

LEEDS

2025 #4

UNLOCKED

FRI 6 - SUN 15 JUNE

NMF25

#LEEDSMEN

NORTHERN MAN FESTIVAL

CONNECT AND CELEBRATE



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HOME START - DAD MATTERS LEEDS PROJECT

by DARREN O'DONOVAN



The Dad Matters project in Leeds is run by the charity Home-Start Leeds. It has been running for 3 years and aims to support Dads in the perinatal period ie from conception up to 2 years of age.

In essence, we are supporting expectant Dads and new Dads.

Dad Matters can support Dads in promoting good mental health, improving and facilitating Dads' access to other health services in Leeds, supporting Dad with bonding and attachment issues and generally to help Dad have a better relationship with their family.

Dad Matters is a peer support project where thoughts, feelings and experiences can be shared in a one to one, non-judgemental environment.

Dad Matters is a great space for Dads to 'get things off their chest', ask questions they thought might be silly questions, share experiences and explore the issues Dads face and how to overcome them for himself and the family.

The role of Dad has and is still changing from what it used to be. We can explore how these circumstances are for Dad.

CONTACT: office@home-startleeds.co.uk / 0113 244 2419

WEBSITE: dadmatters.org.uk/leeds (scan the QR code)



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

LGBTQ+ GROUPS

June is Pride month. It specifically commemorates the Stonewall riots (June 1969) which led to the continued celebration, culture, and support of LGBTQ+ rights.

These are dedicated organisations and spaces in Leeds supporting the community.

YORKSHIRE MESMAC

Yorkshire MESMAC provides sexual health services, HIV/STI testing, and support to various communities in Yorkshire, including men who have sex with men, people of colour, and LGBTQ+ individuals. They offer one-to-one support, counselling, social and support groups, outreach, and resources like condoms and lubricant. Additionally, they provide training and consultancy for professionals and organisations.

www.mesmac.co.uk / 0113 244 4209

ANGELS OF FREEDOM

Angels of Freedom volunteers provides visible support and a friendly presence, particularly in the Freedom Quarter area, every Friday evening; offering a safe space, address concerns, and connect people with resources and social opportunities.

www.angelloffreedom.org.uk

HUNTERS RUFU

Leeds Hunters Rugby is Yorkshire's oldest inclusive rugby club. It's primary aim is to provide a route to rugby for adults irrespective of race, sexual orientation, ethnicity and level of fitness or experience - a safe environment in which to enjoy the game of rugby through either Union or Touch format.

www.leedshuntersrugby.com

MARCHING OUT TOGETHER

The official LGBTQ+ fan group of Leeds United Football Club. They work to promote an inclusive and welcoming atmosphere for all fans at Elland Road, challenge homophobia in football, and encourage Leeds United to lead the way in securing change.

www.marchingouttogether.co.uk

LGBT FOUNDATION – MINDWELL

Call the LGBT Foundation national helpline for advice, support and information about any issue that might be affecting you such as coming out, bullying, relationships or keeping safe.

T: 03453 303030

GALOP LEEDS

Advice, support, and advocacy services to LGBTQ+ individuals who have experienced domestic abuse, sexual violence, and hate crimes.

www.galop.org.uk · Help@galop.org.uk

MEN'S GROUPS

Many local and community organisations run groups because they are incredible spaces to interact and have fun, to connect and celebrate.

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. You can find lots more using the QR code here.

Check them out and get involved!



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

Follow us: @mhuleeds

WHY I BOUGHT AN LGBTQ+ COFFEE SHOP... AND WHY MEN'S HEALTH BELONGS HERE

by THOMAS PORTEUS



I didn't buy Flamingos Coffee House to "save" men's health. I bought it because it was already doing something quietly radical: holding space for people who don't always feel safe or seen. Flamingos is an LGBTQ+ community coffee shop - joyful, inclusive, a little camp, and deeply needed. And in that space, something kept standing out to me: how many men - especially queer men - were just... there. Sitting. Breathing. Belonging.

In a world where men are taught to armour up, mask pain, and "man up," spaces like this are vital. Especially for those of us who've had to carve out identity while navigating rejection, silence, or shame. Men's health doesn't improve through posters or platitudes - it changes when people have places to exist without fear.

At Flamingos, there's no need to perform masculinity or apologise for softness. We serve good coffee, but also quiet connection, colourful community, and a reminder: you're not alone. Through the Flamingo Fund, we're also backing grassroots projects that lift up queer voices where it matters most.

Men's health - especially queer men's health - deserves more than lip service. It deserves spaces like this.

And that's why I bought one

Flamingos - Unit 10 Central Arcade, Leeds LS1 6DX

@flamingosleeds

FRI 6 - SUN 15 JUNE #LEEDSMEN

NORTHERN MAN FESTIVAL 25

CONNECT AND CELEBRATE

OUR NORTHERN MAN FESTIVAL HAS RUN SINCE 2019 AS A CELEBRATION OF MEN & MEN'S HEALTH HERE IN LEEDS. THERE IS A WONDERFUL VARIED RANGE OF ACTIVITIES - ALL FREE - PLANNED BY MANY ORGANISATIONS ACROSS THE CITY, ALL PART OF THE MEN'S HEALTH UNLOCKED NETWORK

FULL NMF 25 SCHEDULE



<https://bit.ly/NMF2025>

FRI 6 NMF COUNTRYSIDE WALK · 10am - 5pm. Leeds Bus Station, LS2 7HU · A 7-mile hike in the countryside on the outskirts of Leeds for men. Must have experience of longer walks. Meeting by 10am at the bus station. Contact Joe for more details: 07741 328 786 / joek@touchstonesupport.org.uk

SAT 7 INFO STALLS AT WHITE ROSE · 10:30am - 3pm. Sainsbury's entrance - White Rose Centre, LS11 8LU · Pop down for a friendly chat from the range of stalls providing info about local groups and organisations supporting men and men's health and showcasing Leeds services.

SUN 8 DADSTASTIC DAY · 10am - 3pm. Millenium Square, LS2 3AD & City Museum, LS2 8BH · Connect with others & Celebrate Father's Day a week early! For dads & families, to share a special day of fun, learning, laughter and making memories together. Many indoor and outdoor activities to entertain, interest and excite children and parents together.



MON 9 MEN'S MOT · 11am - 2pm. Compton Centre, LS9 7BG · Men! Time to get your MOT! The team offer free blood pressure checks, weight measurement along with a free healthy snack and a goodie bag of information.

POETRY MANTHOLOGY · 11:30am - 1:30pm. The Leeds Library, Commercial St, LS1 6AL · A free 2-hour workshop, sharing techniques for creating poems of your own. Join Leeds-based experienced writer & broadcaster, Peter Spafford. And an opportunity for you to put forward your poem for our upcoming *Manthology*, a collection of poems by #Leedsmen. Open to anyone who identifies as male. Contact Maz: 07484 911 141.

TUE 10 NMF 25 SNOOKER MORNING (55+) · 10am - 12pm. Northern Snooker Centre, LS3 1LT · Men's groups more than welcome, and individuals, too. Must sign up. Cancer charities in attendance to raise awareness for #Leedsmen. **'EY UP... SIGN UP!'**

EATS & BEATS MUSIC SESSION (YOUNG PEOPLE AGED 16-25) · 4:30pm - 7:30pm. Archway, LS8 5AQ · Drop in, enjoy music, sing Karaoke, be a DJ on the decks. All levels welcome, from beginners to pros, with space to chat, play pool, and grab some snacks.

THU 12 WINDRUSH DOMINOES TOURNAMENT (60+) · 1pm - 4pm. Community Wellbeing Hub, LS7 3EZ. Contact the Hub to book your place: 0113 378 4892 · Connecting Men & Celebrating Windrush Day. Dominoes tournament with music, food and prizes. Looking for 16 pairs of men to enter. Will you win the coveted trophy?

OPEN MIC NIGHT · 7pm - 9pm, doors open 6:30pm. Flamingos, LS1 6DX · Free admission, cake, coffee & mocktails available. To book in, please visit flamingoscoffeehouse.co.uk

FRI 13 MARKET DAY - NMF 25 EXTRAVAGANZA!! · 10:30am - 2:30pm. Leeds Market, LS2 7HY · A celebration of men's health, creativity, and connection with performances, stalls and activities.

SAT 14 WOODHOUSE MOOR PARKRUN · Arrive by 8:55am for the 9am set-off · For all with an interest in men & men's health and running 5km. MHU Tote bags available for those running under our banner. MHU stall present for information & signposting.

POWERLEAGUE NMF FOOTBALL TOURNAMENT · 11am - 1:30pm. Leeds Central, Wellington Bridge St, Leeds LS3 1LW · Fun football event, also raising awareness about dementia. Looking for at least 8 teams to battle it out on the pitch. Can your team win the ultimate prize... The Northern Man Festival 2025 Champions!! **'EY UP... SIGN UP!'**

SUN 15 HAVE A GREAT FATHER'S DAY!



'EY UP... SIGN UP!'



<https://forms.gle/mb9QjdrEzxd3pYA7>

USE THIS QR CODE TO SIGN UP TO THE SNOOKER MORNING, THE PARKRUN & POWERLEAGUE FOOTBALL TOURNAMENT. LET'S CONNECT & CELEBRATE

ANY QUERIES, PLEASE CONTACT LAWRENCE
EMAIL: LAWRENCEG@SPACE2.ORG.UK / TEL: 07784 951 318