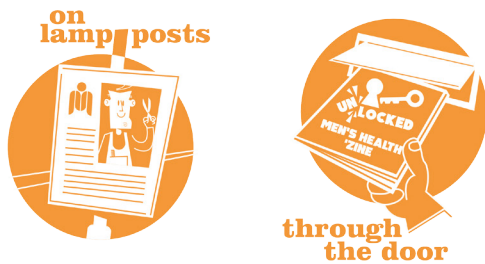


# MEN'S HEALTH

unlocked

Annual report 2021

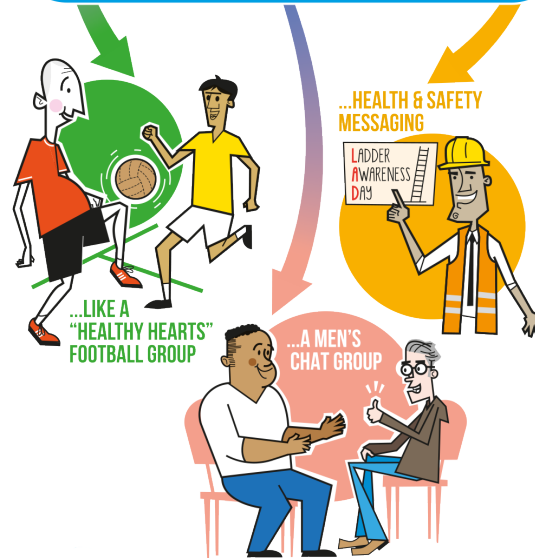


Men's Health Unlocked is a network to improve and save the lives of men who live and/or work in Leeds.

A GENDERED APPROACH TO SUPPORTING MALE HEALTH INEQUALITIES LOOKS AT THE FACTS BEHIND MEN'S HEALTH, IDENTIFIES ANY ISSUES AND WHAT CAUSES THESE. FOR EXAMPLE...



THEN WE FIND SOLUTIONS THAT ARE TAILORED TO THEIR LIVES AND INTERESTS...



[forumcentral.org.uk/mhu](http://forumcentral.org.uk/mhu)  
[@mhuleeds](https://twitter.com/mhuleeds)  
[hello@forumcentral.org.uk](mailto:hello@forumcentral.org.uk)



In partnership with  
 THE NATIONAL LOTTERY  
 COMMUNITY FUND



## FINDINGS

A direct link identified between digital isolation and Long Term Conditions (LTC).

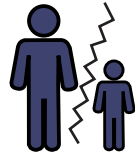


(60% of tablet recipients had LTCs).

89%

of recipients of wi-fi enabled tablets reported reduced isolation.

6 out of 36 (17%)



fathers reported difficulties accessing their children.

Text-based social media support groups



offer an additional gateway to services for men.



## FINANCE

We were supported with



£100,000  
 from the National Lottery  
 Community Fund

Working to tight timescales (6 months' work completed in 4 months), we were able to return a small amount (£2,500).

## THE FUTURE



We are delighted to have received funding from Harnessing Power of Communities to continue our work in taking a gendered approach to supporting male health inequalities in Leeds (see panel).

## ENGAGING

**“Let’s Unlock”**  
What’s On Guide for men



receives 900 hits in first two months.

**50% of Helpline callers**



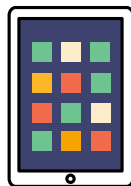
supported into further activities or services.

**90%**  
of organisations



found our Skill Shares useful.

**Over 50%**  
of wi-fi enabled tablets



reached men from ethnic minorities, across 22 postcode areas.

## COLLABORATING



**64**

organisations distributed 30,000 Unlocked magazines directly to men around the city.



**43**

organisations helped to get wi-fi enabled tablets to 100 men across the city.



**234**

men supported by local businesses.



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



**LOCAL BUSINESSES  
LOOKING OUT FOR LOCAL MEN**

**The Manbassadors project was a network of local business owners (e.g. chip shops, barbers and chemists) who supported their male customers to get the help and support they needed.**

## SHARING

**Networking meetings**



attended by 80 organisations and individuals.

**Webpage**



containing useful information and resources for organisations supporting men in Leeds.

**“Unlocked”**



regular Men’s Magazine.

**Bi-monthly**



newsletter.

