

SAFER

YOUR DISTRICT

BRADFORD

COMMUNITY SAFETY

‘What’s out there for me?’ He said...

Specialist services and support groups for men across the Bradford District



How this booklet works

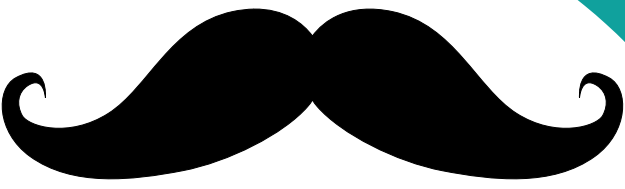
‘Blokes struggle too, but many of us are too closed off to admit it, less get or ask for help. That’s wrong and it needs to change.’

Whatever the reason you’re here, we’re glad you are. You see, men struggle with all sorts of challenges and many don’t know where to go to for support. If that’s you, then maybe this booklet will help – we really hope it does...

We’ve listed ‘men only’ groups who get together to do activities that help improve their physical and mental health. In short, there’s lots of chat, banter and the groups offer a really positive and safe place to be too. Then there are services that support victims and perpetrators of domestic abuse – we’ve included those as well.

What’s on offer depends on the group – have a flip through and maybe you’ll find something that’s right for you.

We’re also aware that there will be many more groups out there. If you belong to a group and want to be included in future editions please email the team **domestic.abuse@bradford.gov.uk**



Men's Sheds

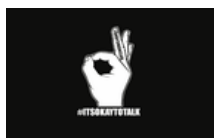
There's a clue in the title! A Men's Shed is a bit like a shed at the end of a garden but the space is often much bigger - it needs to be as groups of men meet there! It's a place where men have a brew, have a chat and perhaps go for a walk or do an activity together like woodwork.

As you'll see over the next few pages, there are lots of Men's Sheds in the Bradford district but they're appearing more and more so keep an eye out on the link below in case one comes to a place near you:



<https://menssheds.org.uk/>

'86% of men joining a Men's Shed had a decrease in depression and 96% said they were less lonely'

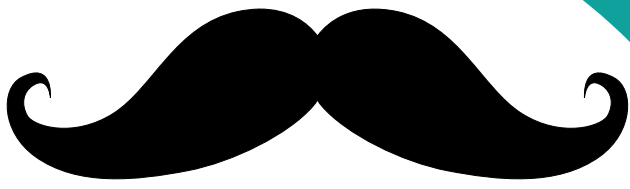


Andy's Man Club

ANDYSMANCLUB are popping up all over the UK and there's a good reason why - their growing popularity suggests that their non-judgemental formula works. As a men's suicide prevention charity, they offer free peer-to-peer support groups in person and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation. Check out their main website for a club near you.



<https://andysmanclub.co.uk/>



LADS West Yorkshire
Learn Achieve Develop Succeed

LADS West Yorkshire

LADS West Yorkshire - provides a proactive approach to tackling social issues, mental health and wellbeing alongside practical interventions for men and boys of all ages.

Examples include community gym sessions, strength training, group and individual circuits, boot camps, gym in the park, healthy eating advice and individual plans.

They also have a creative hub using traditional percussion instruments and drums like the Dhol, Tabla, Dhap, Tambourines and the 'talking' drum to create an atmosphere of stress release, wellbeing, fun and laughter.

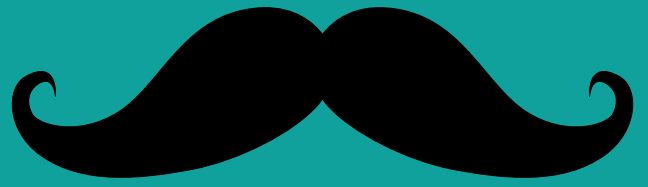
Alternatively for those that need something more up to date – there are opportunities to use the latest production and DJ equipment to get creative and make something meaningful to you.



<https://ladswestyorkshire.wordpress.com/>

Getting out and about

ShIPLEY area



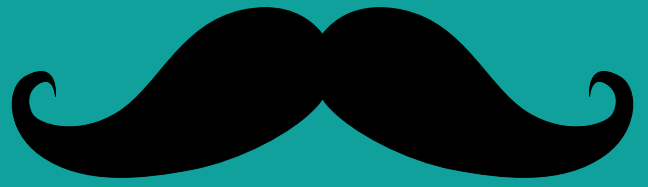
There may be other services and groups available - your local community centre is a good starting point to find out more.

Getting out and about

-  **Bingley:** For fun and fellowship, **All Saints Men's group** meet on the first Tuesday of the month. Call the administrator from 9.00 am to 1.00 pm. on Monday and Wednesday on 01274 565079 or email office@bingleyparish.org.uk.
Bingley Janus Club hold lots of interesting talks at Eldwick Memorial Hall on Thursdays from 10am to 12pm.
Bingley & Rural Men's shed is a place to make new friends, learn and share skills and provide opportunities to engage in community projects. Check their Facebook page.
-  **Bingley Rural: Wilsden Men's Shed** have a Facebook page where you can find out more information.
-  **Baldon Men's Shed** - Northcliffe Park Allotments, BD18 3DD (access at top entrance). Thursdays 10-12pm, for more information, look at their Facebook page.
-  **ShIPLEY Gentlemen's Club** A chance to socialise and meet new friends for a cuppa & chat. Small charge (not on Bank Holidays). HALE, 1 Westgate, ShIPLEY BD18 3QX - Mondays 1-2.30pm . Please call James to join - 07946 155347.
-  **ShIPLEY and Saltaire Men's Shed** - Northcliffe Park Allotments, Northcliffe Park, ShIPLEY BD18 3DD (top entrance). Tuesdays from 10-12pm

Keighley area

There may be other services and groups available - your local community centre is a good starting point to find out more.



Getting out and about




-  **Keighley - The Lion's Den (Shed)** is based in Keighley West Yorkshire and operates from Bracken Bank, St Michel's Chapel and Windwood Recreation Ground. They provide activities to help men with mental health and well-being, isolation, loneliness, bereavement and suicide. Activities include woodwork, gardening/horticulture, bike repairs and maintenance and so much more. Tues. Weds, Thurs, Friday and Saturday - usually 10-2. Contact: Allan Clark on 07903 044060 or email: nalla105c@yahoo.co.uk
-  **Bangladeshi Community Association** is the focal point for the Bangladeshi community of Keighley and they run sessions for men at their Surma Building, Kensington Street, Keighley BD21 1PW. Call 01535 - 604359 or email enquires@bca-keighley.org for more information.
-  **Sangat Men's Groups** are based in their Community Centre and they run social day care sessions on a Thursday from 10.30-1 and men's exercise classes from 11-12 on a Thursday too. To find out more, call them on 01535 610263 or email: enquiries@sangatcentre.co.uk. Address is Marlborough Street, Keighley, United Kingdom, BD21 3HU.
-  **Woodside** - Sandale Trust run a men's social club every Wednesday from 9-12. For a £1, you get a butty; hot and cold drinks; chats with the other men, welfare and mental health advice and so much more. Address is Sandale Youth Training Centre, Sandale Walk BD6 2RB

East area

There may be other services and groups available - your local community centre is a good starting point to find out more.

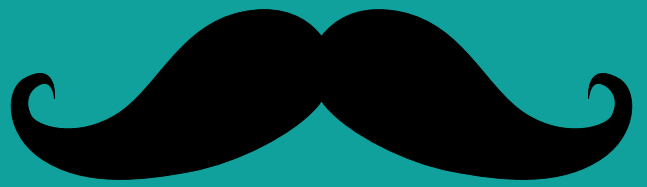


Getting out and about

-  **Eccleshill:** The **Eccy Men's Group** runs from Eccleshill Mechanics Institute on Stone Hall Road every Tuesday 10-12pm. They help older men who are or are going through life changing events, such as retirement, bereavement, those who are experiencing mental health problems or needing support with the transition of becoming a carer. They do lots of activities and more information can be found here - <https://eccymensgroup.wordpress.com/>
-  **Good Fella's** sociable action group runs every Wednesday afternoon from 1.30 am till around 3pm. They have 2 sites: Parkside Sports Centre in the general café/kitchen area and MAPA (1 Coates St, Bradford BD5 7DL). The friendship group is very relaxed, and members are not expected to attend every week. They decide what activities they want to do and meetings are open to every male in the district, so not specifically BD5.
-  **West Bowling:** **Shine** runs a man's club from St Stephens Church. (Donisthorpe St, Bradford BD5 7BX) every Friday morning from 10-12. They support a whole host of physical and mental health / well-being activities and they also runs a 12 step programme for people with addiction who want to change their behaviour. Find out more on their website: <https://shinewestbowling.org.uk>

West area

There may be other services and groups available - your local community centre is a good starting point to find out more.



Getting out and about



Allerton. At the time of writing, a **Men's Shed** is being set up (Nov 2023) and they are meeting regularly to share skills, hobbies and other leisure activities. These sessions are a great way to meet other men from the area. To find out more and to get involved, please email:

AllertonMensShed@outlook.com



Manningham have a **Men's Group** on Tuesdays from 12.15-2.15 (Manningham Mills Community Centre, Lilycroft Road, BD9 5DB) run by Equality Together. It's a relaxed, group where you can take part in activities and share experiences/have a chat over free biscuits and brews! For more information, contact 01274 594173, option 2.



Yaraana is a group specifically for South Asian men who may want to find new friends and take part in different activities and day trips. Lunch, snacks and refreshments are provided - bonus! They meet every Friday 10-2pm at the Quaker Meeting House, Russell Street BD5 0JB. Contact Saima or Rehana for more information on 07943 242693 or 07946 014879



Girlington Centre have an elderly men's group that meets from 10.30 - 1.30pm on a Wednesday. They come together, have a chat, grab some food and occasionally do some exercise. They also have plans to set up a group for younger men and a monthly group too for male refugees. Best to contact. 01274 542454 or email info@girlington.org.uk to find out more information.

South area

There may be other services and groups available - your local community centre is a good starting point to find out more.



Getting out and about



Bradford Bulls - led by former Rugby League players, Offload is a free 10-week course of one-hour fixtures designed to equip men with the skills, tools and techniques needed to manage their own mental wellbeing. For more information, please visit www.rugbyleaguecares.org/offload. or call on 0333 323 5075. They also have an **Andy's Mans Club** at the Odsal Stadium (Bradford BD6 1BS). They meet every Monday from 7pm. For more information, look at their main website: <https://andysmanclub.co.uk/>



Queensbury - an **Andy Man's Club** is in the development stages at the time of writing (Nov 2023). Please call the office on 01904 704177 or email them to find out more info@communityfirstyorkshire.org.uk. There's also a **Man Cave** club that meets at the Queensbury Community Programme on High Street, Queensbury, BD13 on Monday from 10..30 -12.30. It's like a coffee morning where the members have great fun and there's lots of friendly banter too. Call 01274 816748 or email gcpinfo@gmail.com for more information.



Scholemoor Community Centre run a men's group on Tuesdays from 1.30 - 3.30. There's a pool table, table tennis, day trips out and tea and coffee on tap! Address is Dracup Avenue, Scholemoor, BD7 2RG. Tel: 01274 - 522231 or email frank@scholemoorbeacon.org.uk who picks up emails once a week.

Of domestic abuse crimes reported to the police, 25% were committed against men...

You might be surprised at that figure - 25% or 1 in 4. It's a lot right? But behind every statistic, there's a person who may want and need help. And so, across the Bradford District, we have specific services that can support male victims and perpetrators of domestic abuse and sexual violence.



We've listed them over the next few pages but if you want to find out more, please go to www.bradford-dasv.co.uk - there's lots of information and advice for you to look at in your own time.

Specialist support services for everyone across Bradford District

Survive and Thrive 0808 2800 999	National Domestic Abuse Helpline 0808 2000 247
In an emergency 999	
Visit our website bradford-dasv.co.uk	 

The main organisation which helps people who experience domestic abuse in and around the Bradford District is called **Survive and Thrive**. They help everybody who has experienced domestic abuse - regardless of gender, your sexual orientation, or any other aspect of your situation. You can call them on 0808 2800 999, weekdays 9:30am-4:30pm. They also have a web chat which you can find on the Staying Put website - <https://stayingput.org.uk/>

For victims of abuse



ben's place

SPECIALIST SUPPORT
FOR MALE SEXUAL ABUSE SURVIVORS

Survivors West Yorkshire (SWY) and its male-focused **Ben's Place** specialist sexual violence counselling/navigator service is survivor-led. Their vision is to develop a range of services that are informed by male survivors. They focus on internet support in addition to new off-line options for survivors. They do not work with sexual offenders but recognise that survivors are sometimes sexual offenders and they will signpost appropriately to specialist services who can support them effectively.

There's a video on their site which is really worth looking at too.

<https://survivorswestyorkshire.org.uk/>

Helpline - 24/7 - 0808 500 2222



Men Standing Up/Bradford Cyrenians services supports male survivors of domestic abuse aged 16+. They provide a free confidential helpline service and can offer professional support and advice around emergency and long-term accommodation with intensive support.



Bradford Cyrenians

255 - 257 Manningham Lane

Bradford, BD8 7EP

Tel: 01274 481039

email: reception@bradfordcyrenians.org.uk

<http://www.bradfordcyrenians.org.uk/>



Myth - he only hit her when he was stressed. **Fact** - many men who are stressed do not lash out. Abuse is a choice the perpetrator makes.

And another myth...

Abuse isn't just physical. Abuse can escalate over time and comes in many forms:

- Violence (hitting, kicking, slapping)
- Emotional (humiliating and putting your partner down)
- Sexual (forcing your partner to do sexual acts they don't want to or posting intimate pictures of them online)
- Financial (controlling money, taking out loans in your partner's name)

It's a very difficult thing to admit that you are abusing your partner or former partner. The fact that you're reading this hopefully means that you want to change; that you want a better future for yourself and those close to you. We'd like you to know that help is available and you've come to the right place.

If you would like to speak to someone about what to do next, you can contact Bradford Survive and Thrive on 0808 2800 999, or you can contact a national helpline called Respect on 0808 802 4040.



Want to change your
behaviour?

And finally...

Bradford District is a big place and, as we mentioned, new groups will form long after this booklet has been written and published. If you're starting a new group, please let us know by emailing domestic.abuse@bradford.gov.uk

Some useful sites to keep checking are:

The logo for Treacle, featuring the word "Treacle" in white text on a dark blue rectangular background with a small water drop icon.

Treacle (<https://www.treacle.me/>) - is a general directory for anyone who needs help and support for themselves or someone they care for. They help people who need support with lots of different problems, from debt and homelessness, to mental health, bereavement and domestic abuse.



FYI is a website that offers free, impartial service offering advice, information and signposting to children, young people and families within the Bradford district. <https://fyi.bradford.gov.uk/>

