

# Touchstone Winter Wellbeing Booklet 2022



**Touchstone**

**Winter**

**Wellbeing**

**Bradford**

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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)

## **Crisis Helpline**

- ? Here to help if you, or someone you're worried about, needs urgent care for a mental health crisis
- ☎ Call **0800 952 1181** (open 24/7)

## **Bradford Safe Space Hub**

- ? Offers same-day 1-to-1 support in person or via phone. Also offers a homely place to stay overnight for those aged 7 to 17.
- ☎ Call First Response on **0800 952 1181** and ask for **Safe Space** (open 365 days a year, 12pm-2.30am)



## Bradford Mind's Safe Spaces Drop In Services

? Drop-in support for when you need non-crisis help.

■ For more information visit:

[www.MindInBradford.org.uk/support-for-you/safe-spaces/drop-ins/](http://www.MindInBradford.org.uk/support-for-you/safe-spaces/drop-ins/)

- Includes the following drop ins for children and young people throughout the holidays at:
  - **Ings School, Skipton** (open 19th, 20th, 21st, 28th, 29th, 30th Dec, 9am-5pm, please email [admin@selfa.org.uk](mailto:admin@selfa.org.uk) or call **01756 533 110** to book an appointment in this time)

## Bradford Mind's Guide-Line

? Provides confidential, emotional support.

☎ Call **08001 884 884**

■ Visit their website for the live chat service:

[www.MindInBradford.org.uk/support-for-you/guide-line/](http://www.MindInBradford.org.uk/support-for-you/guide-line/)  
(open midday to midnight 365 days a year)



# Support with Violence and Abuse

**The Winter holidays can be times where abuse and violence get worse. If you have experiences of abuse and violence, 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](http://www.NationalDAHelpline.org.uk/en/Chat-to-us-online) (open Mon-Fri, 3-10pm)

■ Web Form: [www.NationalDAHelpline.org.uk/en/Contact-us](http://www.NationalDAHelpline.org.uk/en/Contact-us)

## **Bradford Rape Crisis**

? Support for women and girls who have experienced sexual violence at any time in their lives.

☎ Call **01274 308270** (open Mon, 10.00am - 12.30pm; Tues 1pm-3.30pm; Wedns 12.30-3pm (Specialist BME helpline hours) and 5-8pm; Thurs 12.30-3pm (specialist BME helpline hours) and 5-7pm. **Closed 22nd Dec - 4th Jan**)

## **Rape Crisis (England and Wales)**

? Here to talk for all people aged 16+ who have experienced any type of sexual violence - or are not sure what has happened

☎ Call **0808 802 9999** (open 24/7)

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



# Domestic Violence and Abuse Support

## 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](mailto:help@galop.org.uk)
- 💻 Web chat <https://galop.org.uk/> open Wedns and Thurs, 5pm-8pm)

## 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](mailto: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](mailto:support@safeline.org.uk)
- 💻 Online chat: <https://safeline.org.uk/contact/>



# Other Key Support

## Bradford Housing Advice Service

? Support for people who are homeless or at risk of being so.

☎ Call **01274 435999**

☎ For emergency out-of-hours calls, please call **01274 381999**

✉ Please email [HousingOptions@bradford.gov.uk](mailto:HousingOptions@bradford.gov.uk)

📍 Visit their office at **Britannia House, 29 Bridge Street, BD1 1HX** or **Keighley Town Hall, Bow Street, BD21 3PB**

## Support with Benefits

? Support around benefits, debt advice and food

✉ Visit: <https://www.bradford.gov.uk/benefits/general-benefits-information/benefits-and-welfare-advice-and-help/>

☎ Call Council Switchboard: **01274 432111**

## Project 6 - Keighley

? Provide free and confidential support, advice, treatment and info around drugs and alcohol through a range of services

☎ Call **01535 610 180**

✉ Email [info@project6.org.uk](mailto:info@project6.org.uk)

📍 Visit **11-19 Temple Street, Keighley, BD21 2AD** (open Mon-Fri, 9.30am-4.45, apart from Wedns open at 12pm, may change during Winter holidays)



# Other Key Support

## General Cost of Living Support

- ? Booklet with information on how to get support in different areas during the Cost of Living crisis.
- 📄 Visit <https://CostOfLivingBradford.co.uk/>
- 📄 Email [info@cabad.org.uk](mailto:info@cabad.org.uk)

## Support with Buying Furniture and Appliances

- ? Bradford Council offers support with essential items such as beds, cookers, fridges, washing machines etc for low-income households.
- 📄 Apply for support online:  
<https://www.bradford.gov.uk/benefits/applying-for-benefits/assisted-purchase-scheme/>

## New Directions - Change Grow Live - Bradford

- ? Provide 1-to-1 and peer support around drugs and alcohol
- ☎ Call **01274 296023**
- 📄 Email: [Bradford.Info@cgl.org.uk](mailto:Bradford.Info@cgl.org.uk)



# Warm Spaces



**During the Cost of Living crisis, there are lots of free spaces you can keep warm in in Bradford.**

**Find the map here:**

**<https://CostOfLivingBradford.co.uk/warm-spaces-directory/>**

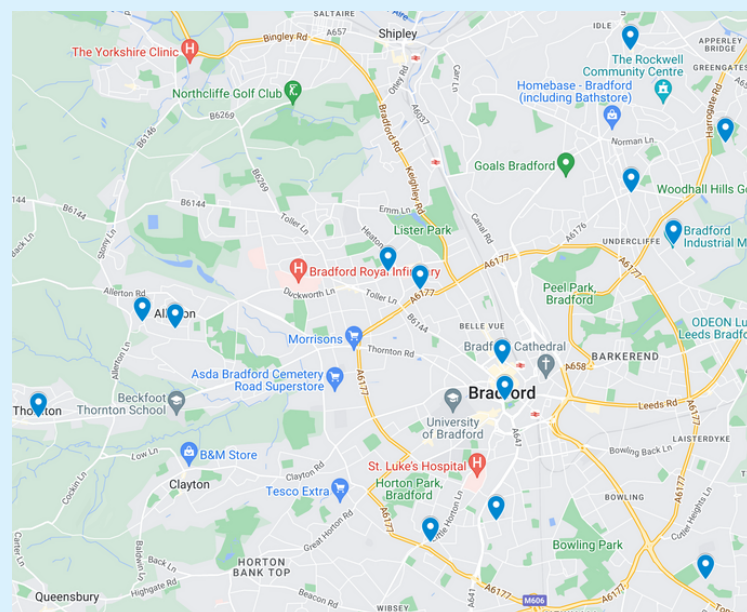
The following places are open most weekdays and some weekend days. There are more places open on selected days. Please check the website above for more info and opening hours.

## **Bradford East**

- Blooming Buds Theatre Company, BD10 8DP
- Eccleshill Library
- Shine, BD5 7BX
- Salvation Army, 63 Knowsley St, BD3 9LN – Bradford Day Centre
- West End Community Centre, Christopher St, Bradford BD5 9DH
- Idle Baptist church, Bradford Road, BD10 9PE

## **Bradford West**

- Equality Together, Manningham Mills Community Centre, BD9 5BD
- Saffron Dean Community Association/Weymouth Centre, BD15 7JJ
- Thornton and Allerton Community Association  
BD13 BLW
- Cafe West Healthy Living Centre  
BD15 7PA
- Bradford Industrial Museum  
BD2 3HP
- Bread and Roses, BD1 3HT
- City Library, BD1 1SD
- Manningham Library BD8 8BB



## Shipley

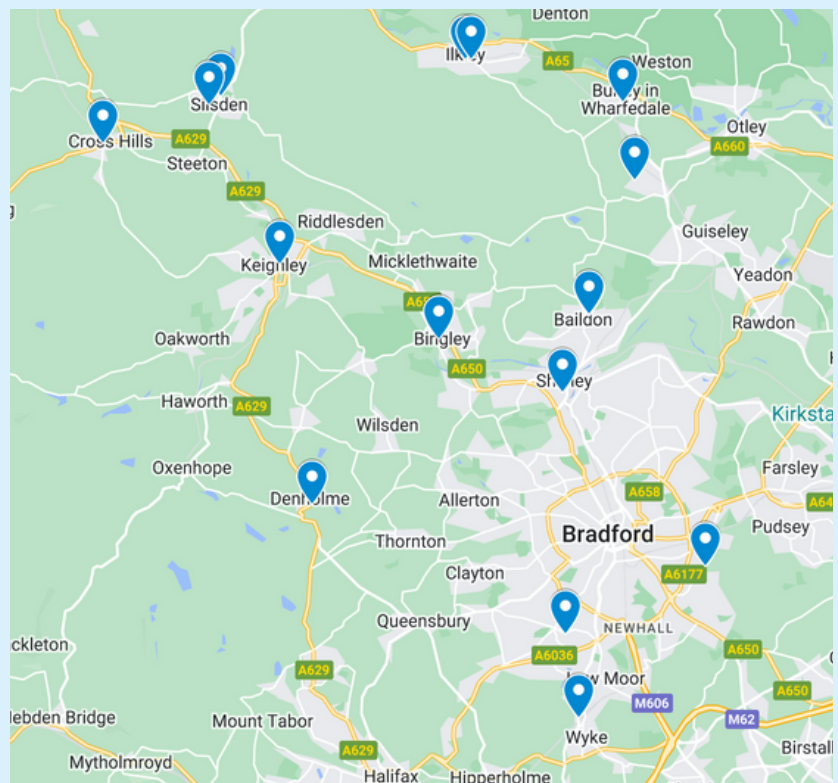
- Baildon Library, BD17 6JX
- Bingley Library, BD16 1AW
- Burley in Wharfedale Community Managed Library, LS29 7HD
- Menston Methodist Church and Cornerstone Café, LS29 6NB
- Denholme Community Centre (Mechanics Institute) BD13 4BL
- Malt Shovel, LS29 6LL
- Shipley Library BD18 3QH

## Keighley

- Churches Together in Ilkley, Ilkley, LS29 9LW
- Ilkley Library LS29 8HA
- Keighley Healthy Living, BD21 2JH
- Silesden Town Hall Library, BD20 0PB
- South Craven Community Library, BD20 8TQ
- The Hive Community Centre, Silesdesn, BD20 0DE

## Bradford South

- Sutton Centre, BD4 8NB
- Wibsey Library BD6 1TR
- Wyke Library BD12 8AL



# 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: <https://www.gov.uk/winter-fuel-payment>

## People sleeping rough in Winter

- In Bradford, there are emergency bed spaces in communal spaces for people sleeping rough on freezing nights between 1 Oct-30 April
- These beds are active when the predicted temperature for the next evening is due to fall to zero or below.
- Referrals to the service are made by going to the **Day Shelter, 371 Leeds Road, Bradford, BD3 9NG** (Mon-Fri, 9-4pm). During the weekend and Bank Holidays, you can reach the shelter by calling **01274 309165** between the same hours. You can also call Bradford Housing Options' out-of-hours number: **01274 435 999**.
- 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: <https://www.StreetLink.org.uk/>

# Other Info on Keeping Warm

## Warm Homes Healthy People Support

? Offers free help and advice on staying warm and saving money on energy bills, debt issues, practical help like repairs, food parcels, Winter warmth packs and emergency heating.

■ Visit [groundwork.org.uk](https://groundwork.org.uk)

☎ Call **0808 168 3547 (freephone)**

## Coats 4 Community - Sandale Trust

? Free Winter coats are available in the Sandale Den on 42-46 Reevy Road West, BD6 3LX, Mon-Wedns-10am-1pm

■ Call 01274 270170

■ Email [info@sandale.org](mailto:info@sandale.org)

## 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/](https://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 Bradford line: **0808 278 7828** (Mon-Fri, 8.30-4.30)
  - Or visit the national Citizens Advice website for more information around energy issues: [CitizensAdvice.org.uk/consumer/energy/](https://CitizensAdvice.org.uk/consumer/energy/)

# 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: <https://BradfordFoodBanks.org.uk/foodbanks/>**

## Foodbanks in Bradford

If you're struggling to put food on the table, you can get food from a local foodbank. To find out about the foodbanks in your area and how to get a referral:

- Please visit: <https://BradfordFoodBanks.org.uk/foodbanks/>
- You can also get advice and referral information from Help through Hardship via a trained Citizens Advice advisor:
- Call **0808 2082138** for free (open Mon- Fri, 9am-5pm).
- Different food banks have different opening times over Winter holidays - it's good to get in touch early and find out info for last referrals in time for Christmas etc

You can also find markets that sell low cost food here:

<https://BradfordFoodBanks.org.uk/markets/>

Or places that provide free emergency meals here:

<https://BradfordFoodBanks.org.uk/meals/>



# Free Community Meals

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

For a regularly updated list, please visit the following website: <https://BradfordFoodBanks.org.uk/christmas/>

## Monday 19th December

- **6.30-8.00pm** Monday Munch Homeless Support Bradford: Christmas Meal, inside at Checkpoint (Jean junction), Westgate, BD1 2QU

## Wednesday 21st December

- 11am-12pm - eat in or takeaway Christmas Dinner served by Immanuel Project, 29-31 Westgate, Bradford, BD1 2QT

## 24th December - Christmas Eve

- **5.45-7pm** - Fountains Church, Glydegate Square, BD5 0BQ, Christmas Eve service plus food

## 25th December - Christmas Day

- The Khidmat Community Centre - Christmas Dinner 'at home' for elders. Deliveries 11am-1pm. Booking required. Email [info@khidmat.org.uk](mailto:info@khidmat.org.uk) or call Sofia or Rehana on **01274 521792** to make a referral.
- **12.30pm** - Salvation Army - Christmas meal at Shipley Baptist Church, New Kirkgate, Shipley, BD18 3QY. Booking required, email Julie: [JulieWright80@yahoo.co.uk](mailto:JulieWright80@yahoo.co.uk) or call **07703 518 768**.
- **3pm-5pm** - JKN Outreach, Hot meal to takeaway and food and clothing bank open, 15-17 Spring Gardens, Bradford BD1 3EJ
- **5pm onwards** - United Together - hot meals to take away, outside in Forster Square Arches, Bradford BD1

# Free Community Meals

## 27th December - Boxing Day

- **10am-3pm** - Salvation Army Day Shelter (371 Leeds Road, Bradford, BD3 9NG), Buffet lunch free of charge. **Also available on 2nd Jan.**

## 28th December

- **8.45-9.30am** - Free Breakfast, Salvation Army Day Shelter (371 Leeds Road, Bradford, BD3 9NG). Available from **28th-31st Dec.**

## 29th December

- **4-5.30pm** - Curry Circle Bradford - hot takeaway meal at Manningham Library, Carlisle Road, Bradford BD8 8BB

## Saturday 31st December - New Year's Eve

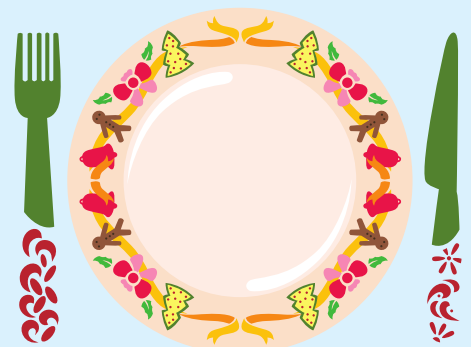
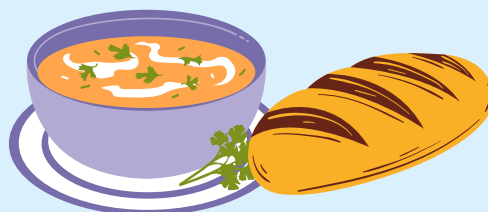
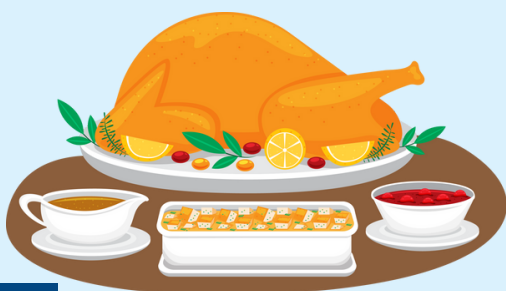
- **5.45-7pm** - Fountains Church, Glydegate Square, BD5 0BQ, New Years Eve service with food.

## Sunday 1st January - New Year's Day

- **3.00-4.30pm** - JKN Outreach. Hot meal to take away. Food and clothing bank open, 15-17 Spring Gardens, Bradford BD1 3EJ

## Monday 2nd January - Bank Holiday

- **6.30-8pm** - **Monday Munch Homeless Support Bradford**, Hot Meal. Certus Solicitors car park, 33 Manor Row, Bradford BD1 4PS







# 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/](http://CookingOnABootstrap.com/2016/12/31/sprout-scones-15p-v/)
- **Leftover Turkey Curry** -  
[CookingOnABootstrap.com/2017/12/26/leftover-turkey-curry-34p/](http://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 budget-friendly

# 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**.

**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)

