

# INTERNATIONAL MENS DAY

November 19

## Events in Leeds



# Events for men in Leeds

FREE

## How Kooth.com and Qwell.io Can Support Male Mental Health

Date: Monday 15 November

Time: 11am - 12pm

Venue: Zoom

Book: [www.eventbrite.co.uk/e/199208657457](http://www.eventbrite.co.uk/e/199208657457)



Learn how these free, anonymous, accredited online support services, Kooth.com (10-18) and Qwell.io (18+), can support boys and men with their mental & emotional wellbeing

## How Kooth.com and Qwell.io Can Support Male Mental Health

Date: Wednesday 17 November

Time: 4pm - 5pm

Venue: Zoom

Book: [www.eventbrite.co.uk/e/199208657457](http://www.eventbrite.co.uk/e/199208657457)



Learn how these free, anonymous, accredited online support services, Kooth.com (10-18) and Qwell.io (18+), can support boys and men with their mental & emotional wellbeing

## Celebrate with the West Leeds Men's Network

Date: Wednesday 17 November

Time: 4.30pm - 7.30pm

Venue: Bramley Community Centre, Waterloo Lane, LS13 2JB

Book: Contact 07738 107 012 or [Ian.pepper@barca-leeds.org](mailto:Ian.pepper@barca-leeds.org)



Join the International Men's Day celebration in Bramley to enjoy live music, poetry, food and more.

# Events for men in Leeds

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## Zest International Men's Day

Date: Friday 19 November

Time: 11am - 2pm

Venue: Church of the Epiphany, 227 Beech Ln, Gipton Leeds LS9 6SW

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



Join Zest at Epiphany for a day of music, games, food, fun and stalls.

## Daddy Blues – A short film screening with Leeds Dads

Date: Friday 19 November

Time: 6pm - 8pm

Venue: The Holbeck Club, Slung Low, Jenkinson Lawn, Holbeck LS11 9QX

Book: [www.eventbrite.co.uk/e/baby-week-free-screening-daddy-blues-tickets-198321483897](http://www.eventbrite.co.uk/e/baby-week-free-screening-daddy-blues-tickets-198321483897)



Enjoy a baby friendly environment with refreshments and watch a short film about a couple having their first child, postnatal depression and a father's perspective.

## Men @ Meanwood

Date: Monday 22 November

Time: 11am - 1pm

Venue: Meanwood Institute, 94 Green Road, Leeds LS6 4LD

Book: Email [lawrenceg@space2.org.uk](mailto:lawrenceg@space2.org.uk)



A weekly social event dedicated to supporting and connecting local men. A time to catch up, eat good food, have a laugh, play snooker and meet new people in a welcoming space. The group meet weekly on Mondays - join in to get your week off to a great start!

For up to date news, events and information about the support available for men in Leeds, visit [www.forumcentral.org.uk/mhu](http://www.forumcentral.org.uk/mhu)