

Bits, Boobs and Poo!



This month we're shining a spotlight on Men's Health, as part of Men's Health Month. And let's be honest—this article could genuinely save your life and if the title made you smile, then we're off to a good start!

As a man, I'll be candid: we're not always great at looking after ourselves. Whether it's skipping the dentist or putting off that GP appointment, we often find "more important" things to do. But our health matters. By increasing our awareness and taking more responsibility, we give ourselves a real chance to live longer, healthier, and happier lives.

Recently, I had the privilege of working with some of our Peer Support Workers on two short films aimed at raising awareness of cancer and cancer screening—especially within the mental health community. The statistics are sobering: if you live with a serious mental illness, you're likely to die 15–20 years earlier than the general population. Even more shocking is that two-thirds of those illnesses are potentially treatable.

That's why I urge you to watch the film, imaginatively titled "Bits, Boobs and Poo." With humour and courage, it follows the personal stories of Ash, Gary, Karen, and Sara—four inspiring individuals who've taken control of their health and made sure they access the support and screenings available to them. Their message is clear: it's possible to live well, even in the face of challenges.

So this Men's Health Month, let's talk, let's act, and let's look after ourselves—and each other and you never know we just might have a bit of fun along the way!

Matt, Principal

[Click to watch 'Bits, Boobs & Poo' on YouTube](#)

Men's Wellbeing Matters

It's no secret that many men find it tough to open up about how they're feeling. Whether it's stress, low mood, or just the weight of everyday life, too often men push through in silence, putting their wellbeing on the back burner. But here's the truth: you don't have to go it alone. Below are some groups and activities specifically to improve men's health & wellbeing

Men in Sheds: provides a friendly, informal space for men to connect, share skills, and work on practical projects together to support wellbeing and reduce isolation. Locals Sheds include Heckmondwike, Mirfield, Bingley, Sowerby Bridge and more! <https://menssheds.org.uk/find-a-shed/>



Luke's Lads is a supportive mental health initiative offering men and non-binary individuals a safe space to engage in physical activity and open conversations to boost wellbeing and connection. Runs every Tuesday at 7.30pm at Jo Cox House in Batley <https://www.tcd-charity.co.uk/luke-lads-mental-health-support>



Walking Football is a great way for older men to keep active whilst socialising. Huddersfield Town Foundation run 2 sessions per week free of charge! Other groups and clubs are available across the districts <https://thewfa.co.uk/>



Andy's Man Club is a free, confidential, no pressure talking group just for men. Every Monday at 7pm (except bank holidays). Just turn up. To find your nearest group visit: <https://andysmanclub.co.uk/>

Remember, real strength is reaching out, because healing begins with one brave conversation

Breaking the Scroll

Recovery Coach, Erika, tells us how stepping away from social media has helped her mental health

“Over the past few months, I made a decision that’s had a surprisingly positive impact on my mental health: I came off social media. I’d started to notice how scrolling through endless posts and news updates was affecting my mood. The constant stream of negative national and international headlines left me feeling overwhelmed, and I found myself comparing my life to others online—often feeling like I wasn’t measuring up.



Even when I wanted to stop, I struggled to limit how long I was using social media, falling into the trap of “doom scrolling” late into the night.

After reading about how social media can affect our brain’s dopamine system, I began to notice how often I reached for my phone, especially when I was bored, frustrated, or just looking for a distraction. So, I made a change. I removed the social media apps and replaced them with ones that support my wellbeing, like Headspace and SWYT’s Create & Bloom. Since then, my mood has lifted, and I’m sleeping better too—no more staying up late scrolling!”



Is this something you can relate to? If so, watch this space....we have plans to develop a brand-new course on digital detox and how we can reclaim calm in a connected world.

Let's Get Physical: Move for Movember

November is Men's Health Month, also known as **Movember**, and it's a time to raise awareness around men's health including prostate and testicular cancer, mental health and suicide prevention.

Globally, 60 men are lost to suicide every hour, and **Movember Moves** is a gentle challenge to move 60km over the month to raise awareness and to support men's mental health. Now we know that 60km sounds like a lot but when broken down, it's just 2km a day, to walk, jog or run to hit the monthly target. And if you miss a day? No worries, you can make it up another time. This is about progress, not perfection.

Why It Matters

Men often face barriers when it comes to talking about mental health. By moving together, we're not just supporting our own wellbeing, we're helping break the silence and show that it's okay to ask for help.

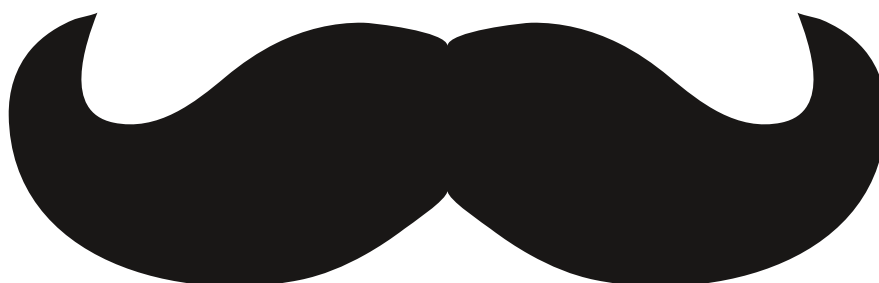
Get Involved

You can take part solo or with friends, track your progress, and even share your reflections with us. We'd love to hear how movement helps you feel more grounded, connected, or calm.

Let's move through Movember with purpose, compassion, and community.

For More Info

<https://uk.movember.com/support-us/move>



Embracing Change: What Autumn Can Teach Us



A few more wise words from our lovely colleague, Trainee Clinical Psychologist, Kirsty....

Autumn is a season of transformation. As trees release their leaves and prepare for a change in season, nature reminds us that change is a natural and necessary part of life. Just like the trees, we can benefit from letting go of what no longer serves us - making space for growth, renewal, and new opportunities.

Acknowledge what needs releasing - the first step in embracing change is noticing what you're holding onto. This could be old habits, unhelpful thoughts, expectations, or routines that no longer fit. Naming these things - or even writing them down - helps create awareness and gives you a starting point for letting go.

Approach change mindfully - change can feel uncomfortable, but resisting it often makes it harder. Instead, try observing the shift with curiosity and acceptance. Journaling, mindful breathing, or simply taking a moment to reflect on the season can help you face transitions with calm and clarity.

Make room for growth - letting go isn't about losing something; it's about creating space for what's next and for things that make us feel better. Releasing what you no longer need allows new ideas, habits, and experiences to take root. Just as trees shed their leaves to conserve energy and prepare for spring growth, you can use change as an opportunity to grow stronger and wiser.

Try a simple autumn ritual - this week, choose one thing you're ready to release. Write it down and let it go - symbolically tear up the paper, or leave it outside in nature. Observe how this small act of letting go feels. Practicing mindful release can help you navigate life's transitions with resilience, grace, and a sense of renewal.



Stay up to date, follow us on our socials



Do something different this season

As part of our learning community, you already know how powerful it can be to explore ideas, build confidence, and connect with others. So, as the days grow shorter, why not brighten the season by trying something new? When we do something different and outside our comfort zone, we are often surprised by the level of enjoyment we gain – and what we learn about ourselves. So, this Autumn, we encourage you to do just that!



From creative sessions that celebrate the festive season in inclusive, welcoming ways, to movement-based activities, such as *Dancing for Health*, that boost both body and mind, there's something to suit every interest. There are also opportunities to explore personal growth, in *Steps to Success* or on our brand-new, *Making Sense of Relationships* course.

All Recovery College courses are designed to support your wellbeing, spark curiosity, and offer practical tools you can use in everyday life. And as always, you'll be learning alongside others who get it—people who bring warmth, humour, and shared experience to every session.

So, come as you are, leave with new skills, fresh energy, a sense of belonging – oh and a smile!

Check the timetable on our website and book your place – your next step starts here.



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