

SUPPORT AT XMAS

Emergency phone numbers

Advonet Single Point of Access (SPA): **0113 244 0606**

LYPFT (NHS hospitals in Leeds) SPA number: **0300 300 1485**

Dial House: **0113 260 9328**

Dial House at Touchstone: **0113 249 4675**

Connect Helpline: **0808 800 1212***

NHS non-emergency helpline number: **111**

Leeds and Chapeltown Citizens

Advice Bureau: **0113 223 4400**

Samaritans: **116 123***

Leeds General Infirmary (LGI) A&E Department: **0113 243 2799**

St James' Hospital A&E Department: **0113 243 3144**

Leeds Adult Social Care: **0113 222 4401**

Shelter Housing Advice Line: **0808 800 4444**

National Autistic Society Helpline: **0808 800 4104**

Where to go for support

St Vincent's have a free Christmas dinner for anyone who would otherwise be alone on Christmas Day. For more details, please visit their website at stvincents-svp.org.uk.

Dial House is open from 6pm to 2am throughout the Christmas and New Year period (except Boxing Day). It's for people who are in a mental health crisis and need some form of sanctuary. To find out more, ring the **Connect Helpline** - their number is further up this page.

The **Rainbow Junktion Cafe** in Hyde Park is open on Christmas Day from 10am to 3pm. It offers Christmas dinner on a pay as you feel (PAYF) basis. The cafe's address is as follows: All Hallows Church & Community Projects, 24 Regent Terrace, Leeds LS6 1NP. It is around 10 minutes' drive from

Leeds City Centre.

The **Great Christmas Get Together** is a scheme designed to prevent loneliness at Christmas. It runs from Christmas Eve to Boxing Day. They will have some events in Leeds for anyone who wants some company at this time of year. Visit their website at greatgettogether.org to check out some of their upcoming events.

Festive Angels are running an event on Christmas Eve at the Corn Exchange for anyone who will be alone at Christmas. It's open to people of all ages and is providing food from the Real Junk Food Project. It's open from 1pm to 4pm, but you need to book a ticket online to attend. Visit this link to book a place - <https://www.eventbrite.co.uk/e/festive-angels-tickets-41122264801>

*Phone number available during Bank Holidays e.g. Christmas Day

Public Transport during Christmas

Sat 23rd Dec	Sun 24th Dec Xmas Eve	Mon 25th Dec Xmas Day	Tue 26th Dec Boxing Day
Buses: Saturday service Trains: Saturday service	Buses: Sunday Service. None after <u>6pm</u> Trains: Sunday service. None after <u>6pm</u>	Buses: Not running Trains: Not running	Buses: Sunday service until <u>6pm</u> on main routes into City Centre Trains: Not running
Wed 27th-Sat 30th Dec	Sun 31st Dec New Year's Eve	Mon 1st Jan New Year's Day	Tue 2nd Jan
Buses: Saturday service Trains: Normal weekday service	Buses: Sunday service. None after <u>8pm</u> Trains: Sunday service. None after <u>10pm</u>	Buses: Not running Trains: Weekday service with some early changes	Buses: Weekday service Trains: Weekday service

When do the shops open?

Sat 23rd Dec	Sun 24th Dec Xmas Eve	Mon 25th Dec Xmas Day	Tue 26th Dec Boxing Day
Banks: Open as normal Supermarkets: Open as normal Post offices: Open as normal Other shops: Open as normal, some late	Banks: Closed Supermarkets: Open Sunday hours until <u>6pm</u> Post offices: Closed Other shops: Open as normal, some until <u>6pm</u>	Everything is closed, barring a few takeaways and the odd corner shop	Banks: Closed Supermarkets: Some open; Aldi and Lidl closed Post offices: Closed Other shops: Some are open for January sales
Wed 27th-Sat 30th Dec	Sun 31st Dec New Year's Eve	Mon 1st Jan New Year's Day	Tue 2nd Jan
Banks: Open Saturday hours Supermarkets: Open as normal Post offices: Open as normal Other shops: Open as normal,	Banks: Closed Supermarkets: Open until 6pm Post offices: Closed Other shops: Either closed or open Sunday hours	Banks: Closed Supermarkets: Mainly closed except small supermarkets like Tesco Express Post offices: Closed Other shops: Mainly closed	Everything will be returning to normal opening hours



- The post will not arrive on Xmas Eve, Xmas Day, Boxing Day, New Year's Eve or New Year's Day
- The last recommended posting date for letters and parcels before

Christmas is Friday 22nd December

- Bin Days in Leeds will change. To check when the bins are collected in your area, visit leeds.gov.uk/residents/Pages/Check-your-bin-day.aspx



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Email: leedsautismaim@advonet.org.uk

Phone: 0113 244 0606