

LEEDS UNLOCKED

2026 #9

CHAMPIONING
#LEEDSMEN

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CREATIVE OUTLET

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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

Push for Paternity

by Nathan Barnes



In February 2025, my wife, Megan, had an emergency caesarean section, followed by the worst fourteen days our family has experienced.

The situation became extremely serious; both she and our newborn son developed infections, keeping them in hospital for two weeks – the entire length of my paternity leave.

Watching my partner nearly die, then seeing our son become ill and be prodded with needles, was incredibly difficult. It took a huge toll mentally and I was signed off sick for three weeks before returning to work.

I then worked 12-hour days while Megan recovered from surgery and we cared for a newborn. None of us were ready, and I felt immense guilt.

The experience showed me how outdated the UK's statutory paternity leave is. Two weeks is simply not enough, especially compared with EU countries offering more generous leave.

That's why I joined the **Leeds Dads Push For Paternity March**, campaigning for six weeks' statutory paternity leave at 90% pay.

Better paternity leave can improve parents' health, strengthen relationships, support children's development and increase fathers' life satisfaction.



Errol, founder of Leeds Dads, with Lawrence MHU on the march in May 2026

For further updates on paternity leave look up leedsdads.org and find out about all the opportunities to bring Dads and kids together at weekend activities.

LEEDS DADS

DAILY & WEEKLY PLANNER

Did you know? Using a daily planner helps you keep on top of important meetings, manage your time, keep away from undue anxiety or worries and look forward to the coming weeks.

Use the template here to list important jobs and appointments to plan ahead.

We know it can make a huge difference to your days, adding fun and variety to your week at a glance.

Please do create your own planners on paper or in a notebook to keep that momentum going...



WEEK 1	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 2	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 3	MON	TUE	WED	THUR	FRI	SAT	SUN



We all have so many different interests and activities - it's what makes each of us so unique and wonderful. Here is a range of suggestions that you may or may not have thought about for you, to take your mind off the day-to-day stuff, and perhaps you'll find something interesting, creative and specific that will bring you some comfort and joy.

- 20 mins exercise • Start a journal • Get in touch with a loved one • Pop in on a neighbour • Listen to music or read • Walk in the local park/woods • Notice the birdsong • Find 5 beautiful things in nature • Get crafty • Write a letter to someone
- Cook for yourself or someone else • Mend/upcycle your favourite jumper to wear again
- Draw a picture • Join a group • Learn a song...

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, a group is a great way to meet people and find new hobbies - so get yourself out and busy.

Mindwell is a mental health website that offers so much for adults, our health and wellbeing, here in Leeds with lots of relevant information for advice and support.

This QR code takes you straight to the men's groups listed on their website - scan and you might find the perfect group for you.



Maggie's Men's Group, at St James's Hospital, supporting all men affected by cancer to connect and share experiences. Contact Andrew: andrew.burnard@maggies.org



Wellbeing Hub Men's Group, 60+, enjoying their dominoes, Thursdays 1pm - 4pm.

THANKS FOR SUPPORTING LEEDS UNLOCKED!

This edition is the last of this phase of the Men's Health Unlocked Project. Thank you for all your contributions.

We have always encouraged #Leedsmen to share their stories knowing that all of our stories can be inspiring for others to read.

You can find all our zines, from the very first in 2020, on the Space2 website: space2.org.uk/the-unlocked-zines/

UNLOCKING OUR CREATIVITY

Our Leeds Unlocked zines have often shown the value and impact of men being creative, innovative and resilient. The men's stories here all exemplify that versatility, skill and knowledge all of which encourage growth, development and real purpose.

'GranJan' Memory Bears

THE GIFT THAT KEEPS GIVING! by Chris Dill

I am sat in a Space2 sewing workshop, predominantly with females of different nationalities and ethnicities, but all now looking out of the corner of their eyes at the only man in the room, as I desperately try to assemble the sewing machine I am here to learn how to use.

I feel welcomed and accepted into the group when a woman asks what I am making, 'A memory bear,' I reply, with an audible 'Ohhh' and 'Mmm' and nodding in approval.

A month in and I have now provided the pattern for another member to make a carnival themed bear - what a pleasure that is!

Jan, my soulmate and the love of my life of 57 years succumbed to Alzheimer's Vascular Dementia on New Year's Eve 2025; eventually she forgot how to eat, then drink, then how to breathe, and we lost her.

Two elements kept coming to the fore, her love of flying (her ultimate desire to wingwalk) and her childhood teddy. She went to Lawnswood in her favourite set of clothes, with our daughters saying that they would like to have some of her clothes, to remember her by.

And so was born, **GranJan**, a 24" memory bear, a copy as close as possible to how she was in her casket, down to the gloves, money and tissues in her handbag.

Talking to a wardrobe would be just weird, but bears have character and names, some have films made of them and you can talk to them without being thought of as odd.

And this last one is for my 3 year old great granddaughter - she wants to talk to her Nanna as well.

For anyone needing immediate support when someone has died, find **Cruse Bereavement** listed in the *People To Talk To* section. **LS14 Trust**, based in Seacroft, runs a monthly **Life & Loss Café** - Wednesdays 6pm - 7:30pm - a comforting space for people to speak about death, and share their experience no matter where they are in their grief. For future dates, call 0113 318 0522 or email: info@ls14trust.org.uk



do men talk but to show the amazing things that happen when they do; the value and the importance of men from different nationalities, sexualities, classes etc coming together to learn from each other. Each of us bringing our own definition of 'masculinity' and what that means to us.

We have received wonderful feedback from guests...

“It felt like a space where it was okay not to know the answers, okay to say something and then change your mind, and okay to feel differently to others but still listen to them and try to understand how they felt.

Many listeners have referenced that it sounds like what a peer support space might be like, which can be helpful for people who may feel anxious about making that step.

“The podcast helped me think differently about my own experiences, made me feel less alone in them too.

“I felt seen in a lot of the conversations I was listening to.

Search 'The Being Men Podcast' on Spotify, Apple Music & Amazon Music or scan the QR code here



THE BATHROOM BARD

The sound of water cascading over smooth, soapy skin; washing away the day.

Blood vessels relax in ambient heat, words reach out for connection through the steam.

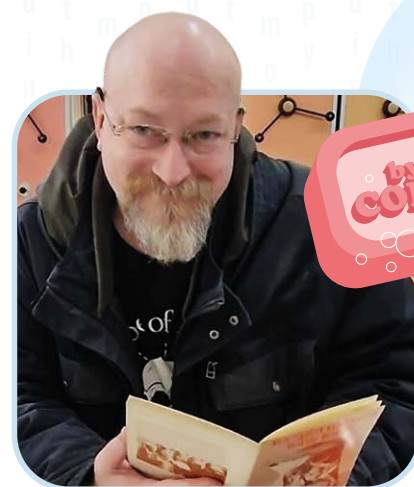
I am creating - drawing together the fingers of thought that make a poem.

Sliding simile under metaphor and washing away alliteration.

With a start, I leap out of the shower to write it all down, before I forget.

So I stand in the bathroom, dripping wet, corralling creation with a shiver.

Throwing lines of life onto the paper, capturing the rhyme before it escapes.



by SEAN COPPINGER

From ADHD to making movies

by Andy Tourmaline

“Going through my ADHD diagnosis journey taught me a lot about myself. In the time waiting for an assessment, I ended up learning a lot so it wasn't such a shock when the diagnosis came but was a relief to know for sure.

I then started talking openly about having ADHD online and creating content about my experience. Tourmaline Films was originally set up as a YouTube Channel to release a documentary and almost inadvertently, it became my business.

We provide video production services and marketing strategy support. I also ended up volunteering for Leeds Autism Aim and Autisticon, offering my video services to help spread awareness and acceptance.

As I continued working with my other clients, I started to think more about accessibility in the way I edited and how it doesn't just help those with disabilities, it helps everyone.

Captions are a good example, as accents might not be understood by the viewer or you could be in a public place and prefer to watch with the audio turned off. Accessibility is all about catering for different needs and contextually that can change based on age, background or the environment you're in.

You can find us on YouTube, LinkedIn, Instagram & Facebook @tourmalinefilms and our website is tourmalinefilms.com

For support and resources for individuals/families re ADHD, contact Leeds ADHD Support Group, or search on FB.

Tel: 0113 534 6178, Email: contact@leedsadhd.com

Leeds Autism Services include residential support, day care, outreach programs, and vocational/community services designed to help individuals achieve their life goals

Tel: 0113 245 2645 | Email: enquiries@leedsautism.org.uk