

# Womens Health Matters

## Happy New Year Autumn/Winter 2008 Newsletter

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### My first 'Womens Health Matters' AGM.

I joined Womens Health Matters just in time to miss last year's AGM and have spent the year catching people commenting on how our AGM is a really fun event. I wasn't convinced that this would be completely true. I found it hard to believe that an AGM could be fun. Interesting, maybe, but fun? Of course, all of my doubts were shoved aside when I attended this year's AGM. When we were setting up, the first thing that struck me was the display boards. They were really colourful, impressive and interesting, giving information on the various projects and groups that WHM is involved in. Then women started turning up and they were really enthusiastic and excited to be there. Well, this was already like no AGM I had ever attended before.

The talks were great. Victoria gave an exceptional speech about the achievements and aims of WHM over the past year and how wonderful it is to have so many women included within the project from different walks of life. Alice Nutter followed with a fascinating talk about what she'd done in her life and how she got to where she is today: a successful playwright. She shared her belief that if there's something you really want to do, you should go for it. A presentation followed by the women of the Sitara group, part of the BME project. This included a fantastic poem by Susie Kerins and a Sitara banner made by the group members (Page 2). Their emotional speech about the group made us all feel that WHM is a necessity for a lot of women in Leeds. The lunch was lovely, a real 'goodie bag' with little gifts inside the bags as well. And then we played games in the afternoon. I've never seen so many people in a circle playing pass the parcel.

Finally, the 21st Birthday Cake was brought out and everybody sang 'Happy Birthday'. It was a lovely end to a really lovely day and I would recommend attending future Womens Health Matters AGMs to anyone - **Sally Blyth**



Womens Health Matters

Womens Health Matters works with women across Leeds so that they can together take control of their lives and their health

# SEEN Project

## Seen, Enabled, Empowered & Noticed

### Working with disabled women throughout Leeds

We have met 5 times now and we have 6 fantastic members. Our first priority was to decide what we were going to call ourselves. Through chatting and some research we have settled on a name which we think reflects our aims. Our name is H.O.P.E which stands for Health Opportunities, Positive Experiences. We have chosen a blue iris to be our logo as it means, hope, wisdom & courage. The group felt this reflected our hopes and aspirations for the future of the group.

The group have decided to focus our first campaign on raising awareness on basic health screening for disabled women (breast care & smears). We will be working directly with disabled women running workshops and providing information to highlight the importance of health screening. We will also be targeting specific health service providers to raise awareness of the barriers disabled women experience when trying to access basic health screening.

We hope this piece of work will challenge attitudes and address some of the negative experiences disabled women have when trying to access basic health screening.

The group meets monthly and if you are interested in joining or want to chat more about it please contact;

#### Jane Bethell at Womens Health Matters

Tel: 0113 2762851

Text: 07504232989

Email: [seen@womenshealthmatters.org.uk](mailto:seen@womenshealthmatters.org.uk)

### Sitara Poem by Susie Kerins WHM Volunteer & Sitara Group Member

There's a group called Sitara,  
I wonder what it's about,  
Na, I won't bother going,  
Ok, I will try it out.

I am so glad that I went,  
It was so different,  
I met new people,  
Made new friends,  
I also had tea and something to eat.

I look so forward going to Sitara  
every week,  
I have learnt new things about myself,  
And you have made me realise  
who I am.



# Black & Minority Ethnic Women's Citywide Consultation Event

**22nd October 2008**

Almost 80 women from different black & minority ethnic (BME) communities attended this successful event which took place at Fairfield Community Centre in Bramley, West Leeds.

The event was to ask women questions about their experiences as service users of the health service in Leeds.

The feedback from the women will be collated and written as a report and should be ready for the Spring newsletter – so watch this space! The report should offer a real insight into the experiences of these women as service users and to help look at improving health services for BME women. Special thanks must go to Angie Pope from Bramley Surestart and Angela Inskip from Bramley Children's Centre who together helped to support this event and launch the BME women's group in Bramley named Hopes & Dreams.

Womens Health Matters now runs two BME groups in Leeds, they are:

## **Sitara**

Harehills Place Community Centre  
Thursdays 1- 3pm

## **Hopes & Dreams**

Fairfield Community Centre, Bramley  
Wednesdays 1- 3pm

If you would like more information on the event, BME women in Leeds or to join a group, please contact Angela Singh on 0113 2762851 / 07504232989 or email: [angela@womenshealthmatters.org.uk](mailto:angela@womenshealthmatters.org.uk)



## Health Trainer Update

Health trainers support people on a one to one basis to make healthy life style changes, from eating more healthily to having the confidence to join a new group.

There been some changes to the Health trainers over the summer. Jayne has left to become a Family Support worker and we wish her all the best in her new job. Lisa has taken over Seacroft, as well as Gipton and works Monday to Thursday. Her venues are as follows:

### **Monday Mornings 9.30am - 12.30pm**

Fearnville Leisure Centre

### **Monday Afternoon 1.30pm - 3.30pm**

Gipsil Branders Street Drop In Centre

### **Wednesday Mornings 9.30am - 12.30pm**

Fearnville Leisure Centre

### **Thursday Afternoons 1.30am - 4.00pm**

South Seacroft One stop Centre on Moresdale Lane

Lisa can also arrange to meet mums at the children's centres in Seacroft and in Gipton (once the Gipton ones are up and running) and make appointments at the Moresdale Lane One Stop at other times.

For health information or to make an appointment with Lisa, please call Lisa on 0113 2762851 or email: [lisa@womenshealthmatters.org.uk](mailto:lisa@womenshealthmatters.org.uk)

## Management Committee Focus - Caroline Schonrock

Hi – I'm Caroline.

I joined the Management Committee recently.

Myself and the family moved up to Leeds four years ago. I've been working for the Primary Care Trust since then, developing new services and now supporting childrens services in improving the service they deliver.

I came across Womens Health Matters through work and was really impressed with the way it works with and influences other organisations. When I heard you were looking for a Treasurer I was keen to get involved.

It's been great meeting the staff and Management Committee and finding out about the projects and I really hope I can provide some useful support to WHM.



# Congratulations & Good Luck!

## Hello to Shona and Nicola and bye for now to Leeanne

Hello to Shona and Nicola and bye for now to Leeanne. Include, the teenage pregnancy and parenthood project at Womens Health Matters, is having a temporary change of worker. Leeanne Rowinska has been the Include Adviser working with the young mums for the past four years but GOOD NEWS she is leaving temporarily to have a little baby of her own. Everyone at Womens Health Matters would like to say goodbye for now and good luck to Leeanne and wish her all the best. Leeanne will be back with us next summer... In the meantime, we would all like to say a big HELLO and WELCOME to Shona and Nicola who have been appointed as temporary Include Advisers to cover Leeanne's maternity leave. We are all really please to have you both on the team. Shona is brand new to Womens Health Matters but Nicola has been with us for four years working with young women.

If anyone would like information, help or advice from Include, please phone us on 0113 276 2851 or 0808 808 4444 (young women's helpline).



## Rainbow Ripples Leeds LGB Disabled Peoples Group

We are a group run BY and FOR lesbian, gay and bisexual disabled people. We work to the Social Model of Disability which says that people are disabled by barriers in society, not by medical conditions. We have just completed a ground breaking piece of research into Lesbian, Gay and Bisexual Disabled Peoples experiences of service provision in Leeds. We aim to:

- **Educate service providers** to develop appropriate services for disabled people who are lesbian, gay or bisexual.
- **Influence and inform policy making** and implementation.
- **Campaign for better services** for disabled people who are lesbian, gay or bisexual.
- **Challenge heterosexism and homophobia**
- **Network locally and nationally** to find out the needs and wants of lesbian, gay and bisexual disabled people and how these have been met in other areas.
- **Monitor services** and share good practice. If you are lesbian, gay or bisexual and you identify yourself as a disabled person and would like to join the group please contact us on:

Tel: 0113 237 4508

Minicom: 0113 237 4512

E-mail: [info@leedsinvolvement.org.uk](mailto:info@leedsinvolvement.org.uk)

Website: [www.rainbowripples.org.uk](http://www.rainbowripples.org.uk)



# SHINe & Sunshine

## Great News at SHINe & Sunshine

We have 6 newly trained volunteers, ready to get out into their communities and make a difference. All our new volunteers have attended 10 weeks of training, covering the way we work and the issues women face, as well as sexual health information sessions. The existing SHINe volunteers continue to do a fantastic job delivering a service that includes pregnancy testing, condom distribution, Chlamydia testing and advice, support and signposting. The new volunteers will join them in widening this unique service, as well as developing SUNSHINE, SHINe's new sister project in East Leeds. We already have some great partners in East Leeds and we are now able to offer workshops and discussion sessions around a range of issues including cervical screening awareness training, as well as information stalls at events.

We hope to start regular East Leeds drop-in sessions in the near future, where local women can access a similar service to the one in South Leeds. Whether you are in East or South Leeds, if you are interested in booking a sexual health workshop or finding out more about the drop-in sessions or volunteering with SHINe or SUNSHINE Please get in touch with Marianna on: 07903 089581 or 01132762851 or email me on: [mariannas@womenshealthmatters.org.uk](mailto:mariannas@womenshealthmatters.org.uk)



## Hello from Sue Shaw - Deputy Director

My name is Sue and I am really pleased to be part of Womens Health Matters and look forward to supporting and developing our work. Having started off as a volunteer I have worked in Voluntary organisations in West Yorkshire for over 20 years largely around advocacy and user involvement.

Much of my work has been with people with mental health problems, disabled people and people from Black and Minority Ethnic communities particularly South Asian women.

I recently worked for Voluntary Action Kirklees supporting the voluntary and community sector network and I joined Womens Health Matters from Leeds Involvement Project where I worked with disabled people in South Leeds. Attending my first Womens Health Matters AGM was an inspiring experience and I am proud and privileged to have the chance to work with such a fantastic and fun group of women – thank you all for making me feel so welcome.



## The Barnbow Lasses



Amelia Stewart, mother of Jack, George, Doris, Len, and Harry set off for the night shift, one dark evening. None of her children or her husband John knew that would be the last time they would see her alive. At 10.30pm that evening, the whole of East Leeds heard the explosion, and most knew immediately what it meant. Amelia's neighbours froze with fear for those children.

The Barnbow munitions factory at Crossgates was massive. In 1914, at the beginning of the First World War, it employed 16,000 people. The women handling the explosives could earn good money, but working conditions were terrible. They worked long hours under highly dangerous conditions, and there were no proper holidays.

On the night of 5th December 1916, the night shift had just started and a few hundred women and girls were filling, fusing, and closing shells. Then in one of the machine rooms, suddenly there was a huge explosion. Some of the women were so badly injured that they were unrecognisable. Their fellow workers did their best to, pull the injured out of the room to safety, but 35 of them did not survive. Amelia was rushed to Leeds Infirmary, but died later that night of her injuries.

Back in Richmond Hill the Stewart family were notified of Amelia's death, and the neighbours were in no doubt about what had happened – the explosion had literally shaken Leeds. It was one of the worst disasters to ever hit the city and yet news of it never made the newspapers because war-time restrictions on news stopped

all reporting on it. Thirty-five families had been wrecked that night, and meanwhile in the factory, the remaining workers went back to the machines and carried on their shift. There were two further explosions before the end of the war, in 1917, killing two women and in 1918 killing three men.

The names of those killed are listed in the roll of honour in Colton Methodist church, and in York Minster, but it's only recently that a more substantial memorial has been erected. It stands in Crossgates in recognition of the work, that these civilians, and women in particular contributed to World War One, and is a reminder of the colossal loss of life of civilians as well as soldiers in this terrible war. Its inauguration ceremony in 2005 was attended by one of Amelia's granddaughters.  
- Becky Moore (Amelia's Great Granddaughter)

**Roll of Honour 1915-1918, Barnbow Munitions Factory:** M Alderson, Elsie Martha Atkinson, H. Bainbridge, Maggie Barker, Helena Beckett, Jennie Blackmore, Mary Jane Blackstone, Polly Booth, Elsie Bruce, Mary Carter, Katie Chapman, Kathleen Eastment, Lilian Ellis, Jane Few, Charlotte Fox, Mary Gibson, Ada Glassby, Eliza Grant, M. Keyworth, Florence Hodgkins, Ethel Jackson, Sarah Ann Jennings, Edith Levitt, Elizabeth Mason, Agnes Power, Gertrude Reid, Mary Evelyn Rowley, Mary Schofield, Emily Sedgwick, Alice Smart, Amelia Stewart, Edith Sykes, Eliza West, Florence Whiteley, Ida Worslop, May Wortley, Olive Yeates, James Thompson, William Orange, James McHale



# Web Watch

## [www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes)

Search by up to three ingredients, or by recipe title: includes high-energy, low-fat recipes

## [www.nhs.uk](http://www.nhs.uk)

Information on conditions, treatments, local services and healthy living

## [www.dwp.gov.uk/lifeevent/benefits](http://www.dwp.gov.uk/lifeevent/benefits)

Lots of information on benefits and entitlements

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## WHM Newsletter Articles

If you or someone you know would like to write an article for our newsletter, or you have any comments on the contents within, please contact us by one of the methods below.

Do you know any individual or organisation that would benefit from what's happening at Womens Health Matters?

### Then why not join our contact list?

As a contact you will receive 3 newsletters a year, plus publicity and information on our forthcoming events which you could be part of completely **FREE!** All you need to do is contact us through one of the methods below and give us a few details - it's that simple.

## Contact Us

### Womens Health Matters

Bridge House

Balm Road

Leeds, LS10 2TP

**Tel:** 0113 276 2851

**Include:** 0113 201 6692

**Fax:** 0113 201 6040

**Email:** [admin@womenshealthmatters.org.uk](mailto:admin@womenshealthmatters.org.uk)

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

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*This newsletter was produced by staff and volunteers from Womens Health Matters. The views expressed in this newsletter are not necessarily the policy of Womens Health Matters.*

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