

Touchstone Winter Wellbeing Booklet 2022



Touchstone Winter Wellbeing

Leeds

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Mental Health Support

If you're struggling this Winter, you're not alone. There are lots of people who can help - take a look below for some places you can call:

NHS

- ☎ Call **999** in an emergency
- ☎ Call **111** – For help with your mental and physical health when you're not sure what to do

Samaritans

- ? Here to listen and talk, no matter what you're going through
- ☎ Call **116 123** (open 24/7)

West Yorkshire Mental Health Helpline

- ? Free confidential advice about mental health
- ☎ Call **0800 183 0558** (open 24/7)

Crisis Helpline

- ? Here to help if you, or someone you're worried about, needs urgent care for a mental health crisis
- ☎ Call **0800 183 1485** (open 24/7)
- 📠 If you're deaf or have hearing loss, text **07983 323 867** (open 24/7)



Mental Health Support

Dial House

? A safe, homely space to relax in when you feel you're in crisis

☎ Call **0113 260 9328**

✉ Text **07922 249 452** on the night you want to come

🕒 (Open 6pm-2am every Mon, Wedns, Fri, Sat, Sun for 16+)

Dial House at Touchstone

? Out-of-hours support for BME people experiencing a mental health crisis

☎ Call **0113 249 4675**

✉ Text **07763581853** (open Mon 6-11pm for social support and Tues, Thurs, 6pm-midnight)

Leeds Well-Bean 'Hope in a Crisis' Cafe

? Offers a safe and confidential space for people experiencing crisis in Leeds

☎ Call or text **07760 173 476** on the night you want to attend (open every night, 6pm-midnight)

Connect Helpline

? Providing emotional support and info for those in distress

☎ Call **0808 800 1212**

💻 Online chat: www.lslcs.org.uk (6pm-2am, nightly)



Support with Violence and Abuse

The Winter holidays can be times where abuse and violence get worse. If you are experiencing or have experienced violence or abuse, there are lots of places that can help.

National Domestic Violence Helpline (Refuge)

☎ Call **0808 2000 247** (open 24/7).

📄 Online Live Chat: www.NationalDAHelpline.org.uk/en/Chat-to-us-online (open Mon-Fri, 3-10pm)

📄 Web Form: www.NationalDAHelpline.org.uk/en/Contact-us

Rape Crisis (England and Wales)

? Here to talk for all people aged 16+ who have experienced any type of sexual violence

☎ Call **0808 802 9999** (open 24/7)

📄 Chat to them online: <https://RapeCrisis.org.uk/get-help/want-to-talk/> (open 8am-midday every day, see website for updates)



Domestic Violence and Abuse Support

Leeds Domestic Violence Service (LDVS)

- ? Providing free, non-judgemental and non-pressured advice, support and info about domestic violence and abuse for anyone
- ☎ Call **0113 246 0401** (open 24/7)

Support After Rape and Sexual Violence Leeds (SARSVL)

- ? Support for women and girls in Leeds affected by sexual violence
- ☎ Call **0808 802 3344** (open Mon 12pm–2pm; Tues 8–10pm; Wedns 6–8pm; Thurs 2–4pm; Sun 6.30–8.30pm. These shifts should continue as normal throughout Winter period)

GALOP

- ? Providing support for LGBTQIA+ people with experiences of domestic violence and abuse
- ☎ Phone **0800 9995428** (open Mon–Fri 10am–5pm, Wedns and Thurs, 10am–8pm – closed weekends and **bank holidays**)
- ✉ Email help@galop.org.uk
- ✉ Web chat: <https://galop.org.uk/> (open Wedns and Thurs, 5pm–8pm)



Domestic Violence and Abuse Support

Men's Advice Line

- ? Providing support for men with experiences of domestic violence and abuse
- ☎ Phone **0800 801 0327** (open Mon-Fri 10am-8pm)
- ✉ Email info@MensAdviceLine.org.uk (open Mon-Fri, 9am-8pm)
- ✉ Webchat support <https://MensAdviceLine.org.uk/contact-us/> (open Wednes 10-11:30am and 2:30-4pm)
- 🕒 Closed Bank Holidays in December and January

National Male Survivor Helpline

- ? Dedicated service for men and boys in England and Wales affected by sexual violence and abuse
- ☎ Call **0808 800 5005** (open Mon-Fri, 9am-8pm, Sat and Sun 10am-2pm, may change during Winter holidays)
- ✉ Text Support: **07860 065187**
- ✉ Email: support@safeline.org.uk
- ✉ Online chat: <https://safeline.org.uk/contact/>



Other Key Support

Leeds Housing Options

- ? Support for people who are homeless or at risk of being so.
- ☎ Call **0113 222 4412** (Mon-Fri 9am-4.30pm, except Tues when open from 10am, closed Bank Holidays but open all other weekdays during Winter holidays)
- ☎ For emergency out-of-hours calls, including during Winter holidays, call **0113 378 8366**

Support with Food and Household Bills

- ? Support for people who are struggling to afford essentials such as food, gas and electric
- 📄 Visit www.leeds.gov.uk/benefits/help-with-food-and-bills
- ☎ Call **0113 376 0330** (open Weekdays 9-5pm, apart from Wednesdays when open from 10am)

Forward Leeds

- ? For those who want support around alcohol and drug use
- ☎ Call **0113 887 2477** (Mon-Fri, 9-5pm - They are open on 23rd December from 9-3, then closed, then re-open on 28th Dec)
- 📄 Email info@ForwardLeeds.co.uk

Basis Yorkshire

- ? Support for women sex working with housing, health etc
- ☎ Call **0113 243 0036**
- 📄 Visit: BasisYorkshire.org.uk for more info
- 🕒 Open 23rd, 28th-30th Dec to call the office (though drop in is closed) and then closed until 3rd Jan



Warm Spaces



During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Leeds. Find the map here:

<https://www.leeds.gov.uk/campaign/warm-spaces>

The below places are open on weekdays and some on Saturdays and Sundays too. There are also many more places across Leeds open on selected days. Please check the website above for more info and opening hours.

West Leeds

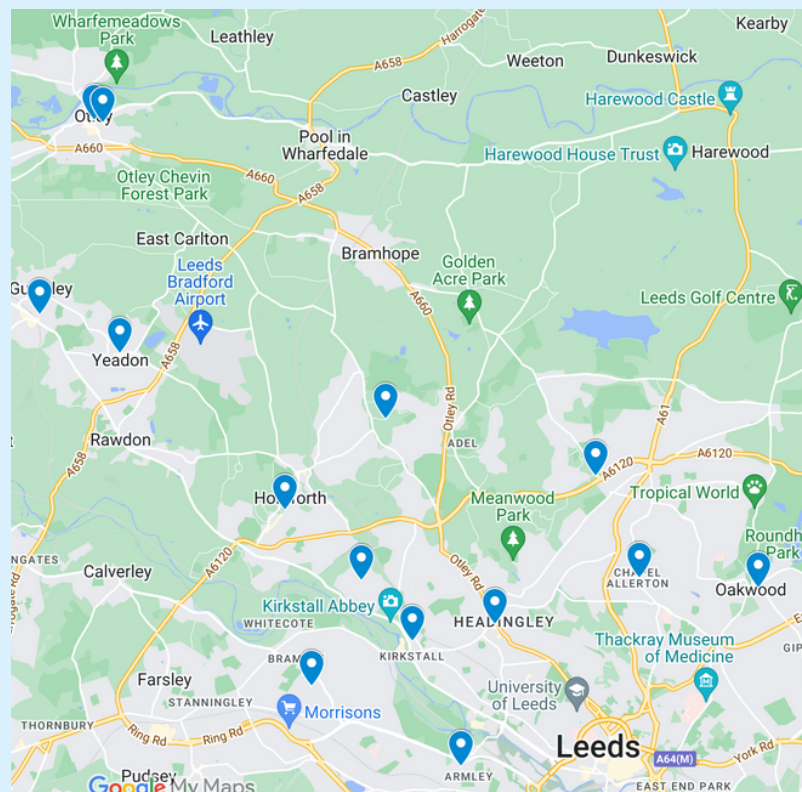
- Children's Centre Norman Street, Kirkstall, LS5 3JN
- Hawksworth Community Hub
- Bramley Hub and Library
- Armley Library

North Leeds

- Moor Allerton Hub and Library
- Oakwood Library
- Chapel Allerton Library

North West Leeds

- Yeadon Hub and Library
- Guiseley Library
- Horsforth Hub and Library
- Holt Park Hub and Library
- Headingley Hub and Library
- Otley Hub and Library



Warm Spaces

Leeds Central

- St Anne's Resource Centre, York Street, LS9 8AA (breakfast)
- City Centre Hub
- Leeds Central Library

South Leeds

- Hunslet Hub and Library
- Beeston Hub and Library
- Morley Hub and Library
- Middleton Elderly Aid Social Centre
- BITMOs GATE, Belle Isle, Leeds, LS10 3QH
- Rothwell Hub and Library
- Dewsbury Road Hub and Library
- St George's Centre and Hub

East Leeds

- Reginald Centre Hub and Library (including Fusion Cafe)
- Seacroft Hub and Library
- Burmantofts Hub and Library
- Kippax Hub and Library
- Garforth Hub and Library
- Compton Centre
- Crossgates Library
- Shine Workspace
- Halton Library



Other Key Info on Keeping Warm

Government Payments to Help Heat your Home

- **Winter Fuel Payments** - money towards heating bills for those born before 26 September 1956. If you're eligible, you'll usually be paid automatically.
- **Cold Weather Payments** - £25 payment if the average temperature in your area is below 0 for 7 days. Open to people on certain benefits or mortgage support.
- **Warm Home Discounts** - £150 off your electricity bill for some people with different benefits.

To find out more, please visit: www.gov.uk/winter-fuel-payment

People sleeping rough in Winter

- In Leeds, if the temperature is forecast to be below 0 for a night, everyone should get emergency accommodation until temp rises.
- To access support:
 - Visit **Housing Options, Merrion House, 110 Merrion Centre, LS2 8BB** (Mon-Fri 9-4pm, apart from Tues 10-4pm) or call **0113 222 4412** or email housing.options@leeds.gov.uk
 - To get support outside of these hours, call **0113 378 8366**
 - The public can notify the **Street Outreach Team** if they are worried about someone sleeping rough by calling **0113 245 9445** or emailing Leeds.SOS@cgl.org.uk
 - If you're worried about someone sleeping rough at any point in the year, you can also report it to your local authority/outreach team via: www.StreetLink.org.uk/

Other Info on Keeping Warm

Winter Coats Available in Leeds

- **Free coats are available at 20 collection points across the city, including** various hubs, libraries medical centres and community centres.
- Visit the following website for full info:
www.WeAreSBB.org.uk/post/leeds-winter-coat-appeal-here-s-the-list-of-places-offering-free-warm-winter-coats

Energy Bills and Cost of Living Crisis

- Money Saving Expert website has lots of tips on saving energy:
www.MoneySavingExpert.com/utilities/energy-saving-tips/
- Citizens Advice can also provide impartial advice on issues around energy bills and the cost of living crisis.
 - Call Citizens Advice Leeds: **0808 2 78 78 78** (Mon-Fri, 9-5)
 - Contact them in other ways here: CitizensAdviceLeeds.org.uk/
 - Or visit the national Citizens Advice website for more info around energy issues: CitizensAdvice.org.uk/consumer/energy/

Home Plus

- Provides independent energy and housing advice, servicing and support, helping to prevent falls and cold-related health conditions
- Call: **0113 240 6009** (Mon-Fri, 9-5pm, Tues 10.30-5pm)
- Email: HomePlus@care-repair-leeds.org.uk
- Website: care-repair-leeds.org.uk
- Closing early on Dec 23rd to re-open on Jan 3rd

Getting Food this Winter

Food banks and other places can support with food and necessities this Winter. For more info on where you can get food parcels and meals for free or at a low cost, visit:
www.leeds.gov.uk/leedsmic/emergency-food

Food banks in Leeds

If you're struggling to put food on the table, you can get a voucher for a local food bank from a local agency. To find out more about how you can get a voucher, you can chat with someone from Leeds Foodbank:

- Call **North and West Food bank** on: **0113 269 2985** or **South and East Food bank** on **0113 277 2229**
- Email EReferral@LeedsNorthAndWest.foodbank.org.uk or info@LeedsSouthAndEast.foodbank.org.uk
- Visit <https://LeedsNorthAndWest.foodbank.org.uk/get-help/how-to-get-help/> or visit <https://LeedsSouthAndEast.foodbank.org.uk/contact-us/>

Please note: the last day for vouchers issued at Leeds Foodbank in time for Christmas is 22nd December.

For support with food and essentials, you can also call **Leeds City Councils' Welfare Team** on **0113 376 0330** (Mon-Fri, 9am-5pm, apart from Wedns when open at 10am)



Free Community Meals

Lots of places across Leeds are putting on free meals throughout the Winter period. Here are just a few of them:

24th December - Christmas Eve

- **1pm** - Homeless Street Angels will be handing out Christmas dinners and rucksacks around Leeds City Centre

25th December - Christmas Day

- **Breakfast**

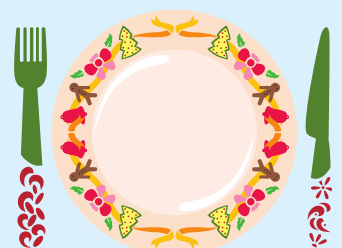
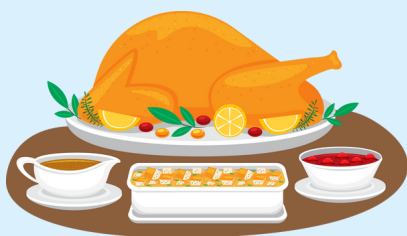
- Homeless Street Angels - sarnies and hot drinks around Leeds City Centre

- **Lunchtime**

- **Rainbow Junktion - 12-3pm**, hot meal including vegan, gluten free, halal options, free unless you want to donate. Please book your place here: www.eventbrite.co.uk/e/477178743467/
- **Mumtaz, 1-2 Mackenzie House, Chadwick Street, Leeds LS10 1PJ - 12-2pm** - Providing free pre-made dinners to take away
- **St George's Crypt** - lunch provided on Christmas day from midday, all welcome. The rest of the week operating as usual with lunch from 12-12.45pm.

For regular updates on different places to eat over the holidays, join the Leeds Food Aid Network group:

www.facebook.com/groups/821427144540254





Christmas Dinner on a Budget

If you want to cook Christmas dinner at home on a budget, here is a handy shopping list to look through:

Christmas Dinner for 4

- **Lidl Braemoor Turkey Breast Joints** with pork, onion and sage stuffing topped with bacon (frozen) - **£5.29**
- **Lidl Birchwood Pigs in Blankets** (12 pack) - **£2.29**
- **Tesco Baking Potatoes** (4 pack) - **57p**
- **Morrisons Prepared Carrots and Broccoli** - **£1.49**
- **Morrisons Parsnips** - **69p**
- **Sprouts** - **99p**
- **Tesco Yorkshire Puddings** (12 pack) - **£1.30**
- **Morrisons Cranberry Sauce** - **59p**
- **Morrisons Bisto Turkey Gravy Granules** - **£1.99**

Total: £15.20 (Per Person - Serves 4 - £3.80)

Fancy Festive Recipes on a Budget from Bootstrap Cook, Jack Munroe

- **Sprout Scones** -
CookingOnABootstrap.com/2016/12/31/sprout-scones-15p-v/
- **Leftover Turkey Curry** -
CookingOnABootstrap.com/2017/12/26/leftover-turkey-curry-34p/

*Please note each recipe will be more expensive than Jack lists as some of these price estimates were from a while ago but they will still be relatively budget-friendly recipes

Touchstone Services

Touchstone centres are closed from Friday 23rd December, 1pm til Wednesday 28th December. We will then close early on Friday 30th December until Tuesday 3rd January. This means that we will not be answering our office phones. Some of our services will be open throughout this period - see below for more info:

Mentally Healthy Leeds - running '**Warm Wednesdays' Breakfast Club 9.30-11.00** across Winter, including the Christmas holidays. All welcome, just turn up at **41-47 Cromwell Mount, Leeds, LS9 7ST**. Any queries contact Daneka, **07825 535725**.

Leeds Well-Bean in a Crisis Cafe - Open as usual throughout the Winter break, every evening from 6pm-midnight, Call **07760 173476** from 6pm on the night you want to attend.

Your Space - Join their **Women's Craft and Chat Festive Party** on Wedns 21st Dec, 4.30-6.30pm at Cranmore and Raylands Community Centre, Belle Isle, LS10 4AW. Book with Emily on **07909 407814**. Or pop into their **Winter Celebration** on **Sat 17th Dec** 11am-1pm at Thackray Museum. Book with Shan on **07435914350**.

Men's Health Unlocked - Outside of Bank Holidays, the network can be reached on this number: **07435 919837**
(Monday-Thursday, in usual operating hours)

