

UNLOCKED

THE LOCKDOWN 'ZINE FOR LS8 & LS9 AND BEYOND



TEST & TRACE EDITION



FEATURING TESS AND TRACE



TALES FROM LOCKDOWN

“ Hi my name is Sonny. I run D News on Harehills Lane. We are one of the many local businesses involved in the Manbassadors project, where we help local men to get any help that they might need.



During Lockdown everyone has been in the same boat, a bit stressed out. We have all just been trying to keep ourselves busy by doing things like watching TV and playing cards. Personally, I like watching old dramas and even some cartoons because they are happy!

I have also been spending time in the kitchen cooking with my family, going up and down stairs to get exercise and talking to family on Whatsapp.

One of the positive things about Lockdown has been that there are fewer cars on the road, so it has been nice to go outside and take notice of the nice gardens and the birds.

My business has been very quiet, with lots of people isolating, but things are starting to look up. People feel that there is less risk, and they are happier that they are not stuck at home. We are starting to get more customers, and I will be starting to do newspapers again from the end of July.



I would like to offer a free bottle of water to anyone who comes into my shop over the next few weeks to buy something. Drinking water helps to keep you healthy, and you can keep the bottle afterwards so that you can take water out with you when you go for your walks.

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 & Leeds City Council

ONLINE SOCIAL GROUPS AND EVENTS

DADSTASTIC DAY ONLINE
Sun 19 July 2020 11am - 4pm
For more info: www.leedsdads.org/dadstastic @LeedsDads or #DadstasticDay

MEANWOOD MEN'S GROUP ONLINE
Mondays 12noon - 1:45pm
Get the week off to a great start, always happy to welcome new men to the group.

'SPACE2 SING' CHOIR (ONLINE)
Thursdays 3.30pm - 5pm
Contact paulb@space2.org.uk
07598 101253



Go to www.fgfleeds.org/unlocked to find even more!

ALISON'S TOP TIPS

VEG GONE LIMP?
Simply pop it in some water and it'll come back to life! Works really well with carrots, celery and lettuce!



GET IN TOUCH!

Email: damian@fgfleeds.org
Phone / WhatsApp: 07701 338841

From the Unlocked team:
Damian, Lawrence & Suzy



SERVICES

Organisations to help you:



HELP IF YOU CANNOT GO OUT
CALL 0113 378 1877 (Mon-Fri)

For help with shopping, prescriptions or just a chat.

DOMESTIC ABUSE

Leeds Domestic Violence Service 0113 246 0401
24 hour helpline for men or women suffering any type of domestic violence or abuse.

CARERS LEEDS Advice Line - 0113 380 4300
If you are struggling to look after someone you normally care for.

NHS Mental Health Helpline - 0800 183 0558
24 hours/day confidential support and advice for anyone concerned about their mental health.

RETAS LEEDS: Online drop-in for refugees.
Facebook Messenger - 10am - 12.30pm every Friday
or call 07440 402028

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

MONEY BUDDIES - 0113 235 0276 / 07936 368 045 /
07716 848 827

Help with money problems. Find information in
different languages at www.moneybuddies.org.uk

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.

CRUSE BEREAVEMENT - 0808 808 1677
Help if someone close to you has died. Mon & Friday
9.30am-5pm; Tues, Weds, Thurs 9.30am-8pm.

LEEDS SUICIDE BEREAVEMENT SERVICE
0113 305 5800. If someone you cared about has
ended their own life.

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



ERROL MURRAY

LEEDS DADS



Errol Murray set up Leeds Dads in 2011 because he "needed a space to be a Dad". Mums tend to know these things but, as a Dad, Errol found himself talking with other men about nappies, pooh, and sleepless nights!!

“ Modern families can look very different and Dads play a key role. I needed to grow a network of other Dads, and encourage men to take more responsibility within their own family setups.

At Leeds Dads, men can find advice and support from other men; they can feel the parental support, learn how to be a stronger Dad and develop friendships for themselves, and for their children.

We have grown over the 9 years; still with a significant focus on under-5s, we help to equip dads with everything they need to know to get the best possible start for those first 1,000 days pre-school.

This year our Dadstastic Day will be online; it takes place on Sunday 19th July and is a day of fun and celebration, 11am-4pm, with loads of activities for children - check out leedsdads.org/dadstastic (it's for mums, aunties etc too!)"

During lockdown, on a Tuesday night at 8pm, we use our Facebook page to present #AskaDad sessions where we have experts on a panel to respond to questions from Dads - about work, money, how to get your kids out of bed - all sorts!"

Find more info on Errol and his team at:
leedsdads.org



BEWARE NHS TEST AND TRACE SCAMS



IF SOMEONE PHONES YOU AND SAYS THEY ARE FROM THE NHS



DO NOT give your bank account details
DO NOT give any social media passwords
DO NOT give any PIN numbers out
DO NOT buy anything
DO NOT pay for a test
DO NOT go to a website that does not belong to the Government or NHS

If they ask you to do any of these things, **HANG UP AND REPORT THE CALL TO THE POLICE**

A real NHS caller will never ask these questions!

SHIELDING INFORMATION

Ways to get up-to-date information and support for those who are shielding:



Online

leeds.gov.uk/coronavirus



Phone

0113 378 1877



SignLive Directory

Select LCC Covid19



Text Number

07480632471

You MUST register by 16th July if you are shielding someone and need support !
Call the number above!

#StaySafeSaveLives



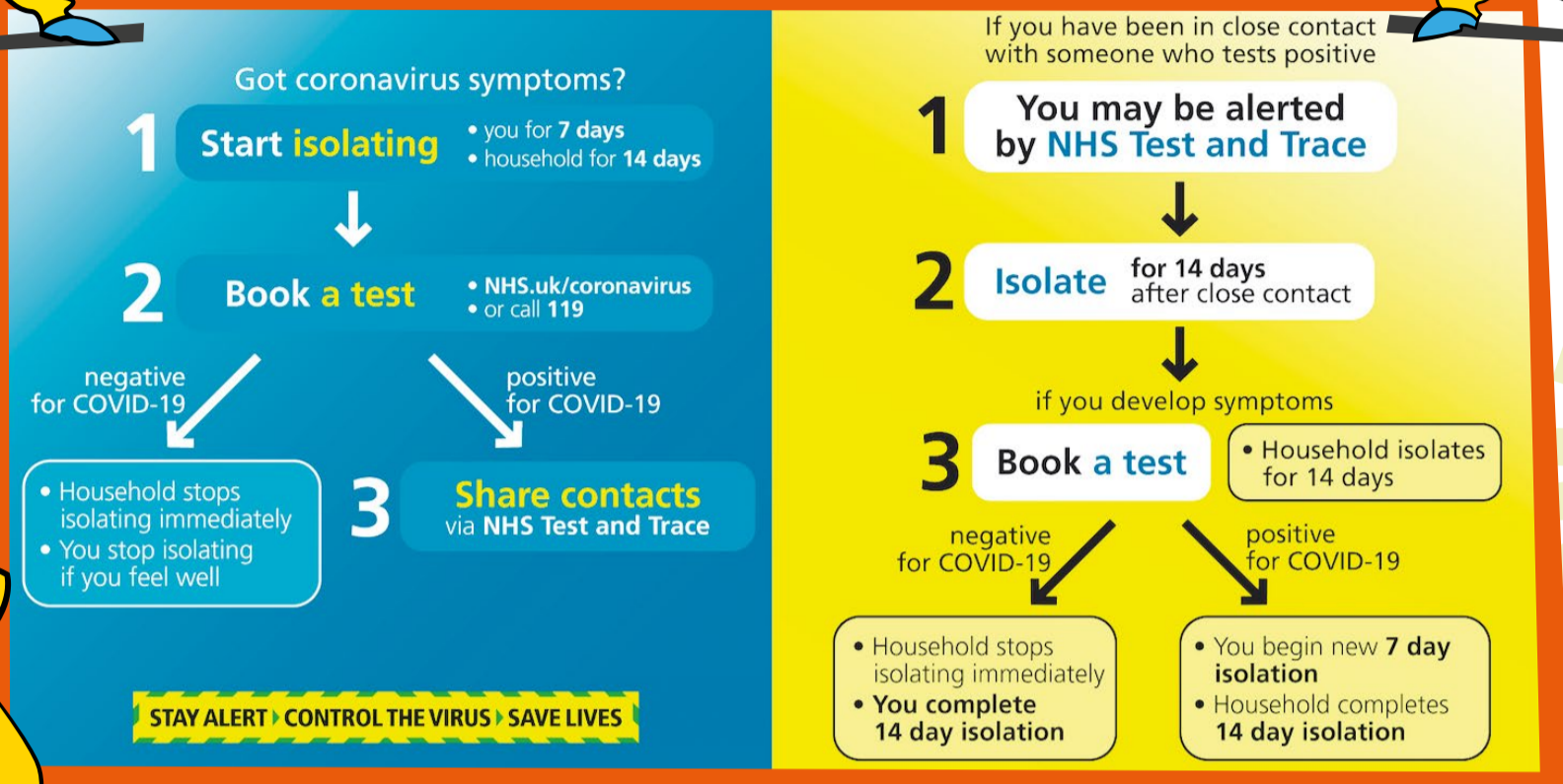
NHS TEST AND TRACE



HI, WE ARE TESS AND TRACE, AND WE ARE HERE TO TELL YOU ABOUT THE NEW NHS TEST AND TRACE SERVICE.

IF YOU ARE UNLUCKY ENOUGH TO CATCH CORONAVIRUS, NHS TEST AND TRACE WILL ASK YOU WHO YOU MAY HAVE PASSED IT ON TO, AND WARN THEM IN TURN.

THEY WILL ASK YOUR CONTACTS TO SELF-ISOLATE AND WAIT TO SEE IF THEY'VE CAUGHT THE VIRUS TOO. WE KNOW THIS MIGHT BE HARD TO DO, BUT THEY WILL BE HELPING TO BUILD UP A PICTURE OF THE VIRUS, PROTECTING EVERYONE, AND STOPPING THE VIRUS FROM SPREADING.



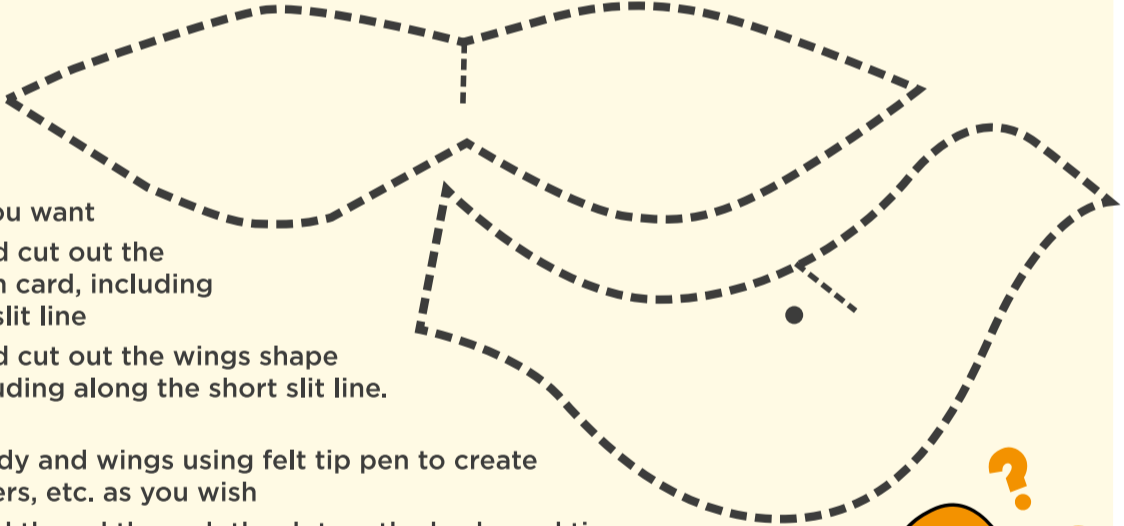
HERE ARE SOME ACTIVITIES TO BRIGHTEN YOUR DAY!

PAPER BIRDS



IF YOU ARE STUCK AT HOME, WHY NOT MAKE A FLOCK OF BIRDS? BRING A LITTLE BIT OF OUTDOORS, INDOORS! (COURTESY OF LITTLE LONDON ARTS)

- 1 Copy and cut out the two shapes here to make templates. You will then be able to make as many birds as you want
- 2 Draw around and cut out the body shape from card, including along the short slit line
- 3 Draw around and cut out the wings shape from paper, including along the short slit line. Fold in half
- 4 Decorate the body and wings using felt tip pen to create eye, beak, feathers, etc. as you wish
- 5 Insert needle and thread through the dot on the body, and tie a knot in the thread to make a hanging loop of desired length
- 6 Slot the wings into the body

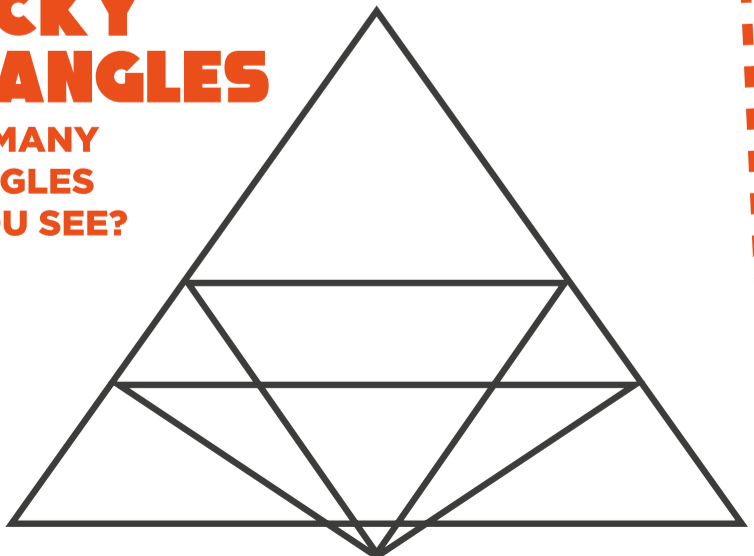


COMPETITION TIME - USE BRAIN POWER TO SOLVE THESE PUZZLES

WIN A THERMOMETER! WE HAVE 2 COMPETITIONS THIS WEEK - TRICKY TRIANGLES AND DAZE OF THE WEEK YOU CAN DO ONE OR BOTH. SEND YOUR ANSWERS TO: DAMIAN@FGFLEEDS.ORG OR WHATSAPP TO 07701 338841 OR BY POST TO FEEL GOOD FACTOR, 53 LOUIS ST, LEEDS LS7 4BP

TRICKY TRIANGLES

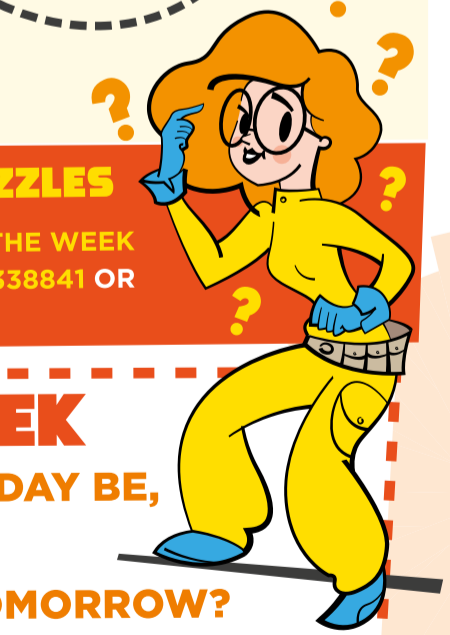
HOW MANY TRIANGLES DO YOU SEE?



DAZE OF THE WEEK

WHAT DAY WOULD YESTERDAY BE, IF THURSDAY WAS 4 DAYS BEFORE THE DAY AFTER TOMORROW?

Congratulations to our Wordwheel winner, GLEN LAWRENCE of Harehills, with 44 words and the 9 letter word: 'VELODROME' A book of puzzles is winging its way to you! KEEP YOUR ENTRIES COMING IN PLEASE!



REMEMBER!
IF YOU HAVE TO SELF-ISOLATE AND ARE WORRIED ABOUT FOOD, MONEY OR ANYTHING ELSE, THEN CHECK OUT THE SERVICES OVER THE PAGE!