

CITY UNLOCKED LEEDS



ISSUE No.4

TALES FROM LOCKDOWN

PETE MANOJLOVIC

“ I have been attending men’s groups with Zest & Space2 and we had to move to Zoom due to current restrictions. It’s the next best thing from a face-to-face meeting. It’s not the same, it has its issues and limitations, but normal meetings just aren’t possible at the moment, so this is a pretty good substitute.



I wonder why we never used video conferencing before instead of travelling abroad for work, or even within this country. It’s been around for years!

Zoom (or other video conferencing) has become the norm now. It can take some getting used to but if you’re willing to learn it’s easy enough. Even if it breaks or there are issues with it 25% of the time, you’re still getting 75% of a group, which is more than you’ll get if you wait for face-to-face groups to start up again!

I like the zoom groups because they are company. It’s interaction between several people at once. It feels more full than just a one on one conversation on the phone. You can interject, make jokes, play games; it’s very much like the real thing in so many ways.

GET IN TOUCH!

Email: lawrence@fgfleeds.org

Phone / WhatsApp: 07541 629 158



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

CARERS LEEDS - 0113 380 4300

If you are struggling to care for someone

CITIZENS ADVICE BUREAU - 0113 223 4400

Free, confidential and impartial advice.

Mon - Fri 9am - 4.30pm

COVID SUPPORT - 0113 378 1877

Leeds City Council Hotline

CRUSE BEREAVEMENT CARE - 0113 234 4150

Support for when someone dies

FORWARD LEEDS - 0113 887 2477

Advice, info and support if you are worried about alcohol or drug use

GAMCARE - 0808 802 0133

Help with gambling problems

LEEDS DOMESTIC VIOLENCE SERVICE

0113 246 0401. 24 hour helpline for men & women

LEEDS REFUGEE FORUM - 0113 244 9600

Support for migrants

LINKING LEEDS - 0113 336 7612

Linking you to community services & activities

MONEY BUDDIES - 0113 235 0276

Help with money problems and benefits

NHS MENTAL HEALTH HELPLINE - 0800 183 0558

24 hour helpline if you are struggling with mental health

RETAS LEEDS: Online drop-in for refugees.

Facebook Messenger: 10am - 12.30pm every

Friday or call 07440 402 028

SAMARITANS - Freephone 116 123

Need to talk? Confidential and emotional support 24 hours a day

SUICIDE BEREAVEMENT SERVICE - 0113 305 5803

Support if you have lost a loved one

THE SILVER LINE - 0800 4 70 80 90 (freephone)

Confidential helpline for older people offering information, friendship and advice. 24 hours

MIGRANT INFO HUB - migrantinfohub.org.uk

Offers a wide range of shareable information, translated resources in over 100 languages

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



Engaging People Inspiring Communities.



MEN'S HEALTH

unlocked



In partnership with
THE NATIONAL LOTTERY COMMUNITY FUND

ONLINE GROUPS & ACTIVITIES AVAILABLE IN LEEDS

MONDAY

MEN WITH VOICES GROUP

10am - 12pm. Contact Bryn: 07518 650 872

MEN @ MEANWOOD

12pm - 2pm. Contact Lawrence: 07835 954 742

lawrenceg@space2.org.uk

HAREHILLS MEN'S SOCIAL GROUP

2pm - 3pm. Contact Joe: 0113 248 4880

joek@touchstonesupport.org.uk

WORTLEY BAND OF BROTHERS

3pm - 4pm. Contact Joe: 07741 328 786

ANDY'S MAN CLUB

7pm. Contact: info@andysmanclub.co.uk

TUESDAY

URBAN TASK FORCE (Practical outdoor group)

10am - 1pm. Contact Mike: 07472 415 387

CONNECT MEN'S CLUB

1pm - 3pm. Contact Aulson: 07593 436 608

aulson@fgfleeds.org

WEST LEEDS MEN'S NETWORK

2pm. Contact Ian: 07738 107 012

ONLINE GUITAR GROUPS

Intermediate: 2pm - 2.45pm.

Beginners: 2.45pm - 3.30pm.

Contact Joe: 07741 328 786

WEDNESDAY

URBAN TASK FORCE (Practical outdoor group)

10am - 1pm. Contact Mike: 07472 415 387

MAN ABOUT TOWN MUSIC GROUP

12pm - 2pm. Contact Jogga: 07305 237 120

JOE'S ONLINE MEN'S QUIZ & GAME GROUP

1pm - 2pm. Contact Joe: 07741 328 786

joek@touchstonesupport.org.uk

ROTHWELL MHA MAINLY MEN GROUP

1pm - 2pm - 1st & 3rd Wednesday of each month.

Contact: 0113 288 0887

Rothwell@mha.org.uk

THURSDAY

ARMLEY MEN OF THRONES

2pm - 3pm. Contact Maxine: 07825 438 375

MAN ABOUT TOWN CREATIVE WRITING

12pm - 2pm. Contact Jogga: 07305 237 120

LONG DISTANCE SOCIAL CLUB

Afternoons. Weekly chat and support group.

Contact Duncan: duncan@humansbeing.org.uk

FRIDAY

RECLAIM ONLINE MEN'S SUPPORT GROUP

10am - 11.30am. Contact: 07341 736 298

WORTLEY WALKING MEN'S GROUP

10am - 1pm. Contact Rebecca: 07852 526 415

WEST LEEDS MEN'S NETWORK

2pm. Contact Ian: 07738 107 012

OTHER GROUPS...

WELL MEN ACTIVISTS TRAINING

10:30am - 12pm. 8 weeks - Starts Feb 5.

Support others - Improve your own health and wellbeing - Make a difference in your community

Contact: duncan@humansbeing.org.uk

YOUNG BLACK MINDS

Peer support for young black males. Groups start on the evening of the Jan 18. Contact: 0113 305 5800 or peersupport@leedsmind.org.uk

(inc 'Young Black Minds' in the subject line)

DR. ROB FLINT

GARDEN SURGERY AT
EAST LEEDS HEALTH CENTRE

“ Men's physical and mental health is so important yet sometimes neglected; I am happy to support this zine as part of the Manbassador Project.



The COVID pandemic has now killed more than 90,000 people in this country and more than a thousand people in Leeds. Many people have mild symptoms but some can develop severe complications and can die; men are more at risk of those severe complications. That is why it is so important for men to get the vaccine when it is offered. I have had mine with no problem, except a slight ache in my arm for a day or so.

I have looked at the scientific data and I am happy the first two vaccines are safe and effective. The MHRA have given approval and I am confident in their processes. There is a lot of misinformation on social media which concerns me. It is so important to make health decisions based on facts; that's why I want to encourage men to have the vaccine to bring some hope of a return to normal life and save lives.

This is such a difficult time for everyone and if you are struggling please ask for help. If we follow the public health advice on Hands, Face and Space and get vaccinated, together we can get through this.

CORONAVIRUS
STAY HOME TO HELP US SAVE LIVES

**ACT LIKE YOU'VE GOT IT,
ANYONE CAN SPREAD IT.**

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

TIME TO GET YOURSELF... ONLINE!

Internet platforms and IT equipment are providing easy and seamless ways for people to stay socially connected while physically apart.

This current pandemic has highlighted the need for so many different groups to have digital access, to learn to use current technology; men, women, young people, everyone - to connect with others, for good mental health, to do your shopping and your banking, to exercise, to learn and for entertainment.



Benefits

- Join the 21st Century... There's nothing to stop you!
- Access to learning from all over the world, in any language!
- Use IT to help improve your health and look after your finances!
- Be connected - don't be isolated! There's nothing better than a video call with family and friends... everyone loves it!



Being connected online is now seen as an important part of daily communication. At 17, life was difficult for me and I experienced depressions; I didn't think I'd socialise or have relationships again. I am now happy at work and day-to-day life and know that being connected to others feels really important to living a good life.



JACK SIMPSON
Hyde Park Book Club

Where to learn?

LS14 Trust has a digital skills training lounge - In normal times, free and accessible to everyone who might want to improve IT skills, get online for job searching or create a CV.

www.learnmyway.com has free courses for you to learn digital skills to stay safe and connected.

AgeUK Leeds Digital Wellbeing Service offers IT skills training, equipment, volunteer support for anyone over 50. Also keen to highlight health improvements through IT. Contact Lee Potter: lee.potter@ageukleeds.org.uk or **07983 216 552**

Leeds List is a great source of info about Leeds. If you have extra time now, search leeds-list.com/culture and find the right course from 25 listed for you to develop your IT skills.

You can also book time on computers at many local libraries!

Getting a device

Jack Simpson (right) helped to create **Digital Access West Yorkshire** (alongside Solidaritech & Playful Anywhere) a new project which takes donated laptops and tablets, wipes them clean and passes them on to people who need them, young and old. If you are a man reading this, wanting to get online, or if you have a device to donate (take with all cables to 27-29 Headingley Lane, LS6 1BL) get in touch. Tel: **07984 449 361** or accesswy.org

GetOnline@Home sells heavily discounted, refurbished computers and tablets. They're cheap for everyone, but particularly affordable if the customer receives benefits and is eligible for its scheme.

Leeds 100% Digital have loaned iPads to individuals and community organisations for many years - discover everything you need to know about digital inclusion at leedsdigitalinclusion.wordpress.com

Carers Leeds supporting unpaid carers - if you want help getting online and getting involved in digital activities and support, call: **0113 380 4300**

KEYBOARD WORD WARRIOR COMPETITION



Use the top line of a standard keyboard to make as many words as you can, use letters once only, any amount of letters accepted e.g. QUIT, WET
The winner with the most words will get a prize!

Send your answers to: lawrence@fgfleeds.org
or WhatsApp: **07541 629 158**

Fun Facts!

- In 1989 Tim Berners-Lee created the World Wide Web, supposedly in a beer garden! The 1st webpage was made on 6 August 1991 and the rest is history.
- 65% of video gamers play with others online and 79% of gamers say games provide relaxation and stress relief.
- About five billion videos are watched on Youtube every day, with 300 hours of video being uploaded every minute.



My Mum had never used an ipad before, she's 83 - now she's doing Pilates in the morning, playing cards with strangers from across the world in the afternoon and a social with friends in the evening!! Too busy to talk to me!