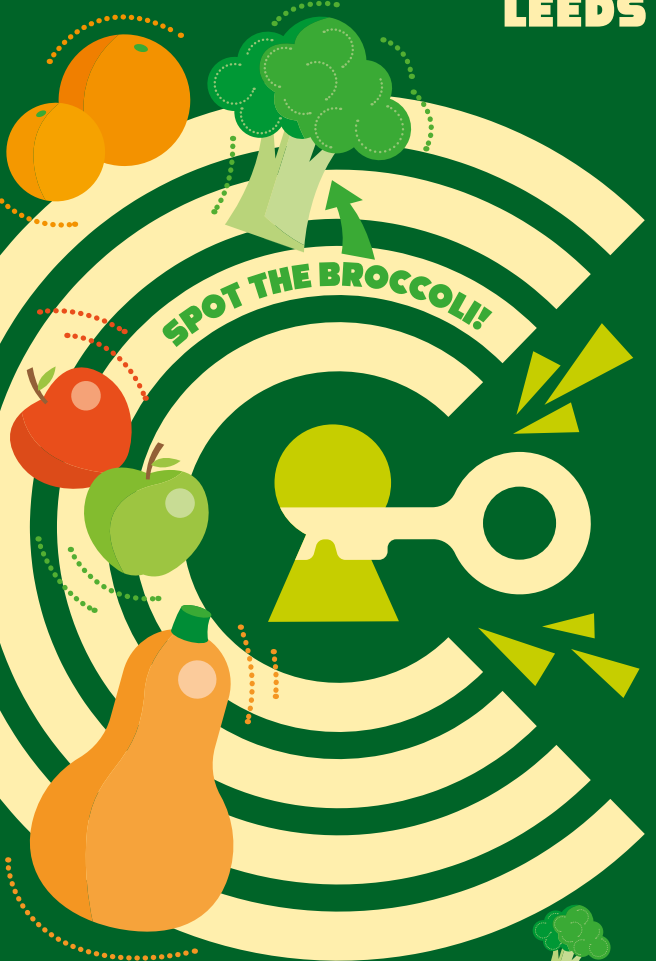


CITY UNLOCKED LEEDS



HEALTHY FOOD ISSUE



MEN'S HEALTH



HM Government

In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

TALES FROM LOCKDOWN

LEE SHAW

“ I first attended the face-to-face guitar classes with Touchstone Mentally Healthy Leeds in 2019. Since starting my musical journey, I have become more and more interested in the guitars themselves. I found I could buy second-hand guitars quite cheaply via Facebook marketplace and car boot sales and developed a passion for repairing them, returning unloved guitars to their former glory.



Bringing an old guitar back to life brings me joy. Music is something that unites the human race and, to me, it seems a shame that people just discard them.

During Lockdown, my interest in guitar repair has accelerated at pace and has certainly given me a real focus. I have been able to pass the repaired guitars onto organisations and people that are unable to afford one. It is great knowing that others can embark on their own guitar journey as I have.

As a new hobby of mine, I draw on my carpentry experience and skills. I found that I already had a lot of the tools required, and when I didn't have them, I have been able to make the tools myself to carry out more complex repairs on acoustic guitars!

If you fancy learning guitar, take a look at the Tuesday classes listed in Activities - and if you don't already have an instrument we might know someone who can offer you a repaired one in the meantime.

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

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...

YOUNG BLACK MINDS

Peer support for young black males.

For details about evening groups, contact:

0113 305 5800 or peersupport@leedsmind.org.uk
(inc 'Young Black Minds' in the subject line)

UK Government

KEY FACTS ON VACCINES

After clean water, vaccination is the **most effective** public health intervention in the world for saving lives and promoting good health.

SAFE - ✓
EFFECTIVE - ✓
IMPORTANT - ✓

Source: Oxford Vaccine Group

DR HASANTHA JAYASINGHE

GP & CHILDREN AND FAMILIES
LEAD AT CHAPELTOWN SURGERY



I understand the reluctance

people have about taking the COVID-19 vaccine: it's new and there's a lot of doubts circulating on social media. People of colour have been disproportionately impacted by the virus throughout the pandemic. Vaccinations are our best hope of creating a defensive wall protecting the most vulnerable in our community. The more of us taking up the vaccination, the stronger the wall and the fewer gaps the virus can take advantage of to attack our loved ones.



I understand also the mistrust that exists about the government given years of neglect, but this fight is not with the government, it is with a virus spread across the planet. Initially, I also had some doubts about how quickly the vaccines are coming onto the market but then I saw how many labs dotted around the globe were taking part in the effort and that over half a million people had been recruited onto the trials in the UK alone.

That's why I had my vaccination the second day it was available (one day behind my wife). Understandably the people most likely to catch the virus or be badly affected are the first in line to have it. There have been issues with supply so if you or your loved ones are offered the chance of having a vaccination, I'd strongly recommend you take it.

FOOD! GLORIOUS FOOD!

You can grow plants anywhere; you can grow cress, lettuce or tomatoes on your windowsill, potatoes in a large plantpot in your yard, or grow anything in a garden or an allotment.



GROW

GROWING YOUR OWN FOOD CAN BE SO REWARDING AND YOUR HARD WORK MAKES IT EVEN TASTIER!

It gives a focus which is so important these days; kids love to be involved, too. Lots of people grow their own food, even in small areas.



Samir working in the allotment plot

A wonderful RETAS project has seen a group of refugees and asylum seekers growing food on an allotment in Harehills - they have made friends, they feed their families, they work hard, it is a good accessible site for wheelchairs, they smile and it gives them a real sense of belonging and purpose in the community.

WANT TO LEARN HOW TO GROW YOUR OWN FOOD?

Check out the Good To Grow website, www.goodtogrowuk.org - with a map to find gardens in and around Leeds, and volunteer to help and learn new skills.

Why not plan ahead and get involved in the Good to Grow Day, Friday 23 to Monday 26 April, for edible gardens to celebrate and prepare for the new growing season.

Grow Your Own!

Use the seeds from a fresh tomato to grow your own plant on your windowsill!

1. Scoop the seeds out with a teaspoon and put into a shallow jar of water. Leave for four or five days, after when a mould will grow that helps take off the gelatinous coating.
2. Then pour the seeds into a sieve and wash them thoroughly in water to remove the mould.
3. Arrange the seeds on a piece of kitchen roll to dry out. Once the seeds have dried out thoroughly, you can plant them in some soil in a pot on your windowsill! Watch them grow and enjoy the smell, too.

If you want to grow other plants, let us know and we can get some seeds to you.

HEALTHY FOOD SCHEMES



CALLING ALL DADS AND CARERS IN LEEDS...

You qualify for the Healthy Start scheme if you are receiving means-tested benefits and have at least 1 child under 4 years old (or if you are a mother 10 weeks pregnant).

Each Healthy Start Voucher (worth £3.10) can be spent on fresh or frozen fruit or vegetables, tinned fruit, veg and pulses in water, dried pulses, milk or infant formula milk (suitable from birth).

More information can be found at healthystart.nhs.uk or call Zest on:

0113 240 6677 or email: admin@zestleeds.org.uk

Once you sign up to Healthy Start, and live in LS1/2/3/4/5/6/7/8/9/16/17/18, you can also apply for a **Good Box**, which contains £8 of veg, delivered to your door for free!

Call Zest Leeds or Lucy for more info: 07512 829 401



WASTE NOT, WANT NOT!

RAINBOW JUNKTION, at All Hallows Church in LS6, has been a Pay-As-You-Feel community café for 6 years and transformed into a food hub since the pandemic started. Everyone is welcome for food and essentials, and takeaway hot meals. Donations are always welcome to help cover costs.

We take food that would otherwise be going to waste, from supermarkets and suppliers, and redistribute it to people who need it. Since March 2020, we have also been wowed by the amazing people all over Leeds who arrange street and community deliveries of donations for us.

We have incredible teams of dedicated volunteers who come every week to cook delicious meals, keep the place clean and organised, chat to and serve customers, and people who deliver to those who cannot travel. Without them, it would be totally impossible to do what we do, and we are so grateful for their endless kindness, energy and hard work.

WE CANNOT WAIT TO DINE TOGETHER AGAIN!

Sat Mann, who set up the Good Box scheme says wellbeing & sustainability are at the heart of everything he does:

What we eat everyday has a direct impact on our physical and mental health so it's really important we make the best choices possible. One of my favourite quotes is by Hippocrates 'Let food be thy medicine' which is over 200 years old yet makes perfect sense in a world where diet related illness is rapidly increasing. Now more than ever we need to educate, inspire and support people to look after themselves and the planet.



SPOT THE BROCCOLI...

We have 2 Good Boxes to give away! To win one, simply count all the little broccoli florettes dotted around this issue.

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