

Award Winning Magazine, Established in 1995

COMMUNITY HIGHLIGHTS

BRINGING PEOPLE TOGETHER DURING UNPREDICTABLE TIMES

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LET LOVE BE YOUR ACTION WITH A BIG HEART

With the ongoing challenges and difficulties of the COVID-19 pandemic, this issue of Community Highlights follows the theme of 'Let Love Be Your Actions'.

We are living in a time where we need to help and support each other, so remember to check on your family, neighbours, friends and people in need. Life has changed in so many different ways for everyone, we're adapting to new situations, whether it be working from home, losing your job, losing business, families suffering with dreaded Covid, and we all need support.

Please send us your covid stories, for the magazine and on our community website. We would love to hear from you.



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LOOK OUT FOR MY COVID EXPERIENCE BLOG COMING SOON

COMMUNITY HIGHLIGHTS IS RUN VOLUNTARY PLEASE DONATE SUPPORT -
https://www.justgiving.com/crowdfunding/sharon-jones-190?utm_id=2&utm_term=Wx76YP4VE

COVID POSITIVES

Business Grants update

The Discretionary Grant fund to help businesses impacted by the latest Covid-19 restrictions will re-open this Thursday 4 February. This is for businesses with low fixed costs trading or registered before 1 January 2018 in retail, hospitality, leisure, childcare and associated supply chains. Businesses from other sectors registered after 1 January 2018 can also apply.

Businesses will be considered for support if they have not already been in receipt of Government Covid grant support - defined as Self Employment Income Support, or any Covid-19 business support grant fund

administered by Leeds City Council since March 2020.

Grants will be £500 (for a sole trader) or £1000 (for a business with two or more employees).

By the end of February we will also reopen the discretionary grant for businesses with fixed property costs of £4,000 or more per year.

Details will be posted on our website <https://bit.ly/LeedsGrants>.

For more information please go to (<https://news.leeds.gov.uk/news/grant-schemes-reopen-as-leeds-city-council-continues-covid-19-support-for-businesses>)

Leeds Apprenticeship Festival

Due to the Covid pandemic the Leeds Apprenticeship Festival is going online this year with over 75 employers attending, all with apprenticeship vacancies. The pandemic has been hard on opportunities for young people for employment and many have been placed out of work due to Covid, the apprenticeship fair can help. Check out the event at <https://leedsapprenticeshipfestival.co.uk/> to see what apprenticeship opportunities are available.

Book your place at <https://leedsapprenticeshipfestival.co.uk/tickets>

AWARD

A big well done to the **Community Tackle It**

Project team who have been Nominated for an international award.

The CTIP team have been nominated for The Multi Systemic Therapy (MST) "Whatever It Takes" award for their dedication to their work with some of the most vulnerable children, young adults and families across the city of Leeds.

"It's an honour to be nominated for such a prestigious award which is internationally recognised. Our team, Norman, Brian and Lutel have been immense this past year providing support to our vulnerable young people all year round whilst working in some really dangerous and high risk situations. I'm so proud of this team." - Clovio Azie Project Manager.

BLACK LIVES MATTER

4 April 2015: Walter Scott

Walter Scott was shot in the back five times by a white police officer, who was later fired and eventually sentenced to 20 years in prison.

Mr Scott had been pulled over for having a defective light on his car in North Charleston, South Carolina, and ran away from the police officer after a brief scuffle.

The killing sparked protests in North Charleston, with chants of "No justice, no peace"

17 July 2014: Eric Garner

Eric Garner died after he was wrestled to the ground by a New York police officer on suspicion of illegally selling cigarettes.

While in a choke hold, Mr Garner uttered the words "I can't breathe" 11 times.

The incident - filmed by a bystander - led to protests across the country. The police officer involved was later fired, but was never prosecuted.

New Chief Executive and Principal of Northern School of Contemporary Dance

The press headline said, 'Sharon Watson named new Chief Executive and Principal of Northern School of Contemporary Dance'. It was a headline which was thirty-five years in the making. This story is about how I went from an inner-city middle school in Leeds to becoming Principal of a dance school of international renown.

My name is Sharon Watson MBE, DL and I was born and brought up in Leeds. After leaving Harehills



primary school, I began attending Harehills Middle School age 9. My elder sister was already attending the school being two and a half year my elder, to my mind it was natural that I would follow suit.

At the time Harehills was a part of Leeds which had high rates of crime and low household incomes, as well as high rates of unemployment. Nevertheless, the Headmaster of Harehills Middle School was convinced and introduced dance as part of the school's curriculum. It was quite a departure from the status quo. It was Nadine Senior, the Physical Education teacher at the school, who was the driver of this vision. She was convinced and proven right that it would be a way to help pupils

develop confidence and creative expression.

By the time that I arrived at the school, my sister had already been attending for two years. She was well versed in the dance activity and had her own opinions on the Physical Education teacher.

'I really enjoy the dance classes with Ms Senior,' she would say. 'They're so much fun.'

'But the boys have to take the classes, too?' I asked.

'Yes, they're compulsory for everyone,' she replied. 'But don't worry about it. Actually, the boys' dance and the girls' dance seem to complement each other. You'll enjoy them too. You'll see.'

Just as my sister had told me that I would, I really liked the dance classes at school. They were a welcome change from the other parts of the curriculum, such as Mathematics and English. Soon, I began to look forward to the dance classes every week. Nadine Senior was an inspiration to me

and I thought that dance was liberating and exciting.

As a result, I decided that I would pursue dance as a career. In 1983 I left Leeds to study at the London Contemporary Dance School. I enjoyed the time that I spent there, very much. After graduating LDCS I spent several years in London crafting out a career in dance before returning to Leeds in 1989 as one of the first females to join an all-male all Black dance company. I had found my calling. I knew that I wanted to be a performer.

The Phoenix Dance Company had been established in Chapeltown a few years before I left Leeds. It was started by three former pupils of Harehills Middle School. At first it was an all-male and all-Black theatre group, but in 1989 the company admitted women for the first time. Four women joined the company, taking the number of performers to ten. I was one of that first group of women. One of the other women was my sister. We were both thrilled to be part of the dance company's expansion and movement. We were making history!

It was an achievement that I was proud of, but I wanted to contribute even more. I enrolled at the Northern School of Contemporary Dance in Leeds and began to study for a Bachelor's degree in Performing Arts. It was hard work, but finally I completed the course. Over the years I embarked on many different development opportunities, not least a degree and a masters. I return to the Phoenix Dance Theatre in 2009 as Artistic Director having had eight years as a performer and a further six years as Rehearsal and Tour Director.

At last, I was being feted and recognised for my work. Over thirty years had passed since my days at Harehills Middle School, but finally the NSCD awarded me an Honorary Fellowship in 2018. The following year, I was awarded an Honorary Doctorate from Leeds Beckett University for my contribution to the Arts. In addition, I received the Sue Ryder 'Yorkshire Women of Achievement in Business Award' and the

First English Woman's Award for Arts and Culture.

However, that latest awards which were unexpected are the two most recent: the role of Deputy Lieutenant which I was appointed to last November, and the MBE which I was awarded for services to dance, in the New Year's Honours List. It's phenomenal and a very good feeling because it's recognition of a vocation which I've invested a lot of time in. I hope that others in the community can see it as an example of what can be! I remain hopeful that we are able to celebrate achievements from those who have grown out of the community as I have done.

As told to Sandra Muhammad.
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Destined For Greater Things

My name is Karen. I am 57 years old and have lived in Leeds all my life. From being written off at school, I have risen to owning two successful companies. This story is about the journey that took me from there to where I am today.



Elmhurst whom I shall never forget. Apart from my mother, these two teachers were the first positive Black female role models that I had.

After I left Elmhurst, I began high school. Unfortunately, there were no Black teachers here and the attitude of the white teachers was completely different. They had low expectations for me and I was quickly written off. The encouragement which I had received at Elmhurst was non-existent. Even the headmaster was not above making racist comments about me and the other Black pupils at school.

“Coloured children are educationally sub-normal,” I can hear him say. What do you expect? It’s a waste of time, them trying to get any qualifications. They’ll never make it, anyway.” Thoroughly discouraged, as a result I left school with no qualifications at all.

My dreams of teaching gone, I began working in the social housing sector instead. At first, I worked in a number of different roles at organisations around the county. Then after a few years, I took a position at the largest housing association in Yorkshire.

From an early age, I wanted to be a teacher. I enjoyed learning new things at school and was also encouraged at home. My mother, in particular, had a good command of the English language and had wanted me to be a teacher.

I attended Elmhurst Middle School in Chapeltown. The headmistress there was Gertrude Paul, who had become the city’s first Black teacher, and then headteacher in 1976. In addition to that she was one of the founders of the Leeds West Indian Carnival in the 1960s. She was a determined and dynamic woman, and a real visionary. As for me, I was just thrilled to see someone who looked like me heading the faculty. “I am living proof that you can be anything that you want to be,” she would say. “Don’t let anybody talk you out of it.”

Annette Francis was another Black teacher at

Unlike my old headmaster in Leeds, the Chief Executive at the housing association saw my potential before he saw my colour. "You're a very good communicator, Karen," he said to me one day. "I can see your career moving in a positive direction. Have you thought about public speaking?"

At first, I was doubtful. My old headmaster's discouraging words continued to occupy my mind, like an unwelcome guest who refused to leave. But the Chief Executive insisted. Reluctantly, I agreed. To my surprise, my initial effort was a success. But the Chief Executive didn't stop there. He encouraged me to pursue a qualification to help me rise up the ranks at work. Although I took the Chief Executive's advice, I could still hear my old headmaster sneering his discouragement in my mind. I tried to forget it, but I couldn't. After the first year I took the end-of-course test, and failed. The next year, I retook the test and failed again. I began to write myself off, just as my high school teachers had done, but the Chief Executive wouldn't hear of it.

"Karen," he said. "You cannot give up. Keep trying. You're destined for great things. But if you want to go forward in this field, I strongly recommend that you take a degree course. I'll do all that I can do, to support

you."

I took his advice, and studied as hard as I could. It wasn't easy because, not only was I studying, I was working and taking care of my home and family as well. However, eventually my hard work paid off and I achieved a Bachelor's degree with Honours in 1996. At the graduation ceremony my family was in the audience to cheer me on as I received my testamur. It was the proudest moment of my life.

By now, I was making progress in the social housing sector and was promoted to senior management. As part of the organisation's skills improvement programme the Chief Executive introduced the management to Life Coaching so that we were better equipped to counsel our staff. Without doubt, I was a high-flyer and I expected to stay in the social housing sector until the end of my career.

But then, events took a turn suddenly when my husband became very ill. I was devastated. I loved my work but my husband meant even more to me. I felt as though I had no choice but to give up work to take care of my husband.

I cared for him at home. He took a long time to recover. But finally, he regained his health. Everyone in our family was happy and relieved. At last, our lives began to return to normal.

Although I had enjoyed working in the social housing sector, after my husband's recovery I decided not



to return. Of course I knew that, with my qualifications, I could have picked up from where I left off. But instead I decided that it was time for a change.

Many years had passed since my days at Elmhurst, but deep down I had not forgotten my childhood dream of teaching. I considered the Life Coaching qualification that I had acquired, and how much I had enjoyed that aspect of my work in the social housing sector. I wondered if I couldn't combine the two. So, instead of returning to work in a senior management position I decided to enrol at Leeds City College and gain the basic qualifications which I had been discouraged from doing at school, at the age of fifty-one. Even though I had achieved a degree, it was only useful in the housing sector. I required different qualifications if I wanted to work with children. I had to swallow a little pride to enrol at a college where most of the students were the same age as my children, and even some of the teachers were younger than I was. Yet I realised that it was something which I had to do if I was to make my dream a reality. I remembered my old headmaster's words again, and thought about how he had discouraged me from

taking my O Levels. But this time, instead of feeling fearful, the words gave me impetus. I was determined to prove him wrong. I took the courses, sat the examinations and absolutely smashed them !

I had taken another step closer to my dream, but I needed to go further. Because I had held managerial positions, I knew that encouraging adult staff members was as important as encouraging children. Instead of looking for a position with an employer, I created Cruise Coaching Consultancy, which offers life coaching to corporations. But I really wanted to work with children, so I created another company - Flourished Minds, which offers life coaching to young people.

I took the service to several schools and universities in Leeds, including my old high school ! I offered my coaching to children and young people of all backgrounds. It was very well received. I felt very happy. Flourished Minds is where my heart is, and coaching the city's youth gives me the feeling of paying something forward. I enjoy my work a great deal.

As well as its work in schools and colleges Flourished Minds also works with a project at the Mandela Centre in Chapeltown, called Ujima, specifically for Black children. Ujima offers extra coaching in Mathematics, English and the like to children in our community who may be struggling in mainstream schools for whatever reason. Flourished Minds offers life coaching and emotional support to these same children, as well as their families. In that way, we offer support to our own community and address our present and future issues. We believe that "it takes a village to raise a child", and we want to do what we can to make the community's children - and their families - the best version of themselves that they can be. It is a very exciting collaboration which I am confident will continue - lockdown permitting - throughout 2021 and beyond.

To contact Flourished Minds please call Karen on **07725 766100**, email karen@flourishedminds.co.uk, or visit www.FlourishedMinds.co.uk. To protect identities, some details may have been changed.

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EDWARD'S PROFILE FOR THE LOCAL COMMUNITY HIGHLIGHTS MAGAZINE

Edward was born and bred in Cameroon – privileged to have attended a Boarding Church High School for seven years where at a tender age learned to do laundry, ironing, personal and room hygiene.

I did my theological training and ministerial formation in Cameroon, South Korea and the United Kingdom. Married to Esther, a superlative, strong and supportive wife. She sacrifices unmeasurable and unrecognised time and energy to support the ministry to which I've been called. We are blessed with three adult children.

Prior to candidating for the ministry, I taught History at the Presbyterian High School in Kumba, Cameroon. I have served the Presbyterian Church of Cameroon in varied capacities – College chaplain, Youth warden, Secretary for lay training and Evangelism, and parish (Circuit) minister.

I joined the bandwagon of John Wesley's preachers in 2004 under the umbrella of the World Church in Britain Partnership (WCBP), a defunct Methodist Connexional Programme that invited ministers from partner churches abroad. Leeds North and East Methodist Circuit is my third appointment, with pastoral oversight of Roscoe Methodist Church, Chapeltown and Trinity United (Methodist and URC) Church, Harehills.

I'm passionate for serving God, seeing His Kingdom extended wherever I'm called to serve, and strongly believe in Mission and Outreach by the Church into the local community as well as farther afield. I'm committed to promoting inter-denominational and local community co-operation. I'm already involved in Churches Together in Chapeltown and Harehills (CTCH), Knife Bin Campaign, and Harehills English Language Project (HELP).

I have a wide range of interests, but top on my list are gardening, reading, walking around the neighbourhood and football.

I can honestly say that moving into a new appointment and new environment amid the pandemic has been a struggle and a huge challenge to me and my family. Firstly, I've not been able to know my 'flock', secondly, I've spent my whole ministry preaching to a room of people, I feel their energy, I read body language to know if they are engaged, I know if I'm going too long or if I'm connecting or not. Now I preach to a camera in an empty room – what was a relational part of my ministry now feels like a disconnect. I wonder who is on the other side of the camera, how engaged is

the congregation as they sit in the comfort of their homes, am I connecting with them, are they following along? Nevertheless, I look forward to meeting the Church members and community when times have improved and to get involved in the community as modelled by Jesus Christ. Leeds North and East Circuit is a dispersed community that celebrates its diversity and benefits from the gifts of its members and I am grateful that God called me here. God bless.



TRIBUTES

Jean Vets White 1930- 2020



It is with sadness we announce the death of Jean Vets White. Jean was well known in Chapeltown as the councillor for the Roundhay Ward from 1995- 1999. In 2010, Jean became the recipient of the Member of the British Empire in the Queens Birthday Honors list for services to community relations, then she was awarded the Honorary Aldermen of the City of Leeds for the recognition and appreciation of the long and distinguished public service. This was then followed by being awarded the Deputy Lord Mayor of Leeds in 2010,

becoming the first black woman of African Caribbean heritage to hold the Post.

In Chapeltown Jean was household name for her work in the community, as a

founding member of the Equality Leeds, a director of Leeds Involving people, Chapeltown & Harehills law Centre, Chapeltown CAB, Leeds Black Elders Association. Her first love was Secretary of the Leeds Barbados Association.

Jean's humble beginnings was as a child born on the Caribbean island of Barbados in 1930s, in the Parish of St Thomas. Once reminisist, as a child she grew up hearing the sound of the horn for the local Sugar Factory, which was used to call agricultural workers to start work each morning at 6am. After school, she recieved a scholarship to study in England as a nurse. So she began her working career as a student nurse at St James Hospital here in Leeds, where she worked for 30 years. Jean is credited with helping to set up the hospitals first mental health services. In 1960 she married the love of her life Owen, who was a beloved husband and consorts in her civic duties. In 1988 she returned to her birth place spending two years in Barbados, working in a community hospital attached to a church. Then returning to Leeds to continue her nursing career.

Her fondest memories in her role as Deputy Lord Mayor, was welcoming the National Barbados Cricket team to Leeds, who were celebrating their 50th anniversary. She also, represented the City of Leeds visiting the twin city of Dortmund, and then goingg onto visit the European Parliament in Strasbourg.

In later years due to ill health Jean lived in a care home in Garforth, where she passed away. Her husband Owen also unfortunately passed away. There was a service of remembrance for Jean at St Aids Church on 12.1.21. Unfortunately, due to Covide restrictions, a traditional Caribbean funeral send off could not be observed for such a great lady and trailblazer of her time. Jean was part of the first-generation from Barbados who answered the call from the mother country- England for the need of essential workers to rebuild after the Second WW.

She is part of a generation of black women who have formed the backbone of Chapeltown, creating grassroots



community organisations to address the many challenges 1st generation black people faced when they came to this country. She will for ever be remembered. Jean Vets White RIP.

Extracts from :-
<http://thetransportsproduction.co.uk/parallel-lives/leeds>
 Leeds Barbados Association Archives
 Ashante

Jean Vita White 13/7/30 - 7/12/20

Jean Vita White was born in Barbados in 1930, growing up in a village near St James on the North Coast, in the parish of St Thomas. From here, she received a scholarship to study in England and bravely left Barbados to complete her nursing qualifications.

Jean was ambitious and started work at St James's hospital in Leeds, establishing their mental health section, and deservingly retired after almost 30 years of service.

In 1960, Jean married the love of her life, Owen. together, they were actively involved in the nurses Christian Fellowship 1974-1984, held in the nurses home at St James's, and enjoyed close links with the Chaplaincy and the then Chaplain Rev Hector Huxham. Jean worked with Owen in her local community promoting the three R's, where she was fondly known as Mrs white.

Amid all of her brilliant work, Jean also found the time to become secretary of the Barbados association from 1981, and in 1994 she was presented with the National Black

Women's Achievement Award, as well as the Yorkshire Black Achievers Award for her work in the community.

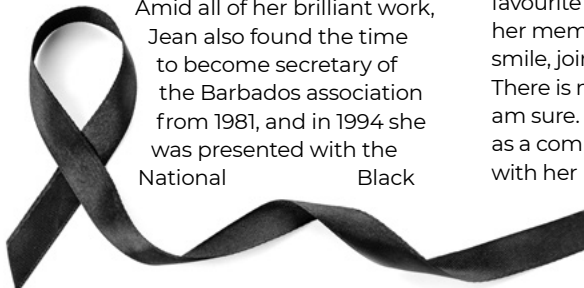
In 1995-2000 Jean became a councillor for the Roundhay Ward. She also served on a number of council community-oriented committees, including social services, adult services, community benefits and rights and nursery and under eights committees. She was also co-author of the book, "When Our Ship Comes In".

In 1999-2000 Jean was appointed as the Deputy Lord Mayor of Leeds, with Owen as her consort. One of her first engagements was to welcome the Barbadian Cricket Team on their 50th Anniversary, being from St Thomas, they brought back many happy memories for Jean. Jean was the first black woman to be appointed in this capacity, a post she filled with great grace, graciousness and warmth. Jean's commitment to voluntary work has not been confined to her particular community, but extended to frequent bequests of bestowment of honours from many communities and people whom she helped along the way.

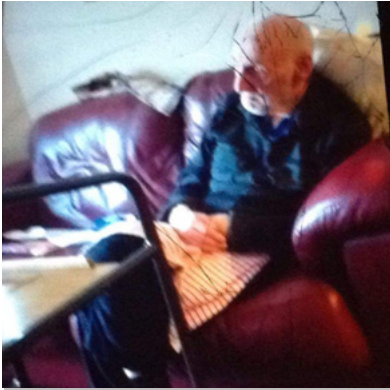
Jean received a great many honours in her time, not forgetting The York Ministry for Women's National Councillors Spring Honours Award, and The Barbadian Association Certificate of Excellence. This all culminated in her being invited to the palace to receive the award of MBE in the Queen's Birthday Honours List, from Prince Charles in 2009, for her great services to the community.

I feel very privileged to have known Jean for more than 42 years. Although later in life her mental health declined, she fondly remembered her youth, and if I was to read the Bible, or one of her favourite psalms, or sang her favourite hymns from her memorable days in choir, she would always smile, join in and tap her feet.

There is much more that could be said about Jean, I am sure. Here, I would love Jean to be remembered as a committed Christian, now rejoicing in Heaven with her Lord and Saviour. No doubt she will have received the accolade, "Well done thou good and faithful servant, enter into the joy of the Lord".



TRIBUTES

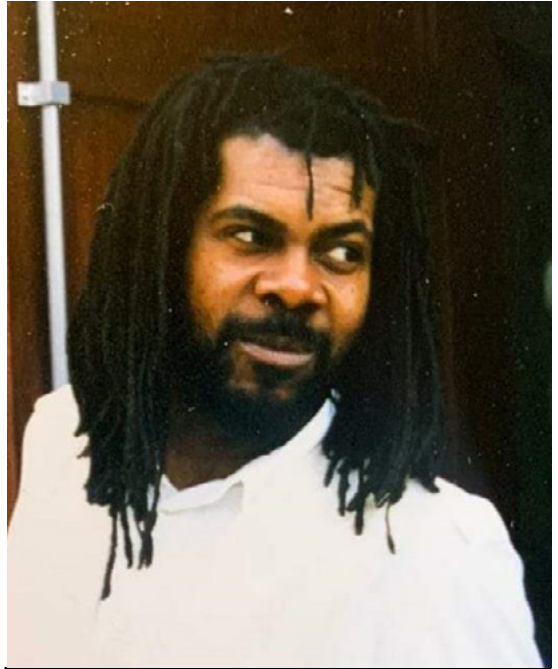


Thomas Kline

4th Jan 1935 - 16th Dec 2020

he passed away 16th Dec. he was in hospital for a number of weeks with pneumonia related to covid, how ever the family did not get chance to spend Christmas or his Birthday with him.

Rest in peace dad xxx



Peter Grierson

5th May 1968 - 16th Sep 2020

Sleep tight Peter God bless until we meet again





Freddy Mills (Kinky, African Man, Son)

born 28.11.1949 has sadly passed on 29.10.2020.

His adamant request that we not be sad at this time is difficult to uphold as he left a mighty legacy along with the love and laughter he spread unconditionally throughout his life and communities. Freddy grew up in St Kitts & Nevis and travelled at 16 to England. He became a well known member of the Leeds, Chapeltown community. As well as being a devoted loving father he was a member of the St Kitts & Nevis Association, founder member of the Carnival Tetley/Cockspur Crew (becoming a Leeds West Indian Carnival Legend), a well regarded and passionate DJ on People FM Leeds, volunteer mini bus driver for Sunday School and Leeds Black Elders Association, and a supporter of the Caribbean Cricket Club.

These activities list only a few of his compassionate, loving and zest for life actions. He is greatly missed by his family and friends alike and his life is lovingly celebrated. RIP Freddy Mills.



TRIBUTES



Garvey George Harris

**Sep 30th 1962
departed Jan 6th
2021**

Garvey was such a fun loving guy who helped any one who came across his path.

He will be sadly missed by all his family and friends,he has left a true legacy behind .

Since his passing lots of phone calls cards flowers and lovely words have been spoken about his kind nature.

The family would like to say a big thank you to every one for their support at this sad time.





Loui Osborne Man with a heart of gold

Loui was well know in and around Chapeltown, one of the most kind hearted people you would ever find.

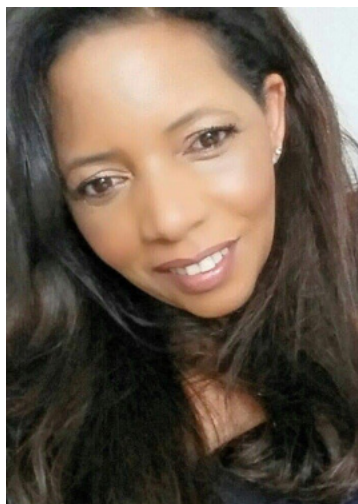
The whole community are saddened by his passing, such a kind hearted soul and a gentleman.

if he wasn't seen stopping and diverting traffic he would be offering you a lift some where, he would always help out how ever he could at Leeds Westindian Carnival, and digging graves at family funerals, Loui will be sadly missed by his family and friends definitely a man with a heart of gold, rest in peace Loui, gone too soon.

Welcome to our new Vice Chair Bernie Bernadette Albert

Known as Bernie to her friends, she grew up on the Caribbean island of Saint Lucia. Born of Montserrat and British parentage, her step-father who was Saint Lucian, came from a family with a strong background in the carnival arts, particularly music and carnival. Because of this, Bernie grew up with a love for costume design, construction, music and all things creative. She also gained a deep understanding of carnival culture and what it took to actively run and deliver a carnival band/troupe, from concept to taking it on the road.

Living in a busy carnival household, her step-father and uncle were steel pan players and her Godfather, was a pan-maker and the Musical Director of the "Halcyon Steel



Orchestra." Her days leading up to carnival were spent preparing for the road, with her seamstress grandmother, sewing Carnival costumes, and supporting the rest of the family who spent their time glitter dusting, sticking on sequins and decorating headpieces. Bernie later went on to help design and build carnival costumes for Carnival Queens as well as the National Carnival Queen Pageant and was also called upon to judge and provide support for the delivery of Carnival activities in smaller communities. As a teenager, she also provided backing vocals for local calypsonians at calypso competitions.

As Bernie grew, she supported several voluntary organisations and gradually moved into a variety of roles which included serving as National Training Officer and National Welfare Officer for the Saint Lucia Cadet Corps, supporting carnival planning activities, as well as performing at King and Queen of the band shows.

Early in her adult life, as a Queens Commissioned Officer, Bernie was appointed to serve as Head of Department and Aide de Camp to Her Excellency, the Governor General of Saint Lucia, Dame Pearlette Louisy who was the longest serving Head of State in the Caribbean. Within this role as Head of Department of the office of the Governor General, she got heavily involved in large scale design and the delivery of events, from inception to evaluation. These ranged from Cricket World Cup and corporate events, through to Arts and Cultural events such as the Independence Day and Queens Jubilee celebrations. Additional she was instrumental in running several State events, ranging from national award ceremonies, visits of prominent Heads of

State, such as Nelson Mandela, Bill Clinton and members of the Royal Family.

The delivery of these large scale events required the management of several partnerships and stakeholders which ranged from State office and Government Agencies, to local community groups, as well as managing and monitoring large multipronged projects.

The complexed nature of these events required high levels of management ability, managing large and complexed teams and stakeholder groups, budgets, staff, production schedules, logistics, security and safety, PR and media. Furthermore, the complexed delivery requirements of such events ensured she had to manage not only a variety of stakeholder groups but also

working and collaborating with a range of attendees from Royalty and Heads of State, to local residents.

Following the role of ADC and upon returning to the UK, Bernie took up a Senior Lecturer's position at the UK Centre for Event Management at Leeds Beckett University, where she has served as Course Leader for the Undergraduate degree program and part of the Senior Management Team. Bernie has led on and supported the delivery of modules both at the university and internationally. Some of these modules include Managing Event Organisations, Planning and Management of Events, Event Law, Health and Safety, VIP Security and Protection, International Strategic Human Resource Management, and Celebration Ritual and Cultural modules and many more. Within these disciplines, she has helped developed and deliver core content to thousands of Event Management students, both in the UK and abroad.

Bernie has gone on to consult and provide support to organisations which range from Heads of State's offices, to



Government institutions, recruitment agencies and events organisations that manage large festivals to charitable organisations. Bernie was fittingly described by her former boss Dame Pearlette Louisy, who stated that "Excellence does not happen by accident".

Being raised in Saint Lucia has given her a very strong appreciation of her West Indian roots, as well as the experiences and needs of people from the highest levels of government to the grass roots levels of the community. This is something she continually demonstrates throughout her life, through her dedication to education and culture. She also has a keen interest in supporting a commitment to equality and inclusion by serving and advocating for these ideals on a variety of committees focussed on equality, diversity and inclusion, both in and outside the university.

Bernie is looking forward to working with the LWIC as Vice Chair in supporting its mandate towards restructuring the organisation to be more prepared to work in the new and exciting times ahead. She hopes that the contribution she makes will now and into the future, continue to support the legacy of carnival in commemorating the emancipation of slavery and developing the next generation of Carnival Event Managers, enthusiasts and ambassadors.

PIECES OF ME

UK

With a lack of diversity and representation in family puzzles PIECES OF ME UK have created a series of multiple piece jigsaw puzzles, as it is important for children to see themselves represented in puzzles, toys and educational activities.

PIECES OF ME UK launched in December and is a Black Owned business ran by siblings from Birmingham. We specialise in tray jigsaw puzzles featuring diverse characters. Our first series features 4 designs, ranging from 24-126 pieces. You can visit our site and purchase our puzzles on www.piecesofmeuk.com

Instagram: [piecesofmeuk.puzzles](https://www.instagram.com/piecesofmeuk.puzzles)

Facebook: [PIECES OF ME UK](https://www.facebook.com/PIECES-OF-ME-UK)



God Over Covid

It was a mid October morning. I remember waking up feeling drained and lifeless, thinking I was just a bit run down. I sat at my kitchen table with cereal and my diabetes medication, hoping my coffee would sort me out. I never imagined what would happen next.

The heat was sudden and unbearable. Inside of me something was burning, in my head, my feet, my chest. Plans went out of the window as all I could bear to do was lie on the sofa and watch TV. The life had well and truly been taken out of me. Towards the end of the day, I finally felt motivated enough to pick the phone up and call a friend I'd not spoken to in a long time. I told her about the heat, the draining feeling that I couldn't explain, which is when she mentioned that taboo C word - Covid. I only mentioned that the doctors wouldn't see me because of it, for her to tell me that her husband had experienced the same symptoms as I had been feeling. He was rushed to A&E because it had affected him so badly, and he was still there as we spoke. That was three weeks ago!

As the night crept in, the feeling got worse and worse, until I found myself phoning for a taxi to A&E. The first thing the reception saw was me crawling towards them, groaning about the heat and the pain. It was time for me to take a Covid test, she said.

I sat in the waiting room for over half an hour, thinking about how I'd not believed Covid was real. It was in the news every day, but it wouldn't affect me, surely? There I was though, in a tiny room, with a doctor ramming sticks up my nose and down the back of my throat. Those sharp prods certainly felt real. 45 minutes later, the tests were ready. I've always been a positive person, and it turned out Covid was another thing positive about me. I was distraught, but the doctor assured me I wasn't alone. Where could I have caught it from though? How did I get this virus I didn't think was real? Now I had it,



and I needed more oxygen, he told me. I was hooked up to a machine and had 2 plastic pipes attached up my nose, but they couldn't fix my oxygen quick enough, I'd need to be on the ward for a week. The reality of a Covid ward is harrowing. Hard beds providing no comfort for the sick and frail people who were afflicted with a disease they knew nothing about. Nobody was allowed visitors on the quarantine ward, so we were not even allowed the comfort of human contact in fear of our loved ones safety. The other three women on my ward had their own stories, all made more complicated by Covid. One had heart issues and was closely monitored, one was suffering with dementia and had the most trouble understanding what was going on. The final woman had only caught Covid while visiting a different patient earlier in the pandemic.

I was given bitter tablets to swallow down, not easy with most of your nose blocked by plastic which made my nose all sore and scabbed. If it wasn't for the good quality food from the hospital, or the overwhelming support of my friends and family sending care packages in for me via a brave friend on a motorcycle, I don't know how I would have made it through. Their get well cards and chocolate treats were all I had to keep my spirits up. I prayed to God every day that I would be discharged from the hospital soon.

After a week, he answered my prayers. The doctor said it was time for me to rest at home, although not because I was recovered, but because of the sad fact that there were so many people sicker than I who were desperate for the bed I was in. Around 9 hours after I'd packed my things

away, I was home, such was the struggle to get any car near to the hospital as the pandemic grew out of control.

At home I returned to find my friends and family had supplied me with meals and items to get me back on my feet. I want to say a big thanks to family, friends and partner for all the texts, phone calls, gifts and prayers. Without them I wouldn't be here.

All I can say to finish is this. Covid is real, I am simply lucky enough to have lived to tell my tale. God over Covid is what I say to get me through this difficult time.



We are pleased to announce the launch of UK Black Business Week which will take place from the 25th October - 30th October 2021

Develop. Empower. Inspire. Recharge. With events delivered by industry leaders, the UK Black Business Week promises to equip Black Professionals and Entrepreneurs with business insights, new skills and knowledge to navigate the world of work. Get ready for an event everyday covering Leadership, Technology, Finance, Black Owned Businesses, Culture, Media & Sport and Allyship



UK BLACK BUSINESS WEEK SCHEDULE

- Monday 25th October- Launch Event
- Tuesday 26th October - Dope Black Men Breakfast
- Tuesday 26th October - Black Women Business Talks
- Tuesday 26th October- Black Men Business Talks
- Wednesday 27th October-Black Coders (Students)
- Wednesday 27th October-Black in Cyber
- Wednesday 27th October-Black Tech Experience
- Thursday 28th October - Black Allyship Program
- Thursday 28th October - Black Culture, Media and Sport
- Friday 29th October - Black Finance Talks
- Saturday 30th October -UK Black Business Show





Dear friends,

We have been unable to keep the Ford Maguire society going last year however we are hopeful to be able to resume activities this year.

Our annual Tom Paine toast and dinner will not be going ahead this year but we should be able to hold some kind of celebration later on. Viva Cuba continues to operate on a takeaway basis and if you hunger for some Cuban food you can visit their website at www.vivacubaleeds.co.uk for Friday Saturday Sunday orders.

We hope to organize a couple of zoom meetings in the next few months and perhaps a virtual labour history tour of Leeds.

We welcome any suggestions for future activities.

Love

Garth Frankland

0797 1933 512

Amanda Gorman

Amanda Gorman was born and raised in Los Angeles, California. She graduated from Harvard University in 2020.

She is the author of the poetry collection *The Hill We Climb* (Viking, September 2021) and *The One for Whom Food Is Not Enough* (Penmanship Books, 2015). In 2017 Gorman was named the first-ever National Youth Poet Laureate of the United States. She previously served as the youth poet laureate of Los Angeles, and she is the founder and executive director of One



Pen One Page, an organization providing free creative writing programs for underserved youth.

Gorman was selected by President Biden to read an original poem for his Inauguration on January 20, 2021, making her the youngest poet to have served in this role.

Diabetis Symptoms

- Increased thirst.
- Frequent urination.
- Extreme hunger.
- Unexplained weight loss.
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)
- Fatigue.
- Irritability.
- Blurred vision.

What are the 11 signs of lupus?

What are the 11 signs of lupus?

ANSWER

You may have lupus if you have at least four of these symptoms:

- Butterfly-shaped rash
- Raised red patches on your skin
- You're sensitive to light
- Ulcers in your mouth or nose
- Arthritis in two or more joints, plus swelling or tenderness
- Inflammation in the lining of your heart or lungs
- Seizures or other nerve problems
- Too much protein in your urine
- Low blood cell counts
- Certain antibodies in your blood
- Results from a blood test called an ANA test that suggest you may have too many "antinuclear" antibodies

HEALTHY FOOD

Broccoli

Broccoli provides good amounts of fiber, calcium, potassium, folate, and phytonutrients. Phytonutrients are compounds that reduce the risk of developing heart disease, diabetes, and some cancers.

Broccoli also provides essential antioxidants such as vitamin C and beta-carotene. In fact, a single half-cup serving of broccoli can provide around 85% of a person's daily vitamin C value.

Another compound in broccoli, called sulforaphane, may have anticancer and anti-inflammatory qualities, according to one 2019 study.

However, overcooking broccoli can destroy many of its key nutrients. For this reason, it is best to eat it raw or lightly steamed.

Apples

Apples are an excellent source of antioxidants, which combat free radicals. Free radicals are damaging substances that the body generates. They cause undesirable changes in the body and may contribute to chronic conditions, as well as the aging process. However, some studies have suggested that an antioxidant in apples might extend a person's life span and reduce the risk of chronic disease.



The Goodness of God

5 Lord, your constant love reaches the heavens; your faithfulness extends to the skies.
 6 Your righteousness is towering like the mountains; your justice is like the depths of the sea. People and animals are in your care.
 7 How precious, O God, is your constant love! We find protection under the shadow of your wings.
 8 We feast on the abundant food you provide; you let us drink from the river of your goodness.
 9 You are the source of all life, and because of your light we see the light.
 10 Continue to love those who know you
 and to do good to those who are righteous. (Psalm 36:5-10 Good News Translation (GNT)
 Tidings of Joy Devotional
 Leeds Word of Grace Centre

1st & 2nd Floors, 34 York Road Leeds LS9 8YS Tel 07712209701



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We recognise that the COVID-19 pandemic has been tough on people so we are trying to help and support people as much as possible through 2 possible channels.

As a financial education company, our aim is to help families become debt free and financially independent. The ways we do that are:

Personalised Financial Plan: We go through a short financial presentation with the client and then complete a questionnaire to identify their present circumstances and future financial objectives. We then produce a Financial Plan which is designed to highlight issues and educate them on potential solutions.

Income Opportunity: We are currently training candidates to open new offices as Executive Vice Presidents for Genistar around the UK. We are looking for individuals who are open to new ways of working, willing to step out of the usual

corporate box and interested in creating generational wealth. This is a great part-time or full-time business opportunity with unlimited income potential and a future long-term ownership plan.

Who do you know who could use an extra £500-£1000 per month, if they could earn it in just 6 – 8 hours per week part-time with the potential to earn a 6 figure annual income?

Happy to have a chat over the phone or a face to face conference call to discuss further.

Thank you.

Enjoy a positive, productive day!

Samuel Leigh

Executive Vice President

Mobile : 07939 564998

Email: samuel.leigh@genistar.org

Twitter: <https://twitter.com/sleighlove>

Website: <https://www.genistar.net/sleighlove>

Office Address: Workspace Hub, 118 North Street, 2nd Floor Northgate, Leeds, LS2 7PN



**Samuel Leigh –
Managing Director of
Sleigh Services Ltd**

07939 564998

samuel_leigh@yahoo.co.uk

My work life has been an eclectic mix of jobs ranging from being a driving instructor to being in the Civil Service for 17 years (most of that in the Department of Health).

My career is now strongly rooted in helping people through education and empowering them with the knowledge to help themselves and others.

As a Financial Coach, I help people to get out of debt and understand how money works so they stay out of debt, achieve their goals and dreams with a good quality of life in the future. I have empowered 100s of families through financial education to become debt-free and financially independent since 2010.

I also develop and motivate leaders to do this as well.

I believe an educated consumer is better able to make intelligent decisions for their own family in the areas of consumer debts, mortgages, insurance and investments.

Gooding

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Gay Gooding Kershaw

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

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Would you like to
GET INVOLVED
and tell us your
story?

Patient Stories

We would like to invite you to share your hospital experience.

The Patient, Carer & Public Involvement team is keen to talk to anyone who has been an inpatient or visited the hospital for care and treatment.

We would like to hear from you to help the Leeds Teaching Hospitals Trust improve its services.

If you are interested, please contact:

The Patient, Carer and Public Involvement Team on:

0113 206 7077/206 4597 or email: pcpi.ltth@nhs.net

Visit our website:

<https://www.leedsth.nhs.uk/patients-visitors/patient-and-visitor-information/patient-experience/>




CONTACT INFORMATION FOR STALL HIRE:

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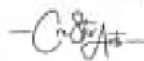
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REMEMBER, RECLAIM, REBUILD

DATE: SATURDAY 3, APRIL 2021 10AM-5:30PM

 **LEEDS KIRKGATE INDOOR MARKET**
OLD BUTCHERS ROW, **LS2 7HN**



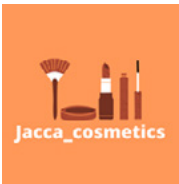
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PC Creations Leeds are still offering a quality floral design service to Leeds and the surrounding areas. We specialise in both fresh and faux flowers. A lot of things have changed due to the Covid 19 virus, but still, life must go on. **WEDDINGS, FUNERALS, BIRTHDAYS AND ALL OTHER SPECIAL OCCASIONS** When they are allowed to take place are now smaller, though that doesn't mean the occasion is any less important. Here at PC Creations Leeds we offer a unique, personalised service whether it be for a big or small occasion. **CORPORATE FLORAL DESIGN SERVICE** We also offer a corporate floral design service. If you have a reception area, or office space that would benefit from some uplifting floral décor, then contact us for a free no obligation consultation.

