

What is Men's Health Unlocked?

A Guide for Staff and Volunteers

Why does Men's Health Unlocked exist?

Men's Health Unlocked (MHU) is a Leeds-based network linking the brilliant work supporting men's health and wellbeing in and around Leeds.

Men experience certain health inequalities due to their gender:

- Men live on average 3.5 years less than women
- 1 in 5 men will die before they reach 65 years old
- Men in Leeds are 5 times more likely to die by suicide.
- Some men do not address their health issues and are unwilling to reach out for support
- Men are less likely have a support network around them.

MHU, in partnership with its members, provides information, advice and resources, identifies gaps in provision, and develops collaborative solutions to meet these needs.

Formed in November 2020, it marks the next important step in Leeds' growing reputation in gendered responses to health inequalities (*see right*).

Who are the members of MHU?

You, if you want! Open to all. The network is as good as the sum of its parts. Anyone with an interest in men's health is encouraged to get in touch.

How is it structured?





Forum Central coordinates the network, with Barca-Leeds, Orion and Touchstone delivering funded projects on behalf of MHU. Members are consulted through a variety of methods, most notably the bi-monthly networking meeting. The Advocacy Group will be made up of diverse male volunteers.

The network is overseen by the Partnership (Steering) Group, which is made up of key men's health reps such as from the LCC Public Health team and Professor Alan White, a leading worldwide academic in men's health.

What does MHU do?

For the year 2022, a number of strands (projects) are being delivered. Most are currently being funded by the National Lottery Reaching Communities Fund until September 2023.

How do I get involved?

- Contact any of the strands listed below.
- Join the mailing list! (damian.dawtry@forumcentral.org.uk)
- Add your activity to our Let's Unlock What's on for Men ([click here for link](#))
- Use the Let's Unlock directory! ([Click here for link](#))
- Come to the MHU bi-monthly networking meeting
- Tell us about your work, your resources, your needs
- Support your service users to get involved in any of the strands below.
- Use the website for information and resources on men's health ([click here for link](#))
- Tell others about Men's Health Unlocked

Key reading:

- The [State of Men's Health in Leeds \(2016\)](#). Along with the [State of Women's Health in Leeds \(2019\)](#). These were the first reports of their kind in the country.
- The nationally-acclaimed [Leeds Suicide Audit](#) (Leeds City Council Public Health Team), providing further insight into the root causes of men experiencing poor mental health.

MHU Strands

Strand	Notes	Offers entry level engagement?	Key contact
MHU Network Coordination (Forum Central leading on this strand) Sharing information, research and opportunities in men's health and wellbeing. Signposting and supporting collaborations.	To help a cohesive, informed approach to supporting men's health and wellbeing across Leeds and surrounds. Activities include bi-monthly networking meeting and a website containing resources and information on men's health and wellbeing, including "Let's Unlock" (see below.)	n/a	Damian Dawtry Men's Health Unlocked Coordinator Damian.dawtry@forumcentral.org.uk 07985 442630
MHU Advocates (Forum Central) Male volunteers providing insight and guidance to the network and the direction of MHU, and to develop projects to address priority issues.	To help ensure that the MHU is a user-led and widely representative network. Volunteers supported by a dedicated worker. Involvement is designed to fit around volunteers' existing commitments.	Possibly	Rach Stanton Advocacy Development Worker rach.stanton@opforum.org.uk 07985 400494
Digital Trailblazers (Touchstone) Volunteers supported to use their social media accounts to share health and wellbeing messages.	Uses personal connections and social media reach to help influence others. Meet regularly to identify issues drawn from the group and the wider network, then develop online methods to address them.	Yes	Simon Cliff Mental Health Development Worker simonc@touchstonesupport.org.uk 07435919837
Exploring the 21st Century Man (Touchstone) Consultation with Leeds men on positive views of masculinity to	To promote the positive sides of being a man, in the words of men themselves. Group work and street stalls. Report to be shared on data and findings.	Yes	Simon Cliff Mental Health Development Worker simonc@touchstonesupport.org.uk 07435919837

inform an art project to present to the people of Leeds.			
Phoneline (Touchstone) For signposting and referring men to services and activities.	To address the low uptake of services by men and provide another avenue through which they can access them.	Yes	Simon Cliff Mental Health Development Worker simonc@touchstonesupport.org.uk 07435919837
Manbassadors (Orion) Local businesses directing regular customers to sources of health and wellbeing support.	Uses existing relationships to share information and influence others, using the MHU @zine as a main resource.	Yes	Lawrence Glyn Manbassador Project Coordinator lawrenceg@space2.org.uk 07784 951318
@Zine Editors Group (Orion) A regular magazine to share city-wide, promoting men's health and wellbeing, activities and services. Combating digital isolation.	Using paper-based resources to reach out to men, including those who are digitally excluded. Designed and produced by Leeds men. Contributions welcomed city-wide. E.g. Testimonies, stories, pics, case studies, puzzles, artwork etc.	Contributors – yes. Editing team – possible.	Syretta Liburd (Zest) Manbassador Project Worker syretta.liburd@zestleeds.org.uk 07519 387 417 Lawrence Glyn (Space2) Manbassador Project Coordinator lawrenceg@space2.org.uk 07784 951318
Northern Man Festival (Orion) A celebration of men's health and wellbeing. Scheduled June 2023.	The Northern Man Festival is inviting contributions from across the city and beyond. A learning and sharing experience, co-produced and co-curated by male volunteers.	Yes	Lawrence Glyn Manbassador Project Coordinator lawrenceg@space2.org.uk 07784 951318
Digital Inclusion Project (Barca) Providing free wi-fi enabled tablets and training to men, and the organisations that support them.	Many men need support / encouragement to access services. Helps to overcome digital exclusion. Project also provides essential equipment and training for other strands.	Yes	Chris Bamber Men's Health Support Worker (Digital Inclusion) Chris.bamber@barca-leeds.org 07563 391708



Engaging
People
Inspiring
Communities.



Redundancy Support *(Forum Central / Leeds Mind) A leaflet to support the wellbeing needs of men facing redundancy.	There is a clear link between redundancy and suicide.	n/a	Damian Dawtry Men's Health Unlocked Coordinator Damian.dawtry@forumcentral.org.uk 07985 442630
Domestic Abuse Survivors – Male Voices Project* (Behind Closed Doors, Forum Central, Safer Leeds (LCC)) Recruiting men to represent DA experiences at strategic level	Men make up 30% of victim-survivors (National Police Crime Survey) but nationally only account for 4% of DA service users.	n/a	Damian Dawtry Men's Health Unlocked Coordinator Damian.dawtry@forumcentral.org.uk 07985 442630
Switch on to Women's Safety* (Various including Forum Central and Women's Lives Leeds) Supporting men to identify ways to help women to feel safer.	Over 80% of women in Leeds have been harassed by a man. A discussion-based approach that promotes empathy and explores supportive ideas.	n/a	Damian Dawtry Men's Health Unlocked Coordinator Damian.dawtry@forumcentral.org.uk 07985 442630
Men in Health* (Forum Central, MESMAC, Touchstone)	Supporting men who are working in healthcare settings to access services and activities.	n/a	Liaqat Ali Project Coordinator ali@touchstonesupport.org.uk 07733 715814
National Men's Health Strategy Steering Group* (Various national organisations) Representations to parliament to develop a UK-wide strategy.	This would help to identify need, target interventions and develop resources.	n/a	Damian Dawtry Men's Health Unlocked Coordinator Damian.dawtry@forumcentral.org.uk 07985 442630
"Let's Unlock" – Directory of Men's Health and Wellbeing Activities in Leeds..	A simple, self-maintaining list, where projects from around the city add their activities and update them when needed.	n/a	www.forumcentral.org.uk/mhu or contact Damian Dawtry for more info.

*A strand not directly funded by National Lottery Reaching Communities project.