

Touchstone Winter Wellbeing Booklet 2022



Touchstone

Winter

Wellbeing

Kirklees

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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)

Kirklees Well-Bean in a Crisis Cafe

- ? Offers one-to-one support every night from 6pm-midnight for anyone 18+ in crisis.
- ☎ Please call **07741 900395** (Fri-Mon) and **07867 028755** (Tues-Thurs) on the night you want to visit
- 📄 For more on professional referrals, please visit our website here: TouchstoneSupport.org.uk/intensive-community-support/wellbean-cafe/well-bean-hope-in-a-crisis-cafe-kirklees/



Support with Violence and Abuse

The Winter holidays can be times where abuse and violence get worse. If you have experiences of abuse, or 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 (open Mon-Fri, 3-10pm)

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

Pennine Domestic Abuse Partnership

? Support and advice around domestic violence and abuse

☎ Call **0800 052 7222** (24/7)

📄 Live Chat at: <https://pdap.co.uk/> (Mon-Fri, 5-9pm, Sat Sun, 11am-3pm, may change during winter holidays)

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)



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

Rape Crisis England and Wales

- ? Here for all aged 16+ who have experienced any type of sexual violence - or 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 holidays)



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/>

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)
- ✉ Email helpline@kcrasac.co.uk
- 🕒 Closing 23rd Dec at 5pm to re-open on 3rd Jan



Other Key Support

CHART Kirklees

? Offering support for drug and alcohol related issues

☎ For drug service in Huddersfield: Call **01484 353333** or

📍 Visit **12 Station Street, Huddersfield, HD1 1LN**

☎ For alcohol services in Huddersfield: Call **01484 437907** or

📍 Visit **2 St Peter Street, Huddersfield, HD1 1RA**

☎ For drug service in Dewsbury: Call **01924 438383** or

📍 Visit **3 Wellington Street, Dewsbury, WF13 1LY**

☎ For alcohol service in Dewsbury: Call **01924 486170** or

📍 Visit **15 Union Street, Dewsbury, WF13 1BG**

📄 For more info, visit: www.ChangeGrowLive.org/chart-kirklees

Local Welfare Provision

? Supports people in short-term crisis with food, rent, bills and essentials

📄 Email lwp@kirklees.gov.uk

☎ Call **01484 414782** (10am-4pm, Mon-Fri, excluding Bank Hols)

📄 For more info and to apply online for a Welfare Provision grant, visit: <https://www.kirklees.gov.uk/beta/benefits/local-welfare-provision.aspx>

Housing Solutions

? Support for people at risk of homelessness or with housing needs

☎ Call **01484 221350** (in working hours)

☎ Call **01484 414933** (out of hours)

📄 Email: housing.solutions@kirklees.gov.uk



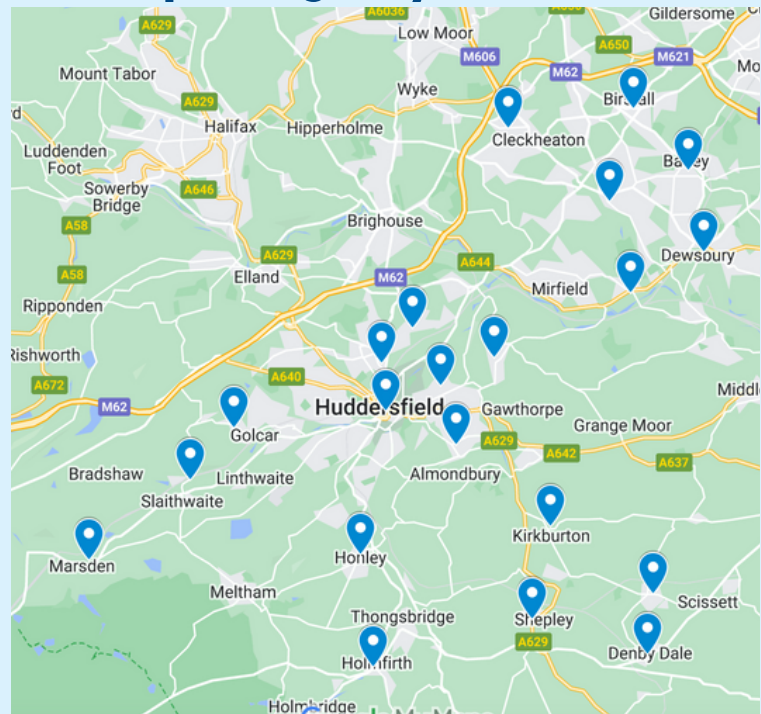
Warm Spaces



During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Kirklees. Find information and link to the UK map here: <https://www.kirklees.gov.uk/beta/cost-of-living/warm-spaces.aspx>

Below are some of the main warm spaces. Please check the website above for more locations, opening days and hours:

- Almondbury Library
- Batley Library
- Birkby Fartown Library
- Birstall Library
- The Chestnut Centre Deighton
- Cleckheaton Library
- Denby Dale Library
- Dewsbury Library
- Golcar Library
- The Greenwood Centre
- Heckmondwike Library
- Holmfirth Library
- Huddersfield Library and Art Gallery
- Kirkburton Library
- Kirkheaton Library
- Lindley Library
- Marsden Library
- Meltham Library
- Mirfield Library
- Rawthorpe Dalton Library
- Shepley Library
- Slaithwaite 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: <https://www.gov.uk/winter-fuel-payment>

People sleeping rough in Winter

- 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**
- During Severe Weather in Kirklees, the council will provide a bed for anyone sleeping rough. Call **01484 221350**. For out of hours emergency service (24 hours a day) call **01484414933**

Energy Bills and Cost of Living Crisis

- Money Saving Expert website has energy-saving tips here: www.MoneySavingExpert.com/utilities/energy-saving-tips/
- Citizens Advice can also provide impartial advice. Call Citizens Advice Kirklees: **0808 278 7896**.

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 support with food: www.kirklees.gov.uk/beta/cost-of-living/food-support.aspx

Foodbanks in Kirklees

If you're struggling to put food on the table, you can get support from a local foodbank

- Contact the Local Welfare Provision Team, Citizens Advice, a social worker or a GP to check if you are able to receive support. They will make a referral to your nearest food bank or wider support services.
- Local Welfare Provision can support with food, and energy and rent hardships: email lwpe@kirklees.gov.uk or call **01484 414782**
- Or you can call **Kirklees Citizens Advice and Law Centre** for food bank referral and support on **0808 278 7896** (open Mon-Fri, 9-3pm) or drop in to Huddersfield Centre, 3 Brook Street, HD1 1EB (Thurs-Fri, 9.30-3pm) or Dewsbury Centre, Units 5/6 Empire House, WF12 8DJ (Mon-Tues, 9.30-5pm)
- 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 before Christmas etc.



Christmas Meals

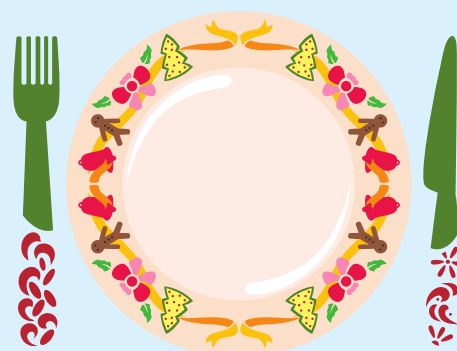
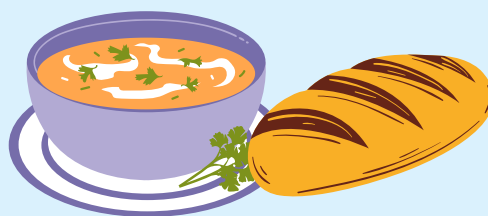
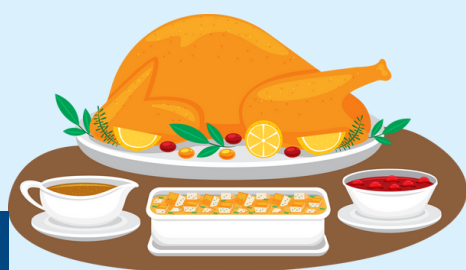
Dewsbury Cares Community Group is offering a hot meal at lunchtime on Christmas Day (25th Dec). To book your place, call **07398 735 530**. You can also book by dropping in to **34-34a Cloth Hall Street, Dewsbury, WF13 1QE**. They also deliver to people who can't leave the house on Christmas day.

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)



Touchstone Services

Touchstone centres are closed from Friday 23rd Dec, 1pm til Wednesday 28th Dec. We will then close early on Friday 30th Dec until Tuesday 3rd Jan. 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**.

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 working hours)

