

# CITY UNLOCKED



THE MAGAZINE FOR MEN IN EAST LEEDS

## RICHARD WYATT

FROM W2 BARBERS  
IN LS8



Richard Wyatt runs the popular W2 Barbers on Easterly Road in LS8, and has recently become a local “Manbassador”. The Manbassador project is a network of local businesses in Leeds who can point their male customers to local activities and services to support their health and wellbeing. Businesses include chemists, chip shops and launderettes.

Richard says, “Barbershops are a place where a guy can spend half an hour or so having a private 1-1 chat in a casual and relaxing environment with someone who listens and cares. There are men who experience depression and loneliness, isolating from friends and family and I might be the only guy they interact with.”

In Leeds, men are FIVE TIMES more likely than women to take their own lives, which is why Richard is keen to help, for example with his support for the Orion Northern Man Festival in 2019. He is now trained to spot the signs when men are feeling out of luck, depressed and suicidal. “The training teaches us to know what we see, what to say and where to signpost the men.”

“We have a team of barbers and hairdressers who take an interest in our customers and it is great to be a local Manbassador. Everyone is welcome to come for a haircut when we come out of Lockdown, but more importantly, to have a conversation with us here at W2.”

## MANBASSADOR VOUCHERS

Manbassadors are a network of local businesses looking out for local men. Some of them offer discount vouchers. The new National Lockdown means that we have fewer of these vouchers at the moment - but we hope to have more soon!

Look out for some in future editions...

### MANBASSADOR VOUCHER

FREE BOTTLE OF  
WATER FROM  
D NEWS

HAREHILLS LANE LS9 6HJ



### MANBASSADOR VOUCHER

FISH & CHIPS, BREADCAKE,  
PLUS PEAS, CURRY OR  
CHIPS FOR JUST £3 FROM  
SHAFTESBURY FISHERIES

HAREHILLS LANE LS9 6NQ



## GET IN TOUCH!



Email: [damian@fgfleeds.org](mailto:damian@fgfleeds.org)

Phone / WhatsApp: 07701 338 841

From the Unlocked team:

*Damian, Lawrence, Suzy & Lucy*

This 'zine has been produced by the Orion Partnership which consists of four local charities (Feel Good Factor, Shantona, Space2 and Zest), and is funded by Leeds Community Foundation, the Leeds Fund and the National Lottery Community Fund

## PEOPLE TO TALK TO

**RETAS LEEDS:** Online drop-in for refugees.  
Facebook Messenger: 10am - 12.30pm every Friday  
or call 07440 402 028

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

**MONEY BUDDIES - 0113 235 0276**  
Help with money problems.

**SAMARITANS - Freephone 116 123**  
Need to talk? Confidential and emotional support  
24 hours a day.

**GAMCARE - 0808 802 0133**  
Help with gambling problems.

**CRUSE BEREAVEMENT CARE - 0113 234 4150**  
Support for when someone dies.

**SUICIDE BEREAVEMENT SERVICE - 0113 305 5803**  
Support if you have lost a loved one.

**COVID SUPPORT - 0113 378 1877**  
Leeds City Council Hotline.

**LEEDS REFUGEE FORUM - 0113 244 9600**  
Support for migrants.

**LEEDS DOMESTIC VIOLENCE SERVICE**  
0113 246 0401. 24 hour helpline for men and women.

**CARERS LEEDS - 0113 380 4300**  
If you are struggling to care for someone.

**NHS MENTAL HEALTH HELPLINE - 0800 183 0558**  
24 hour helpline if you are struggling with mental  
health.

**CITIZEN'S ADVICE BUREAU - 0113 223 4400**  
Free, confidential and impartial advice. Mon - Fri  
9am - 4.30pm.

**IN A MEDICAL EMERGENCY - CALL 999**  
**FOR NON-EMERGENCIES - CALL 111**

## GROUPS & ACTIVITIES

### MONDAY

**MEN @ MEANWOOD (online)**

12 - 2pm. Contact Lawrence: 07835 954 742

**ANDY'S MAN CLUB (online)**

7pm. Contact: [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

**HAREHILLS MEN'S SOCIAL GROUP**

2 - 3pm. Contact Joe: 0113 248 4880 or  
[joek@touchstonesupport.org.uk](mailto:joek@touchstonesupport.org.uk)

### TUESDAY

**CONNECT MEN'S CLUB (Online)**

1 -3pm. Contact Aulson: 07593 436 608 or  
[aulson@fgfleeds.org](mailto:aulson@fgfleeds.org)

### WEDNESDAY

**JOE'S ONLINE MEN'S QUIZ & GAME GROUP**

1 - 2pm. Contact Joe: 07741 328 786 or  
[joek@touchstonesupport.org.uk](mailto:joek@touchstonesupport.org.uk)

**BURMANTOFTS SKILLS AND SOCIAL (Online)**

4 - 5.30pm. Contact Joe: 07741 328 786 or  
[joek@touchstonesupport.org.uk](mailto:joek@touchstonesupport.org.uk)

### THURSDAY

**MEN'S SOCIAL CLUB (Online)**

Afternoons. Weekly chat and support group  
for men on Zoom. Contact Duncan:  
[duncan@humansbeing.org.uk](mailto:duncan@humansbeing.org.uk)

### FRIDAY

**RECLAIM ONLINE MEN'S SUPPORT GROUP**

10 - 11.30am. Contact: 07341 736 298

## TALES FROM THE LOCKDOWN

**Chester is a member of the Feel Good Factor Connect Men's Club. They meet every Tuesday online.** (See Groups & Activities section for more details.)

“ Since Lockdown, I have spent even more time on my allotment. It stops me being stuck indoors and it's a good, productive way to spend my time.

I am a retired photographer and I have now joined a photography group where I am showing the others how to take photos, compositions, etc. It's good to be involved again. Sadly, this will have to stop now because of the new Lockdown, but I am going to keep in touch with everyone on Zoom.

I never bothered with Zoom or WhatsApp before but, since Covid, I have learnt how to do it. I had to upgrade my phone but it was worth it - I've been talking to my brother in America for free. Plus I have kept in touch with everyone in the men's club.



Chester (centre) at his allotment with the Feel Good Factor Men's Group

I think that getting outside has been really important for me - always has. That's why my allotment is good. But I think even if you haven't got an allotment, you can still go for walks. It makes a big difference.

