

# CITY UNLOCKED

Looking out for local men

LEEDS

No.6



**ONE YEAR ON...  
AND THERE'S HOPE  
FOR THE FUTURE!**



In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND

## PANDEMIC YEAR - 12 MONTHS ON

**23 MARCH 2020** – The Coronavirus pandemic, originating from Wuhan in China in December 2019, results in 1st National UK Lockdown

**25 MAY 2020** – Wave of Black Lives Matter protests begin in USA in response to the killing of George Floyd in Minneapolis

**30 MAY 2020** – SpaceX Dragon 2 is launched from Cape Canaveral, Florida, the first crewed flight since the retirement of the Space Shuttle in 2011

**18 JULY 2020** – Leeds United win promotion back to the Premier League after a wait of 16 years

**4 AUGUST 2020** – Huge explosion kills over 220 people, injures thousands, severely damaging the port in Beirut, Lebanon

**3 SEPT 2020** – The skeletons of 200 mammoths and 30 other animals are unearthed in Mexico

**31 OCT 2020** – 2nd National Lockdown in England

**7 NOV 2020** – Joe Biden is elected as the 46th President of the United States

**8 DEC 2020** – The United Kingdom begins a mass inoculation campaign using a clinically authorised, fully-tested vaccine, Pfizer-BioNTech

**29 DEC 2020** – Margaret Keenan, 91, is first person in UK to be fully vaccinated

**4 JAN 2021** – 3rd National Lockdown in England

**8 MARCH 2021** – 300 million vaccinations administered worldwide

What significant events have happened in your year? What stands out? Can any of the more negative events in your life be used to make you stronger?



### ABDULLAH ADEKOLA

is a writer and poet based in Leeds.

Abdullah leads on the Young Black Minds program which is a mental peer support service for Young Black Men in Leeds.

### POWER ON

Please excuse the panic  
It was my first pandemic  
It's hardly been a holiday  
More like a lockdown  
Dark days and hard times will come  
A matter of when not if  
And when they do  
I will tell you, what they told me  
Feel the emotion, don't become it  
Don't be racist or listen to conspiracies  
Be critical.  
About power, privilege, and how we treat people  
About race, class, and all that jazz  
Be caring.  
Be a good man, be a 'real man'  
Be both.  
Hold on to humanity  
Hold our leaders to account  
Breathe in, breathe out  
While you're stressing, count your blessings  
Watch your health, get some help  
Stay alive, support science, look alive  
Pray on and play on  
Push through, power on  
When you face  
Bad health, poor wealth, and see death  
When you feel  
Stuck, bad luck, no direction, love, or affection  
Know you're not alone  
Seek help, stay alive, look alive  
Keep going, push through  
Power on, power on, power on

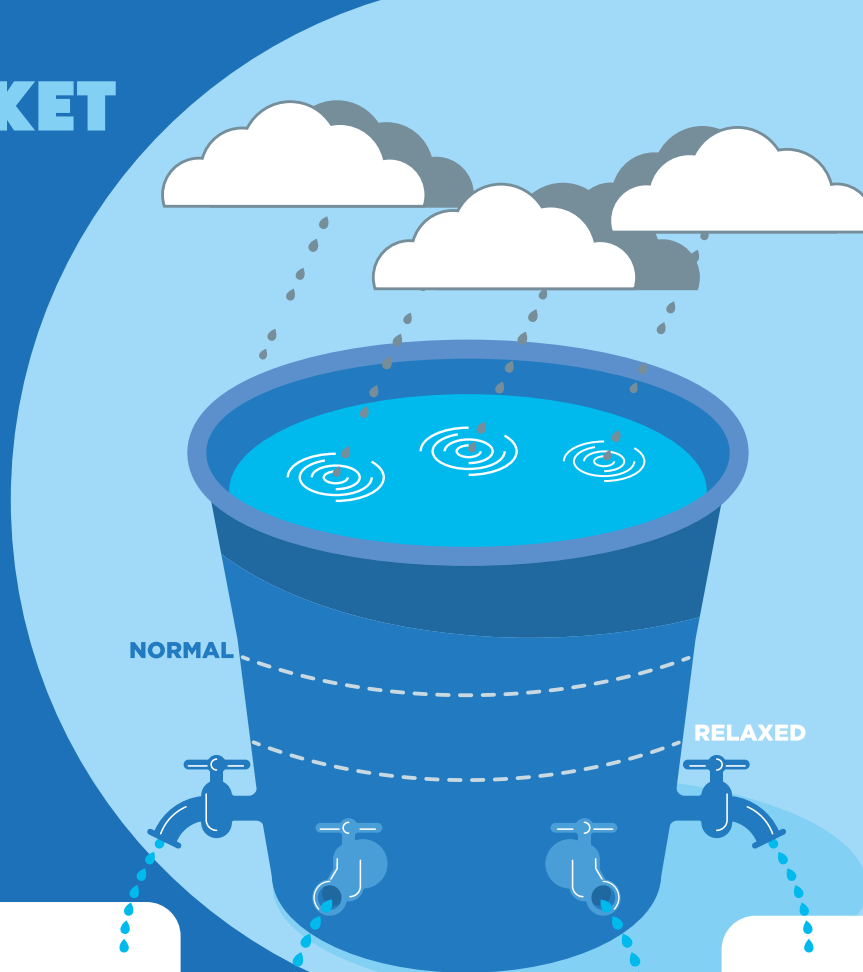
# STRESS BUCKET

Imagine there's a bucket you carry with you which slowly fills up when you experience different types of stress. It is important to find activities which help you release stresses and worries in your life.

Complete your own stress bucket, right. Identify the things that cause you stress (the clouds) and the things you do to manage them (your taps).

## What helps you reduce stress?

Maybe it's music, art, writing, physical activity, men's groups, connecting with others?



**THINK ABOUT: WHAT ARE THE SIGNS THAT YOUR BUCKET IS GETTING TOO FULL? DO YOU HAVE HEALTHY WAYS TO RELEASE YOUR STRESS?**

**JUST FOR FUN...**

**SPRING  
BRINGS  
GOOD THINGS!**

V	S	Z	B	N	J	E	K	V	K	D	L	L	O
Q	B	M	E	X	O	G	E	R	L	N	P	Q	P
F	L	B	A	S	N	O	W	D	R	O	P	C	P
A	O	P	U	D	A	F	F	O	D	I	L	W	O
I	S	O	T	N	C	V	R	M	X	Y	A	V	R
T	S	S	I	F	N	O	P	R	F	D	W	A	T
H	L	I	F	H	U	Y	L	F	T	V	A	O	U
S	M	T	U	Y	X	L	M	O	U	T	R	E	N
V	F	I	L	D	H	B	F	S	U	T	M	Y	I
F	S	V	H	O	P	E	T	K	I	R	O	C	T
J	T	E	D	B	R	I	G	H	T	N	F	R	Y
F	L	O	W	E	R	F	N	D	D	T	R	U	E
Y	D	Q	M	L	R	X	N	Y	Y	H	Z	S	L
S	U	N	S	H	I	N	E	D	Z	X	L	A	E

*Find the words in the grid that help us all to feel positive now that it's Spring and the vaccine roll-out gives us all even more hope for better things to come.*

<b>BUNNY</b>	<b>COLOURFUL</b>	<b>BLOSSOM</b>
<b>BEAUTIFUL</b>	<b>FUTURE</b>	<b>FAITH</b>
<b>BRIGHT</b>	<b>OPPORTUNITY</b>	<b>FLOWER</b>
<b>SUNSHINE</b>	<b>POSITIVE</b>	<b>SNOWDROP</b>
<b>HOPE</b>	<b>DAFFODIL</b>	<b>WARM</b>



**"YOU CAN CUT ALL THE FLOWERS BUT YOU CANNOT KEEP SPRING FROM COMING."**

Pablo Neruda

# PEOPLE TO TALK TO

## CARERS LEEDS - 0113 380 4300

If you are struggling to care for someone

## CITIZENS ADVICE BUREAU - 0113 223 4400

Free, confidential and impartial advice.

Mon - Fri 9am - 4.30pm

## COVID SUPPORT - 0113 378 1877

Leeds City Council Hotline

## CRUSE BEREAVEMENT CARE - 0113 234 4150

Support for when someone dies

## FORWARD LEEDS - 0113 887 2477

Advice, info and support if you are worried about alcohol or drug use

## GAMCARE - 0808 802 0133

Help with gambling problems

## LEEDS DOMESTIC VIOLENCE SERVICE

0113 246 0401. 24 hour helpline for men & women

## LEEDS REFUGEE FORUM - 0113 244 9600

Support for migrants

## LINKING LEEDS - 0113 336 7612

Linking you to community services & activities

## MONEY BUDDIES - 0113 235 0276

Help with money problems and benefits

## NHS MENTAL HEALTH HELPLINE - 0800 183 0558

24 hour helpline if you are struggling with mental health

## RETAS LEEDS: Online drop-in for refugees.

Facebook Messenger: 10am - 12.30pm every

Friday or call 07440 402 028

## SAMARITANS - Freephone 116 123

Need to talk? Confidential and emotional support  
24 hours a day

## SUICIDE BEREAVEMENT SERVICE - 0113 305 5803

Support if you have lost a loved one

## THE SILVER LINE - 0800 4 70 80 90 (freephone)

Confidential helpline for older people offering  
information, friendship and advice. 24 hours

## MIGRANT INFO HUB - [migrantinfohub.org.uk](https://migrantinfohub.org.uk)

Offers a wide range of shareable information,  
translated resources in over 100 languages

**IN A MEDICAL EMERGENCY - CALL 999**  
**FOR NON-EMERGENCIES - CALL 111**

# GROUPS & ACTIVITIES AVAILABLE IN LEEDS

## MONDAY

### MEN WITH VOICES GROUP

10am - 12pm. Contact Bryn: 07518 650 872

### HAREHILLS MEN'S SOCIAL GROUP

2pm - 3pm. Contact Joe: 0113 248 4880

[joek@touchstonesupport.org.uk](mailto:joek@touchstonesupport.org.uk)

### WORTLEY BAND OF BROTHERS

3pm - 4pm. Contact Joe: 07741 328 786

### ANDY'S MAN CLUB

7pm. Contact: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

## TUESDAY

### URBAN TASK FORCE (Practical outdoor group)

10am - 1pm. Contact Mike: 07472 415 387

### CONNECT MEN'S CLUB

1pm - 3pm. Contact Aulson: 07593 436 608

[aulson@fgfleeds.org](mailto:aulson@fgfleeds.org)

### WEST LEEDS MEN'S NETWORK

2pm. Contact Ian: 07738 107 012

### ONLINE GUITAR GROUPS

Intermediate: 2pm - 2.45pm.

Beginners: 2.45pm - 3.30pm.

Contact Joe: 07741 328 786

## WEDNESDAY

### URBAN TASK FORCE (Practical outdoor group)

10am - 1pm. Contact Mike: 07472 415 387

### MAN ABOUT TOWN MUSIC GROUP

12pm - 2pm. Contact Jogga: 07305 237 120

### JOE'S ONLINE MEN'S QUIZ & GAME GROUP

1pm - 2pm. Contact Joe: 07741 328 786

[joek@touchstonesupport.org.uk](mailto:joek@touchstonesupport.org.uk)

### ROTHWELL MHA MAINLY MEN GROUP

1pm - 2pm - 1st & 3rd Wednesday of each month.

Contact: 0113 288 0887

[Rothwell@mha.org.uk](mailto:Rothwell@mha.org.uk)

## THURSDAY

### ARMLEY MEN OF THRONES

2pm - 3pm. Contact Maxine: 07825 438 375

### MAN ABOUT TOWN CREATIVE WRITING

12pm - 2pm. Contact Jogga: 07305 237 120

### LONG DISTANCE SOCIAL CLUB

Afternoons. Weekly chat and support group.

Contact Duncan: [duncan@humansbeing.org.uk](mailto:duncan@humansbeing.org.uk)

## FRIDAY

### RECLAIM ONLINE MEN'S SUPPORT GROUP

10am - 11.30am. Contact: 07341 736 298

### WORTLEY WALKING MEN'S GROUP

10am - 1pm. Contact Rebecca: 07852 526 415

### WEST LEEDS MEN'S NETWORK

2pm. Contact Ian: 07738 107 012

### SHANTONA MEN'S FRIDAY CHECK IN

3pm - 5pm. Connect online, make friends.

Contact Adam: [Adam@shantona.co.uk](mailto:Adam@shantona.co.uk)

## OTHER GROUPS...

### YOUNG BLACK MINDS

Peer support for young black males.

For details about evening groups, contact:

0113 305 5800 or [peersupport@leedsmind.org.uk](mailto:peersupport@leedsmind.org.uk)

(inc 'Young Black Minds' in the subject line)

### ZEST MEN'S GROUPS ACROSS

#### GIPTON & SEACROFT

Games, food and activities. Contact Tara:

0113 240 6677 or [tara.scott@zestleeds.org.uk](mailto:tara.scott@zestleeds.org.uk)

“To be able to share things has helped me get back on track. It's hard for guys to talk about depression - we all want to be strong, dependable and confident; but things creep up on you and suddenly you're in a dark place. I can't change the past, but I can look to the future with a degree of optimism I didn't have a few years ago.

*Pete - Harehills*



MANBASSADOR

# LOCAL BUSINESSES LOOKING OUT FOR LOCAL MEN



MANBASSADOR

This magazine is adapted from the Manbassador Project, where local businesses support men who might be down on their luck or isolated in their communities.

A few of our LS9 Manbassadors have told us what they are most looking forward to as we come out of Lockdown.

“ Seeing the people who have not been able to get into the pharmacy, especially difficult for those shielding. I miss talking to them.



**Jayne from Imaan Pharmacy**

“ Seeing my sisters in real life, and my beautiful nephew and nieces so I can give them a big squashy, squeeze hug. We’ve missed them so much.



And oh, to have a good, long, invigorating walk with my best friend Kim on the beach, no matter the weather. Taking time to watch the waves splash onto the sand and to eat some doughnuts there, or even fish and chips!!

**Balwinder from Lloyds Pharmacy, East Leeds Primary Health Care Centre**

“ I’ve always been adventurous, especially going to gigs and festivals. But now, I just want to make my own adventures closer to home, go round to a mate’s for quality time; or to hug someone when it just feels the right thing to do.



**Hayley from thegym**

“ We did so much with our boy, now 3, but little Joy hasn’t been to a single baby group yet! I want to see her little face, singing songs alongside other children and new parents, in a hall somewhere; that will be the best day.



**Richard from W2 Barbers, LS8**



...to all of our distribution centres who help get this magazine where it needs to be. To all the volunteers, without you we would struggle! Volunteers do an amazing job to keep our communities alive and healthy.

The funding for this magazine, as part of the Manbassador Project, ends with this zine. We know it has been well received and has provided a lovely distraction from this strange year. While this is our last magazine for now, you can still find up-to-date activities for men here at Men’s Health Unlocked, all year round!

[www.forumcentral.org.uk/mens-health-unlocked](http://www.forumcentral.org.uk/mens-health-unlocked)

## COMPETITION WINNERS

Cherie Walton & Xara were the 2 winners of the Spot the Broccoli competition. Well done to both of you and we know they will be great boxes of food for you right now.



The vaccine provides us with hope and an opportunity to come out of this pandemic sooner. Remember, by looking after yourself, you are looking after others.

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**



# BE INSPIRED BY THESE STORIES DURING THIS CRAZY YEAR OF COVID-19. THESE MEN HAVE ADAPTED, SHOWN INCREDIBLE RESILIENCE, SEIZED AN OPPORTUNITY AND BEEN CREATIVE.



**ALEX** - Dad to two girls (aged 4 and 1), volunteer at **LEEDS DADS** for 3 years

When COVID came along, Leeds Dads set about creating new plans; we knew we had to continue to offer the peer support for Dads.

We've had Summer and Christmas 'Virtual Playhouses' which was great to get Dads and kids to come together virtually with music, dancing and storytelling. We had our Dadstastic Father's Day party, our socially distanced summer picnic and plenty of dad jokes. Search Leeds Dads on Facebook to see photos and videos of all these Dadventures!

With the help of Active Leeds on behalf of Walking for Health, a few Dads trained as Walk Leaders to run safe socially distanced walks in public parks; our most popular walk had twelve dads, sixteen kids and multiple prams!

**"DADS CAN CHAT AND FEEL SUPPORTED THROUGH LEEDS DADS"**



**1 YEAR ON... CELEBRATING THE MEN OF LEEDS!**



**DAZ** - MAN ABOUT TOWN

A few months ago, suffering with severe depression, I was put in touch with Cloth Cat, who connected me with Jonathan from the Man About Town Group. We first met in a car park, where, through our shared love of music, I had him playing a ukulele right there! And soon, the other group regulars wanted me to teach them to play and I will form a ukulele group!

Music can be a big help for people who are suffering with their mental health; I still suffer badly at times, but I find by helping others, I am helping myself as it gives me a clear focus. It has been such a relief for me even if the group meets just once a week.

I am now going to become a volunteer and teach the ukulele and its benefits; it's such a nice thing for everyone. It is so important to confront your illness and I find that teaching gives me structure and is aiding my own recovery.

**"MUSIC CAN HELP PEOPLE WHO ARE SUFFERING WITH THEIR MENTAL HEALTH"**

**"BEFORE I KNEW IT, I HAD JOINED GROUPS EVERY DAY OF THE WEEK AND I SET UP MY OWN GROUP, TOO"**

**DAVID** - SWARCLIFFE

I was referred to Orion's Men's groups in October 2019 because I have complex health issues, my mental health was suffering and I was doing nothing; before I knew it, I had joined groups every day of the week. And it was so boring on a Sunday, even before the pandemic, that I decided to do something about it in Lockdown and set up my own Sunday Group called Sunday Natters, that's natters not nutters! We just have a nice chat together - Contact me: [davidhadwen60@gmail.com](mailto:davidhadwen60@gmail.com)

In July I took part in Lippy People's 4Ls Project - Life Loss Learning Legacy. I was proud to talk about my big brother, Paul; I wish I'd known more about him before he died 10 years ago. In fact, it was only at his funeral, when a huge floral bouquet arrived, that another discovery was made - he had spent many years touring and working with the name on the bouquet, all the way from America; with love, Lemmy.

**LAURENCE**

Semi-retired teacher

As 'lockdown' arrived I felt the need to do something creative! I bought paints suitable for a metal surface and drew geometric designs which allowed for lots of colours.



Every day for the next three months I painted sections of the garage door, using tape to separate the colours. The painting was very therapeutic and it attracted many positive comments from people passing, usually about being bright and cheerful. I spoke to more people in those few months than I had in the past 34 years.

**"I LOVE BEING CREATIVE, EVEN MORE SO WHEN IT BRINGS LIGHT AND CHEER TO OTHERS"**

**ADEEL** HAREHILLS

Adeel takes inspiration from Islamic mysticism, stoicism, the writings of Carl Jung and his personal experiences of vulnerability, grief and isolation in younger life to create art. He came to Leeds to study a diploma in art whilst caring for a relative. Adeel coaches mixed martial arts, in particular Muay Thai, and uses his art and coaching to support other young men who are struggling to express themselves.



Strange Times



**PETE** HAREHILLS

When my back went in May, I relied on lovely friends I'd made over the last few years, volunteering with Older Ensemble & Slung Low, stewarding at different Leeds Festivals and the amazing allotment community - I love the physical work at the allotment, feeling like I've really achieved something. I could not have coped without them all. Life has certainly turned round since I stood on that Leeds bridge four years ago, wondering what next?

I could not be in a better place right now - and buying the ebike during the pandemic has added a sense of freedom to do what I want when I want. I still do all the cycling but it has transformed my cycling life, even in the snow! I have no fear going anywhere now.

Slung Low in Holbeck specialise in theatre and creative fringe productions, passions passed onto me by my Mum. It's great to help them out every Wednesday with the food distribution, packing crates and making sure those who need food support are not left behind.

**"THE E-BIKE HAS ADDED A SENSE OF FREEDOM DURING THE PANDEMIC"**



**"I FEEL LIKE I AM WITH A GROUP OF FRIENDS - I'VE GOT MY MOJO BACK!"**

**LEE** - MEN@MEANWOOD

I thought I'd have the world at my feet when I retired, but I became depressed, and medicines didn't help me. Eventually, I took up my neighbour's offer, inviting me to Meanwood Men's group and what a turnaround it proved to be! I feel like I am with a group of friends, even on Zoom, and I know I've got my mojo back. I have made good friends through the Men@Meanwood Group - good banter, fun and interesting activities and we have had interesting guests that have given us a chance to learn and discuss issues.

With my wife working hard from home all year, I took on a new family role, shopping and helping to keep the home running. My wife would have words to say if I said I did it all!! I now also do the shopping and gardening for some of the elderly at the church.

**"I WOULD RECOMMEND DOING A COURSE - LOADS ARE FREE!"**

**DAVID** - SEACROFT

As a hotel worker, I was furloughed at the start of the pandemic; what a change! It has been brilliant to spend more time with my young son; and to keep busy, I have used this time to complete some interesting, accredited courses to help with job hunts.

I completed Public Safety NVQ Level 2, Customer Service Level 1 and 2 and Mental Health Awareness Level 2 and am doing more.

I have already had work stewarding at football events when restrictions allowed! Honestly, I would recommend doing any courses you can, loads are free! It's a great way to meet people, gain qualifications and find work!



**GEORGE** RICHMOND HILL ELDERLY ACTION

I've been fairly lucky in my life; from a young teenager I was always interested in music and formed a band in Torquay. I was lead guitarist and lead singer and we played alongside many

well-known bands in the late 60s. My band in Leeds, Nightride, played in clubs all across Yorkshire and I carried on as a solo artist for many years.

I've always written songs and poems.

5 years ago, I joined a local WMC and now RHEA is looking after me. My advice - Get in touch with a local organisation for amazing support. Don't be afraid to speak out. Use your phone, it's not a crime asking for help and soon we'll be able to hold the ones we love again.

**"WE'LL BE ABLE TO HOLD THE ONES WE LOVE AGAIN"**



*At times like this you must agree  
Things ain't what they used to be  
But we all know what we must do  
Protect ourselves and others too  
The virus takes lives every day  
So at home we all must stay  
The vaccine jab may help us all  
And once again we'll all stand tall  
So together stand and shout  
We will wipe this virus out*

*George*

**MIKE** URBAN TASK FORCE

New Wortley CC Urban Task Force managed to remain active throughout the year; as an outdoor, environmental project the regular volunteers met under stricter COVID-safe guidelines.

The team took pride in improving numerous local spaces in New Wortley & Armley; cutting back foliage, weed clearance, wood staining and clearing public footpaths of overgrown foliage, leaves and litter, receiving regular praise from residents and local organisations.

The opportunity to meet throughout the lockdowns helped provide volunteers with a focus and a chance to stay socially connected whilst playing a positive role in helping their community; potatoes grown on our allotment plot were used in food parcels distributed to individuals and families in need, and the group tended an elderly resident's garden whilst they were shielding.

