

LEEDS

2024/25 #2

UNLOCKED

CHAMPIONING #LEEDSMEN

EY UP!
Look after your 'elf through winter!
Theres a lot going on 'ere...

- Blood Pressure
- Creative Writing
- Gambling Harms
- Hoarding
- Dad Support
- Warm in Winter
- Fun & Competition

PLUS!

Services, Groups & Activities for Men in Leeds



SEE THESE SPROUTS?

Count them all & let Lawrence know your total - £10 voucher prize!



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

SEPARATED DADS SUPPORT GROUP – Free practical & emotional support and advice. Email for details re regular meetings in LS8: leedsseparateddads@gmail.com

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 – 0113 388 6466 – 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

CLEARPATH FINDING STRENGTH AND COMMUNITY TOGETHER

By JASON LONG



When I started ClearPath, a community group for hoarding support in Leeds, it was because I had noticed a big gap. There is practical help out there to clear out homes, but it is incredibly tough for people when possessions are taken away like that. ClearPath fills a unique need by focusing on the emotional side of hoarding.

Running over ten weeks, the programme dives into building emotional resilience, understanding the psychology of hoarding, and fostering community - all in a safe, stigma-free space. In our first session, I saw two people share, for the first time ever, that they struggle with hoarding. The relief was palpable, and they immediately felt less alone.

"We're just a lovely group of people, it's so nice to have a place where we can come and really be honest about what's going on at home, it's usually so secret."

If you are wondering whether ClearPath is for you or someone you know, here's a tip: start by asking if hoarding is impacting your quality of life, and know that it's not your fault. Hoarding is complex, often rooted in life's toughest moments, but with support and understanding, things can change at your own pace.

"I've never spoken to anyone about my hoarding and it's been going on for over thirty years. I didn't know there was anyone else like me; it's like a weight has been lifted."

To learn more or sign up, just drop me an email at Jason.ClearPath.Leeds@gmail.com and take a step towards our supportive community.

GET INVOLVED WITH UNLOCKED...

Send us your old photos of Leeds, write a review of shows or podcasts that focus on men's health. Send in a cartoon or drawing related to men's health. We will always credit you!

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

Follow us: [@mhuleeds](https://twitter.com/mhuleeds)

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!

MATES AND WEIGHTS - Make friends and bring a friend to our safe gym space. Tuesdays 3.30pm - 5pm. Hamara Healthy Living Centre, Tempest Road, Leeds, LS11 6RD

INNER PEACE GROUPWORK - Open Minds Leeds
Saturdays 11am - 12pm. Hunslet Community Hub and Library, LS10 2NS
Contact: roy@morgancharlesworth.com

CARERS LEEDS - Male Carers Monthly meet-up - For male carers, any age, to meet others in similar situations and for support, advice & friendship. 4th Monday of the month, various venues LS8, LS9, LS14. Contact Cinzia Procter: cinzia.procter@carersleeds.org.uk / 0113 380 4300

MENSPACE: HEALTH FOR ALL - A safe space for men of all ages to meet, talk and support each other. Fridays 9.30am - 10.30am. Cranmore and Raylands Community Centre, Cranmore Drive, Belle Isle, LS10 4AW
Contact: Alison.reynolds@healthforall.org.uk / 07956 078 078

WOODWORK: HEALTH FOR ALL
*Timetable changes monthly. Tuesdays, Wednesdays & Thursdays 10am - 12pm. Cranmore and Raylands Community Centre. Cranmore Drive, Belle Isle, LS10 4AW. Contact: ian.logan@healthforall.org.uk

SPORTING MEMORIES - Connecting, socialising and reminiscing through sports, 50+, dementia-friendly. Fortnightly Wednesdays 11am - 12.30pm. Contact Carole Smith for more details on 0113 266 0371

ZEST MEN'S GROUP - Weekly Men's social interaction, activity and lunch group. Wednesdays 12:00pm - 1:30pm. Church of Epiphany (Gipton), Beech Ln, LS9 6SW. Contact Lloyd: 07510 659 049

WOODPECKER WORKSHOPS

By CHARLIE



Woodpecker Workshops is an idea that was cultivated in the dimly lit kitchen of our third-year house, after a night of brainstorming between two creative friends. It aims to teach creative writing, journalism and photography through the lens of nature, in the form of short videos and competitions (with prizes!). We hope to encourage people to interact with their local green spaces in a creative manner, and discuss issues concerning conservation and wildlife.

Like many others, Ollie and I were thrown into a university far from home amongst a host of strangers at the summit of our teenage years. As we shared a flat in our first year at Falmouth University, we both met at the very start of our education and stayed close by, until the end of the third year - through studious struggles and personal issues alike.

Ollie's long-standing passion for photography was evident even at the start of university. Growing up in Leeds, he found his niche in wildlife photography, especially that of birds. In my case, at the start of university I was new to creative writing and journalism but quickly fell in love with the craft. I found a sense of beauty in narratives, and the people it allowed me to meet.

We are proudly sponsored by the UK's Woodland Trust, who have helped make this all possible through their Igniting innovation program. Our Youtube channel and Instagram handle is called *The Woodpecker Workshops*.



Hey Dads out there, did you know?!



Our LMWS Service prioritises partners of women who are pregnant, or postnatal, up to having a child of 12 months.

If that describes you as a man/Dad, and you feel that you need more support, you can make your own referral by contacting us on 0113 843 4388 or scanning the QR code here



Welcome Spaces

Leeds City Council and Voluntary Action Leeds have established a network of Welcome Spaces across Leeds this winter.

These are free to use for anyone and most venues will offer hot drinks, activities, and other services such as free Wi-Fi. All Leeds City Council Community Hubs and libraries, as well as community centres, offer a heated, friendly and safe space where you can comfortably spend time reading, studying or chatting with others.



Visit Leeds Directory [Activities] enter your full postcode into the filter & find a local Welcome Space.



www.leeds.gov.uk/welcomespaces

Celebrating INTERNATIONAL MEN'S DAY 2024



These are spaces for men's voices in Leeds. We know that #Leedsmen face many issues with physical & mental health. We all feel ordinary, but every one of our stories is unique. Tell us about your amazing journey; get writing and share it; be the inspiration and champion for others. *We are always keen to hear from you.*

international MEN'S DAY UK

19 November

MEN GET THEIR OWN DAY EVERY YEAR!

Here is a selection of pictures from across the city, including over 100 men attending *Rethink Men* at Kirkgate Market!

Haircuts, table tennis, free food, raffles... Come and join in next year, always 19 November!

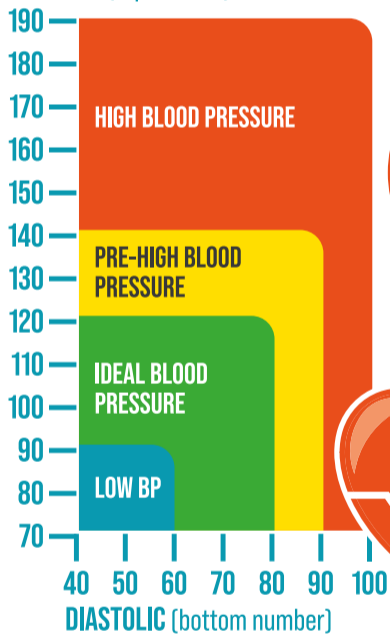
To stay tuned with this and other events across Leeds for men, become a Men's Health Unlocked Member



BLOOD PRESSURE KNOW YOUR NUMBERS!

In September 2024, Zest social men's group teamed up with Megan from Leeds Health Awareness Project to take blood pressure readings in the Compton Library. Some men had never had this done before. Adults should know their blood pressure numbers in the same way they know their height or weight. When you know your numbers, you can take steps to look after your blood pressure and lead a long and healthy life. If your scores are high, it puts you more at risk of a stroke or heart attack. You can get your blood pressure taken at most pharmacies and GPs now - pop in and ask.

SYSTOLIC (top number)



120/80 IS AN IDEAL BLOOD PRESSURE

SYSTOLIC PRESSURE

The highest level of your blood pressure - when your heart beats, it contracts to pump blood through your arteries.

DIASTOLIC PRESSURE

The lowest level of your blood pressure - when your heart relaxes between beats.

To reduce blood pressure, consider the following lifestyle changes:

- ♥ REGULAR PHYSICAL ACTIVITY
Aerobic exercise can help reduce blood pressure
- ♥ MAINTAIN A HEALTHY WEIGHT
Even modest weight loss can make a difference
- ♥ FOLLOW A HEALTHY BALANCED DIET
- ♥ QUIT SMOKING AND LIMIT ALCOHOL INTAKE
- ♥ LIMIT SALT AND CAFFEINE INTAKE
- ♥ REDUCE STRESS - Try breathing exercises, meditation or yoga

MY BIGGEST WIN WAS QUITTING GAMBLING! By Steve

Before I knew it, I was out of work and meeting a friend at the local bookies. For months I had no interest in betting, I didn't understand 'the odds'; I just went down for the social side and meeting the crew there. Eventually, I put a £5 bet on the dogs (same name as a family member) and it only won!

Everyone was telling me beginners' luck, but the feeling of winning and everyone patting me on the back was all I needed.

A new job was great, but I then missed the company at the bookies. So, I started to go down on a weekend to see them, and started to get the bets, though I was no good at picking the winners!

And then the World Cup! I get football, so I put loads of different bets on and this time, I did win big! All the guys cheered me on and I was on a high. All this money spare to do what I like with, and all I wanted now was for work to fly by so I could get back to my weekend betting.

Over time, I knew I had a problem. I didn't give work my all and I was now betting on everything at lots of bookies.

This spiralled out of control over the year; I was borrowing money off my partner, not paying different bills each month so they didn't chase me. Then my partner suspected something and I finally told her what I was doing. It was horrible at first, but she supported me; she would meet me after work and she was all over me on a weekend wanting to know where I am; until the point when we nearly broke up as I couldn't deal with the stress, and she understood she was not equipped to deal with it.

I signed myself up to Gamblers Anonymous and with MOSES (Multi Operator Self-Exclusion Scheme) to get myself barred from all local bookies to stop the temptation. I have not been in the bookies for 6 months now: it is not easy because I want to pop in to say "Hi" to the guys but I know how easy I could have lost everything.

If you struggle with gambling, be brave and find your way out with these great organisations.

GAMCARE - 0113 388 6466 • GAMBLERS ANONYMOUS - 0330 094 0322 • MOSES - 0800 294 2060

REMEMBER, ADDICTION THRIVES IN SILENCE AND ISOLATION. LET'S BREAK THE STIGMA!



XMAS/WINTER WORD SCRAMBLE

SLEANG
RATS
PEKINEREN
CEEPA
NEOKDY
MSHRTACIS

HIGLST
OHLI
SANDERYEWYA
YAMFIL
DINFERS
PHOE

UNHAKCAH
SOBOT
MOSNAWN
HEWSIS
IQOXNUE

FIND THE PROPER WORDS HERE JUST FOR FUN!

WATERWORKS

CHRISTOPHER BENSON was diagnosed with TURP (Transurethral Resection of Prostate) in 2013 at the age of 56

“Something wasn't right for a good few weeks; I constantly needed the toilet and never felt that I had emptied my bladder fully.

My wife pushed me to book an appointment; and the one time she couldn't come with me, I found out the news. I didn't know what to do or how to process it, I just had to get home to tell my wife, before I forgot what the doctor said. When I am going through my own serious health issue, I'm very focused and don't show any emotion, but if a family goes through any health scare, I'm very emotional and worry.

For the appointments, I had to drink about 2 litres of water, so they could tell how well my urine flow was, which was fine for me. They then needed to find how much urine was not emptying from my bladder. This can be caused by an enlarged prostate pushing up against the pipework (urethra) trapping and restricting the flow of urine.

A biopsy of the prostate revealed that I had TURP. I really didn't know what to do or say; my immediate thought was that I needed to get rid of it as quickly as possible. But following the doctor's advice that that could run the risk of becoming incontinent, the viable alternative was to have PSA checks every four months, which I have been doing since my diagnosis 11 years ago. Now, I don't think about it; I just carry on with my life day to day.

"I HOPE THAT SHARING MY STORY WILL LET OTHER MEN KNOW THAT THEY ARE NOT ALONE"

If you have any concerns or questions about Prostate cancer or an enlarged prostate (prostatitis) you can contact Prostate Cancer UK's Specialist Nurses on 0800 074 8383 or scan the QR code for more information.

