

# Touchstone Winter Wellbeing Booklet 2022



**Touchstone**

**Winter**

**Wellbeing**

**Calderdale**

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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)

## **24 Hour Mental Health Helpline**

- ? Here to help if you are experiencing mental health issues
- ☎ Call **0800 183 0558**(open 24/7)

## **Calderdale Safespace - Healthy Minds**

- ? Offers emotional support for people aged 16+ in distress during evenings and weekends

☎ Call **01422 345154**

- 🕒 Open **Mon-Fri, 10am-4pm** and every evening **6.30-10.30pm**, with last call at 10pm. Closed in the day in week starting 26th Dec but hoping to be open every evening apart from Christmas Day. This may change - check their Facebook page for regular updates:

[www.facebook.com/SafeSpaceCalderdale](https://www.facebook.com/SafeSpaceCalderdale)

📱 Text on **07388 990227**



# Support with Violence and Abuse

**The Winter holidays can be times where abuse and violence get worse. If you have experiences with violence and abuse, there are 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)

## **Kirklees and Calderdale Sexual Assault Referral Centre**

- ? Support and advice around sexual assault
- ☎ Call **0300 303 4787** (open Mon 9-6pm, Tues-Thurs 9-2.30; ; Fri 10-5.30pm, **closed 23rd Dec from 5pm, reopens on 3rd Jan**)
- 📄 Email [helpline@kcrasac.co.uk](mailto:helpline@kcrasac.co.uk)

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

- ? Here to talk for all people aged 16+ with experiences of any sexual violence, including if you are not sure what happened
- ☎ Call **0808 802 9999** (open 24/7)
- 📄 Chat to them online: <https://RapeCrisis.org.uk/get-help/want-to-talk/> (open 8am-midday, may change during winter holidays)



# 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

## Calderdale Recovery Steps

- ? Offering support for drug and alcohol related issues
- 📞 Call **01422 415550**
- 📍 Visit Basement House / 8 Carlton Street, Halifax, HX1 2AL  
Or visit Todmorden, 36 Rochdale Road, Todmorden, OL14 7LD
- 📄 For more info and resources, please visit:  
<https://CalderdaleInRecovery.com/services/RecoverySteps/>

## Council Living Support

- ? Provides emergency support for people with household items
- 📞 Call **01422 288005**
- 📄 Visit the council webpage for more info:  
<https://www.calderdale.gov.uk/v2/residents/council-tax-and-benefits/benefits/local-welfare-assistance/community-living-support>

## Support with Housing

- ? Advice and support around homeless and housing issues.
- 📄 Email [HousingOptions@calderdale.gov.uk](mailto:HousingOptions@calderdale.gov.uk)
- 📞 Call **01422 392460**

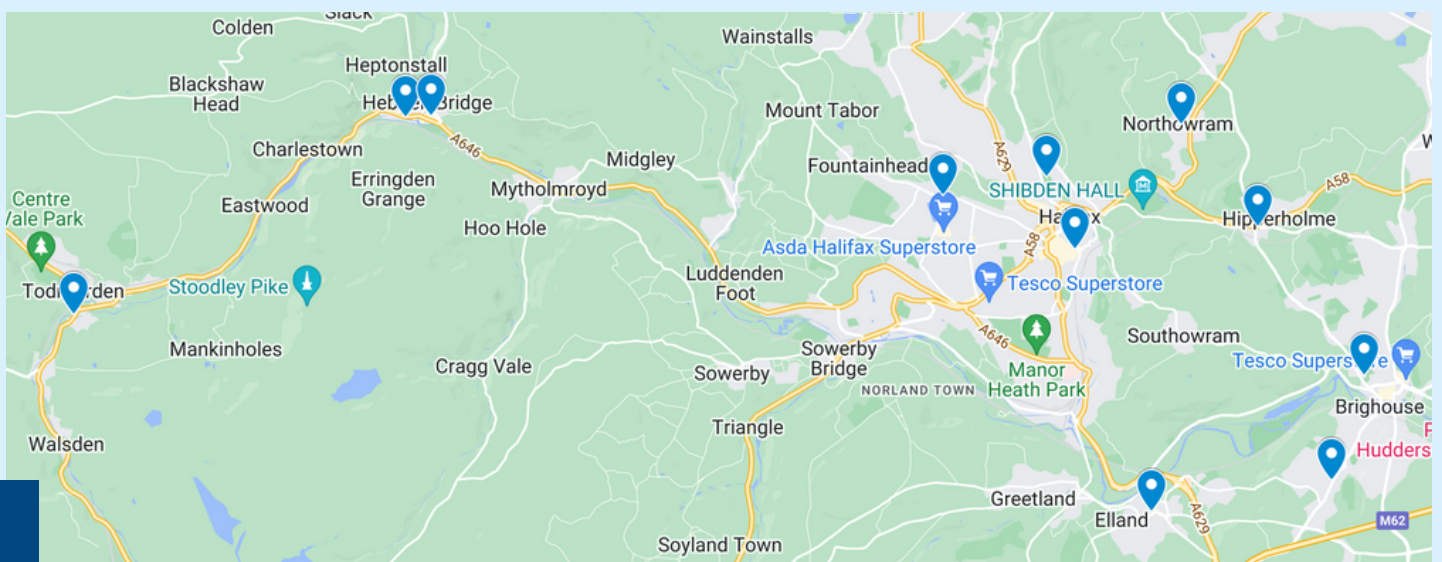


# Warm Spaces

During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Calderdale. Find the UK map here: <https://WarmSpaces.org/spaces>

Here are a range of warm spaces across Calderdale. Visit the above map for other locations, opening hours and days:

- Todmodern Library, OL14 5AA
- Central Library and Archives, HX1 1QG
- Fountain Head Inn, Halifax, HX2 0EE
- Northowram Library, HX3 7EL
- Christ Church 'Call in for a Coffee', Halifax, HX3 8AA
- Akroyd Library, HX3 6HG
- Elland Library, HX5 0DF
- Rastrick Library, Brighouse, HD6
- Cosy Cafe, Hebden Royd Methodist Church, HX7 6AA
- Hebden Bridge Library, HX7 8EP
- Brighouse Library, HD6 2AF





# 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

- When it is forecast to be zero degrees or below, Calderdale offer temporary places to stay for anyone sleeping rough.
- At these times, Community Safety Wardens approach people sleeping rough and refer them to temporary accommodation like the Winter Shelter at the Gathering Place
- If you want to self-refer for support or are worried about someone sleeping rough at any point in the year, you can report it to your local authority/outreach team via:  
<https://www.StreetLink.org.uk/> or **0300 500 0914**
- You can also call Street Reach, which helps people who sleep rough to move to permanent places to stay. For info:
  - Call: **07584 015756** or for a call back, text the word "Support".
  - Email: [street.reach@hortonhousing.co.uk](mailto:street.reach@hortonhousing.co.uk).

# 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.calderdale.gov.uk/v2/residents/community-and-living/money-and-wellbeing-calderdale/food-support](http://www.calderdale.gov.uk/v2/residents/community-and-living/money-and-wellbeing-calderdale/food-support)**

## Foodbanks in Calderdale

- To find out more about food banks in Calderdale and how to contact them, visit: [www.calderdale.gov.uk/v2/residents/community-and-living/money-and-wellbeing-calderdale/food-support](http://www.calderdale.gov.uk/v2/residents/community-and-living/money-and-wellbeing-calderdale/food-support)
- To get support or a referral, talk to Citizens Advice. The National contact number is: **0808 208 2138**. You may also be able to get support from Calderdale Citizens Advice: **0808 278 7879** (open Mon-Fri, 9.30-1pm, Tuesday 4-5.30pm). They can support with food and general cost of living info.
- 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 before Christmas etc.

**For information about low cost food available and free community meals across Calderdale, visit the above website.**



# Free Community Meals

**Some places across Calderdale are putting on free meals and food provision throughout the Winter period.**

**Here are just a few of them:**

**20th December** - The Outback Kitchen provide free takeaway lunch, 12-2pm, Lightowler Road, HX1 5NB

**21st December** - 3 course community meal - 5pm-7pm - Hope Baptist Church, Hebden Bridge. For more info call **07472 743 838** or email [CalderGrubHub@gmail.com](mailto:CalderGrubHub@gmail.com)

**25th December** - Christmas day community meal - 12.30-4pm, Hope Baptist Church, Hebden Bridge. For more info call **07472 743 838** and email [CalderGrubHub@gmail.com](mailto:CalderGrubHub@gmail.com)

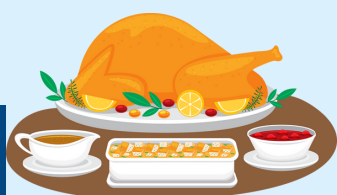
**28th December** - community meal - 5pm-7pm - Hope Baptist Church, Hebden Bridge. For more info call **07472 743 838** and email [CalderGrubHub@gmail.com](mailto:CalderGrubHub@gmail.com)

**Open every day throughout Winter** - Community Fridge - open 131 Gibbet Street, Halifax, HX1 5LE - open Monday-Sunday, 11am-12.30pm

**Open for hot lunches Tuesdays, Thursdays and Fridays** 12.30-1.30 throughout Winter - The Gathering Place, HX1 1YS

**For more info on free or low cost activities and meals in Calderdale this festive season, please visit:**

[StayingWellHub.com/2022/12/12/christmas-activity-guide/](https://StayingWellHub.com/2022/12/12/christmas-activity-guide/)





# 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/](https://CookingOnABootstrap.com/2016/12/31/sprout-scones-15p-v/)
- **Leftover Turkey Curry** -  
[CookingOnABootstrap.com/2017/12/26/leftover-turkey-curry-34p/](https://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 Dec 1pm til Wednesday 28th Dec. 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 time - see below for more:**

**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**.

**Wakefield Safe Space** - Open as usual throughout the Winter break, every evening except Wednesday from 6pm-midnight. Call **07776 962815** from 6pm on the night you want to attend.

**Kirklees Well-Bean in a Crisis Cafe** - Open as usual throughout the Winter break, every evening from 6pm-midnight, Call **07741 900395** (Fri-Mon) and **07867 028755** (Tues-Thurs) 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)

