

# Wellbeing for Men in Kirklees

A range of innovative community based peer support, friendship groups and physical activity opportunities for men in Kirklees.

## Men's Sheds



Men's sheds address isolation amongst men through offering a fun and friendly environment to pursue practical projects such as wood and metal work etc.

Men's Sheds for Kirklees promotes skills sharing and informal learning opportunities, social interaction and mutual support, individual and collective pursuits and community projects.

For more information please contact Andy Ryland of Rural Action Yorkshire on 01904 704177 or email him at:

## Respect Judo

Do you want to improve your wellbeing and physical health?

Respect Judo is a six week course designed for any man in the Kirklees area. Respect Judo combines the martial art practice of Judo with well-being groupwork and support sessions.

The Respect Judo group is a proven resource for helping men to improve their fitness, wellbeing and mental health.

For more information please contact Simon Jackson of Future Focus at 01274 408806 or at: [enquiries@futurefocus.org.uk](mailto:enquiries@futurefocus.org.uk)



## Froglife Natural Achievers

Empowering People across Kirklees to improve their own lives through wildlife conservation. The project can offer training in wildlife skills, arts & crafts and outdoor experiences. It provides the potential to develop personal projects and opportunities for volunteering, work experience, research and creative projects, enhancing personal learning and self-esteem.

For more information please contact Rebecca Houlding on 07399553666 or at [Rebeca.houlding@froglife.org](mailto:Rebeca.houlding@froglife.org)



# Evolve

Evolve offers a fun and varied range of activities for men to get involved in. Examples of activities include football, photography and music.

At Evolve we want to know what people are interested in so we can try make this happen. If have any ideas about activities or would like to get involved then please let us know!

For more information please contact Nikki Young at Connect Housing Association on 0300 5000 900 or at: [nikki.young@connecthousing.org.uk](mailto:nikki.young@connecthousing.org.uk)



## Community Links

Community Links are employing a Men's Community Development and Engagement Worker to creatively engage with men within Kirklees who have limited contact and input from health services.

The worker will promote better access to health and wellbeing services through a range of targeted activities, focussing on reaching groups of men who do not engage with health care services. They will identify strengths and assets within communities to create opportunities for peer support and self help activities.

For more information please contact: Katie Flynn on 07741267950 or at [Katie.flynn@commlinks.co.uk](mailto:Katie.flynn@commlinks.co.uk)



## The Brunswick Centre

The Brunswick Centre has created an Allotment Group aimed at men with HIV.

Through working collaboratively the men will increase their physical activity, reduce stress, encourage a nutritious diet, learn new life skills and gain a sense of achievement and pride.

For details of venue and further information please contact the centre on 01484 469691 or call in at the Brunswick Centre, Fern Street East, St Andrews Road, Huddersfield, HD1 6SB.



## St Anne's Community Services

St Anne's Community Services are running weekly evening exercise, healthy eating and wellbeing sessions.

The weekly sessions are specifically for male clients who are experiencing mental health issues and run from St Matthews Centre, Cemetery Road, Dewsbury, WF13 2SE.

For further information please contact Steph Elcock on 07964 768322 or at [Stephanie.elcock@st-annes.org.uk](mailto:Stephanie.elcock@st-annes.org.uk)

