

CITY UNLOCKED

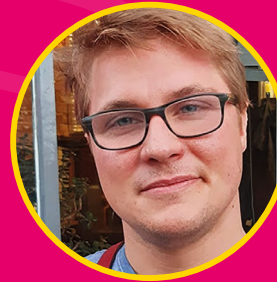


THE MAGAZINE FOR MEN IN WEST LEEDS



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

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

WORTLEY BAND OF BROTHERS
3 - 4pm. Contact Joe: 07741 328 786

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

TUESDAY

WEST LEEDS MEN'S NETWORK (Online)
2pm. Contact Ian: 07738 107 012

WEDNESDAY

**JOE'S ONLINE MEN'S QUIZ
AND GAME GROUP**
1 - 2pm. Contact Joe: 07741 328 786 or
joek@touchstonesupport.org.uk

MAN ABOUT TOWN MUSIC GROUP (Online)
12 - 2pm. Contact Jogga: 07305 237 120

THURSDAY

ARMLEY MEN OF THRONES
2 - 3pm. Contact Maxine: 07825 438 375

MEN'S SOCIAL CLUB (Online)
Afternoons. Weekly chat and support group
for men on Zoom. Contact Duncan:
duncan@humansbeing.org.uk

**MAN ABOUT TOWN CREATIVE WRITING
(Online)**
12 - 2pm. Contact Jogga: 07305 237 120

FRIDAY

RECLAIM ONLINE MEN'S SUPPORT GROUP
10 - 11.30am. Contact: 07341 736 298

WEST LEEDS MEN'S NETWORK (Online)
2pm. Contact Ian: 07738 107 012

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.



IT IS SCIENTIFIC FACT THAT HUMAN CONNECTION MAKES YOU FEEL BETTER ABOUT YOURSELF, LESS ANXIOUS, MORE TRUSTING AND MORE TRUSTED. IN THESE TOUGH TIMES, YOU CAN STILL CONNECT. WHY NOT TRY SOME OF THESE WAYS BELOW?



JOIN AN ONLINE GROUP

MEN'S CLUBS HAVE MEN OF ALL SHAPES, SIZES AND AGES



These online clubs can give real structure to the week; they give a chance to see and make friends, share your thoughts, have a joke and feel good. You will find lots of these groups over the page. If you do not have the equipment you need to join in, please contact us - we might be able to help! (See contact details over page.)

“ We don't judge each other in the group. We call ourselves brothers because we know we're in this together - David

“ It has helped me to regain more of my confidence and personality - Lee

“ I always feel more relaxed after our meeting - Anil

CONNECTING WITH YOURSELF...

- 1 Close your eyes, take deep breaths and relax
- 2 Notice parts of your body that might feel a bit tense and relax those parts
- 3 Picture someone in your mind who is close to you
- 4 Think of a memory you shared together, and picture their face
- 5 Remember a time where they made you feel good
- 6 Remind yourself that you won't be isolated forever, and look forward to times you will spend together with that person. They would be with you if they could.



...THIS EXERCISE CAN HELP IF YOU ARE WORRIED, ANXIOUS OR FEELING DISTANT FROM OTHERS!

COMPETITION TIME

WIN A FACE MASK!

WORD CONNECTOR

GET FROM THE FIRST WORD TO THE LAST BY CHANGING ONLY ONE LETTER PER LINE. NOTE THAT EVERY LINE MUST BE A VALID WORD

TEA

LESS

POT

MORE

Email, WhatsApp or phone us with your answers! (Contact details over page)

COMPETITION WINNER

CONGRATULATIONS TO **E. RACZYNSKA OF RICHMOND HILL** - THE WINNER OF THE "SPOT THE POTATO" COMPETITION IN EDITION 3 - A FACE MASK IS ON IT WAY TO YOU!

MASLOW'S HIERARCHY OF NEEDS



USA PSYCHOLOGIST, ABRAHAM MASLOW CREATED THIS THEORY, WITH OUR MOST BASIC NEEDS AT THE BOTTOM AND THEN BUILDING UPWARDS FROM THERE.

You can still be social, even if you are missing some of the things underneath. In this edition, we look at ways you can connect with others.

Having these makes it easier to get the ones above. If you do not have food, or are in poor health, then look at the services over the page. There is someone there to help.