volunteers going into the home to talk to the elderly residents and they talked to the residents themselves. They saw first hand the benefits of this volunteering service and they were able to develop their communication skills for when talking to older people.
- **LEEDS SOCIETY FOR DEAF & BLIND (NOW COHEARENT VISION).**  
Visited the Cohearent Vision centre and talked to staff and centre users who were members of the organisation and they learned from their experiences. The students helped out with some general administrative tasks which needed doing. They were thinking about how they as future medical professionals could work with such organisations.
- **DENBY DALE CENTRE, HUDDERSFIELD.**  
Visited the centre and talked to the volunteers. They learned about the benefits that the centre brings in promoting health and wellbeing in the local community as well as learning about the importance of the voluntary sector. The students were also thinking about how what they had learned may impact upon their future medical practice.
- **AGE CONCERN (NOW AGE UK) CHARITY SHOP, WYKE, BRADFORD.**  
Volunteered for an afternoon helping to sort out donated goods and talked to the other volunteers. The students learned that the shop was the hive of the local community and they also learned about the benefits that Age UK brings to older people.
- **WAKEFIELD NURSING HOME.**  
Visited the home and talked to the residents, carers, volunteers and families. They also got involved with the activities with the residents and learned about the benefits to health and wellbeing that the home offered to the elderly residents.
- **MENCAP LEEDS BRANCH.**  
Attended a session and talked to the volunteers plus interacted with the children and parents. They learned about the benefits of the activities provided for children with learning difficulties and they were thinking about how in their future medical practice they could work with such organisations.
- **AGE UK LEEDS.**  
Attended the centre one afternoon and joined in the dancing! They talked to the service users and learned about the benefits of this service for older people. They also learned about the important role a GP could have in recommending such a service.
- **OVERGATE HOSPICE SHOP, HALIFAX.**  
Visited the charity shop and disseminated leaflets about the charity to friends and family to raise awareness re this charity. They also talked to the staff at the charity shop and learned about the important role of these shops in helping to fundraise to support their vital work.
- **EPILEPSY ACTION UK, YEADON, LEEDS.**  
Visited this head office and learned about the important work of this national charity as well as its fundraising role. They also learned about Epilepsy Action's publications, research and its role as an e community.
- **BRACKEN COURT, LEEDS.**  
Visited this temporary youth hostel for homeless people. The students prepared food, snacks and drinks which they took with them to the centre for the young people. The students talked to the homeless clients and learned from their experiences and saw first hand the importance of this service.
- **OLDER WISER LOCAL SENIORS GROUP, HYDE PARK, LEEDS.**  
Visited the group and helped out over lunch with the serving etc. The students talked to the elderly service users and learned from their experiences and they saw first hand the benefits of this service.
- **ST CHAD'S LUNCH CLUB, HEADINGLEY, LEEDS.**  
Attended the luncheon club and talked to the elderly service users plus to the volunteers. The students saw first hand the social benefits of this activity and they even helped clear up after the lunch.

## CONCLUSION.

The students did some lovely things during their visits and most of the visits were more than just being observational. The students were giving their time back to the community and they were also thinking holistically and about how what they had learned may impact upon their future medical practice. Hopefully the visits will also have helped build links between local voluntary groups and GP Practices. We also hope to have community visits for the second years so the process of building links will be ongoing.

# 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 Network (9/3/11 and AGM 15/6/11)
- Leeds Trust Hospital Food Group (29/3/11, 17/5/11, 12/7/11 and Food Tasting 5/7/11)
- Osmondthorpe Resource Centre (29/3/11)
- Jigsaw Visitor's Centre, Leeds Prison (29/3/11 and Away Day & Meeting 2/6/11)
- White Ribbon Campaign Working Group (23/6/11)

## CONFERENCES/SEMINARS/PRESENTATIONS/TEACHING:

- Year 2 Campus to Clinic Course Management Team (1/3/11)
- PPD Year 2 Small Group Tutorial Sessions (10/3/11)
- Year 1 Campus to Clinic Course Management Team (6/4/11, 15/6/11 and 29/6/11)
- Pre-Xmas SSC Course Management Team (3/5/11)
- Year 1 Groups and Teams Assessment Meeting (5/5/11)
- Faculty of Health & Medicine Equality and Diversity Committee (17/5/11)
- Personal & Professional Development Course Management Team (25/5/11)
- Tung Suen, PHD Research Seminar 'Men on their own: How do older men experience and negotiate singlehood' Leeds Met Centre for Men's Health (24/5/11)
- Seminar 'Health Trainers: developing the evidence base for a new public health workforce' Judy White, Leeds Met. University (14/7/11).

## OTHER ACTIVITIES/VISITS:

- Cardigan Centre 20th Anniversary Open Afternoon (14/3/11)
- Protocol for Student Placements, School of Medicine (15/3/11 and 14/4/11)
- Arwen Strudwick, Leeds City Council Domestic Violence Team re Video Podcast (14/4/11)
- Steve Dye, St George's Crypt re Poverty Video Podcast (18/4/11)
- Third Sector Leeds Open Forum on Cuts, Locality Working and Commissioning, St George's Centre (16/5/11)
- Gemma Lennon and Amanda Lowings-Kitchener, Coherent Vision (18/5/11)
- Dave Evans, re White Ribbon Campaign (27/5/11)
- Leafleted Leeds Rhino's game re Men's Health Week (12/6/11)
- Volition Mental Health Market Place, St George's Centre (30/6/11)
- Time to Change Open Event, Briggate (5/7/11)
- Paul Auber, Community Action Little London re Men's Tai Chi (18/7/11)

## Barry's Community Update

As Secretary of **Leeds Men's Health Network** (LMHN) I managed to organise a successful Annual General Meeting in June and we had very illuminating talks on 'Working with Young Boys and Men' (13-19 year olds) then on 'The Time to Change Campaign' re stigma and mental health. The Network also received £200 from The Wade Trust (administered by Voluntary Action-Leeds) so we now have £350 in the bank! We managed to plan a range of activities in Leeds for June's International Men's Health Week and a local city councillor and I even leafleted a Leeds Rhino's match re Men's Health Week on the Sunday evening prior to the week! LMHN may soon be able to help Community Action for Little London (CALLS) promote a Tai Chi course for men in Little London. Linked to LMHN I have also got involved with **The White Ribbon Campaign** which aims to get men to take action on domestic violence and we aim to sign up organisations and to plan a number of activities as part of White Ribbon Day on the 25th of November.

I continue to attend the meetings of **Leeds Hospital Food Group** (including tasting sessions) and we do appear to be making some progress for patients. I may even be in a Leeds LINK promotional video re this! I also attended a very good Away Day in June at Hinsley Hall for **Jigsaw Visitor's Centre, Leeds Prison** and the project which works with prisoners, staff, families plus the local community seems to be in quite a healthy state although the privatisation of prisons and the tendering of visitor's centres may soon be on the horizon.

On the 16th of May I attended a very informative meeting at St George's Centre organised by **Third Sector Leeds** which looked at 'Cuts, Locality Working & Commissioning' and how the voluntary sector in Leeds may cope.

Our **first year student community visits to voluntary groups** whilst on primary care placements seem to have gone well and hopefully these may help to build links with the voluntary sector and GP

Practices. I have also been working with our Medical Teaching Centre to try to get a range of speakers on poverty, and domestic violence etc to make short **video podcasts** for the second year students which hopefully will help them to think critically about these important issues.

I have attended a number of **seminars** over the last few months including one on 'Older Men and Singledom' at Leeds Met's Centre for Men's Health plus a seminar on Health Trainers again at Leeds Met. University where I raised the issue of addressing poverty as well as improving health.

Finally I attended very informative **mental health events** at Volition's Mental Health Market Place on the 30th of June and the Time to Change event in Briggate on the 5th of July. **The main challenges** remain both maintaining our community contacts in a very difficult economic environment and embedding our community interactions into the new curriculum.

## Community News

### YORK STREET HEALTH PRACTICE.

The Health Access Team (HAT) and No Fixed Abode (NFA) services have merged to become the York Street Health Practice based at 68, York Street, Leeds LS9 8AA.

This new service will continue to provide primary care to the homeless and vulnerably housed people of Leeds who may have a range of issues including mental health, alcohol and drug use. The newly merged service will have an increased list size and offer registration for people currently seeking asylum.

The multidisciplinary team comprises mental health nurses, support workers, drug therapists, GPs, practice nurses, nurse practitioner, client support workers and administrative staff.

York Street Health Practice is open Monday to Friday 9.00am to 4.30pm. Tel 0113 295 4840 Fax 0113 247 0290

E mail: [yorkstreet@nhs.net](mailto:yorkstreet@nhs.net) [www.leedscommunityhealthcare.nhs.uk/yorkstreet](http://www.leedscommunityhealthcare.nhs.uk/yorkstreet)

### YORKSHIRE MESMAC YOUTUBE CHANNEL.

Yorkshire MESMAC has its own YouTube channel see [www.youtube.com/yorkshiresmesmac](http://www.youtube.com/yorkshiresmesmac) and they will be updating the channel with videos etc so check it out! You can also find Yorkshire MESMAC on Facebook [www.facebook.com/pete.mesmac](http://www.facebook.com/pete.mesmac) and Twitter [www.twitter.com/yorkshiresmesmac](http://www.twitter.com/yorkshiresmesmac)

### HOMED.

HOMED works with students to promote an understanding of issues relating to homelessness and social exclusion and benefits both the Leeds homeless and the students at Leeds University. The volunteers get a glimpse of what life is like facing the issues of homelessness, drugs, alcohol, prison and sleeping rough etc.

The feedback received from Bracken Court staff is always positive and they say about HOMED, "The tenants look forward to students coming to visit and chatting with them. Students are very well missed by tenants when they are on leave."

HOMED allows students who may not have encountered homeless issues before to gain a better understanding of the issues. Contact E mail: [homed@leeds.ac.uk](mailto:homed@leeds.ac.uk)

### THROUGH THE MAZE BLOG.

Through the Maze now has a regular blog and you can go to this at: <http://blog.through-the-maze.org.uk>

# CHALLENGING SOCIETY?

## People, Power, Policy and Place

**Society is not broken but it is more divided and unequal than ever.**

**In the face of increasing individualism, competition and consumerism how can we develop equality, social justice, collective action and collective empowerment?**

**Do current community policies and practices challenge or maintain the status quo?**

**This exciting and dynamic conference will explore a range of practical alternative models of community and neighbourhood working and assess their potential impacts on a divided society**

**On Friday 23<sup>rd</sup> September 2011: 10am – 3.00pm**

**At the Norcroft Centre, University of Bradford**

**For the latest details and to book, please visit**

**[www.yhep.org.uk](http://www.yhep.org.uk)**

**Or contact COGS**

**0113 373 1751 [mail@cogs.uk.net](mailto:mail@cogs.uk.net)**





Disability is the social consequence of having an impairment

While disability can have a significant medical aspect, particularly at the onset of any impairment, the difficulties and barriers people encounter in taking part in everyday life arise largely because of attitudes and structures in society.

Access to services and facilities is often thought of in terms of physical accessibility, when in fact only 4% of disabled people are wheelchair users.

The Royal National Institute for the Deaf (RNID) estimate that there are almost nine million people in the United Kingdom who are deaf or hard of hearing and 50% of those over 60 are affected by hearing loss. Additionally the Royal National Institute for the Blind (RNIB) estimates that approximately 80% of people over 60 have a visual impairment. All these people experience limited access to everyday life, especially in relation to education and health care, employment, leisure, transport and aspects of their social life.

Visual and hearing problems are perceived as medical problems and as disabilities. However, the main concerns of those affected are usually how to live, how to learn and how to communicate. Their difficulties are often as much to do with society's attitudes towards them as with the direct effect of sensory impairment. Helen Keller (1948) said that blindness cut her off from things and deafness from people. She wrote 'I have found deafness to be a much greater handicap than blindness. Deafness cheats many of their birthright of knowledge'

At coHearentVision we believe that raising awareness of the issues and problems facing our clients, amongst those without sensory loss, is one of the most important and significant ways which we can help. We want our clients to be able to be more easily included in all aspects of their lives. Our primary aim is to help those with all levels of sensory loss to live their lives to the full, making the hearing world a more accessible place.

To that end, coHearentVision has created a package of training solutions for both individuals and company staff. From a fully tailored business 'sensory assessment' for organisations, where simple and often inexpensive solutions can make a big difference to accessibility - to individuals attending 'open' courses. coHearentVision's training is designed to equip individuals with the confidence and necessary basic skills to communicate appropriately and better with our clients. The courses for individuals are £99, leading to personal accreditation.

The Sensory Awareness Training for staff within companies is tailored to the organisation and can be delivered on site and to fit into staff working patterns.

coHearentVision has recently lost £1 million of funding from Leeds City Council and has consequently had to become more commercially astute. The focus of care in the community has had to shift from providing a centre for social activity, to educating and training the public. However, this shift of focus is not seen as negative, and Rob Young, Chief Executive, firmly believes that the most important ways they can offer support is through raising awareness and developing communication.

coHearentVision continues to operate one of the largest British Sign Language (BSL) Interpreter Units in the country.

To find out more about how our Sensory Awareness programme can benefit you, or indeed how to book an interpreter, please contact:

Amanda Lowings-Kitchener, Business Development Manager, on [amanda.lk@cohearentvision.org.uk](mailto:amanda.lk@cohearentvision.org.uk) or by telephone on 07775 444 011



*Rob Young, Chief Executive, coHearentVision*



**Fair Society, Healthy Lives**

## What you said: Did it include me?

by Professor Sir Michael Marmot

At the finish of my lecture in Auckland, a Maori woman started by saying: "you are the first white man who ... (I got a bit alarmed at where this was going and did not quite hear the finish, but it was along the lines of) ... spoke to me in a way I could believe in; what you said: did it include me?" She then, in traditional Maori fashion, introduced herself in terms of her background: who her grandparents and parents were. But then she said: I think what you said includes me, but I want to hear from you that it is so.

I was overcome. I struggled with my emotions before an audience of 250 people. I could see people in the audience on the edge of their seats in that anxious combination of riveted fascination, embarrassment and empathy one

has when someone publicly looks to be at risk of, shock!, displaying emotions. The chair of the NZMA, Paul Ockelford, told me afterwards that he could see the tears in my eyes – he had tears in his eyes when he told me this – as I was visibly moved. Finally, in a small voice I said: if what I said did not include you then I am doing something terribly wrong. Of course, it includes you. I then quoted the song the Thai children sang (quoted in my BMA speech):

We are all waves of the same sea  
We are all stars of the same sky  
It's time to learn to live as one.

Much of the concern with health inequalities in New Zealand is with Maori/non-Maori differences. Martin Tobias concluded that about half of that difference is socioeconomic in origin. There is a good deal of resentment among Maori academics at both halves: the socioeconomic disadvantage and the long history of discrimination. While the health position of New Zealand Maori compared to non-Maori (pakeha) is a good deal better than that of indigenous Australians compared to non-indigenous, Maori life expectancy trails pakeha by about 9 years.

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I was keen to see what is happening at community level and asked to visit a Marae – a Maori community centre. I was taken to see the Kokiri Marae Health and Social Services Centre in Lower Hutt, a down at heel area outside the main city of Wellington. The story we were told was one of Maoris being encouraged off the land into the cities to find work and finding not so much work but marginality and social exclusion – a regrettably familiar tale of gangs of young males getting into trouble, alcohol, physical abuse of women and children.

Kokiri Marae was started by and is run by women. They get a variety of government grants to run services. The one man that we met, and it was he that did the traditional Maori greeting, told us the story of how the Marae was founded by his grandmother.

The story of Grandma and the gangs is the stuff of movies. In short, Grandma was in the Lower Hutt in the same poverty as all the other Maoris but wanted to provide a community centre for the young men who were getting into all sorts of trouble in gangs. Every day with whatever ingredients she could find, Grandma made a tureen of soup, and every day for two months she threw it out. She invited the gang members to come and eat, but it had to be on her terms: shoes off, respect, no violence. No respect, no soup. For two months the standoff between Grandma and the gangs continued. They wouldn't meet her terms and she threw the soup out at the end of the day. Finally, they took their shoes off and came and ate.

"Hollywood ending?", I asked. "The gang members all became lawyers and members of parliament?" Not quite. Still a lot of mayhem and family violence, but Grandma's vision flourished.

Among the programmes of the Kokiri Marae is one called "Whanau Ora". The CSDH and the English Review highlighted empowerment, dignity, participation in society, (long live the Oxford comma!) and the Amartya Sen concept of freedom to lead a life one has reason to value. I was therefore entranced to read the following description of enhancing whanau capabilities:

- To become self managing
- To be living healthy lifestyles
- To be participating fully in society
- To be confidently participating in Te Ao Maori
- To be economically secure and successfully involved in wealth creation
- To be cohesive, resilient and nurturing.

Terrific. This is putting into practice the kind of principles espoused by the CSDH and Fair society Healthy Lives. Does it work? I am convinced that this is wonderful, I told them, but if I want to be able to communicate this to others round the world, I need to have something more, showing that it is effective. We then had a highly nuanced discussion about both the need for evidence of what works, but of the difficulties of doing the right kind of evaluation and their miserable experience in the past at the hands of researchers.

They painted a realistic picture of continuing processes of exclusion, of family violence and young men getting into trouble. But they have hope and commitment and it gives me more grounds for optimism. Maori life expectancy may be lagging behind, but it IS improving. It has risen to the level of whites 20 years ago. Improvement but a long way to go!

## The White Ribbon Campaign



Domestic Violence can include physical assault, sexual and psychological abuse, financial exploitation and controlling behaviour. It can be perpetrated by both men and women but is mostly carried out by men against female partners or ex-partners. One in four women experience domestic violence at some stage in their lives, every week two women are killed by their current

or former partners.

General awareness of domestic violence has improved markedly over the past 20 years, though there is still much work to do in assisting victims and encouraging perpetrators to acknowledge and change their behaviour. All agency staff need to ensure they are aware of the signs of domestic violence and of what they need to do if they meet a suspected victim or perpetrator. Medical staff are often crucial in noticing and responding to indications of domestic violence.

We are aware the White Ribbon Campaign has been promoted previously in this newsletter. It is the national campaign which encourages men to make a stand and work towards ending violence against women. Men involved in the campaign are asked to pledge that they will not commit, condone or remain silent about violence against women. It is a campaign designed to help men think about their behaviour within their own relationships and to consider what to do if they are aware of any man who may be abusing his partner. Men can make the pledge by visiting

<http://www.whiteribboncampaign.co.uk>.

The 25th November marks the beginning of the international 16 Days of Action, a campaign to end violence against women. As Leeds is the first city in England to achieve White Ribbon status, the Leeds City Council Domestic Violence Team considered it appropriate to specifically promote the campaign on this day. We are doing this by asking organisations and groups of men to mark the day by wrapping a tree in white ribbon. The result, we hope, will be an array of trees around Leeds wrapped in white ribbon - symbols of groups of men's opposition to violence against women; and triggers to conversations that are often difficult to start.

The Leeds Domestic Violence Team is coordinating the action. It would be great if groups of you joined in the tree wrapping. (Don't worry environmentalists out there, the paperwork includes an agreement that that 'wrappers' remove the ribbon at the end of the 16 days). If you're interested then please contact us. We have suggested trees, or you can choose your own.

For further information you can contact Arwen Strudwick or Dave Evans, Leeds City Council Domestic Violence Team, Tel: 0113 3952140 e-mail: [dvteam@leeds.gov.uk](mailto:dvteam@leeds.gov.uk) follow us on twitter @LeedsDVteam

Useful contacts:

**National Domestic Violence Helpline 0808 2000 247**  
**Respect Men's Advice Line (male victims) 0808 801 0327**  
**Respect Helpline (men who want to change) 0808 024 040**

**The White Ribbon Campaign**  
[www.whiteribboncampaign.co.uk](http://www.whiteribboncampaign.co.uk)

## USEFUL WEBSITES

### Dual Diagnosis

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

### Archway

[www.archwayleeds.blogspot.com](http://www.archwayleeds.blogspot.com)

### Health Trainers

[www.healthtrainersengland.com](http://www.healthtrainersengland.com)

### Third Sector Leeds

[www.val.org.uk/page/third-sector-leeds](http://www.val.org.uk/page/third-sector-leeds)

### Leeds Community Foundation

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

### Refugee Council

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

### Leeds Community Accesspoint

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

### Voluntary Action-Leeds

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

### Leeds Voice

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

### Volition

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

### coHearent Vision

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

### Age UK Leeds

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

Don't forget Barry's blog at  
<http://communityppd.blogspot.com>

This newsletter is produced by the community based education team of the Leeds Institute of Medical Education, School of Medicine, University of Leeds:

#### Dr Rob Lane

*IDEALS Course Manager and  
Communication Skills Lead*

#### Barry Ewart

*Community Education Development Officer*

If you would like to put information about yourself or events into this newsletter, please contact us.

## HUM TUM LAUNCH PARTY

Hum Tum is a new project that is aiming to provide friendship opportunities for adults with learning disabilities in the Asian community of Leeds.

You are invited to Hum Tum's Bollywood themed launch party that will hopefully include Bollywood performances, Indian snack food, dressing up in traditional Indian clothes, make-overs, and pampering sessions such as hand massages and henna tattoos. If you are interested in attending please contact Shabana to book your place.

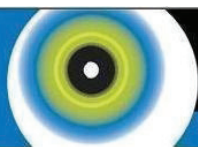
**Date:** Wednesday 7th September 2011

**Time:** 12 noon to 4pm

**Venue:** Hamara Healthy Living Centre,  
Tempest Road,  
Beeston, Leeds, LS11 6RD

**Contact:** Shabana on 0113 2773330  
or 01924 242700

**Email:** [shabana.yakoub@hft.org.uk](mailto:shabana.yakoub@hft.org.uk)



**Health Trainers England**

Health Trainers - peer led, client centred - supporting behaviour change - reducing inequalities



[www.healthtrainersengland.com](http://www.healthtrainersengland.com)

University of Leeds, Room 7.09, Level 7 Worsley Building, Clarendon Way, Leeds, LS2 9NL

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