

LEEDS UNLOCKED

2025 #3



ARE YOU ON BOARD WITH MEN'S HEALTH?

INSIDE...

GETTING CREATIVE - POEMS, CARTOONS & REVIEWS

GUYS MAKING PIES - PEER SUPPORT GROUPS & TAKING CONTROL

LEEDS LANDMARKS CROSSWORD - MEN'S GROUPS & CRUCIAL NUMBERS

cartoon by #Leedsman Garry Steele



REVIEWS

Thank you to our readers here, who responded to our request for some of your thoughts about shows TV/Radio/podcasts/films that have a men's lens; please keep them coming, we'd love to publish more.



MATT



Bob Mortimer's autobiography, *And Away...*, has really influenced me, especially his bit about cutting down on pork pies. It struck a chord because I live and work in Pateley Bridge, where the best food around is pork pies. So, I've taken that as my one men's health tip!

And then there's *Looking for Eric*, a beautiful story about men supporting each other through crisis. The main character, a stressed-out postman, faces job struggles and personal separation, something I can relate to. It's touching to see men being soft, open, and emotionally supportive.

KEVIN



On *Celebrity Get Me Out of Here* Barry McGuigan was really able to express his emotions, in particular about his daughter, who died too early from cancer. Given the stereotypes and judgements we often make, I had expected a tough guy Irish boxer - it came as such a lovely surprise that he was so honest, open and emotional.

LORENZO



This *Into the Jungle* series took Dads & their children way out of their comfort zone, into the jungle, where they went on adventures together. My general takes were - Don't need to be big tough man, Don't need to be over-protective, Let your little one develop their own independence.

PETE



I love the film *Full Monty*, taught a bunch of men how to dance and gave them the courage to not be ashamed of what they were about to show people in the film. I love the way they supported each other through every stage - all or nothing!

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 - 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

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... [or click here](#)



Go on, give them a call and get involved!

MORLEY MUSERS MEN'S GROUP

Walks and trips for people of all abilities. Open to men 60+ in Morley and surrounding areas.

2nd Wednesday of every month 10am - 11am. Wesley House, 32

Wesley Street, LS27 9ED

Contact: 0113 253 4484

MAVERICK'S MEN'S SOCIAL

Friendly & welcoming space for 55+ men to socialise in East Leeds.

Every other Friday, 12-2pm, Emmaus Leeds, St Mary's St, LS9 7DP

Contact Sophie: community@burmantofts.org.uk / 0113 248 9191

LEEDS MORRIS MEN

Please contact before turning up and dancing!

Thursday 7:45pm-9:45pm mainly at St Michael & All Angels' Church,

St Michael's Rd, Headingley, LS6 3AW

Contact: contact@leedsmorris.org.uk / 07984 586 626

DAMASQ MEN'S GROUP

Socialise, play cards, backgammon, table tennis, cooking and more.

Fortnightly Fri/Sat evening. Generally based at Ebor Gardens

Community Centre, Haslewood Dr, LS9 7PL

Contact: damasquk@hotmail.com

INSIGHT GROUP

by STEWART WALTON

My marriage had been a challenging experience; I was left being too reliant on my wife and my own sense of independence drained away. We parted ways after only a couple of years; I knew I needed to regain my independence. I had to rediscover myself and focus on my well-being before I could help anyone else.



I sought help from local services, and my GP introduced me to a free Expert Patient Program. The courses on self-management and mental health were invaluable, and eventually, I became a self-management tutor. I gradually realized that my calling was to help others. However, I also faced physical health challenges, and a late diagnosis made me realize how intertwined mental and physical health are.

I continued to work on building my self-esteem and enrolled in courses at Leeds City College, eventually completing my English GCSE. I also volunteered with a mental health peer-support charity, where I found my passion for group work. When you meet someone vulnerable, all the training and compassion kicks in, and helping them becomes your priority.

There were setbacks along the way, including dropping out of college and needing personal counselling, but I pushed through. I came to understand that my own health experiences were strengths that could help others.

I eventually created my own mental health peer support group. It took time, but the group has gained momentum and has some exceptional facilitators. When I saw the group step in to support someone in need, I knew that's what it's all about.

You can join me and INSIGHT every Tuesday afternoon at 3:45pm within Involve Community Centre, Whitfield Avenue, Hunslet, LS10 2QE.

Email us before you pay a visit, insightmhpsg@myyahoo.com

BECOMING AN ADULT

by KAIDEN G, a volunteer for Mindmate, local charity for young people



The transition from 17 to 18 is one of the biggest changes that will happen to you in your life. Transitioning from teenager to young adult will come with many downfalls but also many positives.

As you go into adulthood, this change will not be an easy one but it is very doable. It is going to be

tough and strange, you are going to feel like the whole world is against you, that no one wants to help but that is not true at all.

You have to take charge of your own life now. That will mean, waking yourself up in the morning, making your own bed or even making your own meal.

Start with easy and steady steps to get you going, a routine will help you structure healthy patterns. Even though it will be hard, there are places and people that are here to help.

Learning to be an adult is one of the hardest things you will have to do in your life but as life goes and you get older, it will get easier.

If, like Kaiden, life feels tough, and you want to find great support, visit MindMate.org.uk where you will find useful sites, great ideas and advice for 18-25 year olds.

MindMate

GET INVOLVED WITH LEEDS UNLOCKED

Send in your writing, poems, photos of Leeds, new & old, & of your creations, doodles, drawings or word games; all things that either inspire you as a man, or are simply fun, interesting and lovely.

And we will always credit you!

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

Follow us: @mhuleeds

GET ON BOARD WITH MEN'S HEALTH!



cartoon by #Leedsman Garry Steele

We are keen to explore any aspect of men's health in our zines, and what makes us whole. Of course we raise health issues here, but we are really keen to promote simple good news stories that give us a boost and a talking point, especially your creativity; photos, poems, drawings or writing, items you may have made that want to show off and show others. Spread the joy and get in touch.

MEN of their WORDS

MAN

by GARRY STEELE

You should be your family's rock
 You should be working 'round the clock
 You should be funding and fixing the car
 You should be joining us at the bar
 You should be holding back your tears
 You should be facing all your fears
 You should be making her feel a Queen
 You should be making sure you're seen
 Sounds like rubbish if you ask me...
 Don't tell a man what he should be!



Do you have a poem of your own? Want to write one and see it printed here and contribute to our forthcoming collection of poems, our Manthology? Contact Maz at MazS@touchstonesupport.org.uk

FACEBONES

by Huw Parlor

I can feel the way that I look
 By the shape of the bones in my face
 It feels like me, my face, just right.

Why it distorts when I look in the mirror
 Or how my bones are stretched
 My flesh sagged
 Corrupted by Camera flash
 I suppose I'll never rightly know.

Because that is surely someone else
 Not me
 As they look nothing like I feel
 And I, feel nothing like I seem.

So I am invisible
 Behind a man in a mirror
 Inside I am real
 I am, what?
 Whatever I am, inside, I am me.

MEN'S PIE CLUB by AIDEN CONLIN

Having defied the odds, and becoming the man I am today, I tell everyone to just keep smiling, be positive and try your best, never let anyone tell you that you can't do it.

Born with Chronic Granulomatous Disease (CGD), I required a bone marrow transplant and suffered a brain bleed, leading to epilepsy, learning difficulties, and right-side paralysis. Doctors predicted I would be wheelchair-bound for life, but I defied expectations and became an independent young man.

Growing up, I had little social interaction, spending most of my time in my room playing video games. In November 2023, a friend introduced me to the Men's Pie Clubs in Leeds, offering me an opportunity to learn new skills and make friends. Eager to change my life, I joined the club and quickly became involved, helping with shopping and setup.

My confidence grew, and I began volunteering at two other Pie Clubs, assisting in running sessions. Through these clubs, I built strong relationships and even socialized outside of meetings. This experience inspired me to take on two voluntary jobs at community centres, supporting local people.

Now, I have clear goals: strengthening personal and professional relationships, securing my first job, and continuing to give back to the community. My journey from isolation to community involvement has transformed my life, and I am determined to keep pushing forward.

So what's holding you back? Local Guys Making Pies. Find your nearest one at www.menspieclub.co.uk

26TH MARCH - PURPLE DAY INTERNATIONAL EPILEPSY DAY



BACK ON TRACK by BEN WYATT

In June 2011, I suffered a transient ischemic attack (TIA) while cycling in North Yorkshire. My vision blurred, and I collapsed. A passing motorist called 999, and at Northallerton A&E, tests revealed undiagnosed Type 2 diabetes and hypertension. I feared I might have to stop cycling.

Realizing my high sugar intake from energy drinks contributed to my condition and weight (15 stone), I was determined to take control. Prescribed eight daily tablets, I gradually reduced my HbA1c and stabilized it at 48-52 (almost 'normal' range); however, diabetic screenings revealed eye issues, leading to laser surgery in 2014.

By 2017, my weight remained unchanged. Over a few months attending a slimming programme, I lost 4-5 stones. This dropped my HbA1c to 37, allowing me to discontinue Metformin. I stayed in remission from diabetes and kept a healthy weight of 10-10.5 stone. Embracing long-distance walking and cycling, I even completed a 231-mile ride.

Looking back, I recognize the harm sugary drinks caused. Losing weight, eating healthily, and exercising were key to my diabetes remission. If I had known then what I know now, I could have prevented much of the damage.

Diabetes UK Leeds is a peer-support group for people with Diabetes, Type 1 and 2, and carers, and offers great support to manage diabetes. Email: leedsdiabetesgroup@gmail.com, or search Leeds Diabetes UK Group on Facebook

British Heart Foundation has a group in Leeds for those with cardiac issues - Pulsations Exercise Group - pulsationscardiacr.wixsite.com/home Meets twice a week in LS15. Contact Richard on 07791 909 054



LEEDS...LEEDS...LEEDS!

SO YOU THINK YOU'RE A LOINER? LET'S FIND OUT...

ACROSS

- Freddie, world's first bowler to take 300 wickets in 1964
- The symbol of Yorkshire and Shopping Centre in South Leeds (5, 4)
- The Home of Leeds United (6, 4)
- HMP Leeds is still known locally after the area in which it is located
- Originally called the Manston hospital for infectious diseases, the original clock tower still stands tall
- Our hugest littlest No7, with his best mate Kevin
- The canal goes from Leeds to _____
- Which animals bones were found in Leeds 1851, now at the museum?
- The heart of cricket and rugby in the city
- Art deco hotel by Leeds train station

DOWN

- Leeds Museum, The Royal _____
- Historic park in NE Leeds covering over 700 acres
- This stunning building was originally for the purpose of trading corn and cereals
- What was the original building before the Thackray Museum?
- 35 of these lasses were tragically killed at a munitions factory in 1916
- Yorkshire, God's Own _____
- Probably the greatest ever Leeds, Welsh defender, John _____, known for never getting a red or yellow card.
- The statue in City Square is known as The Black _____



COMPETITION WINNER

Peter Cheetham was our winner from the last edition, counting 30 out of the 31 sprouts that appeared in the zine. WELL DONE - and we are happy to send over a £10 voucher

THANKS TO RODNEY & KEN WHO HELPED MAKE THIS CROSSWORD