

Men's Health Unlocked (MHU) Newsletter // July 2021

Welcome to our summary of the latest men's health news, activities and services in Leeds. We hope this update is useful - feedback welcome!

Kind regards,

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News

MHU 6 Months Report

A report detailing the massive amount of work that some MHU partners (Barca Leeds, Forum Central, the Orion Partnership and Touchstone) packed into a very short space of time (just over four months rather than six, as it happens....). It's a bit weighty so if you have limited time then I would recommend the Exec Summary and the "Learning" section. Check it out [here](#).

Domestic Abuse

Following MHU representation at the Domestic Abuse Voice and Accountability Forum (DAVA), men will now be recognised in the DAVA terms of reference, at the next scheduled update.

Behind Closed Doors have received over 34 calls from male victim-survivors so far this year, compared to just 4 last year. A recent report about male victims of coercive control can be found [here](#).

Women's Safety



MHU continues to work with Women's Lives Leeds and MHU network members to explore with men how they can support women to feel safe. A great way to further Leeds' pioneering gendered approach to supporting health inequalities.

Redundancy Project

Leeds Mind and MHU has joined the Mental Health Strategy (Priority 3) Working Group as we seek to create resources to support both companies and employees who are facing redundancies. This is due to the link between job loss and suicide. (At the last recession, in 2009, suicides rose sharply. “Employment” was a factor in 2/5 of suicides at the time.)

Suicide

The Lancet posted an interesting article about suicide rates during Covid. Using data from 21 countries, they found that there was “no evidence of a significant increase in risk of suicide since the pandemic began in any country or area”. The article can be found [here](#).

Communications update

Following consultations, we have taken a spam-free approach to communications and will try to keep you updated by collating info into one email, rather than piecemeal. We will also be continuing to experiment with the networking format – the end-of-meeting open networking section appears to be popular.

Skill Shares

Come and share your skills, your experiences and your stories! Start a conversation and let's find solutions together. Contact damian.dawtry@forumcentral.org.uk if you would like to do this at a networking meeting.

Men's Health Week Review

Watch this [smashing video](#) featuring the combined effort of some of the fantastic members of the Men's Health Unlocked network!



Funding

Funding for older LGBT+ People

Time to Shine have allocated funds to specifically support older LGBT+ people in Leeds and confront loneliness and social isolation in these communities. Grants up to £2500.

More info here:

www.leedscf.org.uk/grants/connecting-older-lgbt-people-micro-fund/

Community event grants for International Day of Older People (IDOP)

IDOP is on 01 October and is celebrated annually in Leeds, focusing on a different theme each year. This year's theme is Linking Lives and organisations can apply for up to £250 to hold activities or events.

For more information or to apply, [click here](#).



International Day of Older People 01 October 2021

Linking Lives; a time to reconnect and celebrate the strength of diverse communities in Leeds.

Event grants of up to £250 available, apply before 16 August.



A proud partner
of Forum Central

Apply at www.opforum.org.uk/lopf-workstreams/idop

General funding updates

Doing Good Leeds publishes a regular funding update. [Click here](#) to see the latest funding available in Leeds.

Activities and events

Men's Health Unlocked Networking Meetings

Come to our next meeting, Wed 15 Sept 10am - 12noon.

Want to run a skill share at this meeting? [Get in touch](#).

Let's Unlock – What's On for Men In Leeds?

Check out [this link](#) to find out. Please share with others! Click [this link](#) to add your own activities.

Coercive Control Workshop – 28 July

This was so popular that it is being repeated. A fascinating insight into coercive control and the recent research showing that men are just as likely to be victims of this as men. Some interesting data around challenging the current narrative in relation to this issue. Book your place [here](#).

International Men's Day - 19 November



Are you planning anything? MHU would love to promote your work and share a programme of activities for the day. We'd also like to be involved in any events that you have planned – get in touch with any ideas

that you may have.

Leeds Dads Free Forest Schools

Join Leeds Dads and Tiny Outdoor Explorers at Meanwood Valley Farm for a FREE Forest School for dads and kids. Explore and discover the natural world, through group games, minibeast safaris, nature art & craft, scavenger hunts... and probably a fair amount of mud!

Book now at <https://leedsdads.org/forest-school/>

Dads Talk Session - Every Wednesday

On Wednesday nights at 8pm Leeds Dads hosts an hour where Dads can openly discuss challenging, difficult or sensitive topics without judgement. Leeds Dads Evening Support Session with Touchstone - Covid-19 peer support & advice line is with a trained counsellor in their private Facebook group.

You don't have to talk, just join in from 8-9pm.

See you there! <https://www.facebook.com/groups/leedsdads>

Consultations

International Men's Day (UK) Consultation

International Men's Day (UK) are pulling together an International Men's Day guide aimed at encouraging more organisations to take part in November – whether that be employers, companies, public bodies, charities and individuals. The plan is to mention other organisations that have taken part before by including quotes from them

They would like organisations to send them answers to any or all of these questions. (just a few sentences):

- What they did
- Why they felt it was important to take part
- What was the outcome/impact (if any)
- Why others should take part

Please also supply your name, job title and organisation, and send to: contact@ukmensday.org.uk

'Living with Machines' Exhibition Community Engagement Call-out



Take part in 'Living with Machines', a new exhibition by Leeds City Museum and British Library. The exhibition shares stories about the impact of industrialisation on our lives. Are you living with disabilities? How has technology impacted on your life?

Share your story with Marek Romaniszyn from Leeds City Museum by emailing marek.romaniszyn@leeds.gov.uk or call 0113 378 7126.

For more information and research on engaging men, and men's health and wellbeing, please visit our webpage:

www.forumcentral.org.uk/mens-health-unlocked



MANBASSADOR

JAYNE

Local
Pharmacy
Assistant

**It's tough for men, especially the young.
That pressure to be strong –
*man up, hold your own.***

**But there's other kinds of strength;
the strength to reach for another's hand
and let them in.**

**I'm at the counter
and it's close to home with me.
I see them come in, stressed and unhappy.**

**No more *man up*.
No more *hold your own*.**

**Be kind, treat everyone equally.
A smile goes so much further in the world
than an uncaring word
and takes far less energy.**

Poem by Peter Spafford / Photo by Lizzie Coombes



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