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Engaging
People
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Welcome to the Men's Health Unlocked March 2021 Newsletter!

Contents

- Let's Unlock What's On For Men in Leeds
- Men's Health Unlocked Update!
- New Unlocked Magazine issue
- MHU Networking Meeting - 9th March
- Other news
- Information and Research

Let's Unlock! What's On for Men in Leeds Please contribute!

It is the "What's On" for men in Leeds and it needs YOUR activities!

Please add your men's health and wellbeing activities to the list. Don't delay - we've already received 900 hits in less than two months!

Link: [Click here to add your own men's health and wellbeing activities.](#)

Link: [Or click here to find an activity.](#)

Men's Health Unlocked update!



The Tablets project run by Barca-Leeds, the Orion Manbassador project and Unlocked magazine have reached the end of their funding and have come to a stop - for now, at least!



But not before:

- Barca-Leeds had delivered ONE HUNDRED tablets to isolated men in just two months
- Orion distributed around 25,000 magazines containing info, education and entertainment to men all over Leeds
- Touchstone set up online support groups with 60 men joining in just 3 months.

Meanwhile, MHU carries on! For example:

**** More networking meetings ** More sharing of vital info ** More linking people up ** More "Let's Unlock" ** More supporting of men's health and wellbeing in and around Leeds.**

Please [get in touch](#) if there is anything that we can do to support your work!

Unlocked Magazine - new edition out now

The latest edition of Unlocked Magazine is packed full of features designed to appeal to men, along with handy services and activities. It's been produced by Orion as part of the our Men's Health Unlocked network and the manbassador project.



[View the Unlocked Magazine here](#)

MHU Networking Meeting - 9th March 2021

Another great well-attended meeting - thank you to all who came!

The following workshops were held:

- Great Group Activities (Tara Scott, Zest Leeds)
- Circles of Life: Voices of Men: Their work engaging men from ethnic minorities (Geeta Lota, Circles of Life: Voice of Men)
- Engaging low income men (Dr Mike Jestico, University of Leeds)
- Men and self-identity (Duncan Millard, Humans Being)



[Watch the full recording here](#)

This recording features the “Great Group Activities” workshop at 45:30.

Another highlight is the reading of a poem written by an Orion Manbassador. Catch it at 1:51:45

If you require an audio of any of the other workshops that took place, please get in touch.

Share your Knowledge!

Do you support men’s health and wellbeing?

Would you like to run a skill share at the next networking meeting?

If the answer to these questions is yes, then please get in touch.
You do not have to be a professor. It is a low pressure workshop, with attendees also encouraged to share their own ideas.

Next Networking Meeting

Wednesday 12th May, 10am-12noon

Information is Power - Power to the People!

Forum Central is keen to hear about the issues facing the men that you are working with. By collecting information about the challenges faced by communities all over Leeds, we can make sure that the right support gets to the right people, at the right time.

Please share your experiences here:

<https://forumcentral.org.uk/communities-of-interest/>

Other News

Leeds Museums and Galleries - Outreach offer.



Leeds Museums and Galleries have a programme of outreach, exhibitions and displays and events.

They are running virtual object handling and reminiscence sessions on a variety of topics from the 1950s and 1960s to subjects like food and drink, going out and about, sport and leisure, occupations and pastimes, and can send out



House Museum.

More info: Patrick.Bourne@leeds.gov.uk

resource packs for those who are not online.

If you are interested in receiving more information on either a virtual handling session, printed materials for groups or arranging group visits as restrictions allow us, please get in touch.

in the first instance with Patrick Bourne, Assistant Community Curator at Abbey



Leeds Playhouse Creative Walks



Leeds Playhouse have packs of creative walks. designed by 7 local artists. They are re-imagining the area you live in and finding joy in the small things. They can be done anywhere, anytime by anyone. The walks have a focus on mental well-being and there is an accessible alternative for each walk designed.

The packs are being funded by Leeds Playhouse in partnership with Heritage Corner.

Get in touch to order some packs for your community or if you have any questions.

More info: lily.craig@leedsplayhouse.org.uk

Free Tablets for Digitally Excluded in New Wortley and Armley



20 Tablets available, with wifi and digital support, for target groups in Armley and New Wortley, including those living in high rises.

Simple referral process!

Link: [View the flyer](#)

Link: [Download the Referral form](#)

More info: rebecca.houlding@newwortleycc.org

Leeds Suicide Bereavement Service - Leeds



This is a peer-led service and is effective in reducing further suicides. They support everyone bereaved or affected by suicide no matter what the relationship or the length of time bereaved. They support organisations and employers as well as individuals, and provide support 1:1,

in groups, via workshops and events.

If you are supporting anyone who has been bereaved by suicide, please do signpost, or refer them to this local service. They also offer outreach/info sessions so if you feel this would benefit your team please do get in touch.

Link: www.leedssbs.org.uk / <https://www.facebook.com/LeedsSuicideBereavementService>

More info: Emma.Johnston@leedsmind.org.uk

Performance Ensemble seeking older men for 2023 Epic



The Performance Ensemble are looking for older men to take part in 'Bus Pass', a series of different projects and performances, culminating in an epic outdoor happening in 2023, featuring one thousand older performers – including twenty older artists from around the world – all converging on the city centre from every part of Leeds, in sixteen double decker buses, as part of the Leeds 2023 celebrations.

Link: <https://theperformanceensemble.com/bus-pass-project>

More info: ansell.broderick@gmail.com



Information and Research

If you are looking for information to help your men's health project, visit our [Information and Research section](#) on this webpage.