

LEEDS UNLOCKED

2024/25 #1

CHAMPIONING #LEEDSMEN

DON'T BE THE ONE!
Get yourself checked



RESILIENCE AND STRENGTH IN THE FACE OF CANCER

How volunteering and communities offer real hope



EACH ONE TEACH ONE SHOW
SAT 12 OCTOBER



PLUS!
SERVICES, GROUPS & ACTIVITIES FOR MEN IN LEEDS



PEOPLE TO TALK TO...

- MONEY BUDDIES** – 0113 235 0276 – Help with money problems
- GREEN DOCTOR** – 0113 238 0601 – Energy advice to help you save money
- CITIZENS ADVICE BUREAU** – 0113 223 4400 – Confidential and impartial advice
- NHS MENTAL HEALTH HELPLINE** – 0800 183 0558 – 24hr helpline if you are struggling with mental health
- THE SILVER LINE** – 0800 470 8090 – A free confidential 24hr helpline for older people, offering information, friendship and advice
- LINKING LEEDS** – 0113 336 7612 – Linking you to local services & activities
- CARERS LEEDS** – 0113 380 4300 – If you are struggling to care for someone
- SAMARITANS** – Free phone 116 123 – Need to talk? Confidential & emotional support 24 hours a day
- FORWARD LEEDS** – 0113 887 2477 – Advice, info and support if you are worried about alcohol or drug use
- GAMCARE** – 0808 802 0133 – Help with gambling issues
- LEEDS DOMESTIC VIOLENCE SERVICE** – 0113 246 0401 – 24hr helpline for men and women
- CRUSE BEREAVEMENT CARE** – 0113 234 4150 (National Helpline - 0808 808 1677) Support for when someone dies
- LEEDS REFUGEE FORUM** – 0113 244 9600 – Support for migrants
- ALCOHOL DEPENDENCY SOLUTIONS** – 0113 247 0111 – Worried about drug use or alcohol reliant
- MEN'S ADVICE LINE** – 0808 801 0327 – Help for male victims of domestic abuse
- LEEDS CLUB DRUG CLINIC** – 0113 295 1300
- MIGRANT INFO HUB** – migrantinfohub.org.uk – Offers a wide range of shareable information, translated resources in over 100 languages
- NEW TO LEEDS** – newtoleeds.org – A guide for migrants to the city. Over 50 languages introducing all aspects of life in Leeds

MEDICAL EMERGENCIES - CALL 999 / NON-EMERGENCIES - CALL 111

LIVES UNLOCKED

LUCAS COUTIN
PMRGCAuk NORTHERN OUTREACH LEAD



In working for PMRGCAuk, I visit the support groups in Yorkshire that are run by and for the charity members, primarily people with polymyalgia rheumatica (PMR); the Yorkshire group meets in Ilkley, Leeds, Sheffield, and York.

PMR is an autoimmune rheumatic condition common in the over 70s, and while women account for two thirds of cases, the remaining third, men, often do not access support. In eleven months of my job, I have met only one man at a support group!

Symptoms occur primarily in the morning, presenting as severe pain and stiffness.

"I developed serious muscular pains in my shoulders, my knees, my hips, my ankles, to the point that getting out of bed and getting dressed was extremely painful,"
Frank, aged 68

It is common that patients are unable to get out of bed because of the pain, but even more frightening is that this can happen overnight with no warning or feeling of symptoms coming on.

Patients often struggle to be diagnosed, and it can take weeks to years before they even hear the words "Polymyalgia Rheumatica".

"The symptoms are often confused with more well-known ailments, or age-related [symptoms]... or even of cases relating to men being a lower percentage of sufferers of PMR," Malcolm, aged 76

While men are a lower percentage of sufferers, and often have less severe symptoms than women, the overlooking of male patients and their lack of accessing support is a problem.

For more information about Polymyalgia Rheumatica, or Giant Cell Arteritis, please visit our website: www.pmrca.org.uk

MEN'S GROUPS

Social groups offer a wide range of opportunities to connect and those listed here give just a glimpse of the many out there. Many local and community organisations run groups because they are incredible spaces to have fun and interact.

Whether walking, cooking, gardening, fixing, playing music or sport, singing, or so much more, getting along to a group is a great way to meet people, develop friendships, and find new hobbies, so get yourself out and busy.

Groups also offer the chance to find the right support and help e.g. to know what you are entitled to.

Here are just a selection of groups that are running - you can find lots more using the QR Code here...

Go on, give them a call and get involved!



REPAIR & RECYCLE

Monday Group 12pm - 3pm: Repairing donated musical instruments

Thursday Group 10am - 3pm: Guitar Tutoring & Jamming and join our band, The Toontown Cats

The Holbeck WMC, LS11 9QX

Contact Jo McManus: Joanne@clothcatleeds.org.uk / 07498 367 792

THE MORLEY SHED - A full woodworking shop open to members over 40

Every weekday 10am - 4 pm.

Wesley Mill Business & Environment Centre, Morley, LS27 9SL

Contact Ally: Allison.speller@groundwork.org.uk / 07971 842 732

WHITTLING GROUP - Learn and practise green wood-working

Tues mornings. Hollybush Conservation Centre, Broad Ln, Kirkstall, LS5 3BP

Contact: hollybush@tcv.org.uk / 0113 2742 335

HOLLYBUSH CONSERVATION CENTRE - Food growing Green Gym

Wednesdays mornings. Hollybush Conservation Centre, Broad Ln, Kirkstall, LS5 3BP. Contact: hollybush@tcv.org.uk, Tel: 0113 274 2335

SOUTH LEEDS BOARD GAMERS

Tuesday 7pm - 11pm. Bruntcliffe Working Men's Club, Morley, LS27 0LQ

Find more info at www.slbq.club

MAN ABOUT TOWN MUSIC GROUP - Fancy a good old singalong, playing covers of songs you'll know and some you won't

Weds 10am - 12pm. Lovell Park, North Street, LS2 7PN

Contact Jogga: info@creativeframe.org.uk / 07305 237120

MEN'S FILM-MAKING GROUP - Learn about Cameras, Sound, Lighting & Editing. Thurs 2pm - 4pm, fortnightly. St Vincent's Centre, LS9 9LF
Contact: info@creativeframe.org.uk

MEN'S PIE CLUB - Get together & make a pie.

Monday 3pm - 5pm - Leeds Cookery School at Kirkgate Market LS2 7HY

Wednesday 2:30pm - 4:30pm - Stocks Hill Community Hub, LS12 2DJ

Thursday 3pm - 5pm - Wykebeck Valley Road Day Centre, LS9 6NR

Thursday 3pm - 5pm - New Wortley Community Centre, LS12 1LZ

Friday 1pm - 3pm - Space2, The Old Fire Station, LS9 6NL

Contact Neil: neil.gorton@zestleeds.org.uk / 07925 575 961

REAL CONNECT - A culturally sensitive Health & Wellbeing service, run by black men for black men. Run jointly by Feel Good Factor and Calm & Centred
For more info contact: info@calmandcentred.co.uk / 0113 834 5141

HAMARA MEN'S GROUP - South Leeds & mainly Asian community

Walking (Mon), Woodwork & Gardening (Tues), Social/Pool & Walking (Thurs). Also dementia cafe, trips & focus groups.

10am - 1pm. Hamara Centre, LS11 6RD

Contact: admin@hamara.co.uk / 0113 277 3330

MEN'S WELLBEING GROUP - Regular speakers, trips, indoor sports, films & more. Thursdays 1:30pm-4pm. The Community & Wellbeing Hub, LS7 3EZ
Contact Eunice: Eunice.thomas@leeds.gov.uk / 0113 378 4892

ANDY'S MAN CLUB - Mondays 7pm - 9pm. There are 6 AMC groups across Leeds: Beeston LS11, City Centre LS10, Kirkstall LS5, Pudsey LS28, Seacroft LS14 & Kippax LS25. For venue info, check www.andysmanclub.co.uk

MINT GROUPS - MEN IN NEED TOGETHER - 7pm - 9pm, free refreshments.

MORLEY/LEEDS - St Peter's Church, LS27 9PA

SOUTH LEEDS (Middleton/Belle Isle) - BITMO, Aberfield Gate, LS10 3QH

OTLEY - Venue tbc

CROSSGATES - Barnbow Social Club (side entrance) LS15 8ST

Contact: www.meninneedtogether.org / MINT - Men In Need Together FB

MAN ABOUT TOWN SUNDAY GROUPS - WALKING GROUP and VINYL PICNIC at different weekly venues. Sign up for the monthly newsletter at creativeframe.org.uk for all info including one-off events e.g. gigs and trips. 10:30am - 12:30pm Alternate weeks. Contact Jogga: 07305 237 120

LEEDS DADS - Free, safe & fun activities for Dads and their U5s at the weekends. Park walks, Soft play, Breakfast Meet-ups, Summer Forest Schools & special events.

View & Book at: leedsdads.org/events

MEN'S HEALTH UNLOCKED



We are your 3 Men's Health Unlocked Link Workers, working to raise awareness of men's health across the city - find out more about our work here: forumcentral.org.uk/mhu/

LAWRENCE GLYN covering East & N East Leeds 07784 951 318

MEGHAN HARVEY covering West & N West Leeds..... 07526 564 727

MAZ SULTAN covering South Leeds 07484 911 141

The Link Workers role is to help link men to services and connect men to activities and events across Leeds.

- **REVIEWS** - Heard or watched a programme on TV/Radio/Podcasts/ Positive Social Media about men/men's health? Let us know and get yourself published - how cool!

A few ideas: Gone Fishing, Danny Dyer's How To Be A Man, A-Z of Men, 3 Dads Walking.

- **PHOTOGRAPHS** - Do you have any historic photos of places in Leeds? Maybe places that are no longer there, or were once a great meeting place? Why were they special to you? Tell us about them and send them in. We will feature them in a future historic edition!

- **GET IN TOUCH** and get yourself in the zine. We'll always give you a credit. We want your contributions - the zines are always by men, for men about men

- **WRITE IN AND TELL US ABOUT** an achievement, a funny story, a happy ending, how friends or family or community have supported you, a joke, a game, a crossword a cartoon or drawing. We want to hear all about the good stuff that men get up to in Leeds.

Email: lawrencecg@space2.org.uk • Phone/WhatsApp: 07784 951 318

Follow us: @mhuleeds

EACH ONE TEACH ONE

The sequel to the legendary Barber B's show of last year, *A Play of Sorts*

by Seki Lynch

September was the first anniversary of the death of Leeds legend Barber B, but Brian's spirit keeps on running. Despite a terminal brain tumour diagnosis, Brian and I spent the last year and a half of his life creating a performance, *Barber B: A Play of Sorts*. As the show's star, Barber B showcased his incredible hair art, regaled with stories of how he became a barber and captured hearts with tales from his youth in Chapeltown. Audiences were delighted! But Brian had more to say...

Originally a 6-minute show, it became 45, with heartbreakingly tender depictions of Brian's parents, hilarious anecdotes about burglary, a car chase and a fight scene. We'd covered 20 of his 50 years! Part Two would explore Brian's mixed heritage identity, recount him cutting hair in gay clubs, whilst high and talk about his phenomenal transition from being overweight to 'having a body like a Greek god'. Brian achieved his goal of performing on stage at the Playhouse in his 50 years, even reducing the then Lord Mayor to tears. Now, with the help of Brian's family, we are presenting the sequel.

With the help and support of Emma & Dawn Collaborations, Brian's brother Paul, sister Cheryl and friend and musician, The Original Gappy Ranks, it is here. The narrative of the performance is interwoven with snippets from parts of the last play, conversations with Brian and photos from over the years.

A year after his death, a troop of people still train in Brian's name on the Barber B Brain Train WhatsApp group. Though we're still reckoning with what life means without Brian, his spirit still feels alive and well.

We'd love you to join us on the journey!

BARBER B: EACH ONE TEACH ONE will show for one night only at Northern School of Contemporary Dance in Chapeltown, LS7 4BH on Saturday 12 Oct. Marketplace opens at 6pm. Riley Theatre doors at 7pm, starts 7:30pm
Book tickets (£8-£10) online at www.nscd.ac.uk/whats-on/ or please call the Box Office 0113 219 3000

Come to the Marketplace from 6pm - a chance to learn and connect with services and groups involved in men's health.
2nd half of the show will feature a men's health panel and Q&A.



BARBER B



SEKI LYNCH

THE BENEFITS FROM COMMUNITY VOLUNTEERING

By Pat Ingle

I am a 68-year-old retiree and I lead the community volunteer group 'Friends of Moortown Park' in North Leeds. We help maintain and improve the small park for the benefit of all - volunteering is our valuable way to counter the Council's limited budget and resources.

We run a regular litter picking activity and every month we work on park maintenance: tree planting, woodland underplanting, clearing pathways and cutting back the brambles. The gardening group maintains our garden area, planters and herb garden and started a new community orchard and a little free library this year. Our mental and physical wellbeing also benefits enormously from the social engagement and physical activity that comes from working alongside others.

Life isn't always a bundle of fun. I was diagnosed with early stage cancer last year after seeing my GP promptly; I had an operation and then intensive chemo and radiotherapy. When I felt up to it, these volunteering activities became a crucial part of my recovery process.

If you are feeling down or isolated, have a gap in employment, are retired and wondering what to do with your time, or just want to give back, you really should look at volunteering opportunities near you. Try it, and find the benefits for yourself.

To get involved in your local green space, visit www.leeds.gov.uk/parks-and-countryside/volunteering/friends-of-groups
More volunteering opportunities across Leeds: www.doinggoodleeds.org.uk/volunteering/



KICK OFF BOYS DANCE SUPPORTING YOUNG MALE DANCERS

KICK OFF BOYS DANCE was established in 2014 by Northern School of Contemporary Dance and is a creative partnership project for boys & male identifying young people, delivered by NSCD, DAZL, Leeds City College & Phoenix Dance Theatre. The six-week project culminated in a permanent all-male dance platform at The Riley Theatre.



Kick Off Boys Dance aims to nurture male dance talent, to create progression routes to advanced training, and to offer a safe space for young male dancers to connect and build friendships. It has guided participants into programs such as DAZL Youth Dance Company, Phoenix Academy, and prestigious dance conservatories. According to Mason Jubb, the project's lead artist, "Kick Off Boys provides them with the experience and skills to help them build their self-esteem, confidence, and resilience... It's a space that's very close to my heart. I really see the value of it."

Kick Off Boys Dance is a unique initiative that offers young male-identifying dancers in Leeds a supportive, non-competitive environment to explore their passion for dance. The program fosters personal and artistic growth, helping participants gain confidence, build resilience, and find community. It not only opens doors to future dance opportunities but also helps shape well-rounded, empathetic individuals ready for diverse life challenges. As Mason advises, "What's the worst that could happen? Just go for it!"

It helped me find my sense of self... It's a space that challenges you creatively... learning from younger people and peers is amazing.
Jaheim Nelson, 17

WORDSEARCH

R	S	I	O	F	M	C	Y	E	O	H	E	D	R
Q	E	Z	W	O	U	H	H	N	L	X	X	O	E
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A	L	T	T	L	T	I	H	M	C	K	D	T	N
C	O	D	A	A	N	N	I	T	B	K	O	O	I
B	D	E	E	F	F	N	U	R	S	E	O	R	F
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TRY THIS WORDSEARCH & LEARN ABOUT THE PROSTATE.

LET US KNOW HOW MANY WORDS YOU FOUND AND YOU COULD BE A WINNER!

TEXT/WHATSAPP LAWRENCE: 07784 951 318

MY PROSTATE CANCER JOURNEY by Stephen Halstead

"The darkness has now passed and I am in a period of enlightenment"

I was a typical retired older man, a little reserved and often found at home. I now have a range of contacts and friends, I talk for Yorkshire Cancer Community, am helping to launch the 'Don't Be The One' campaign about to kick off in Huddersfield and have a speaking invite in Birmingham!

This hasn't happened by chance though - the last 3 years have felt like a blindfolded rollercoaster ride with many ups and downs, physical and definitely emotional. My prostate cancer diagnosis stunned me, even though I knew something was wrong.

GP & Hospital visits, blood tests and biopsies - I was thrown into the NHS fold and had to make sense of my cancer diagnosis. I felt alone, especially living alone, too.

I did not realise at the time how incredibly supportive and life-changing the Macmillan support group would be for me. Sceptical at first, I began to realise how crucial the nurses were on this journey. From showing empathy at the very start to offering to care for my cat overnight, to managing the anger and anxiety I often felt, then helping me see through the cancer brain-fog to prioritise my health needs, they were just remarkable - so much so, that I know my calling is now to offer similar peer support, to help others through their cancer journey, and to raise awareness of cancer so hopefully others don't have to make that same journey.

So get checked early, don't be the 1 in 8 men - or 1 in 4 black men - and let's tackle prostate cancer, for men and all those affected around them.



PROSTATE CANCER - 4 KEY FACTS

- 1 in 8 men will get prostate cancer in their lifetime, 1 in 4 black men
- 99% of prostate cancers are easily treatable when caught early
- Get checked with a PSA Test, especially if you are 45+ and have any family history of cancer
- The prostate gland is usually the size of a walnut

For more information, contact Prostate Cancer UK at prostatecanceruk.org or Tackle Prostate at tackleprostate.org/contact/