

LEEDS UNLOCKED

2026 #7

CHAMPIONING
#LEEDSMEN



INSIDE...

JOINING A MEN'S GROUP

"I wasn't expecting this group to be so friendly and inclusive!"



DAD & DAUGHTER FIGHTING FOR THE GREATER GOOD



TOP TIPS TO MANAGE STRESS



NHS FREE HEALTH CHECKS

BOOK IN - ONLY 20 MINS



LOCAL GROUPS & ACTIVITIES SUPPORTING MEN & MEN'S HEALTH



PEOPLE TO TALK TO...

FINANCIAL ADVICE



MONEY BUDDIES - 0113 235 0276 - Help with money problems
GREEN DOCTOR - 0113 238 0601 - Energy advice to help you save money

MENTAL HEALTH ADVICE



LIVE WELL LEEDS (LWL) - 0113 219 2727 - info@livewellleeds.org.uk
 Citywide mental health support service for people to manage and recover from their mild to moderate needs. Can self-refer.

MINDWELL - www.mindwell-leeds.org.uk
 Online support for men's mental health

LEEDS MENTAL WELLBEING SERVICE (LMWS) - 0113 843 4388
 Talking Therapies for common mental health problems. Can self-refer.

SAMARITANS - Free phone 116 123 - Need to talk? Confidential and emotional support 24 hours a day

SPECIALIST ADVICE



GAMCARE - 0113 388 6466 - Help with gambling issues

FORWARD LEEDS - 0113 887 2477 - Advice, info and support if you are worried about alcohol or drug use

LEEDS DOMESTIC VIOLENCE SERVICE - 0113 246 0401
 24hr helpline for men and women

MEN'S ADVICE LINE - 0808 801 0327
 Help for male victims of domestic abuse

ADULT SOCIAL CARE - 0113 222 4401 - leedsadults@leeds.gov.uk
 Supporting adults to live well and be independent, short or long term

THE SILVER LINE - 0800 470 8090 - A free confidential 24hr helpline for older people, offering information, friendship and advice

CRUSE BEREAVEMENT CARE - 0113 234 4150

(National Helpline - 0808 808 1677) Support for when someone dies

CARERS LEEDS - 0113 380 4300

If you are struggling to care for someone

LEEDS REFUGEE FORUM - 0113 244 9600 - Support for migrants

GENERAL SUPPORT



LINKING LEEDS - 0113 336 7612 - Linking you to local services & activities

CITIZENS ADVICE BUREAU - 0113 223 4400

Confidential and impartial advice

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

The Likely Lad? by Jaimes Moran

"What became of the Likely Lads?" - *The Libertines*

What became of the likely lad?

That utter mad lad, the never sad lad?

Never in the wrong or bad lad?

On such a pedestal, that meant to go far lad...

What became of the likely lad?

Is he still alive, yet now mad and sad?

Perhaps for the things they never had?

Was he alright in the end, the lad?

Is he still a 'No Fear' man?

Is he fully content in their god's plan?

Did he make any enemies, or maybe loads of fans?

Is he chilling in Ibiza with his fake tan?

What becomes of the likely lads, the always better than?

The guys who had every chance, man?

Do they always rise to top, cream of the crop?

Or is that just a story we tell on our trips to the shops?

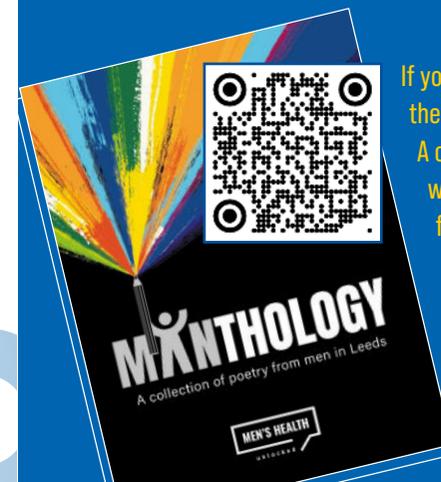
What became of the likely lad, has he aged out of greatness?

Was it all just some youthful fad, gone like an absent dad?

Were they not armour-clad in luck, the ultimate Chad?

Or are they hated now, buried in the ground and others glad?

"What became of the Likely Lads?"



If you enjoyed Jaimes' poem, then check out **Manthology**: A collection of poetry that will make you laugh, cry, and feel seen. A Touchstone-led project for Men's Health Unlocked, it's completely free and available online - just scan the QR code.

FEATURED MEN'S GROUPS



Below is a typical sample of the range of groups currently running, reaching out to men just like you - and they are keen for you to contact them.

We also signpost through mindwell-leeds.org.uk a mental health charity that offers so much for adults, our health and wellbeing. Use the QR Code here to access their listed men's groups where you might find more groups that match your own interests.

WEST LEEDS

BOXERCISE at Mike Tobin's Gym LS12 3AP for all in the community Get fit & make friends. Saturdays 10:30am - 11:30am. Contact: Paula Gala - 07927 584 970

BADMINTON - THE BAD MITTENS at Armley Leisure Centre LS12 3HB for LGBT Men - £5. Inclusive and welcoming LGBTQ+ friendly badminton crew. Wednesdays & Sundays: www.meetup.com/the-bad-mittens/

SONGWRITING GROUP (Being You Leeds) at Broadlea Community Centre LS13 2SN for men. Mondays 10:30am - 12:30pm. Contact: Jonathan - 07484 515 527

EAST LEEDS

MANCAVE (Feel Good Factor) at Henry Barran Centre LS8 3JL Basement space for men to use. Wednesdays 12pm - 2pm. Contact: Lloyd Herah - 07510 659 049 / lloyd@fgfleeds.org

MAVERICKS MEN'S SOCIAL at Emmaus LS9 7DP Meet others, have fun, trips around Leeds. Alternate Fridays 12pm - 2pm. Contact: Damien - 0113 248 9191

CONNECT MEN'S CLUB at Reginald Centre LS7 3EX for Black & Asian men. Meet others, seek info re cultural aspects of living in the community. Thursdays 11:30am - 1:30pm. Contact: Aulson Lawrence - 07593 436 608 aulson@fgfleeds.org

SOUTH LEEDS

OPEN DOORS MEN'S GROUP (Health for All) at Cranmore and Raylands LS10 4AW for men. Games, Sports, Conversations & Cake. Wednesdays 7pm - 8:30pm. Contact: Stuart - 07584 128 572

MANTHOLOGY at Dewsbury Road Community Hub LS11 6PF for men. Men's Poetry Writing Group. Thursdays 5pm - 6:30pm. Contact: Maz Sultan - 07484 911 141

MENZ OWN (The Fair Exchange) for men. Venue and cost varies. A chance to meet others and find new hobbies and interests. Last Monday of the month, 6pm. Contact: Pauline - 07780 601 917

Cartoons by Garry Steele

MEN'S GROUPS TAKE NOTICE!

There are no rules here, you're here to enjoy yourself and as long as the atmosphere and the people are right, we'll take from it what we want - a practical skill or peace of mind. Paul

As a spectator, it is easy to see Mike Tobin and the other instructors genuinely want to be there, helping bring people up to reach their potential, physically and mentally. Anon

I came to a funeral at The Htolbeck and I could hear guitars playing in another room. I was intrigued and popped my head round the door. Since then, I've been a regular. I have found a family here who care, who reach out, who make me feel comfortable and happy. I'm always going to come! James

I was nervous that first time, unsure what to expect. But from that moment on, encouraged by my daughter, I've never looked back; it turned out to be one of the best things I've ever done for myself. Tony

It's a great chance to catch up with people. I love playing dominoes here, even if George beats me every time! Lionel

Using a wheelchair after a life threatening accident, my confidence was at rock bottom, embarrassment and shame at an all-time high. My GP suggested I find a local group. An Art Group was nearby - I can't really do it, but I love being with others! After 3 years here, I don't just have great friends, more like a new family. The group has honestly saved me. Pete on Wheels

I had lost the art of conversation and had nothing to talk about. And yet now, this group is the only thing I come to every week. Richard

I needed to get out of the house, too much gaming, I needed to do something and had some initial support using a bus again. I had a guitar and wanted to learn to play it. Lee was instantly welcoming, and that was really key. Even though I come here for my mental health, the focus is on playing and my recovery takes place in the background. Garry

I was invited to meet the facilitator before hand, which really helped. I got to meet everyone gradually as they arrived, rather than walking into a full room all at once. That made the whole experience much less intimidating Chris

YOU CAN CHOOSE TO TAKE PART, TOO!

GET INVOLVED WITH LEEDS UNLOCKED... Email: lawrencecg@space2.org.uk Phone/WhatsApp: 07784 951 318

Send in your writing, poems, photos of Leeds, new and old, and 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!

TURNING UP ...TUNING IN!



This group is run by CLOTH CAT, who harness the power of music to create community, build potential and transform people's mental health and well-being.



"FIXING THESE GUITARS HELPS FIX ME!"

Cold hall on a cold day
Warm hearts in the company of some wonderful men
Who make up this Repair & Recycle Group

Guitars everywhere (other instruments, too!)
On the walls, in the back, on their way, in their hands
Repair is key
Recycle is essential
That sense of purpose is real and tangible
These men are making a difference
Saving instruments from landfill
Otherwise discarded by others
Fixing and repairing the soundboxes, new strings
And the heartstrings of the group, in turn,
Are renewed, refreshed, rewarded and repaired

- Monday is Repair Day
- And now, Friday, is Jamming Day
- Sitting as a group, a new-found family group
- Holding their guitars, strumming along
- Looking and learning, no judgements
- Just looking out for each other
- Encouraging
- Smiling faces
- Playing music
- Singing Whisky in The Jar
- In harmony
- Wood, voices, strings
- Tapping toes and nodding heads
- Loud & quiet
- High & low
- And now it feels warm!
- And Lee tells me, "It's Glen's legacy, too."

Please get in touch to donate an instrument and/or to join the guys (women also welcome) - always welcoming, musical, restorative and fun (now based at BEAT in Hawsworth, LS5)
Email: repairandrecycle@clothcatleeds.org.uk or call Cloth Cat on 07793 064 890

FAMILY FIGHTING

East Leeds father and daughter Simon and Kaci Tompkins have taken their close bond to a new level by stepping into the MMA cage together; emerging stronger, prouder, and more united than ever.

The pair recently competed on the same amateur Ultra MMA show. What a challenge to overcome!
Simon first signed up in 2023, driven by a deeply personal reason. "I first got involved after my son was hit by a car on the York Road near home. Leo's doing better now but it was serious. He had to relearn many basics from scratch which made him anxious and upset. I wanted to show Leo it was never too late to learn new skills and accept challenges, hence my first MMA bout raising money for the LGI neuroscience charity."

Reflecting on the journey, Simon added: "This experience has been unforgettable for us. We spent time together learning a new sport; the coaching is top class with the events as safe as possible. And we challenged ourselves while raising funds for charities close to our hearts. We're proud of what we've accomplished and will do it again."

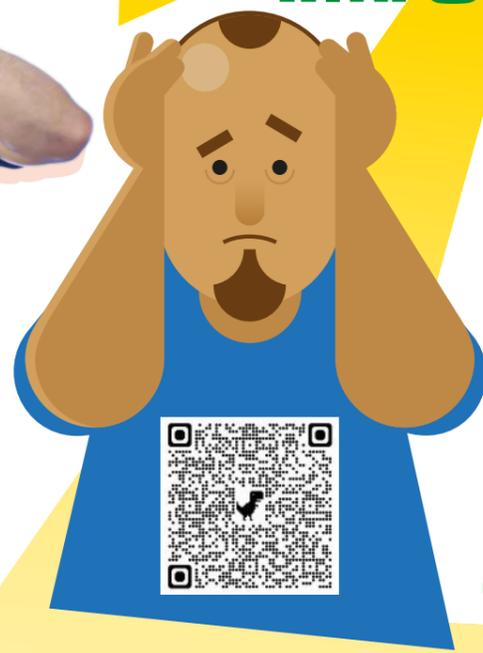
www.ultra-mma.co.uk/sign-up



"THIS EXPERIENCE HAS BEEN UNFORGETTABLE FOR US."



COPING WITH STRESS!



April is Stress Awareness month, so here we offer some great tips. Find more on Mindwell's website, their *Coping With Stress* page (scan the QR code) - and explore their website

Maybe you could take your own photos of places that allow you to destress?...and send them in to Lawrence on WhatsApp - 07784 051318

HOW I LEARNED TO TAKE MY HEALTH MORE SERIOUSLY

by Bryan

I was cycling 200 miles a month, walking 5-10k steps a day, feeling great. Life was busy, and whenever I thought about going to the GP, I put it off, "There are ill people there and I have no real symptoms."

Like many men, I didn't take my health seriously enough. What changed? I had an online training course through work about diabetes, and as I sat there, I realised they were describing me.

I called my GP and asked for a blood sugar test and I showed them a wound that simply wasn't healing. Once my GP saw my foot, they called an ambulance immediately and by the time I was asleep that night, I had actually had to have my leg amputated.

Type 2 diabetes isn't the end. It means learning to do things differently and with a nod to different diet and exercise - all of which has actually been great! I was 59 and had ignored invites for NHS Health Checks, which can catch conditions like Type 2 diabetes early, even before symptoms appear. If I'd got checked sooner, I could have been healthier for longer.

My message is simple: Take offers of healthcare - or go ask for it!

All GP Practices in Leeds offer NHS Health Checks, to find out more, visit [NHS Health Check](http://www.nhs.uk) at www.nhs.uk

To see what an NHS Health Check is all about, scan this QR code to watch a short video. Available in English, Urdu, Punjabi, Romanian and Polish.

Please email leeds.confed@nhs.net for an appointment to be arranged.



- Create time for yourself each day - a regular break that you build in.
- Relaxing music can also help you unwind.
- Go for a walk outside. Appreciate the small things in nature.
- Do some exercise or go for a run.
- Breathe deeply and calmly.
- Prepare proper planned sleep - settle your mind without using digital devices.
- Connect with friends & family.



At Kirkstall Abbey, there is this beautiful Ginkgo tree; it is the oldest tree species still alive today. Here is the tree, in Autumn, illuminated in its own full glow.

Words & Photos by Antony Newby

After finding her barely alive almost a year ago, here is the squirrel I have cared for, now strong, curious, and absolutely thriving. I'm overwhelmed by how far she's come, she must now be the healthiest, happiest squirrel around. Isn't she just Fab!!



We had 3 winners from the Rebus Puzzles. Well done to Pete, Andy & Steve who all won £15 vouchers