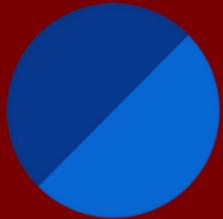






Newsletter

 News

# Leeds Men's Health in Parliament!

Thanks to your input, and your hard work, we were invited to present at the Health Select Committee Inquiry into Men's Health.

[View the full session here.](#)

(Leeds from 10:54)



Tim Taylor, Public Health, Head of Localities and Partnerships and MHU steering group member, spoke about men's health, MHU and the network as a whole.



Short clip: Leeds' work in men's health heralded by Health Select Committee Chair (Steve Brine, MP) . Click on image.

# Leeds Men's Health in Parliament!

Dear Damian,

You will be aware we had a very comprehensive LEEDS moment in the select committee this morning with Leeds CC giving oral evidence.

See: <https://committees.parliament.uk/work/7858/mens-health/>

Very impressed we were too.

All the best,

Steve Brine  
Chair, HSC

# Forum Central Report into the Third Sector in Leeds

Zoom Meeting | You are viewing Max's screen | View Options | Recording | Sign in | View

## Significant changes

Changes between 2020 and 2022

Category	Change
paid workforce	34% drop in
registered volunteers	25% drop in
registered organisations	10% drop in

Based on 2022 data

Unmute | Stop Video | Participants (8) | Chat (4) | Share Screen | Record | Show Captions | Reactions | Apps | Whiteboards | Leave

Type here to search | 17°C Heavy rain | 11:14 20/09/2023





# ● Network Activities, Events & Services

# Leeds Men's Health Strategy Our next moves - Your Input



Prof Alan White presenting at the strategy workshop in November





# Leeds Men's Health Strategy - Our next moves - Your Input

Next Meeting: **Weds 10th Jan. 10am - 12noon (On Zoom)**

We will create:

- **One, three and five-year plans**

For a selection of men from:

- **Male Communities and Issues**

With reference to:

- **Contextual Analysis**

And identifying:

- **Collaborators**



# Leeds Men's Health Strategy - Our next moves - Your Input

## Join us!

You can add more men, men's health issues, context etc on the day .

This is WORK IN PROGRESS.

Bring your expertise!

Enlighten us!

Make us whole!

**Next Meeting: Weds 10th Jan.  
10am - 12noon (On Zoom)**

Join Zoom Meeting

<https://us02web.zoom.us/j/88323056990?pwd=SW5JNHFmVzlaYWphMHNTL3Q3UEYvQT09>

**Meeting ID: 883 2305 6990**

**Passcode: 912545**



Creative  
Frame  
CIC

It's Good to Talk, It's Great to Listen

# Welcome to our November Newsletter 2023



Click here for [Creative Frame December activities](#)



New Wortley Community Centre  
**MENS GROUP**  
**A Variety of Activities**  
Every Tuesday 10:00am-12:00pm



### Introducing our Men's Group

Something for everyone with a variety of activities which could include:

- Workshops
- Vegetable growing/gardening
- Canal walks and museum visits
- Board games/dominoes
- Outdoor cooking

**Make New Friends, Learn New Skills !**



### For More information Contact :

Mike Sims: 07472 415 387  
mike.sims@newwortleycc.org  
New Wortley Community Centre  
40 Tong Road LS12 1LZ



# Let's Get Intersectional for Christmas!



## Joint Network Meeting

Wednesday 13 December 2023

1 - 3pm at Swarthmore



This in-person event is a chance to meet other network members, celebrate, share a conversation over a cup of tea, and reflect on the year passed, and the year ahead.

All members of the Learning Disability Network, Physical and Sensory Impairment Network, Mental Health Network, Communities of Interest Network, **Men's Health Unlocked Network** and Trauma Informed Communities Network, as well as all organisations linked to the Local Care Partnerships are invited.

Please book your place to attend - places are limited.

[Click here to visit the Joint Network Meeting event booking page.](#)

# ➤ SWITCH ON

## TO WOMEN'S SAFETY TRAINING FOR MEN

An insightful and thought-provoking workshop to empower men and boys to help women and girls feel safe and respected



Please see details below

 Training Date  
12/01/2024

 Training Time  
10:00 am - 1:00 pm

 Location  
Stringer House, 34 Lupton Street, LS10 2QW

 Cost  
Free

 Contact  
0113 297 7920  
[training@val.org.uk](mailto:training@val.org.uk)



Newsletter

# ● Funding Opportunities

Grants available to  
recruit and host  
GAMCARE training.

[Click here for more info!](#)



# GAV GRANTS

**£600** per organisation to:

Recruit 8 Gambling Awareness Volunteers (GAVs)

Host two GAV training sessions, provided by GAMCARE

Your volunteers will receive professional training in:

- Spotting the signs of gambling-related harm
- How to have supportive conversations about gambling
- Signposting to support for those affected

For more information and to apply, please visit  
[www.forumcentral.org.uk/GAV](http://www.forumcentral.org.uk/GAV)

Or contact Damian Dawtry: **07985 442630** /  
[damian.dawtry@forumcentral.org.uk](mailto:damian.dawtry@forumcentral.org.uk)

**VOLUNTEERS  
WILL ALSO RECEIVE  
A SHOPPING  
VOUCHER**





Newsletter

# ● Research & Information

Newsletter

# Men and Debt Resources

Debt is a gendered issue - it can affect men in different ways, both in terms of type of debt, likelihood of debt, and coping mechanisms.

Click on the images on the next three pages for resources.



The advertisement features a green speech bubble logo on the left containing the text 'MIC MONEY INFORMATION CENTRE'. To the right, the text reads 'Free, confidential and impartial money advice in Leeds'. Below this, it says 'Further details on these services and more:' followed by a globe icon and the website 'www.leedsmic.org.uk', and a Facebook icon with 'Leeds MIC' and a Twitter icon with '@Leedsmic'. On the right side of the ad is an illustration of a white radiator with a green flame icon above it, and a small white plug icon at the bottom right.

Comprehensive directory of debt services

# Do you need energy or utility bill advice?

Useful numbers for key services in Leeds, offering free, confidential and impartial advice on energy bills and utilities

Green Doctor



# Do you need debt or money advice?

Useful numbers for key services in Leeds

## Debt/Money Advice

Better Leeds Communities

☎ 0113 275 4142

✉ [advice@betterleeds.org.uk](mailto:advice@betterleeds.org.uk)

StepChange Debt Charity

☎ 0800 138 1111

St Vincents Support Centre

☎ 0113 248 4126



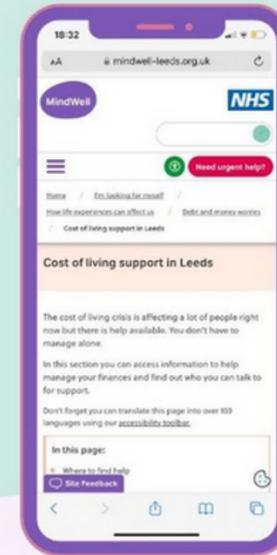
## Money worries affecting your mental health? You're not alone.

Managing your money alongside mental health issues can be tough, but you're not alone.

Find practical advice and local support for money worries on MindWell.

MindWell

[bit.ly/MindWell-debt-money-worries](https://bit.ly/MindWell-debt-money-worries)



[Click here for Mindwell Debt Resources](https://bit.ly/MindWell-debt-money-worries)

# **Violence Against Men and Boys Scoping Report**

**This is part of the ongoing national strategy to address crimes that are most commonly associated with women and girls but have victims from other genders too.**

**These victims (all genders) are addressed in the government's VAWG (Violence Against Women and Girls) Strategy.**

**Report developed and produced by Limeculture.**

**[Access the report here.](#)**



Briefing Paper 4

# A DYNAMIC PERSPECTIVE OF YOUNG FATHERS' WELL-BEING

Predictive and protective factors across their mental health pathways

June 2023

[Click here to access report](#)



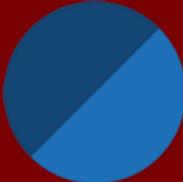
# Access the MHU Directory of Men's Activities

# Add your own activity here

[ Let's Unlock - What's On for Men in Leeds ]

Search in table

Who?	What?	Open to all?	Based?
<a href="#">Add a new entry here - https://forms.gle/zyR6WkLkCYTjgGEr9</a>			
ANDYSMANCLUB / Sabrina Mullins / info@andysmanclub.co.uk <a href="http://www.andysmanclub.co.uk">www.andysmanclub.co.uk</a> <a href="https://www.facebook.com/andysmanclub/">https://www.facebook.com/andysmanclub/</a>	<b>Online</b> - AndysManClub, a talking group for men - Monday 7-9pm on Google Meets email for more details info@andysmanclub.co.uk  <b>In-Person</b> - AndysManClub, a talking group for men - Monday 7-9pm face to face email for more details info@andysmanclub.co.uk	No / Men over the age of 18	West Leeds, Central Leeds, South Leeds
Barca - Leeds / West Leeds Men's Network / L55 3BT / wimm@barca-leeds.org <a href="https://www.facebook.com/westleedsmensnetwork/">https://www.facebook.com/westleedsmensnetwork/</a> <a href="https://www.facebook.com/westleedsmensnetwork/">https://www.facebook.com/westleedsmensnetwork/</a>	<b>In-Person</b> - WLMN Social group Tues and Thurs at 2pm. WLMN walking group on Weds at 12 noon. Email wimm@barca-leeds.org for details	Yes	West Leeds
Barca-Leeds / Digital Inclusion Project / Chris Bamber / 07563 391708 / menshealthunlocked@barca-leeds.org <a href="https://www.barca-leeds.org/services/mhu">https://www.barca-leeds.org/services/mhu</a>	<b>Online</b> - Digital Inclusion Project (in person) - offering help with the internet - group work and individual help - Contact Chris on 07563 391708	Yes / Over 18 years old	Citywide
Behind Closed Doors / LS12 9FP / Geoff Raw / 07917739239 / Geoff.malesupport@behind-closed-doors.org.uk <a href="https://www.behind-closed-doors.org.uk/">https://www.behind-closed-doors.org.uk/</a> <a href="https://www.facebook.com/BCDLEEDS">https://www.facebook.com/BCDLEEDS</a>	<b>Other</b> - 1-1 Support for men, in-person, online or over the phone in; - understanding what domestic abuse is. - understanding their experiences of domestic abuse. - how the abuse may have impacted family and other relationships. - a person's recovery after an abusive relationship. - identifying abusive behaviours to avoid abusive relationships in the future.	No / We only provide support to men who have experienced domestic abuse.	North West Leeds, West Leeds, North East Leeds, East Leeds, Central Leeds, South Leeds, Citywide
Bramley Elderly Action / Goodfellas / LS13 2JB / Simon / 01132361644 / simonbramleyea@gmail.com <a href="https://bramleyea.org.uk/">https://bramleyea.org.uk/</a> <a href="https://www.facebook.com/bramleyelderly">https://www.facebook.com/bramleyelderly</a>	<b>In-Person</b> - Group for Men over 60 years old. Lunches, trips, quizzes, games and some adventures. Fridays 12.30 - 4pm	Yes	West Leeds
Canal and River Trust / Sharron Bright / 07385468638 <a href="https://canalrivertrust.org.uk/">https://canalrivertrust.org.uk/</a>	<b>Online</b> - Leeds-Liverpool Canal based activities bookable via Eventbrite-regularly throughout the year  <b>In-Person</b> - Leeds-Liverpool Canal based activities bookable via Eventbrite-regularly throughout the year	Yes	West Leeds



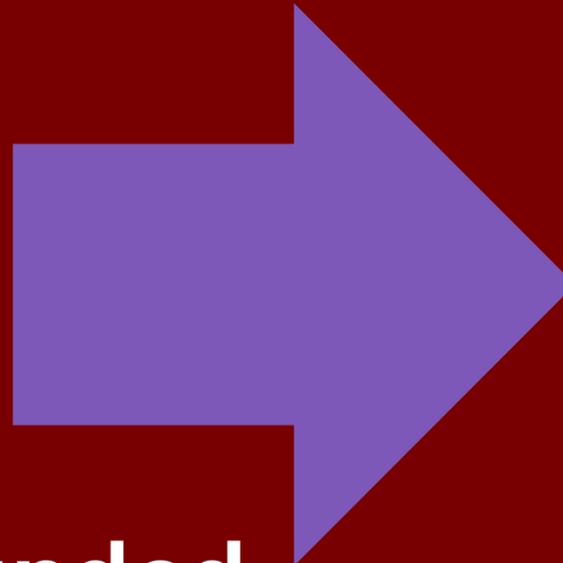
# Job & Volunteering Opportunities



Become a West Yorkshire  
Suicide Prevention  
Champion

[Click here for more info](#)

Our last zine for a while...  
hopefully not too long.



Watch this (soon-to-be-funded,  
fingers crossed) space.

**MEN'S HEALTH UNLOCKED LEEDS UNLOCKED**  
LOOKING OUT FOR LOCAL MEN #LEEDSMEN

**...LOOKING BACK**  
18 MONTHS... 6 ZINES... 30,000 COPIES... 130+ ORGANISATIONS distributing across Leeds... OVER 600 CONVERSATIONS with men... Using this zine to signpost to groups, activities and events for men!

**LOOKING FORWARD...**  
GET INVOLVED with your local groups and organisations... USE the Men's Health Unlocked Directory (details inside)... TAKE INSPIRATION AND HOPE from the stories in these zines and from your own experiences... Know that TOUGH TIMES WILL PASS and that THINGS CAN REALLY GET BETTER! WE STILL WANT TO DO LOADS MORE here in Leeds for men and men's health.

**EDITORS' GROUP**  
In April 2022, the Editors' Group was formed with the goal of bringing men together, coproducing and publishing six of these mini magazines, over this 18-month period, ending in September 2023. We hope the zines have brought you some crucial numbers and contacts, inspiring stories and a bit of entertainment to your doors. It has been quite a journey, lots of learning, lots of fun, and lots of friendship on the way.

**OUR A TEAM**

- TONY**: OUR TOUR GUIDE; NEVER LIKES TO BE SAT STILL, ALWAYS EXPLORING AND FINDING NEW PLACES TO VISIT.
- ADAM**: OUR NETWORKER; ALWAYS KNOWS WHAT'S GOING ON AROUND LEEDS.
- ANDREW**: OUR NATURALIST GUY; ALWAYS THINKING ABOUT MOTHER NATURE.
- CHRIS**: ANYTHING ARTS AND CRAFTS; HE PRODUCES SOME MASTERPIECES!
- COLIN**: OUR EYES THROUGH A LENS; HE WILL CAPTURE WHAT THE REST OF US TAKE FOR GRANTED.
- CHESTER**: OUR LET'S HAVE A DIFFICULT CONVERSATION GUY; "WHAT HAPPENED?" "FEELINGS" "IDENTITY"
- SAP**: OUR HANDS-ON GUY; ANYTHING HE PUTS HIS HANDS TO, TURNS OUT AMAZING.
- RAY**: OUR GO-GETTER; HE WILL TRY JUST ABOUT ANYTHING.
- SYRETTA**: OUR FACILITATOR & ORGANISER; KEEPING THIS SPECIAL FORCES' TEAM IN TIP-TOP SHAPE.

We would like to thank all the men in The Editors' Group and everyone who has contributed towards the zines. Meet the mainstays of our fabulous team here. We are always open to new men who want to get involved in any way. We hope to acquire new funding for 2024. Get in touch with Lawrence and let him know.

For current activities, keep visting the  
[MHU Directory of Men's Activities.](#)

To get the zine in other formats,  
contact [lawrenceg@space2.org.uk](mailto:lawrenceg@space2.org.uk)

To contact MHU Leeds:

Damian Dawtry

Men's Health Unlocked Coordinator  
(Forum Central)

[damian.dawtry@forumcentral.org.uk](mailto:damian.dawtry@forumcentral.org.uk)

07985 442630

Next Meeting: Weds 10th Jan.  
10am - 12noon (On Zoom)

Join Zoom Meeting

<https://us02web.zoom.us/j/88323056990?>

[pwd=SW5JNHFmVzlaYWphMHNTL3Q3UEYvQT09](https://us02web.zoom.us/j/88323056990?pwd=SW5JNHFmVzlaYWphMHNTL3Q3UEYvQT09)

