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# The State of Men's Health in Leeds: A Summary

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## About this report

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This report is part of a project between the Centre for Men's Health at Leeds Beckett University and Leeds City Council, examining the state of men's health in Leeds. It should be read alongside the Main Report and Data Report of this project, which provide a full and detailed assessment of the state of men's health in Leeds.

## Data

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All data quoted in this report is from the most up-to-date source as at August 2015. Full referencing and data sources are available from 'The State of Men's Health in Leeds: Main Report' and 'The State of Men's Health in Leeds: Data Report'.

## Authors

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## The Centre for Men's Health, Leeds Beckett University

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The Centre for Men's Health is a part of the Institute for Health & Wellbeing at Leeds Beckett University. The Centre has extensive research and consultancy experience on a broad range of areas relevant to men's health. The Centre is recognised as a world leader in the area of men's health and has been at the forefront of many of the most influential developments in this field.

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# Foreword

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Leeds is a great city to live and work in. Over 750,000 people live here within fantastic and diverse communities and Leeds is home to 25,000 businesses. The city is ambitious and we want to be the best city in the UK for health and wellbeing.

In order to be the best city for health and wellbeing we need to address inequalities, so that more people live in thriving communities, achieve a good level of education and have decent jobs. The social and economic conditions in which we live are the biggest factors which influence how long, happy and healthy our lives are. 164,000 people in Leeds live in areas ranked amongst the top 10 per cent most deprived areas in the country and these areas of the city are more likely to have a population with poorer health compared to wealthier areas of the city. There is a 10 year difference in life expectancy between Hunslet and Harewood. We need to ensure that difference is addressed; our city's shared ambition in the Leeds Health and Wellbeing Strategy sets out to do just that.

To be the best city for health and wellbeing, person-centred services which are integrated around individual needs are also really important. Everyone is different, and our health is affected by our ethnicity, our gender, our sexuality, our relationships and our character. The way that services are designed and how we are treated needs to reflect these differences, so this means putting individuals at the centre.

Men and women's health are different. I look forward to the spotlight being thrown onto the differences in experience and outcomes for women in a future study. Lots of men in Leeds experience challenges to good health and have poorer health outcomes than they should. This report, produced as a result of collaboration between researchers and health and care professionals, brings to our attention the inequalities that thousands of men experience and how services should be sensitive to each individual's differences.

I welcome this report, because in Leeds men's health matters and men's health can be better.

**Cllr Lisa Mulherin, Executive Member for Children and Families at Leeds City Council and member of the Leeds Health and Wellbeing Board**

# Understanding men and their health

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There are about 368,000 males who live in Leeds. As a general rule, they are more likely to live unhealthy lives and die younger than females.

Biology does have different effects on the health of men and women. However, socio-economic conditions and cultural factors have a major impact on the most common health risks to men and what can be done about them. We need to understand these risk factors and health outcomes in order to know how to improve men's health in Leeds.

The status and place of men in society and their families is important. There can be a historic expectation on men to be the breadwinners, providing sufficiency and security for families. Unemployment, fragile relationships and poverty can all have a negative effect on the physical and mental wellbeing of men. Poor physical or emotional health can threaten some men's identity and they may feel such 'weakness' will make others see them as being 'less of a man'.

The freedom boys have to develop language about emotions, feelings and relationships is often more restricted than for girls, and can affect how they manage emotional and mental health problems throughout their lives.

Health and social care services need to recognise how risk factors, masculine identities and social relationships all affect how services are accessed and used by men.

**Across nearly all causes of death, men in Leeds are more likely than women to die at a younger age. The majority of men's health problems are preventable and are related to their lifestyle or their social conditions.**

**Men's health matters.**

**Men's health can be better.**

## Men in Leeds

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- There are approximately 368,000 males in Leeds. The biggest rise in population over the next 20 years is expected in older men.
- Almost four out of ten men aged 50 years or over have a disability that affects their lives in some way on a daily basis.
- The death rate for cardiovascular disease, cancer and respiratory disease is higher for men than women.
- Men are more likely to lead unhealthy lives compared to women, which increases the risk of poor health. Risk factors are generally more common among men living in less affluent areas of Leeds. However, many men living in wealthier areas are overweight, consume excessive alcohol and work long hours.
- There are approximately 2,000 men who are single parents with dependent children.
- Around 6,000 men of working age provide 20 or more hours of unpaid care each week.
- Boys are less likely to achieve a good level of basic education and higher grade GCSEs compared to girls.
- The suicide rate is **five times** higher for men than women.
- Approximately 15 per cent of the male population in Leeds are of non-white ethnicity and the younger population are more ethnically diverse compared to older males. It's important for services to be sensitive towards their specific health and cultural needs.
- **The majority of men's health problems are preventable and are related to their lifestyle or the social conditions they live and work in.**

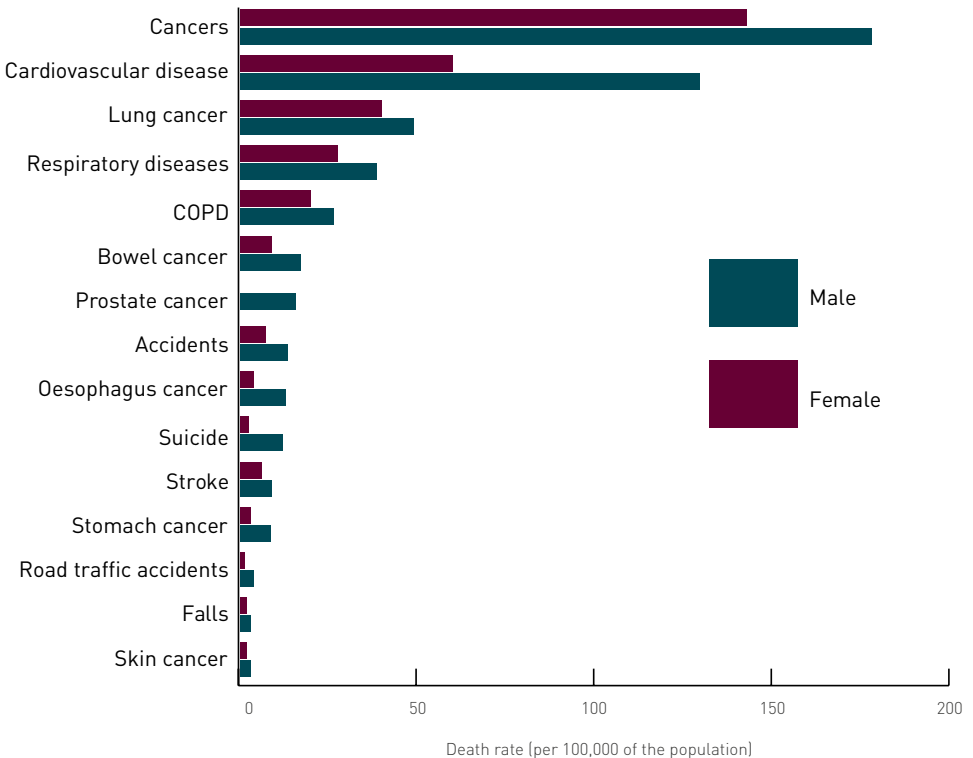
## Main causes of premature death for men in Leeds

*Two of every ten male deaths occur before the age of 65 years, compared to one in ten female deaths.*



Figure 1 shows us that cancer is the top cause of death for both males and females aged under 75 years, followed by cardiovascular disease. It also shows that the death rate for men is greater than for women across all causes of death.

Figure 1: Common causes of death for males and females in Leeds aged under 75 years

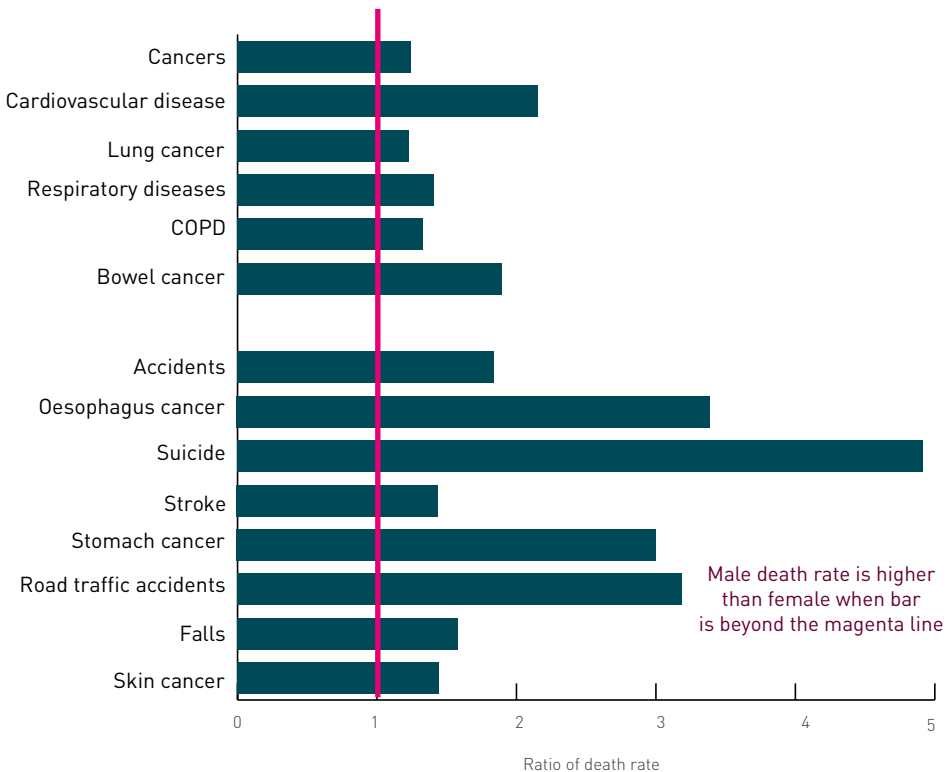




*The average age a man born in Leeds can expect to live to is 78.9. A woman can expect to live to 82.4.*

If we compare the death rate of men to that of women across all major causes, we can see that suicide has the greatest impact on men out of all causes of death – the suicide death rate is five times higher for men in Leeds compared to women.

Figure 2: Ratio of male death rates to female death rates in Leeds for those aged under 75



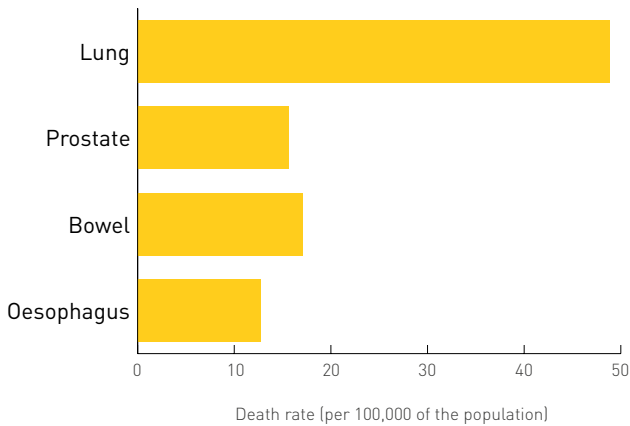
## Cancer

For men aged under 75 years old in Leeds, cancer is the leading cause of death and the second highest cause of death for all ages.

A similar proportion of males and females in Leeds are diagnosed with cancer, however men are more likely to die from cancer.

Lung cancer results in the most cancer deaths for men in Leeds (Figure 3). The rate of lung cancer deaths is 40 per cent higher for men than women and 23 per cent higher for men aged under 75 years compared to women.

Figure 3: Male death rates in Leeds for the most common forms of cancer for those aged under 75



The male death rate for bowel cancer is almost double the female rate.

Men's greater cancer risk is largely due to lifestyle factors and health behaviours – men generally have higher smoking rates, alcohol consumption and poorer diets compared to women.

Healthier lifestyles and early detection can reduce the risk from cancer.

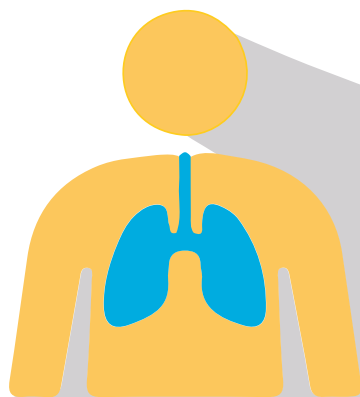
It is important men are aware of the symptoms of prostate cancer to ensure early diagnosis and effective treatment. This is particularly important for men from black ethnic groups as they have a higher risk of developing prostate cancer.

Everyone in Leeds between the ages of 60 and 75 receives a free bowel cancer screening test through the post. While 55 per cent of women completed their tests, only 45 per cent of men completed theirs. Of those who completed their tests, 2.4 per cent of men and 1.2 per cent of women tested positive for bowel cancer. This means that men are less likely to be screened for bowel cancer, yet more likely to benefit from it.



Men with a cough for more than three weeks should speak to their GP to discuss whether they need a chest x-ray. Men aged over 50 with a cough for more than three weeks can access a walk-in service to receive a free chest x-ray.

*More campaigns should be targeted at men to support their engagement with bowel cancer screening and the early detection of cancer.*



## CASE STUDY:

### BLACK HEALTH INITIATIVE (BHI)

Black Health Initiative's Men's Health MOTs are based within communities in Leeds and encourage men to look at behavioural change. The Health MOTs provide factual information, and health professionals are on hand to take measurements such as blood pressure and blood sugar levels. This information can be taken to GPs and used to encourage the men to access NHS Health Checks.

Blacka was diagnosed with prostate cancer at around the age of 50 and is also living with diabetes and asthma. Through the initiative, Blacka learned about the importance of balanced meals and healthy portion sizes and was given a plate that reflected his cultural foods. Light exercise sessions and social activities were incorporated into the MOT.

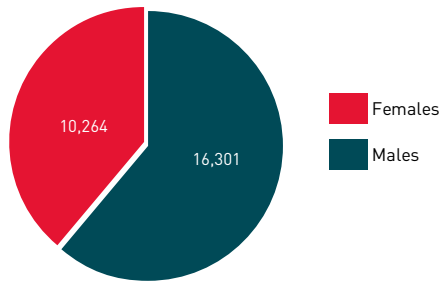
The MOT sessions have helped reduce Blacka's social isolation, while also providing him with much needed information on health that he would not otherwise have accessed, or only accessed at point of crisis.

## Cardiovascular disease

**Cardiovascular disease (CVD) is the leading cause of death for males and females of all ages, and the second highest cause of death for males and females aged under 75 years.**

Men are more likely to develop CVD at a younger age, and die prematurely. For men under 75, the death rates from CVD is double that of women and the death rate for stroke are nearly 45 per cent higher.

Figure 4: Number of males and females (aged 25 or older) in Leeds registered as having coronary heart disease

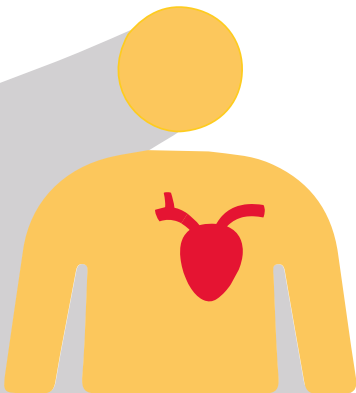


The total number of men in Leeds known to be living with coronary heart disease is 59 per cent higher compared to women (Figure 4).

Men are more likely to be overweight, smoke and drink harmful levels of alcohol. These all increase the risk of having cardiovascular disease.

Adults aged 40 and over are invited to complete an NHS Health Check with their GP. Men in Leeds are targeted as a priority but women are more likely to attend.

Men in Leeds are typically more likely than women to be diagnosed with a health condition (such as high blood pressure or diabetes) through these Health Checks.



*Encouraging and supporting men to engage with NHS Health Checks is important for the early detection of disease and effective treatment.*

## Respiratory disease

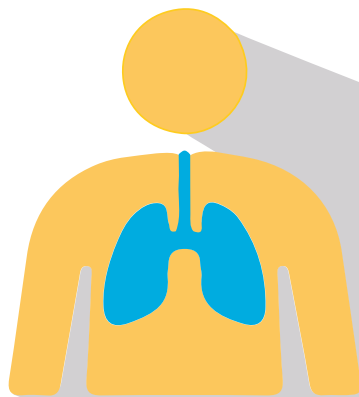
**Respiratory diseases are a collection of diseases which affect breathing, such as lung disease and asthma. In Leeds, the death rate for respiratory disease (excluding pneumonia and influenza) is 41 per cent higher for men aged under 75 years compared to women.**

In at least 10 areas in Leeds, the death rate from respiratory disease for men aged under 75 is at least 70 per cent higher than the citywide average. These areas are commonly among the most deprived in Leeds.

The incidence of chronic obstructive pulmonary disorder (COPD) is similar for males and females in Leeds, but death rates from COPD across Leeds are 33 per cent higher for men aged under 75 compared to women.

Men's increased risk of dying from respiratory disease is mainly a result of historically higher rates of smoking or working in hazardous environments.

Nationally, the number of men smoking is steadily falling, and with the decrease in heavy manufacturing and mining, and increase in the use of protective equipment in the workplace, there should be a reduction in the chronic lung conditions.



### CASE STUDY:

## LEEDS MEN'S HEALTH AND WELLBEING NETWORK

When it started in 1998, the Leeds Men's Health and Wellbeing Network was one of the first of its kind in England. As well as supporting existing service users, the network started reaching out to men in the wider community and developed into a lobbying and campaigning organisation on behalf of men.

In recent years, the network has focused on Men's Health Week in June each year. This has included targeting men in areas where men's health is the poorest. The network has continued to grow and in 2014 they produced a strategic plan, an action plan and an information leaflet.

The network has been a strong advocate for men's health in Leeds and has engaged in lobbying the council whenever possible to get perspectives of men's health considered across the city.

## Suicide

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*In Leeds, the suicide rate is five times greater for men than it is for women.*

Suicide rates in the UK have been increasing and this is replicated in Leeds.

Many women also attempt suicide. However, less die as a result as they tend to use less violent means than men.

However, men are generally less likely than women to speak to someone about suicidal thoughts. Many of the men in Leeds who died from suicide had not previously contacted local health and social care services and were therefore not known to be at risk.

Employment problems, social isolation, relationship breakdown, loss of contact with children, bullying, long term health problems and poor socio-economic status are all common contributors to suicide.

Suicide has a huge long-term impact on the lives of friends and family.

*The Leeds Crisis Card provides contact details for organisations in Leeds that can offer help and advice to anyone dealing with a crisis, including experiencing suicidal thoughts, abuse or struggling with debt.*

### CASE STUDY: MEN IN SHEDS

Men in Sheds brings men from a variety of backgrounds together and delivers a range of practical activities to build their confidence, skills, encourage social activity and improve their health. The men share ideas and skills built up over a lifetime, proving that you are never too old to learn.

Men come together and use a well-equipped workshop to make a range of products which can be sold or used to help members of their community. The Shed is more than just a building, as it allows a network of relationships to form between the members. These networks and relationships are important for good mental health and wellbeing.

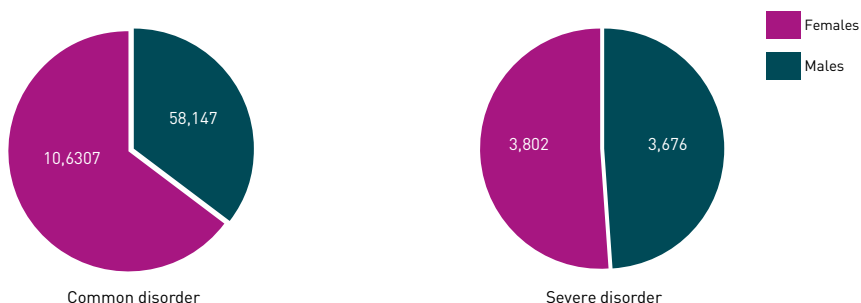
## Mental health and wellbeing

### Are mental health issues in men in Leeds being identified?

Women are much more likely than men to be registered as having a common mental health problem such as anxiety or depression.

However, the number of men and women with a severe mental health illness such as schizophrenia or bipolar are similar (Figure 5).

Figure 5: Number of adults in Leeds registered as having a common or severe mental health disorder



Men take up more psychiatric hospital beds due to mental health issues. However, women are greater users of counselling services and have higher rates of referral to mental health services. Consuming high levels of alcohol, drug taking, aggression, offending and self-harm are often indicators of poor emotional wellbeing in men. This suggests that more men may be struggling with their mental health than we know of.

*Wellbeing interventions and mental health services should encourage the recognition of mental health issues in men, reduce stigma around accessing help and improve the information available to men.*



## Domestic violence

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Domestic violence is 'the abuse of power and control over one person by another, which can take many different forms, including physical, sexual, emotional, verbal and financial abuse'.<sup>1</sup>

Men are more often the perpetrators of domestic violence, however it is important to recognise that men can also be victims of domestic violence, and often find this hard to report. Awareness of local support available to people and understanding the challenges and key issues people face is important.

Preventing the causes of domestic violence should be a key aim. When violent men are removed from homes without any form of remedial support, problems are more likely to be replicated. Sometimes men need guidance and support as they may have been victims of abuse themselves.

## Accidents

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**For men aged under 75 in Leeds, the death rate due to accidents is more than 80 per cent higher than it is for women.**

Men are more likely to be in occupations that put them at risk and are more likely to complete home DIY.

Men are also more likely to drive - for men aged under 75 in Leeds, the death rate due to road traffic accidents is three times higher than for females.

It is positive to see that deaths from accidents are generally falling within the UK due to stringent health and safety legislation at work, road safety measures, and a more risk-aware society.



*Working with men as victims and as perpetrators can help break the cycle of misery caused for all concerned. Programmes need to take into consideration the co-occurrence with other health problems, such as alcohol dependence and mental health problems.*

<sup>1</sup>. From Leeds City Council's Scrutiny Report, Tackling Domestic Violence and Abuse (2014)



## Lifestyles

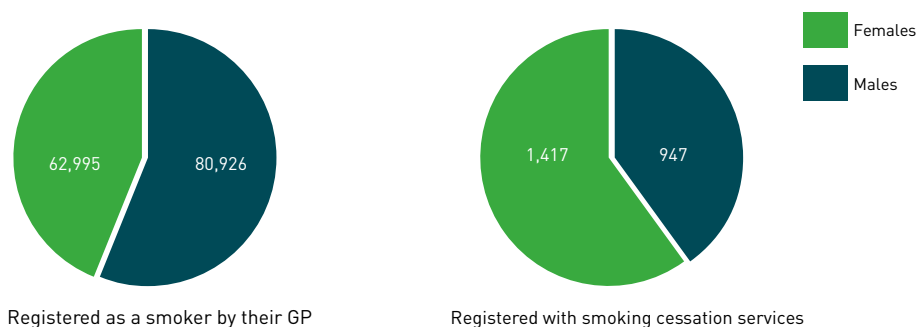
*Men in Leeds are generally more likely to live unhealthy lives than women.*

Despite this, men are less likely to use healthy living services than women, even though they are more likely to have a positive outcome as a result of using these services.

### Smoking

Men are more likely to smoke than women.

Figure 6: Number of smokers versus number of smoking cessation service users across Leeds



Women are more likely to use smoking cessation services, however men using smoking cessation services are more likely than women to quit and quit successfully on their first attempt.

Targeting more men to use smoking cessation services could have significant benefits.

### Alcohol

In Leeds, the male rate of death due to alcoholism, alcohol poisoning and liver disease is 25 per cent higher than men nationally. In Leeds, the number of men recorded as consuming a level of alcohol which increases the risk of harm to their health was double that of women.

In 2013 the male hospital admission rates in Leeds due to alcohol were more than double those for females.

Of those undergoing alcohol treatment, 63 per cent were men.

### Weight and Physical Activity

Almost half of the males in Leeds with weight recorded by their GP are above what is considered a normal weight.



Around 30 per cent of males (aged 16-74) asked by their GP in Leeds were classed as 'inactive'. Being inactive can lead to becoming overweight.

In 14 localities in the city, over 40 per cent of male residents assessed were inactive.

Only 28 per cent of registered weight management service users in Leeds are male, however men are more likely to lose weight through the support of weight management services than women.

Fewer men are working in manual jobs with high levels of physical activity than previously, while more men are working in professional or service jobs with high levels of sitting down.

GPs are less likely to know the weight, smoking status and physical activity level of male patients compared to female patients.

*The Leeds Let's Get Active scheme offers men in Leeds the opportunity to participate in free activities such as health walks, walking football, male-only swimming sessions and cycle training, and it also provides free access to council leisure centres during off-peak times.*

## CASE STUDY: NEW WORTLEY COMMUNITY CENTRE

New Wortley Community Centre provides services, activities and support to the people of New Wortley. Simon (aged 47) lives on his own in one of the tower blocks and is a long term resident of New Wortley. Despite regular job searches and training courses, he has been unemployed since 2002. Simon has difficulty reading and writing and feels this is the main reason preventing him finding work.

He has been involved with activity groups at New Wortley Community Centre for the past 18 months and feels that this has been very beneficial.

He said: *"It gets me out of the house doing useful stuff and keeps me fit and active. It feels good to be part of a team, meeting new people and learning skills like landscape gardening. I think the groups have given more confidence to people. The centre gives me a reason to get up in the morning. It makes me feel happier about myself and keeps me from being depressed."*

## Education, housing and employment

*Men in less affluent areas of the city have significantly worse health than those living in more wealthy areas. The majority of this health inequality can be attributed to the quality of their education, employment and living conditions.*

### Education

Throughout the school years in Leeds, boys fare worse than girls when it comes to educational attainment.



*In some poorer areas of Leeds, seven out of 10 boys are not achieving five or more GCSEs (including English and maths) at grades A\* to C. This may impact on their ability to obtain good jobs.*

The educational attainment of boys in care is generally similar to, or worse than, boys in the lowest achieving areas of Leeds.

In 2011, 15 per cent of men in Leeds had no qualifications and, in nine local areas, more than 30 per cent of men had no qualifications.

### CASE STUDY: SPACE2

Space2 promotes arts-based health and wellbeing programmes within Leeds' most challenged neighbourhoods. Lewis, 17, had severe learning difficulties, was very quiet, lacked confidence and hated travelling by public transport. He felt isolated and was without the level of independence he might have liked.

In 2011, Lewis joined Space2's East Arts Fest project, making films in Seacroft. He loved the film-making process and learned a huge amount of skills, gaining a Bronze Arts Award. He also enjoyed meeting new people and said: *"That was the first time I have ever got up and spoken alone in front of a group of people – I can't believe I just did that!"*

Last summer, he joined a young people's film and cookery course at Space2. Lewis says he is significantly more confident and would recommend the projects to others. He is now very independent and uses public transport, cooks at home, volunteers at a charity shop and attends college, where he has also started cooking.

Mum Stephanie said: *"He is more determined than ever to be treated as an adult and independently. Space2 has definitely contributed to his development."*

## Employment

*Work brings money in, but it also has a fundamental influence on social status, social roles and self-esteem.*

In Leeds, those who are unemployed and seeking work are most likely to be male.

This gender gap for being out of work is greater; in Leeds than the national average. Nationally there are a third more men than women who are workless for more than two years; in Leeds this rises to 60 per cent.

Of those in work, 10 per cent of men work at least 49 hours per week, which can impact on family relationships and social lives.

## Housing and Living Arrangements

Having access to good quality, affordable housing which enables people to be socially connected is an important determinant of good health.

Almost one in five men live alone.

Nearly two thirds of residents in the city's council-owned high-rise flats are male. This type of housing can be linked to high levels of depression and social isolation. Male residents of these flats are typically aged between 31 and 60.

Men are more likely than women to become homeless.



### CASE STUDY:

## YORK STREET HEALTH PRACTICE - TONY'S STORY

Tony was a homeless man in his mid-40s, shy, with low self-esteem and a history of drug abuse. He left home following a family argument and later ended up in hospital due to increasing health issues and in a wheelchair as a result of an accident. A care navigator from the Homeless Accommodation Leeds Pathway project based at York Street Health Practice visited Tony in hospital to assess his social, housing and benefit needs.

By working together in a holistic way, focusing on collaborative intervention and cross-sector planning, Tony's self-esteem and confidence improved and he said *"this is my chance to change things"*.

## So what should we do about it? Recommendations for the City of Leeds

### 1. Build on assets - use the roles men play in Leeds life

#### Men as Learners

Boys need to catch up in schools, and this is particularly important in deprived areas. Education needs to focus on how we can create the best possible environment for boys to learn, behave and socialise. Education is for life, and innovative and engaging ways need to be found to encourage more adult males to keep gaining qualifications. This is particularly important for those who leave school without any qualifications, as this can account for a significant part of health inequalities.

#### Men as Workers

Men spend a large amount of their time at work and, for many, employment shapes much of their personal identity. Employers should engage with their workforce to reduce stress and work-related burden. Flexible working, benefits and leave entitlements can help men to invest time in the contribution they make outside of their working lives. But not all men are in work. Unemployment hits men hard, with detrimental effects on their physical and emotional health. Support for men being made redundant or suffering the effects of the recession should be recognised as an important health priority.

#### Men as Fathers

We should focus on the role of men as father figures and improve the support they receive. There should be more support for men during pregnancy, longer paternity leave, improved services for fathers and toddlers, assistance for lone fathers, help to maintain contact with children when separation occurs, recognition of the important role which grandfathers play, and many more.

#### Men as Friends

There is a large number of men in Leeds who are socially isolated, which has a significant detrimental effect on their health and wellbeing. They need to increase their social networks and improve the quality of their relationships. We can address the risk of social isolation through active support for vulnerable men of all ages using assets which exist in communities in Leeds. Good examples include Men in Sheds, gardening initiatives, walking groups, father groups and male carer networks, among many others. The city should continue to establish similar initiatives.

### CASE STUDY: LEEDS DADS

Leeds Dads is a support organisation that aims to promote the wellbeing of children in Leeds by keeping a diverse community of dads actively engaged in the parenting of their children. It supports dads to connect with their children and build strong and lasting relationships to aid their physical, mental and emotional health. It allows dads to share the 'dad experience' and it offers expert and experienced parental advice and support.

Dads come together for social interaction and support through a range of meet-ups and low cost or free activities, such as outings to museums and playgrounds, dads' nights out and special events at Easter and Christmas.

"Most rewarding is seeing the kids grow together as friends, which is marvellous. And in the same way, many of the dads have bonded and friendships have flourished".

## 2. Tackle the big issues - priorities for health improvement

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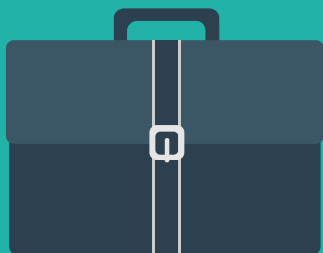
### SMOKING AND ALCOHOL

There should be continued efforts to address smoking and alcohol behaviour, coupled with a rethink on a male gendered approach to tackling smoking and alcohol consumption in the areas of highest prevalence. Smoking cessation and drug and alcohol services should be linked to and integrated with other health services. This would help to maximise uptake and combat the clustering effect of lifestyle risk.



### PHYSICAL ACTIVITY AND DIET

Men who move more are happier, smarter, more socially connected, fitter and healthier. This must be combined with corresponding improvements in diet to make a real difference to the upsurge in obesity levels. Men should discuss their weight and physical activity more with their GP.



### EMPLOYMENT

Continued efforts across the city are required for sustainable economic growth which creates more jobs and better jobs for men in Leeds. More support is needed for those hit by unemployment or the effects of the recession.



## MENTAL HEALTH

Greater attention should be placed on helping men with mental and emotional health problems. There could be targeted mental health campaigns for men and training of front-line workers to spot emerging issues for the mental wellbeing of men. More men need to recognise symptoms of poor emotional health and speak openly to their GP, friends and family.



## ACCESSING SERVICES

Health services need to reach out and target men more effectively and men need to take the opportunities offered. This is particularly relevant for health checks and screening opportunities, where there could be increased uptake if more consideration was given to the timing, location, marketing and style of these services. Weight management services must become more responsive to men's needs, and be designed to make them male friendly and appealing.

*Finally, and very importantly, services need to be integrated. The conditions described in this report are often clustered, with men experiencing at least one of the problems, often linked to a combination of socio-economic conditions. Integrated services would help provide whole-person care and encourage better and more effective use of services.*

### 3. Make incremental changes for big impacts

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- In all planning Leeds should consider how services should be developed to better meet the needs of men.
- In all official documents, move to talking about 'men' and 'women' and not 'the population'; 'boys' and 'girls', not 'children'; and 'mothers' and 'fathers', not 'parents', to ensure the impact of policy on gender is considered.
- Schools should continue to focus on how to specifically support boys to improve their achievements in education.
- Investment should be considered a high priority in those areas of Leeds where men's health issues are most pronounced.
- Services in Leeds should develop specific guidelines on how to target men, with greater use of integrated service provision.
- Employers should take more responsibility for the health and wellbeing of their staff, with services which would benefit both male and female workers.
- Community groups that have had success in reaching out and targeting men should be supported and encouraged to give guidance to those groups who are struggling to recruit men.
- A men's health campaign could raise the overall awareness of the issues faced by men in Leeds.
- Partnerships are needed with religious leaders to promote men's health and to establish men's health initiatives within religious settings.

## Next steps

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It is now important to hear from men themselves as well as service providers, to ensure we have a complete picture of the issues facing men and how they should be addressed. A report on the state of women's health in Leeds could be funded to ensure all services are meeting the needs of both men and women.



## Further information

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### Where can I get support with my health and wellbeing?

The NHS website provides information on:

- Cancer signs and symptoms, treatment options and links to other cancer-related resources [www.nhs.uk/conditions/cancer](http://www.nhs.uk/conditions/cancer)
- Cardiovascular disease signs and symptoms, risk factors and links to common types of cardiovascular disease [www.nhs.uk/conditions/cardiovascular-disease](http://www.nhs.uk/conditions/cardiovascular-disease)
- The Leeds Crisis Card provides contact details for organisations in Leeds who can offer help and advice to anyone dealing with a crisis such as experiencing suicidal thoughts, problems with housing, debt or abuse. Contact details for local support services can be found online at [www.leeds.gov.uk/docs/CrisisCard.pdf](http://www.leeds.gov.uk/docs/CrisisCard.pdf)
- You can also get information from GP surgeries, pharmacies, council 'One Stop' shops and libraries.

### Where can I get support for improving my lifestyle?

- The 'One You Leeds' website contains details of healthy lifestyle services in Leeds (including help with stopping smoking, weight management, reducing alcohol consumption and getting physically active) as well as information on self-management. [www.oneyouleeds.org.uk](http://www.oneyouleeds.org.uk)



## Where can I find support for delivering a health and wellbeing service?

- The Public Health Resource Centre (PHRC) offers support to anyone in Leeds with a responsibility or professional interest in public health or promoting health and wellbeing. Resources can be accessed via **[www.leeds.gov.uk/phrc](http://www.leeds.gov.uk/phrc)**
- The Centre for Men's Health at Leeds Beckett University has extensive research, evaluation and consultancy experience. If you have a specific project you would like to discuss or, for general information about our consultancy services, please contact the University Enterprise office on 0113 81 21904 or Dr Julian Sorrell, Business Development Manager, on 07780 493016. For more information, please visit **[www.leedsbeckett.ac.uk/menshealth](http://www.leedsbeckett.ac.uk/menshealth)**
- The national Men's Health Forum provide information, advice and advocacy on the health of men and boys. They have produced a number of 'How To' guides covering weight-loss and mental health services and self-management support. For more information, please visit **[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)**



## How can I contact the local services listed in this booklet?

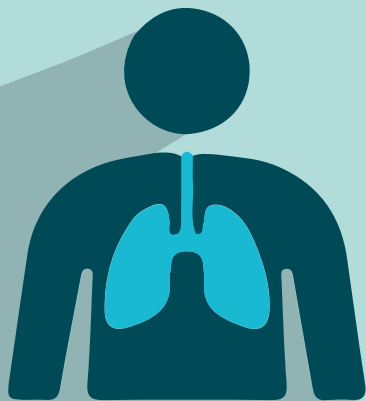
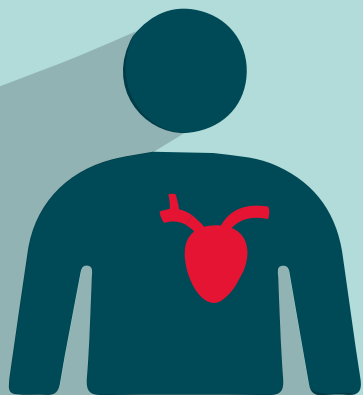
- Black Health Initiative, 231 Chapeltown Road, Leeds. LS7 3DX [www.blackhealthinitiative.org/](http://www.blackhealthinitiative.org/)  
Tel 0113 3070300
- Men in Sheds, Barkston House, Croydon Street, Holbeck, LS11 9RT |  
[www.groundwork.org.uk/men-in-sheds-leeds](http://www.groundwork.org.uk/men-in-sheds-leeds) | Will Core, Tel 0113 238 0601
- New Wortley Community Centre, 40 Tong Road, Leeds. LS12 1LZ | <http://newwortleycc.org/> |  
Tel 01132793466
- Space2, Leeds Media Centre, 21 Savile Mount, Leeds, LS7 3HZ | [www.space2.org.uk/](http://www.space2.org.uk/)  
Tel 0113 320 0159
- Leeds Dads | email [leeds.dads@nct.org.uk](mailto:leeds.dads@nct.org.uk)

## Where can I find a full copy of the report on men's health in Leeds?

To view this report and the corresponding detailed data report please visit  
[www.leedsbeckett.ac.uk/stateofmenshealth](http://www.leedsbeckett.ac.uk/stateofmenshealth)

This map represents the Leeds areas that the services mentioned in this report are in.





Web: [www.leedsbeckett.ac.uk](http://www.leedsbeckett.ac.uk)

 @menshealthleeds

Email: [HSSresearchoffice@leedsbeckett.ac.uk](mailto:HSSresearchoffice@leedsbeckett.ac.uk)