

UNLOCKED

THE LOCKDOWN 'ZINE FOR LS8 & LS9 AND BEYOND

EAST LEEDS HERITAGE UNLOCKED ISSUE 5

Was released in Autumn 2020 to cheer people up, give them important information & encourage them to get out and about!



ADAM ASLAM

YOUTH CHAPLAIN AND
YOUTH & COMMUNITY
WORKER IN HAREHILLS



“ I started finding my own voice when, at 13, I found an invitation to Radio Fever that encouraged me to speak my mind.

Keen to advance my spiritual and theological learning alongside school, I made time to balance caring duties and supported local youth initiatives including the Leeds Muslim Youth Forum.

I became the youth leader at Infinity & Leeds Street Team following the tragic death of young Iffy, which affected so many young people here in LS8.

My own family's journey, and being surrounded by loved ones who have gone through their own traumas, encouraged me to work with victims and perpetrators (where perpetrators are also often victims themselves). The global events of 7/7 & 9/11 created a particular focus on Muslim youth at that time and I really found my voice and to consider identity politics - what does it mean to be a British Muslim?

My mother has always been my home - such love and wisdom for my brother & me, and Ramadan during lockdown was a blessing, through traditional food, sharing old artefacts and photos, she shared many special family stories.

The last few months I have led a creative project called *Quaranteens* which invited the local youth, to document their own journeys through COVID and now I am working at Shantona on a Healthy Relationships & Domestic Violence project.

My message to you all - real education is not judging others. Take time to know the other, rather than just recognise the problems, start to find the solutions.



GET IN TOUCH!



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From the Unlocked team:

Damian, Lawrence & Suzy

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 and The Leeds Fund

THINGS TO DO PEOPLE TO TALK TO PLACES TO GO

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.

LINKING LEEDS SOCIAL PRESCRIBING SERVICE
0113 336 7612. Someone to talk to and link you in
with local activities and services.

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

GROUPS & ACTIVITIES...

MONDAY

MEN @ MEANWOOD (online)
Mon 12 - 2pm. Contact Lawrence: 07835 954 742

HAREHILLS MEN'S SOCIAL GROUP
Mon 2 - 3pm. Contact Joe: 0113 248 4880

ANDY'S MAN CLUB (online)
Mon 7pm. Contact: info@andysmanclub.co.uk

GARDEN TAI CHI
11am - 12noon. Contact Damian: 07701 338 841

TUESDAY

CONNECT MEN'S CLUB (online)
Tues 1.30 - 3pm. Contact Aulson: 07593 436 608

GIPTON GROWERS
The Old Fire Station, Gipton Approach, LS9 6NL
2 - 4pm. Contact Camille: 07519 042680

**LEEDS DADS - 'Leeds Dads' private Facebook
group for dads. Contact: leedsdads@gmail.com**

WEDNESDAY

MEN'S WALKING GROUP - Harehills Park
12.30 - 1.20pm. Contact Tara: 07428 701 275

JOE'S ONLINE MEN'S QUIZ AND GAME GROUP
Weds 1 - 2pm. Contact Joe: 07741 328 786

BURMANTOFTS SKILLS AND SOCIAL (online)
Weds 4 - 5.30pm. Contact Joe: 07741 328 786

MEN'S OUT AND ABOUT GROUP
Wed 1 - 4pm. Contact Joe: 07741 328 786

WEDNESDAY WALKS

The Old Fire Station, Gipton Approach, LS9 6NL
1 - 2.30pm. Contact Natalie: natalied@space2.org.uk

THURSDAY

LONG DISTANCE SOCIAL CLUB
Weekly chat and support group for men on Zoom.
Contact Duncan: duncan@humansbeing.org.uk

SPACE 2 SING. (Online)
3.30 - 5pm. Contact Emma: emmaj@space2.org.uk

FRIDAY

MEN'S SOCIAL GROUP
The Old Fire Station, Gipton Approach, LS9 6NL
Thur 1 - 2.30pm. Contact Tara: 07428 701 275

HEALTH & LEISURE

THE GYM

Level 3, The Core, LS1 6JD
Members only - visit thegymgroup.com
Mon to Fri: 6am - 10pm; Sat to Sun: 8am - 8pm.

THE GYM HEALTH AND FITNESS

15-19 Cowper Rd, LS9 7AP - 0113 235 9489
Appointments only. Ring to book a place.

LEEDS FREESTYLE KICKBOXING

3 Glenthorpe Cres, LS9 7QP - 07912 526 345
Three classes per week. Ring to book on.

BAD COMPANY THAI BOXING

3 Glenthorpe Cres, LS9 7QP - 07885 270 267
Pre-booking only.

SNAP FITNESS

633 Roundhay Rd, LS8 4BA - 07860 719 077
Ring to book.



PLACES TO GO...

THE OLD FIRE STATION (pictured)
Gipton Approach, LS9 6NL - 0113 213 6813
Social activities, café, men's clubs.
Contact reception for more information.

COMPTON CENTRE

Harehills Lane, Leeds LS9 7BG
Mon to Fri: 10am - 4pm; Sat: 10am - 1pm.
One Stop Centre; Job Shop; Library.

MEETING POINT CAFÉ

Harehills Lane, LS9 6AP
Coffee, cake and chat. 7am - 1pm.