Touchstone's Winter Wellbeing Booklet 2021

Leeds p3
Bradford p17
Wakefield p32
Kirklees p36
Calderdale p45
West Yorkshire p49

Touchstone's Winter Wellbeing

LEEDS

Important websites and numbers:

Help with food and household bills
https://www.leeds.gov.uk/benefits/help-with-food-and-bills

Keeping well at home https://active.leeds.gov.uk/healthy-at-home/keepingwellathome

Visit www.mindwell-leeds.org.uk/coronavirus

West Yorkshire mental health 24/7 support line, provides confidential advice - 0800 183 0558

Leeds Mental Wellbeing Service, for anyone aged 17 or over: www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/

For children and young people: www.mindmate.org.uk

For those struggling with alcohol and drug use: www.forwardleeds.co.uk

A mood self-assessment is here: https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/

Leeds Mind: 0113 305 5800, or email info@leedsmind.org.uk
For people in crisis:

Connect, open 6pm-2am on 0808 8001212 or online chat at www.lslcs.org.uk

For people in crisis: Leeds and York Partnership NHS Foundation Trust's 24/7 single point of access on Freephone 0800 183 1485.

For people in crisis: A team of peer-support workers in partnership with Touchstone - 0113 8556191 or visit it www.leedsandyorkpft.nhs.uk/our-services/srvices-list/crisis

Samaritans Leeds - 116 123 or 0113 245 6789

WELL-BEAN Cafe LEEDS

The Well-bean Hope In a Crisis Café supports anyone in a crisis – it provides a safe place for people in crisis to go and to prevent avoidable attendances at A&E.

The Leeds Hope and Well-bean Crisis Café is a partnership between Leeds Survivor Led Crisis Service and Touchstone (who are leading on the project). The café runs at three different venues across the week from 6pm to midnight:

Saturday, Sunday and Monday – the WBC is at Lincoln Green Community Centre, Cromwell Mount (LS9 7JB)

Tuesday and Wednesday – the WBC is at Touchstone House, 2-4 Middleton Crescent, Beeston (LS11 6JU)

Thursday and Friday – the WBC is at New Wortley Community Centre, 40 Tong Road (LS12 1LZ)

Rainbow Junktion

Christmas Lunch Announcement!

Rainbow Junktion are excited to (hopefully) be able to go ahead with their pay-as-you-feel Christmas lunch inside this year but it will be slightly different from previous years in order to keep everyone as safe as they can.

They are asking people to book in advance using this short google form. They are asking people to choose a time slot and to stick to it so they don't have too many people in the church at the same time.

They are also asking that all attendees take a lateral flow test in the 24 hours before the event and to not come inside if they have any reason to believe they have covid.

Here is the form:
https://docs.google.com/.../1FAIpQLSc4XCpzdCbz7I.../viewform

If you are unable to complete the form for any reason please ask at the tea and coffee stand and they will be able to take your details.

Live Well Leeds Group Timetable

December 2021

Festive Opening Times

Live Well Leeds at Touchstone Support Centre – open Monday to Friday except official bank holidays.

Basis Yorkshire – open every day other than official bank holidays.

Leeds Irish Health and Homes closing on 24th December and reopening on 4th January

Health For All closing 17th December, reopening on 4th January

New Wortley Community Centre closes 23rd December and reopens on 4th January.

Leeds GATE is closed from 20th December and reopens on 4th January.

Oblong will be closing the IT Suite from 17th December until 9th January.

Space2's last session will be on 16th December and will return on 6th January.

BID will be unavailable week commencing 20th December.

BHA is open as normal for the week commencing 20th December, but will close at 1pm on Christmas Eve. The office is closed the following week except 29th where there will be a drop-in service for users 12-2pm. Normal business resumes 4th January.

Hyde Park Source – Kirkstall Abbey garden group restarts Wednesday 5th January. St Mary's Rooftop Garden restarts Friday 7th January.

Shantona is closed from 25th December until 4th January.

Live Well Leeds Group Timetable

December 2021

	Online Positive Care Programme (PCP) Group 3:30pm – 5:00pm, Fortnightly starting 2nd November Via Zoom **A friendly support group bringing together people with lived experience of managing mental health. We discuss self-help techniques including self-esteem and anxiety management.** For more information, or to join, contact Bev – BeverleyT@livewellleeds.org.uk		
Wednesday	Befriending Brunch Club 10:30am-11:30pm Via Zoom **Join Tracey for a chat, cuppa and a snack.** For more information, or to join, contact Tracey Wolff Traceyw@livewellleeds.org.uk 07736 611735	Urban Task Force 10:00am – 2:00pm New Wortley Community Centre **An outdoor environmental project for those who are socially isolated.** **New Wortley Community Centre** For more information, or to join, contact Mike mike.sims@newwortleycc.org 07472415387	
	Mon Café 09:30am – 12:00pm Bangladeshi Community Centre, Roundhay, LS8 5AN **Open to all women in the local community to come and relax, focus on their wellbeing in a safe and confidential online space.** **Shantona Women's and Family Centre** For more information, or to join, contact Shafia shafia@shantona.co.uk 0113 2497120	A Stich in Time 3:00pm – 4:00pm Via Zoom **Sewing group for all abilities, materials can be posted out to. We have worked on collective projects and people have also worked on their own projects** **BHA Leeds Skyline** For more information, or to join, contact Andy Walker andi@thebha.org.uk 07787297540	Kirkstall Gardening Group 1:30pm to 3:30pm At Kirkstall Abbey **Covid safe limited spaces** **Hyde Park Source** For more information, or to join, contact Clare Doble claire@hydeparksource.org 0113 245 8863
	BME Men's Group 3:30pm-4:30pm via Zoom or face-to-face (alternate weeks) **Join Emmanuel Assenso for support and to socialise for Men who are BAME.** For more information, or to join, contact Emmanuel emmanuela@livewellleeds.org.uk 07787315531	LGBT+ Social Group 12:15pm-2:00pm **Via Zoom For LGBT+ people to Join Fran Webb in a relaxed environment to socialise.** For more information, or to join, contact Fran franw@livewellleeds.org.uk 07736020258	My Writing 6:00pm – 7:30pm **A session to inspire your creative side! Create, write and share poems and stories with friends whilst enjoying pizza!** **New Wortley Community Centre** For more information, or to join, contact Gabby gabrielle.sinclair@newwortleycc.org or text 07396673371

Live Well Leeds Group Timetable

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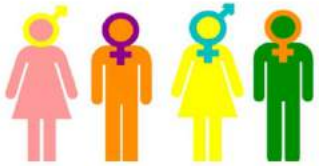
Live Well Leeds Group Timetable

December 2021



Thursday

Art Class
Waitlist in place.
10:00am – 12:00pm
Inkwell

All referrals and enquires to be made by calling Live Well Leeds 0113 2192727 or via our website www.livewelleeds.org.uk

Visually Impaired Peer Support Group
10:30am – 11:30am
Fortnightly from 9th December
Leeds Hearing & Sight Loss Service, Gallery House 5th Floor, 121 – 131 Headrow, LS1 5RD

A peer-support / social group for clients with a visual impairment. Topics are raised by group members and sessions are facilitated by Jade to ensure everyone has their say and is enjoying themselves!

B.I.D. Services

For more information, or to join, contact Jade Martin, lwl@bid.org.uk 0113 288 5750

Textiles Group
10:30am-12:00pm
Via Zoom

Providing its members with an opportunity to work on our own projects in the (virtual) company of others.

For more information, or to join, contact Heather Young heathery@livewellleeds.org.uk 07585964786

Funton Craft Group
10:00am - 11:30am
Rouse House, 2 Wyther Lane, Leeds, LS5 3BT
Every two weeks from 11th November.

Learn how to develop our skills through the mindful act of weaving and Knitting

Leeds Irish Health & Homes

For more information, or to join, contact Megan Mclean. Megan.McClean@lihh.org 07918608091

Space2Sing
6pm – 7:30pm
Music House, LS2 9BN
Or join via Zoom

Everyone welcome, no experience required, the choir is lead by Cherie an experienced community choir leader.

Space2

For more information, or to join, contact Nicola - nicolae@space2.org.uk 07849 168 720

The Record Club
12:30pm-1:30pm
Via Zoom (Monthly)
Join Steve to discuss your favourite records.

For more information, or to join, contact Steve Withers stevew@livewellleeds.org.uk 07736611723

The Tech Club
11:00am – 1:00pm
Stocks Hill Hub (Fortnightly)
Face-to-face action-packed tech exploration group. Meet new people and have fun!

For more information, or to join, contact Miah nehemiaho@livewellleeds.org.uk or text 07388227387

Men's Group
3:00pm – 4:30pm
Crown Point House, Cross Green Lane

This is for Gypsy and traveller men. We watch films, play cards and dominoes and have a general chat. Food provided too.

Leeds Gate

For more information, or to join, contact Thomas - Thomas@leedsgate.co.uk 0113 240 2444

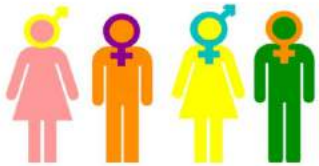
Befriending Service Quiz Group
2:00pm – 3:30pm
Zoom

A time for a chat and a very light hearted quiz with lots of clues.
Befriending Service

For more information, or to join, contact John – johns@livewellleeds.org.uk 07540627714

Live Well Leeds Group Timetable

December 2021



Friday

Arts & Mindfulness
12:00pm – 1.00pm
Via Zoom
Every two weeks from 5th November.

Following the Celtic calendar, we will focus on mindfulness through art and exploring new crafts.

Leeds Irish Health & Homes
For more information, or to join, contact Megan Mclean.
Megan.McClean@lihh.org 07918608091

Coffee and Chat
10:00am – 11:00am
Via Zoom

Open a discussion about mindfulness and mental health and find ways to develop easy mindfulness techniques.

Leeds Irish Health & Homes

For More information contact Megan Mclean.
Megan.McClean@lihh.org 07918608091

Creative Writing Group
1:30pm- 3:30pm
Via Zoom

A friendly, safe and supportive online environment to meet others An opportunity to write whatever you like (poetry/short stories/acrostics etc.) A safe non judgmental space where you can choose to share your work All abilities welcome
For more information, or to join, contact Heather Young
heathery@livewellleeds.org.uk 07585964786

Be Yourself
11:00am – 12:30pm
At Middleton Family Centre

Women's peer support
Health for All

For more information, or to join contact Jill Scanlon. jill.scanlon@healthforall.org.uk
07947304328

St Mary's Gardening Group
2:30pm – 4:30pm

COVID Risk Assessed live Group of 6 At St Mary's Rooftop Garden in Chapeltown Hyde Park Source

For more information, or to join contact Claire Doble claire@hydeparksource.org 0113 245 8863

BME Women's Group
10:00am – 12:30pm
Touchstone Support Centre

Join Audene Stout for support and to socialise for Women who are BAME.

For more information, or to join contact Audene - audenes@livewellleeds.org.uk,
07866781004

Art Class
Waitlist in place.
10:00am – 1:00pm
Inkwell

All referrals and enquires to be made by calling Live Well Leeds 0113 2192727 or via our website www.livewelleeds.org.uk

Saturday

Men Behaving Dadly
Fortnightly from 11th December
11:00am – 1:00pm

Health For All
Fathers / Father figures can meet and talk about fatherhood.

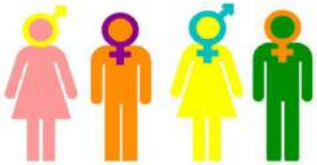
Contact Jill Scanlon 07947304328 for more details

7 Week Block Course

Headspace
Monday 11th October 10.30am-12.30pm, for 7 weeks – Via Zoom
Wednesday 29th September, 11am - 1pm for 7 weeks – Face to Face @ Woodhouse Community Centre
Headspace is a 7 week online mental health and wellbeing course. Each week will cover a different topic such as Stress, Connection, Isolation, Relationships. It's a peer-support group and it's free and open to everyone.
Get in touch to talk through it in more detail and to book a place. Oblong For more information on any of the Groups or to Join Contact Amber headspace@oblongleeds.org.uk 0113 2459610

Live Well Leeds Group Timetable

December 2021



Monthly	Women's Group at Wetherby Thursday 11th November & every four weeks. 13:00 – 15:00 St James Church Centre, Church street Wetherby LS22 6LP For more information, or to join, contact Bev – BeverleyT@livewellleeds.org.uk
Ongoing	The Art Room Open to all **Providing FREE Adult Art Therapy Groups and One-to-One Sessions** **LS14 Trust** For more information or to join any of the group contact Viv Gibbons vivls14trust@gmail.com 07809907958

Your Space Activities December 2021

1st - Christmas card making at Hunslet Community hub - Arlie

3rd - Men's sports & social visit to Harehills Winter Welcome - Chaitan

4th - Winter walk & Wreath making, East End Park - Kim

8th - Christmas card making at St Georges Community Hub - Arlie

13th - Christmas Wind Down walk, Roundhay - Chaitan

14th - Disco Tuesdays - Festive Disco, St Vincents Centre - Kim

15th - Christmas card making at Dewsbury Road Hub - Arlie

15th - End of year celebration Curry Club - Shuria

18th - Woodland wreath making at Temple Newsam - Arlie

18th - Festive sing in the park, East End Park - Kim

20th - Knitting Group, End of Year celebration - Shuria

21st - Winter Wellness Wake-up, online - Kim

22nd - Christmas card making at Beeston Community Hub - Arlie

30th - Disco Tuesdays - Pre New Year Disco, Online - Kim

Your Space

Contact our team to book:

Arlie: 07435914350 / arlieh@touchstonesupport.org.uk
Chaitan: 07787390563 / chaitanp@touchstonesupport.org.uk
Shuria: 07585964784 / shuriaa@touchstonesupport.org.uk
Kim: 07341547493 / kimg@touchstonesupport.org.uk

Lotus

Asylum Seekers Peer Support

The group meets at the Skyline office every 2 weeks

2.30-4pm

11th October

25th October

8th November

22nd November

6th December

20th December

Contact Andi 0113 244 9767

andi@thebha.org.uk

Gallery House 131 The Headrow LS1 5RD

BHA Leeds Skyline

for equality in health and social care

Live Well Leeds

www.livewellleeds.org.uk
info@livewellleeds.org.uk
0113 219 2727
@LiveWellLeeds

Leeds City Council

NHS Leeds Clinical Commissioning Group

Nawaz
RESTAURANT

CROSSGATES

NO ONE EATS ALONE ON
CHRISTMAS DAY

WE ARE HERE WITH YOU

FREE 3 COURSE MEAL FOR THE HOMELESS AND ELDERLY FROM

1:00pm - 3:00pm

0113 228 6699

COLLECTION ONLY

Men's Out & About Group

Get out of your normal area and explore the local countryside & industrial heritage of Yorkshire.

1-4pm Wednesdays

Get in touch if you want to get involved

Joe - 07741 328786

joek@touchstonesupport.org.uk

Mentally Healthy Leeds

Let's connect and feel good

Follow Us @MHealthyLeeds

Contact Us

0113 248 4880

mhl@touchstonesupport.org.uk

TOUCHSTONE

Touchstone's Winter Wellbeing

BRADFORD

CRISIS HELPLINE IN BRADFORD

If you need urgent mental health support and live in the Bradford district or Craven, call First Response on 0800 952 1181 now.

Our evening crisis service, The Sanctuary, is currently provided by telephone and limited sessions in person, because of restrictions arising from the coronavirus outbreak. We can still help and support you. Referral is through First Response on 0800 952 1181.

What is The Sanctuary?

Sanctuary is a crisis service, which provides a calm, non-clinical, safe space for anyone aged 16+ experiencing mental health distress. It is often used as an alternative to going to hospital.

Our award-winning service is open 365 days a year from 6pm–1am.

Who is it for?

The Sanctuary supports people in a mental health crisis. Our team are warm and welcoming and listen with empathy and respect. We offer effective emotional support, helping individuals to better manage their crisis.

People who attend could be experiencing severe anxiety or panic attacks, having suicidal thoughts, be intensely depressed or may be disassociating. Other examples are people hearing voices and those experiencing Post Traumatic Stress Disorder. Many will feel overwhelmed and unable to cope.

How to access The Sanctuary

To access Sanctuary, you or someone acting on your behalf must initially call First Response on 0800 952 1181. First Response will then decide which is the best service for your needs. They may determine that a referral to Sanctuary is the most appropriate course of action.

We can arrange a taxi for you to and from the Sanctuary if needed. When you arrive, you will be met at the door by our welcoming team, you will be offered a warm drink and will sit in a quiet room with a member of the team. You can bring a visitor along with you if you choose but they would need to remain in our waiting area while you have your 1:1 session. Sessions usually last for an hour. The Sanctuary service is run at our headquarters at Kenburgh House, Manor Row, Bradford BD1 4QU.

https://www.mindinbradford.org.uk/support-for-you/the-sanctuary/

Guide-Line 08001 884 884

What is Guide-Line?

Guide-Line is a confidential telephone helpline which provides mental health support and information, including about other services. You can use the service by calling 08001 884 884 between 12pm (midday) and 12am (midnight).

You can also speak to the Guide-Line team online via live chat. Chat with us online between 3pm and 8pm every day of the year.

CHAT WITH US ONLINE

Who is it for?

Anyone of any age, who lives in Bradford, Airedale, Wharfedale or Craven and feels in need of support. It is not a counselling or therapy service but speaking to one of our workers could help you stay well, build resilience and find out what support is available locally. You do not need a formal diagnosis to access Guide-Line and you can call or chat on someone else's behalf or if you are worried about a friend or family member. All calls and chats are confidential unless we feel there is an immediate risk to you or someone else. You cannot always speak to the same worker each time you get in touch.

How to access Guide-Line

To speak to a Guide-Line worker, call 08001 884 884. The service is available from 12pm-12am, 7 days a week, 365 days a year (including bank holidays). New callers are asked for basic details and brief notes are recorded to ensure your wellbeing and safety. All data is stored securely in our electronic recording system in line with GDPR regulations (see our Privacy Policy. Calls normally last for no more than 30 minutes.

Alternatively, talk online with a Guide-Line worker via the Guide-Line live chat. The service is available from 3pm-8pm, 7 days a week, 365 days a year (including bank holidays).

We currently offer support in English, Arabic, Hindu, Punjabi and Urdu.

https://www.mindinbradford.org.uk/support-for-you/guide-line/

The Haven service offers mental health crisis support to people of all ages living in Bradford, Airedale, Wharfedale or Craven, alongside the Sanctuary, a night-time mental health service, based at Mind in Bradford. A referral to Haven can be made by contacting the First Response service on 01274 221 181.

Based at The Cellar Trust in Shipley, Haven is open seven days a week, 365 days a year, from 10 am to 6 pm and offers a non-clinical environment for people experiencing a mental health crisis as an alternative to the A&E department.

Haven is a partnership staffed by Bradford District Care NHS Foundation Trust, The Cellar Trust and Bradford Metropolitan District Council. Haven supports people and where appropriate their families/carers to do an initial assessment of their needs. Trained specialists are on hand to work together with the individual to de-escalate the person's level of mental distress, discuss what is going on for them, and work with them to plan what they need to do to stay well. A wellness plan will also be developed; further support from an outreach worker will also be made available following a person's visit to Haven if appropriate.

Haven is manned by staff and also volunteers that have personal experience of mental health issues. As well as signposting people to services, Haven offers peer support groups, mindfulness and relaxation sessions as well as access to a range of therapies and social care services.

Contact

Telephone: 01274 221 181

Who is this service for?

This service is for people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis.

https://www.bdct.nhs.uk/services/haven/

Food banks

Wellsprings Together:

Meal Provision in Bradford – no referrals required Wellsprings Together with the support of City of Bradford MDC have produced this resource which provides details of where food is served free or on a pay–as–you–feel basis across Bradford without a referral needed. This information can be shared with members of the public. This resource will be updated and is available online at https://wellspringstogether.org.uk/resources/crisis–food–provision

Holiday Activities and Food (HAF) Programme Christmas of Fun 2021

This Christmas, children and young people across Bradford District who are on free school meals are getting the chance to access free holiday club places through our #HAF2021 programme.

This opportunity is provided as part of the government's Holiday Activities and Food (HAF) programme. The free places are funded by the Department for Education (DfE).

The scheme provides enjoyable activities and nutritious meals for primary and secondary school–aged children who are eligible for benefits–related free school meals. It includes specific provisions available for children with SEND or additional needs.

Bradford Council will be working with local schools, voluntary and community organisations to deliver these clubs.

https://bradford.gov.uk/benefits/applying–for–benefits/free–school–meals/

Bradford City Council info

Household costs through winter

Winter is likely to be a difficult time for many residents in our district due to the increased cost of fuel and food, the continued financial impacts of the Covid-19 pandemic and the removal of the Universal Credit uplift. Bradford Council has been allocated funding from the Government's Household Support Fund to help residents who would otherwise struggle to buy food, keep their home warm, pay essential utility bills or meet other essential living costs this winter.

On this page:

- Household Support Fund
- Other advice and support if you are struggling financially this winter

Household Support Fund

We have chosen to spend the money in the following ways:

- Supporting low income households with the cost of energy bills
- Helping families with food via schools
- Tackling holiday hunger
- Supporting foodbanks
- Helping low income households buy essential household items
- Helping carers
- Supporting care leavers

Supporting low income households with the cost of energy bills

Households in receipt of Council Tax Reduction will get £50 to help with their energy bills which may be higher in the Winter.

The money will be paid direct to customers in two payments. A payment of £25 will be made in early December 2021 and another payment of £25 in February 2022.

You do not need to apply for this help. It will be sent automatically to households that qualify.

If you get Council Tax Reduction you will receive a payment from us by 10 December. Please do not contact us with any queries before then.

Helping families with food via schools

Schools have been allocated money to use to help families that are struggling with the cost of food.

All schools will get an amount proportionate to the size of the school, the number of pupils on free school meals, the pupil premium and deprivation levels in the community.

Each school decides how to use the money to best help their families. Examples may include issuing supermarket food vouchers or food hampers etc.
Please contact your child's school for more information.

Tackling holiday hunger

We are funding Voluntary and Community Sector (VCS) organisations to support vulnerable and disadvantaged families with food over the Christmas school holiday and February half-term school break.

Organisations will provide healthy food hampers to families during the school holiday. Each hamper will provide family meals for one week. Recipes will also be included. A mixture of collection and direct delivery will be used.

VCS organisations will be working with their communities and current databases to identify families needing support.

Supporting foodbanks

We are providing extra funding to increase the supply of food to local foodbanks so they can continue to provide food parcels and support to people on a very low-income and to vulnerable people from diverse communities across the district.

Anyone in need of emergency food or low cost food now should look at the Bradford Foodbanks website for information on what is available in your area. Some foodbanks allow you to refer yourself, others require a referral from an organisation that is helping you already, or from your GP or a school. The website also has information about how to join or be referred to a low-cost food pantry or social supermarket which open at set times each week for members.

Helping low income households buy essential household items

Low-income households who need essential items such as beds, electric cookers, fridges, freezers, microwaves and washing machines can apply for these items through our local providers. Please note that some of these will be good quality second-hand items.

Learn more and apply now.

Helping carers

We are working with Carers' Resource to make food available to carers in the most need.

Supporting care leavers

We will provide food support to care leavers identified as in the most need.

Other advice and support if you are struggling financially this winter

Water

If you are struggling to pay your water bill, Yorkshire Water has support schemes to help. Call them on 0345 1 299 299 or visit the help section of their website.

Energy

If you are finding it hard to pay your fuel bills, contact your supplier and they may be able to help.

If you are on a pre-payment meter and struggling to top-up, you may be able to get an emergency fuel voucher. Contact your supplier and see what they can do.

Warm Homes Healthy People offers free independent energy advice for people in the Bradford District. If you or someone else also needs help with saving energy, using heating controls, winter warmth packs, emergency heating, help with energy suppliers, grant applications, energy and water saving devices see the Warm Homes Healthy People website for details or call Freephone 0808 1683547.

Warm Home Discount is a one-off payment of £140 applied directly to the electricity bills of eligible customers. See the government's Warm Home Discount guidance to find out if you qualify.

Winter Fuel Payment is an annual tax-free payment to help with heating costs for households with someone over Pension Credit age. See the government's Winter Fuel Payment guidance to see if you qualify.

Cold Weather Payment – this is £25 a week for each 7-day period of very cold weather over winter. You may get a Cold Weather Payment if you're getting certain benefits or Support for Mortgage Interest. See the government's Cold Weather Payment guidance to see if you qualify.

Citizens Advice can help with registering on the Priority Services Register to get support with emergencies or paying bills, referring you to energy efficiency projects such as Warm Homes Healthy People, supporting applications for fuel energy grants and give advice on switching energy suppliers. Find more details on the Citizens Advice website or call 0808 278 7828.

Ask Bill is a free and impartial information source for people struggling with bills and money. It has helpful information on water and energy bills, debt and money advice plus home efficiency tips. Visit the AskBill website to learn more.

Debt problems

If you're finding bills hard to juggle or have debt you need to tackle, support and advice is available to work towards making your finances better. Here are some websites that can provide debt advice, ways to help and contacts to sort financial problems.

- **The Money Advice Service has help and information.**
- **Step change provide free confidential debt advice.**
- **Citizens Advice can help with debts and money advice.**
- **Bradford District Credit Union offers financial advice, savings accounts and loans.**

My Plan Bradford

TOUCHSTONE

West Yorkshire and Harrogate Health & Care Partnership

leeds hospitals charity

NHS CHARITIES TOGETHER

The My Plan Perinatal Service is funded with a grant from NHS Charities Together, the national charity partner of the NHS.

We help Women in Bradford who are suffering with perinatal mental health issues as a result of a recent pregnancy or as a result of existing problems that might get worse with an upcoming pregnancy.

We provide specialist support to women living in Bradford experiencing low to moderate perinatal mental health issues, focusing on improving wellbeing and mental health.

WHAT SUPPORT IS AVAILABLE TO ME?

You will be allocated a friendly Mental Health Worker who will offer one to one support sessions, helping you create a personalised MyPlan to promote and manage wellness during this time.

They can come to your home, meet you in a place of your choice, such as a café or park, or arrange to meet you in our offices. Just let us know what would work best for you.

There will also be an option to get involved with Get Out More and take part in group activities which have a focus on making social connections and enjoying the benefits of nature in the local area.

We can also connect you with a range of services that provide support for:

- Children with Special Education Needs
- Domestic Abuse
- Parenting
- Benefits and debt

To get in touch and make a referral:
Email - myplan@touchstonesupport.org.uk
Phone - Project Manager Katie Hammond 07341866839

HOW TO ACCESS THIS SUPPORT:

If you are suffering with perinatal mental health issues, or if you know somebody you think would benefit, please get in touch at the details opposite.
To be receive support, people must:

- Live in Bradford
- Be of 18 years or over
- Be experiencing perinatal mental health issues as a result of an existing or planned pregnancy or be within a year of being pregnant.
- YOU DO NOT need a formal diagnosis or referral from a GP

We are particularly interested to hear from you if you have been supporting someone as a volunteer or peer supporter but feel they would benefit from more specialist help.

Meal Provision in Bradford – no referrals required

Wellsprings Together with the support of City of Bradford MDC have produced this resource which provides details of where food is served free or on a pay-as-you-feel basis across Bradford without a referral needed. This information can be shared with members of the public. This resource will be updated and is available online at https://wellspringstogether.org.uk/resources/crisis-food-provision

UPDATED DECEMBER 2021

Monday

The Gateway Centre Pay-What-You-Can Café
9.15-11.15: Full breakfast £3.50
12.00-1.00pm: Café – eat in or takeaway. £1 adult / 50p child
Gateway Centre, 45 Thackeray Road, Ravenscliffe, Bradford BD10 0JR
Please pre-order 01274 636602

The Immanuel Project
11.00am-12.00pm
29-31 Westgate BD1 2QT
Operating as a takeout service

Open Doors (Saint Pio Friary)
11.00am-1.00pm: Sandwiches, tea and coffee
Saint Pio Friary, 1 Sedgfield Terrace, Westgate, Bradford BD1 2RU
Operating as a takeout service

Salvation Army Day Shelter
8.45-9.30am: Breakfast, 12.15-1.00pm: Lunch
Salvation Army Day Shelter, 371 Leeds Road, Bradford BD3 9NG
Operating as normal

Monday Munch Homeless Support Bradford
6.30-8.00pm: Hot meal and drinks
33 Manor Row, Bradford BD1 4PS
Operating as a takeout service

Tuesday

Salvation Army Day Shelter
8.45-9.30am: Breakfast, 12.15-1.00pm: Lunch
Salvation Army Day Shelter, 371 Leeds Road, Bradford BD3 9NG
Operating as normal

Open Doors (Saint Pio Friary)
11.00am-1.00pm: Soup Kitchen
Saint Pio Friary, 1 Sedgfield Terrace, Westgate, Bradford BD1 2RU
Operating as a takeout service

Fountains Church
12.30-1.30pm: PAYF hot meal. Fresh fruit & veg stall available.
Outside Fountains Church, Glydegate, Bradford BD5 0BQ
Operating as a takeout service

The Gateway Centre Pay-What-You-Can Café
9.15-11.15: Full breakfast £3.50
12.00-1.00pm: Café – eat in or takeaway. £1 adult / 50p child
3.00-3.30pm: Takeaway tea. £1 adult / 50p child
Gateway Centre, 45 Thackeray Road, Ravenscliffe, Bradford BD10 0JR
Please pre-order 01274 636602

Wednesday

Salvation Army Day Shelter
8.45-9.30am: Breakfast, 12.15-1.00pm: Lunch
Salvation Army Day Shelter, 371 Leeds Road, Bradford BD3 9NG
Operating as normal

The Gateway Centre Pay-What-You-Can Café
9.15-11.15: Full breakfast £3.50
12.00-1.00pm: Café – eat in or takeaway. £1 adult / 50p child
3.00-3.30pm: Takeaway tea. £1 adult / 50p child
Gateway Centre, 45 Thackeray Road, Ravenscliffe, Bradford BD10 0JR
Please pre-order 01274 636602

The Immanuel Project
11.00am-12.00pm
29-31 Westgate BD1 2QT
Operating as a takeout service

Wednesday - continued

St John's Bowling Hub – Pete's Place Drop-in
11.00am-1.00pm: Hot drinks, toast and biscuits followed by a light meal
St John's Bowling Hub (Church Hall), Neville Road, Bradford BD4 8TU
Operating as normal

Feed the Hungry Drop-In
6.00-8.00pm: Hot meal, hot drinks
Light of the World Community Centre, Gaythorne Rd, Bradford BD5 7ES
Operating as normal

Homeless not Hopeless
7.00pm onwards: Hot meal
Forster Square Arches, Bradford BD1
Operating a takeout service

Thursday

Salvation Army Day Shelter
8.45-9.30am: Breakfast, 12.15-1.00pm: Lunch
Salvation Army Day Shelter, 371 Leeds Road, Bradford BD3 9NG
Operating as normal

Open Doors (Saint Pio Friary)
11.00am-1.00pm: Soup Kitchen
Saint Pio Friary, 1 Sedgfield Terrace, Westgate, Bradford BD1 2RU
Operating as a takeout service

Fountains Church
12.30-1.30pm: PAYF hot meal. Fresh fruit & veg stall available.
Outside Fountains Church, Glydegate, Bradford BD5 0BQ
Sit-in meal

The Gateway Centre Pay-What-You-Can Café
9.15-11.15: Full breakfast £3.50
12.00-1.00pm: Café – eat in or takeaway. £1 adult / 50p child
3.00-3.30pm: Takeaway tea. £1 adult / 50p child
Gateway Centre, 45 Thackeray Road, Ravenscliffe, Bradford BD10 0JR
Please pre-order 01274 636602

Curry Circle
4.00-6.30pm: Hot meal, dessert, hot and cold drinks
Manningham Library, Carlisle Road, Bradford BD8 8BB
Operating as a takeout service

Friday

Salvation Army Day Shelter
8.45-9.30am: Breakfast, 12.15-1.00pm: Lunch
Salvation Army Day Shelter, 371 Leeds Road, Bradford BD3 9NG
Operating as normal

St. Paul's Church Drop-In Café
12.30-2.00pm: Café food
St Paul's Church, Church Street, Manningham, Bradford BD8 7LS
Operating as normal

The Gateway Centre Pay-What-You-Can Café
12.00-1.00pm: Seniors' Lunch – over 55s only. £5 for entertainment, hot meal, pudding.
Gateway Centre, 45 Thackeray Road, Ravenscliffe, Bradford BD10 0JR

Midland Langar Seva Society (MLSS)
6.00-7.00pm: Hot and cold food, snack bags
Outside, between Centenary Square and Sunbridge Wells, Bradford BD1 1SD
Operating as normal

The Bradford Soup Run
7.30pm onwards: Stew, soup and rolls, biscuits, fresh fruit, fruit juice, tea & coffee.
58-60 Nelson Street, opposite police station, Bradford BD5 0DZ
Operating as normal

Saturday

Bradford Curry Project
5.00-6.00pm: Hot meal
Bradford Deaf Centre, 25 Hallfield Road, Bradford BD1 3RP
Operating as a takeout service

Fountains Church
5.30-6.30pm: PAYF hot meal. Fresh fruit & veg stall available.
Outside Fountains Church, Glydegate, Bradford BD5 0BQ
Sit-in meal

Sunday

Fountains Church
5.30-6.30pm: PAYF hot meal. Fresh fruit & veg stall available.
Outside Fountains Church, Glydegate, Bradford BD5 0BQ
Sit-in meal

Sunday - continued

JKN Outreach

4.00-5.30pm: Warm meals & drinks, snacks & fresh fruit, plus clothing bank
15-17 Spring Gardens, Bradford BD1 3EJ
Operating as a takeout service

Homeless not Hopeless

(1st and 3rd Sunday of the month) 7.00pm onwards: Hot meal
Forster Square Arches, Bradford BD1
Operating a takeout service

For more information or to update or edit an entry contact team@wellspringstogether.org.uk

Touchstone's Winter Wellbeing

WAKEFIELD

Wakefield Safe Space

Wakefield Safe Space is open 6 evenings a week Thursday – Tuesday at the Art House, Drury Lane, Wakefield WF1 2TE.

BACKGROUND TO SERVICE

Touchstone, Spectrum People and Gasped have been awarded NHS funding to run a crisis service in the early evening and at night. The aim is to support individuals experiencing, or are at risk of experiencing, a mental health crisis; and might otherwise seek help from Accident and Emergency (A&E) and other crisis services in the Wakefield District. It offers a listening space which is person-centred and non-clinical for up to 12 individuals per evening.

TYPES OF SUPPORT AVAILABLE:

- Zoom
- Telephone
- Face-to-Face
- Social Space

Our Social Space offers a range of activities including arts and crafts, and table-top games; or just to sit and have a cup of tea, coffee, or juice.

REFERRAL

Individuals can self-refer to the service or be referred by a professional. Referrals are made by contacting the referral line between 6:00pm and Midnight (Monday to Sunday, excluding Wednesdays)

CONTACT INFORMATION

Phone: 07776962815
Facebook: Wakefield Safe Space
Twitter: @WakefieldSafe

For more information about our social space activities please check our social media pages.

THE SERVICE WILL BE OPEN THE FOLLOWING DAYS, 6PM – 12AM OVER THE CHRISTMAS AND NEW YEAR PERIOD (excluding Wednesdays):

Thursday 23rd December
Christmas Eve – Friday 24th December
Christmas Day – Saturday 25th December
Boxing Day – Sunday 26th December
Bank Holiday - Monday 27th December
Bank Holiday – Tuesday 28th December
Wednesday 29th December - CLOSED
Thursday 30th December
New Year's Eve – Friday 31st December
New Year's Day – Saturday 1st January

Wakefield Inspiring Recovery

Coping with Cravings and Triggers at Christmas

Recognising triggers

Acting to avoid triggers

Put plans in place when craving

People to contact and spend time with

@ Socialicious 1A Westmorland Street

Thursday 16th December 2021

From 13:30-14:30

Contact: 0300 123 1912 option 3,then 4

Speak *to* Get Connected Worker Pat for more information

Everyone is welcome

Christmas Day lunches for those alone or in need

Event/activity	Christmas Day Lunch
When will it be held	25 December 2021
Where will it be held	The Spring Community Café/Shop Barnsley Rd Sandal Wakefield WF2 6EG
Who is organising	St Helen's Church
Who can attend	Single people/couples feeling isolated with nowhere to go for Christmas
Contact for details	Mark Buckley 01924 256966
Is booking required?	Yes - booking is essential
Is there a cost	No but donations are welcome

Event/activity	Christmas Day Lunch
When will it be held	25 December 2021 12.30pm
Where will it be held	New Spring Church, Illingworth Street, Ossett, WF5 8AL
Who is organising	John Ledgeway
Who can attend	Anybody (up to 30)
Contact for details	John Ledgeway – hello@newspringchurch.net / 07875313029
Is booking required?	Yes
Is there a cost	No

Touchstone's Winter Wellbeing

KIRKLEES

WELL-BEAN Cafe KIRKLEES

The Well-bean Crisis Café provides a safe space for Kirklees residents who are experiencing crisis and aims to prevent avoidable attendances at A&E.

The cafe offers a warm person-centred approach to crisis support and is available every night from 6pm-midnight.

One-to-one support, a safe social space, hot drinks, and homemade food are available.

Professional referrals can also be submitted during office hours on the day the support is needed, using the professional referral form. This can be requested via email.

For telephone referrals please ring:
07741 900395 Friday-Monday
07867 028755 Tuesday-Thursday

3A Union Bank Yard,
New Street, Huddersfield, HD1 2BP

COME AND JOIN US!

WARMER WINTER DROP-IN

Drop-in for a free cup of tea and a chat about how to keep yourself well and your home warm over winter

We are: Kirklees Libraries.

SBR CREATE SPACE
Promoting Positive Mental Health

DEWSBURY: YOUR HEALTH IN MIND

GREEN DOCTOR

THURSDAYS • 1.30PM - 4.00PM
GREENWOOD CENTRE • RAVENSTHORPE

UNIFORM EXCHANGE

KIRKLEES.GOV.UK/WARMERHOMES

Kirklees Wellness Service

community plus
A good life starts with you

Homes & Neighbourhoods
Money Advice team

The Welcome Centre – Foodbank (Kirklees)

We'll be open 10.15 - 1.15 Monday to Friday, up to and including Christmas Eve and will reopen on Wednesday 29th December. We are closed on all Bank Holidays.

Access to the Foodbank is by referral from:

- If you already receive support from a service or professional, you can ask them to make a referral for you. This could be your GP, social worker, community psychiatric nurse or an agency such as housing services, Lifeline or Connexions.
- You can telephone Kirklees Local Welfare Provision Team (LWP) on 01484 414782. If you don't have a phone to call LWP, there's a free phone at the Customer Services reception, Civic Centre III, High Street, Huddersfield.
- You can telephone Kirklees Citizens Advice & Law Centre between 9:30 am and 4 pm Monday to Friday on 03448487970 and they can refer you.
- You can telephone Huddersfield Mission between 09:30 am and 12:30 pm Monday to Friday on 01484 421461 and they can refer you.
- You can contact DASH (Supporting refugees and asylum seekers) on 07702 382647 or 07926 457599 Monday, Tuesday, Thursday and Friday and they can refer you.

Kirklees Council

Kirklees Direct opening times		
Dates	**Opening times**	**Notes**
22nd and 23rd	Open as usual	None
24th	8am to 4pm	• Recovery: close at 12pm • Business rates: closed • Benefits: close at 12pm • New Claims Team: close at 12pm • Council tax: close at 12pm • Blue Badges: close at 12pm • School bus passes: close at 12pm • Free school meals: close at 12pm • Registrars: close at 12pm
25th to 28th	Closed	None
29th and 30th	8am to 5pm	• Recovery: closed • Business rates: closed • Benefits: closed • New claims team: closed • Council tax: closed • Blue Badges: closed • School bus passes: closed

Kirklees Direct opening times		
Dates	**Opening times**	**Notes**
		• Free school meals: closed • Town hall tickets: closed • Trees: closed • Planning: open for enforcement only
31st	8am to 4pm	• Recovery: closed • Business rates: closed • Benefits: closed • New claims team: closed • Council tax: closed • Blue Badges: closed • School bus passes: closed • Free school meals: closed • Registrars: close at 12pm • Town hall tickets: closed • Trees: closed • Planning: open for enforcement only

https://www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/

Zendoodles

Monday 10 January 2022 at 1pm - 2.30pm

Blended Learning

Stillness – Nature is a Teacher

Tuesday 11 January 2022 at 1pm - 2.30pm

Greenhead Park – Band Stand

Women Get Moving!

Tuesday 11 January 2022 at 1.15pm - 2.30pm

Tuesday 18 January 2022 at 1.15pm - 2.30pm

Tuesday 25 January 2022 at 1.15pm - 2.30pm

Kirklees Recovery College

The Golden Age of Hollywood: The Studios!

Wednesday 12 January 2022 at 1.30pm-3.30pm

Kirklees Recovery College

Being Heard: a course for carers

Wednesday 12 January 2022 at 1030am -12.30pm

Kirklees Recovery College

Introduction to Textiles

Thursday 13 January 2022 at 1pm - 3pm

Kirklees Recovery College

COMING SOON Autism Awareness

Monday 17 January 2022 at 1pm - 3pm

Kirklees Recovery College

Splash of Colour!

Wednesday 19 January 2022 at 1pm - 3pm

Online

Steps to Success

Tuesday 25 January 2022 at 10am - 12.30pm

Kirklees Recovery College

Quiet The Mind: The Practice of Meditation

Tuesday 1 February 2022 at 1.30pm to 3pm

Kirklees Recovery College

Splash of Colour!

Wednesday 9 February 2022 at 1pm - 3pm

Kirklees Recovery College

Going Green

Monday 28 February 2022 at 1pm - 3pm

Kirklees Recovery College

MAJLIS
KHUDDAMUL AHMADIYYA
UNITED KINGDOM

AMYA Yorkshire

HOMELESS FOOD DRIVE

MARKET PLACE HUDDERSFIELD

SATURDAY 25th DECMBER 2021

12pm - 3pm

For more inforamation please contact

Nida Ul Haq - 07708 518788 | Saad Tahir - 07828 030051

Touchstone's Winter Wellbeing

CALDERDALE

Festive Kids Activities!

healthy minds
Calderdale Wellbeing

Find your thing this festive season at our fun-packed FREE activities with Time Out

Monday 20th December

11.00am - 12.00pm: **Creative Card Making** with Alex
12.00pm: **FREE Lunch,** provided by Project Challenge
1.00pm - 3.30pm: **Potions & Magical Gift Making,** with Kate

Tuesday 21st December 2021

9.30 - 10.30am: **Christmas and Chill Yoga** with Kate
10.45 - 12pm: **Christmas Film Screening: Tim Burton's Nightmare before Christmas**
12pm: **Christmas Lunch,** provided by Project Challenge
1 - 4pm: **Nightmare Before Christmas Party with the Time Out team,**
Ugly Christmas jumpers, crazy games, nightmare karaoke, santa and festive open mic.

TIME OUT
FIND YOUR THING

To book, scan the QR code for the booking link,
or email us at: **timeout@healthymindscalderdale.co.uk**

Find booking information for individual events here:
www.timeoutcalderdale.co.uk/timetable

Safespace

healthy minds
Calderdale Wellbeing

Out-of-hours support for adults in distress

SafeSpace offers emotional support for people in distress every evening 6.30 - 10.30pm. Service available to any adult across Calderdale.

If you are in distress, you can call: 01422 345154 or text: 07388 990227 or message us on Facebook: @SafespaceCalderdale

You will be offered a call back or online support to help you with your feelings of distress

A SafeSpace team member will take your details and book you in the same evening

If your call isn't answered immediately - we will call you back. Expect a call back soon from an unfamiliar or withheld number.

- For people in fear of crisis and people who are experiencing distress
- A place where you will be signposted to other services if required and follow up work will be completed by a member of staff
- A place where you will be listened to and support offered

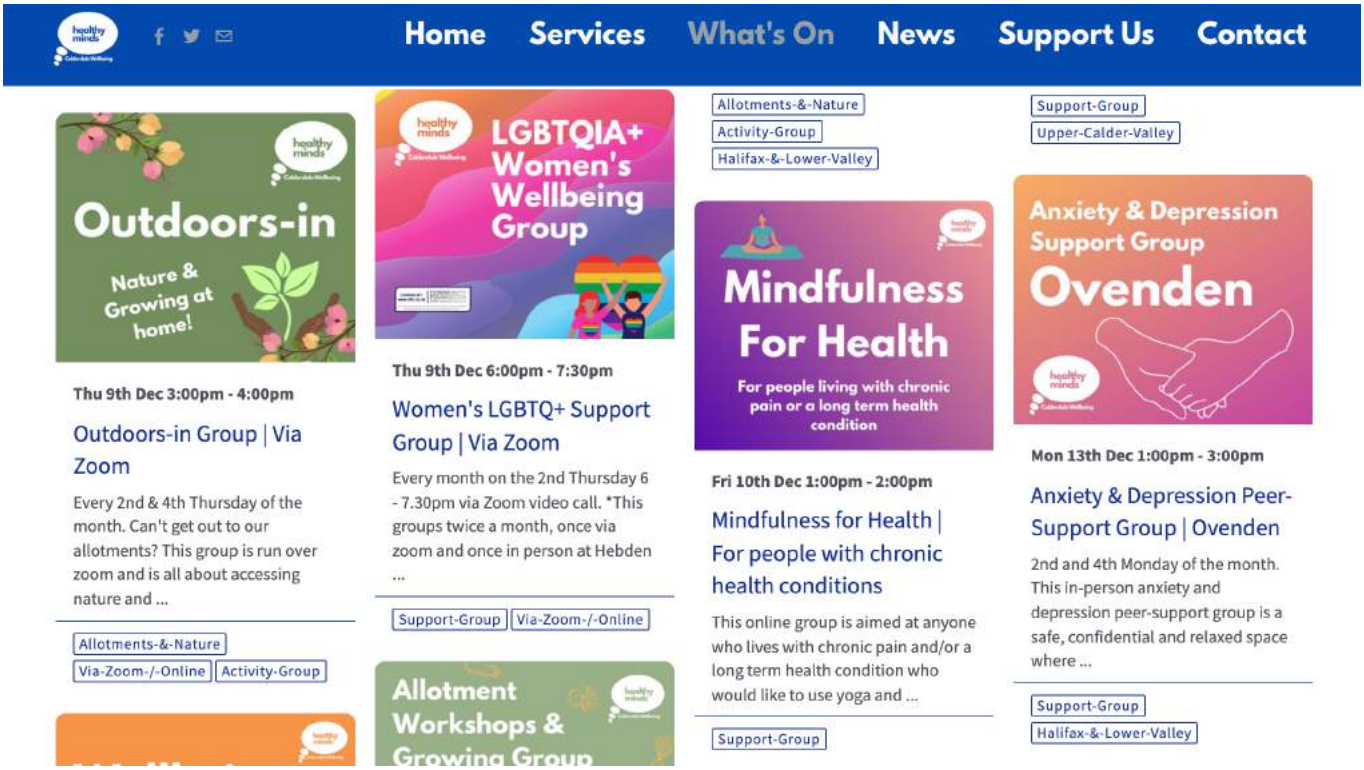
SafeSpace is not a counselling service or a replacement for another service. We cannot offer mental health assessments.

Safespace might not be for you, contact Healthy Minds on **01422 345154** or email **info@healthymindscalderdale.co.uk** for a general chat about how we can help, or to be signposted to any of our services.

NHS
Calderdale
Clinical Commissioning Group

@SafespaceCalderdale

www.healthymindscalderdale.co.uk



Healthyminds in Calderdale have a number of activities on over the holiday period. Follow the link to find out more – https://www.healthymindscalderdale.co.uk/whats-on.html

Touchstone's Winter Wellbeing

WEST YORKSHIRE

Healthy Connections

Touchstone's new and exciting project is called Healthy Connections. We will be loaning tablets, loaded with 40GB of data, to Service Users of VCSE organisations over West Yorkshire.

The tablet lending scheme is the critical component of the Healthy Connections project to communicate vital Covid-19 guidance and vaccination messaging and bridge the digital skills and access gap by providing tablets for a period of up to 3 months for those who would not otherwise have access to equipment or the internet.

This is thanks to the generosity of Near Neighbour's funding, which granted Touchstone £25,000 to provide new tablets to combat digital exclusion across the West Yorkshire region.

Near Neighbours collaborates with a variety of local and national partners who offer their knowledge as well as training, resources, and events to the initiative. Their work focuses on building the networks and capabilities of local communities and organisations via long-term initiatives that will have a lasting impact.

If you think your organisation and Service Users would benefit from our project, please get in touch ASAP via;

Email: aimeeg@touchstonesupport.org.uk
Telephone: 07917664151

NEAR NEIGHBOURS

COMMUNITY FUND

European Union
European Social Fund

Stronger Families is part of the Building Better Opportunities programme, and is funded by the European Social Fund and The National Lottery Community Fund.

EMPLOYMENT SUPPORT AS UNIQUE AS YOU ARE

The Stronger Families Programme is delivered by experienced organisations in your community.

How can I get this support?
To be eligible you must have at least one dependent child (who does not have to live in the same household), have the right to work in the UK and not be in work.
Childcare and travel expenses are available to help you access the support.

You will have a worker who can SUPPORT YOU

The Programme includes...

Health & Well-being Support:

- Confidence building
- Building and maintaining social relationships
- Mindfulness sessions
- Leading a healthy lifestyle
- General health and well-being support
- Signposting to parenting support
- Signposting and referrals to support groups and activities

Employability & Skills Building:

- Volunteering opportunities and job search
- Information, advice and guidance
- Education and training opportunities
- Provide job application support
- Training opportunities including; literacy and numeracy, ESOL & IT
- In work communication and skills building
- Digital inclusion (e.g. IT skills, job searches)

Financial Inclusion Support:

- Debt advice and support
- Financial planning and budgeting (linking with healthy lifestyle sessions e.g. cooking on a budget).
- Signposting and advice on benefits and housing

CONTACT US

LEEDS

Hub Manager: Sharon Kumar
T 0113 386 9900
E strongerfamilies@barca-leeds.org
W www.barca-leeds.org/service/strongerfamilies
M 07594 088 051 / 07857 625 445

BRADFORD

Hub Manager: Rebecca Wilkins
T 01274 513 300
E StrongerFamiliesBradford@barnardos.org.uk
W www.barnardos.org.uk/what-we-do/services/bradford-stronger-families
M 07894 708 337

City of Bradford MDC
www.bradford.gov.uk

Leeds CITY COUNCIL

Believe in children Barnardo's

Barca LEEDS

Where can I get support?

First Response

Telephone: 0800 952 1181
Support 24 hours a day, 7 days days a week to help people of all ages living in Bradford, Airedale, Wharfedale and Craven, who are experiencing a mental health crisis.

Samaritans

Telephone: 116 123 (free) or 0330 094 5717
Website: samaritans.org
Offering a free helpline all day, everyday

Papyrus

Telephone: 0800 068 4141
Website: papyrus-uk.org
Papyrus is the Young Suicide prevention society and their phoneline is there to help you.

Childline

Telephone: 0800 1 1 1 1
A freephone service run by trained counsellors who listen and support children and young people under 19.

SANEline

Telephone: 0300 304 7000
SANE offers an out-of-hours helpline offering support and guidance (4:30 to 10:30).

Shout - text line

Text phone: 85258
Website: giveusashout.org
Text "SHOUT" to contact the crisis team, or text "YM" if you are under 19.

A mental health emergency needs to be taken as seriously as a physical one.

If your life or someone else's life is at immediate risk, you need to contact 999.

Department for Work & Pensions

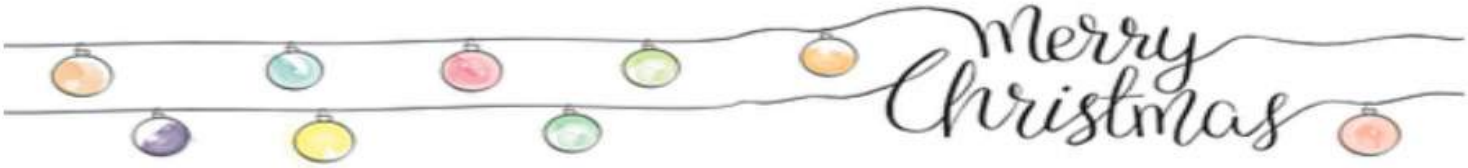
PAYMENT DATES: For England and Wales:

Expected payment Date	Universal credit will be paid on	Other benefits will be paid on
Friday 24 December to Tuesday 28 December	Friday 24 December	Friday 24 December
Wednesday 29 December	Wednesday 29 December	Friday 24 December
Monday 3 January	Friday 31 December	Friday 31 December

OPENING TIMES: In England and Wales:

- **Friday, December 24** - Offices and phone lines are open
- **Monday, December 27** - Offices and phone lines are closed
- **Tuesday, December 28** – Offices and phone lines are closed
- **Wednesday**, **December 29** – Office and phone lines are closed*
- **Thursday, December 30** – Offices and phone lines are open
- **Friday, December 31** – Offices and phone lines are open
- **Monday, January 3** – Offices and phone lines are closed
- **From Tuesday, January 4, 2022** – Offices and phone lines are open

*Phone lines are open for missing or urgent payments. (**29th December only**)



Christmas Dinner on a Budget

You can enjoy a delicious Christmas dinner from our shopping list below. It serves 4 people and comes to **£14.37** which is **£3.60 per person**!

ITEM	PRICE
Aldi Oakhurst Turkey Breast Joint (Frozen) - *With pork, onion & sage stuffing topped with Bacon*	£4.49
Tesco Finest 10 Pigs in Blankets	£2.60
Morrisons Baking Potatoes (4 pack)	£0.39
Morrisons Prepared Carrots & Broccoli (500g)	£1.75
Morrisons Parsnips	£0.55
Morrisons Sprouts (250g)	£1.65
Aldi Beef Dripping Yorkshire Puddings	£1.49
Aldi Bramwells Cranberry Sauce	£0.45
Morrisons Bisto Turkey Gravy Granules	£1.00
Total	£14.37
Per Person - Serves 4	£3.60