

GROUPS & ACTIVITIES

MONDAY

MEN @ MEANWOOD (online)
12pm - 2pm. Contact Lawrence: 07835 954 742
lawrenceg@space2.org.uk

HAREHILLS MEN'S SOCIAL GROUP (online)
2pm - 3pm. Contact Joe: 0113 248 4880
joek@touchstonesupport.org.uk

MEN WITH VOICES GROUP
10am - 12noon. Contact Bryn: 07518 650 872

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

ANDY'S MAN CLUB (now meeting face-to-face)
7pm. Contact: info@andysmanclub.co.uk

TUESDAY

URBAN TASK FORCE (Practical outdoor group)
10am - 2pm. Contact Mike: 07472 415 387

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

CONNECT MEN'S CLUB (online)
1pm - 3pm. Contact Aulson: 07593 436 608
aulson@fgfleeds.org

INTERMEDIATE GUITAR GROUP (online)
2pm - 2.45pm. Contact Joe: 07741 328 786

BEGINNERS GUITAR GROUP (online)
2.45pm - 3.30pm. Contact Joe: 07741 328 786

WEDNESDAY

ARMLEY MEN'S GROUP (face-to-face)
10am - 12pm. Contact Joe 07741 328 786

URBAN TASK FORCE (Practical outdoor group)
10am - 2pm. Contact Mike: 07472 415 387

WEST LEEDS MEN'S NETWORK WALKING GROUP
11am - 1pm. Contact Ian: 07738 107 012

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

OUT AND ABOUT WALKING GROUP (Alternate weeks)
12pm - 3pm. Contact Joe: 07741 328 786

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

joek@touchstonesupport.org.uk

ROTHWELL MHA MAINLY MEN GROUP (online)
1pm - 2pm. Contact: 0113 288 0887
Rothwell@mha.org.uk

MHA MUSICAL PUB QUIZ (online)
16th December. Contact Erika: 0113 288 0887

THURSDAY

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

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

LONG DISTANCE SOCIAL CLUB (online)
Afternoons. Weekly chat and support group for men on Zoom.

Contact Duncan: duncan@humansbeing.org.uk

FRIDAY

WORTLEY WALKING MEN'S GROUP
10am - 1pm. Contact Rebecca: 07852 526 415

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

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

OTHER GROUPS...

YOUNG BLACK MINDS PEER SUPPORT GROUP
For ages 16-25. Contact BHI: 0113 305 5800
or peersupport@leedsmind.org.uk

LEEDS MEN'S CANAL CREW
Join in with towpath and lock maintenance.
Contact Joe Kemp: 07741 328 786

For the latest info on Christmas activities, please check out:
www.mindwell-leeds.org.uk/christmas-events

Follow Space2 on Facebook (search: Space2 Leeds)... for daily poems, podcasts, quotes and more in their Calendar of Joy!

CITY UNLOCKED

BUMPER FESTIVE BANANA EDITION!

GIANT FESTIVE 12 DAY PLANNER INSIDE!



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

TALES FROM LOCKDOWN

This issue's Tales from Lockdown comes from Santa Claus. He's in a vulnerable age group so he's been staying in, and Rudolph has been dropping off his shopping for him. Santa has been staying connected by having Zoom chats with the Abominable Snowman and the Easter Bunny (although not at the same time because they don't get on).

“Of course, like everyone else, I'm a bit bored of the same four walls. At least I've got plenty of toys to play with. Plus, I've always made my grotto look nice with twinkling lights and things, so by and large, it is a nice place to hang out.

With all this staying in, maybe I'll finally get through these crates of cola. They gave me a lifetime's supply when I agreed to wear this red and white outfit. But I don't really like the stuff! Rots my stomach and my teeth. Rudolph likes it though.

I've got to say, it's been tough since Mrs Claus left us. It's not the quality of company that I miss - we argued all the time! No, it's the quantity. Left to my own devices, my thoughts can take some pretty weird turns. Except with the elves, mind. I just can't stand their small talk! (Get it?)

By the way, please will you stop putting "Vaccine" in your Christmas lists?! There is NO WAY that I can get it to all of you by Christmas, even with my amazing delivery speed!

At least, if we get it in the new year, we can treat it like a late Christmas present. And goodness



knows we'll need one. Because, frankly, the new year can be rubbish!

And by the way, if you are really low in January, even if a vaccine is on its way and you have lots of nice presents, just give me a call. I'll see what I can do.

Because in January, I work at Linking Leeds. I help them out, pointing people towards any support that they might need. That could be activities to cheer you up, or people to help with your mental health, or practical support. And it's all entirely confidential! For me, it beats sitting around staring at unwanted presents!

So just call me on 0113 336 7612 and ask for "S Claus" or visit www.commlinks.co.uk

Right, well, I hope you have all been good boys and girls or whatever you are, and I hope to be down your chimney soon!

HAPPY CHRISTMAS!

Santa

CINNAMON APPLE TREATS!



Ingredients: Apples, cinnamon or sugar.

Equipment needed: An oven and an oven-proof dish or tray.

- 1. Cut an apple into very thin slices.**
- 2. Sprinkle on some cinnamon or sugar.**
- 3. Place on a baking tray and cook on a low heat (90C, 200F, Gas Mark 1) for an hour, then turn over and bake for another 1-1.5hours. Turn off the oven and let them cool there for over another hour and this will help them be crunchy to the taste. Yum!**

Worried about the gas bill? At such a low heat, this does not use much gas.



BRING THE SMELL OF CHRISTMAS TO YOUR HOME AND PEEL GOOD!!

MAKE YOUR OWN REINDEER DECORATION!

You will need - 2 toilet roll tubes (one longer, one smaller), 7 sticks, PVA glue, googly eyes, brown & white paint.

1. For the body: put five holes in the longer tube for the sticks and poke the sticks through - four underneath for legs, one on top for the neck. To keep these fixed, it is good to push these through to touch the inside of the tube and glue in place.
2. For the reindeer head: take the smaller tube and put three holes in - two on top for the antlers, one underneath for the neck. As above, put the sticks in so they touch the other side and glue.
3. You can now decorate the reindeer - paint the body brown and white patches for the tummy and head, and of course, a little red paint for a Rudolph nose!
4. You can add googly eyes and some tinsel!!

Now you just need to make sure Rudolph doesn't fly away to help Santa!

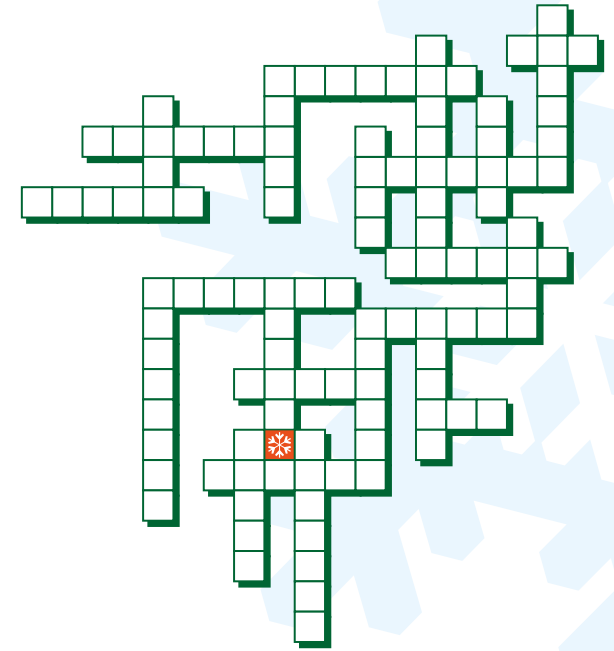


How many words can you make using the letters above?

1. The letters must be adjoining in a 'chain'. (Letter cubes in the chain may be adjacent horizontally, vertically or diagonally.)
2. Words must contain at least three letters.
3. No letter cube may be used more than once within a single word.



CHRISTMAS CRISS-CROSS



ELF
TOY
GIFT
BELL
TREE
STAR

SANTA
COMET
CUPID
VIXEN
CANDY

FROSTY
WREATH
DASHER
DONNER
SLEIGH
DANCER

CHIMNEY
BLITZEN
RUDOLPH
PRANCER
SNOWMAN
PRESENTS
REINDEER

BIG BANANA HUNT!

There are bananas all over this magazine!
How many can you find?
Send your answer to us and win a face mask!

See Get In Touch section for contact info!

MY BUNCH HAVE SPLIT!
HELP ME FIND THEM!



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 local community services and 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)

A free confidential helpline for older people, open 24 hours a day offering information, friendship and advice

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



We must keep on protecting each other.

-  **HANDS**
-  **FACE**
-  **SPACE**

STAY ALERT | CONTROL THE VIRUS | SAVE LIVES

KEEPING SAFE

At the time of printing, Leeds has moved into Tier 3.

Please remember that the most important things you can do are:

- Cover your face in public spaces
- Wash your hands as often as possible, especially when you:
 - Come home or into work
 - Blow your nose, cough or sneeze
 - Eat or handle food
 - Touch things while you are out
- Keep 2m distance as much as possible

These are the most effective ways of keeping yourself as safe as possible.



WIN A £20 GIFT VOUCHER!

- **TAKE A PHOTO OF YOURSELF WITH THIS MAGAZINE...** 
- **WRITE A SENTENCE SAYING WHERE YOU ARE AND WHAT YOU ARE DOING...** 
- **SEND YOUR PHOTO USING ANY OF THE METHODS BELOW**
- **YOUR NAME WILL BE ENTERED INTO A PRIZE DRAW!**

GET IN TOUCH!

Email: lawrenceg@space2.org.uk 

Phone / WhatsApp: **07701 338 841** 

Happy Christmas from the Unlocked team!

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

SEASON'S GREETINGS

FESTIVE 12 DAY PLANNER!

Decorate your own star!

SUN 27 JAN

morning _____

afternoon _____

MON 28 JAN

morning _____

afternoon _____

TUE 29 DEC

morning _____

afternoon _____

WED 30 DEC

morning _____

afternoon _____

FRI 25 DEC

morning _____

afternoon _____

SAT 26 DEC

morning _____

afternoon _____

THU 31 DEC

morning _____

afternoon _____

FRI 1 JAN

morning _____

afternoon _____

THU 24 DEC

morning _____

afternoon _____

WED 23 DEC

morning _____

afternoon _____

SAT 2 JAN

morning _____

afternoon _____

MON 3 JAN

morning _____

afternoon _____

FUN FACT!
Robins on cards started as a joke 150 years ago when postmen wore red tunics and were named after them

FUN FACT!
Santa Claus is known as Deushka Moroz (Grandfather Frost) in Russia

FUN FACT!
During the 20th century there were only seven official white Christmases in the UK

What do you call two bananas?
A pair of slippers!

What's the difference between a 'hippo' and a 'Zippo'?
One is really heavy, the other is a little lighter

Why don't bananas snore?
Because they don't want to wake up the rest of the bunch!

FUN FACT!
In the winter, a hibernating black bear's heartbeats can slow to 8 beats a minute (from the usual 40 or so) and it can go 100 days without food!

FUN FACT!
In Japan, Buddhist temples all over the country ring their bells 108 times at midnight to symbolize and get rid of the 108 types of human weakness!

FUN FACT!
Brain waves are more active while you're dreaming than when you're walking, talking, eating, and thinking

Why did the pirate walk the plank?
Because he couldn't afford the dog!

FOLLOW THE ABC FOR A HAPPY CHRISTMAS!

Who is Santa's favourite singer?
Elf-is Presley!

TRY TO DO AT LEAST 2 ABCs EVERY DAY!

BE KIND TO YOURSELF & TO OTHERS

- * Do some shopping for someone
- * Read a book
- * Relax, and watch TV
- * Make yourself a nice hot chocolate

DO AN ACTIVITY

- * Go for a walk
- * Cook your favourite meal
- * Turn up the music and have a dance in your room, or even in your chair.
- * Get up early and watch the sun rise
- * Enter the Unlocked competition!
- * Pack up your Christmas cards and use them next year for gift tags

STAY CONNECTED

- * Write to someone – a letter (remember those?!), a text or an email
- * Chat to your neighbour * Call a friend! * Join one of the Men's Groups!!