# **Touchstone’s**

# **Winter**

# **Wellbeing**

# **The blue and yellow Touchstone logo, which is 'wearing' a blue and yellow fair isle print scarf and hat around the 'head' and 'neck' parts of the logo's silhouette Booklet**

**Leeds**

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# **Mental Health Support**

## If you’re struggling this Winter, you are not alone. There are lots of people who can help – see 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 are not sure what to do.

## **Samaritans**

* Here to listen and talk, no matter what you are going through
* Call **116 123** (open 24/7)

## **West Yorkshire Mental Health Helpline**

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

## **Crisis Helpline**

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

## **Dial House**

* A safe, homely space to relax in when you feel you’re in crisis
* Call **0113 260 9328**
* Text **07922 249 452** on the night you want to come
* Open 6pm-2am every Mon, Wedns, Fri, Sat, Sun for 16+

**Dial House at Touchstone**

* Out-of-hours support for BME people experiencing a mental health crisis
* Call **0113 249 4675**
* Text **07763581853** (open Mon 6-11pm for social support and Tues and Thurs, 6pm-midnight)

## **Leeds Well-Bean ‘Hope in a Crisis’ Café**

* Offers a safe and confidential space for people experiencing crisis in Leeds
* Call or text **07760 173 476** on the night you want to attend (open every night, 6pm-midnight, should run as normal throughout the Winter period and bank holidays)
* On Christmas Eve (24th Dec), Christmas Day (25th Dec) and Boxing Day (26th Dec), Well-Bean Crisis Café and Leeds Survivor Led Crisis Service (LSLCS) will be working together at Dial House to provide crisis support. Please use the same number above if you need support. Normal service will resume from 27th Dec.

## **Connect Helpline**

* Providing emotional support and info for those in distress
* Call **0808 800 1212**
* Online chat: [**www.lslcs.org.uk**](http://www.lslcs.org.uk)(6pm-2am, nightly)

# **Support with Violence and Abuse**

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

## **National Domestic Violence Helpline (Refuge)**

* Call **0808 2000 247** (open 24/7).
* Online Live Chat: [www.NationalDAHelpline.org.uk/en/Chat-to-us-online](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)

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

* Here for all people aged 16+ who have experienced any type of sexual violence, including if you are unsure 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 every day, see website for updates)

## **Leeds Domestic Violence Service (LDVS)**

* Free, non-judgmental and non-pressured advice, support and info about domestic violence and abuse for anyone
* Call **0113 246 0401** (open 24/7)

## **Support After Rape and Sexual Violence Leeds (SARSVL)**

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

## **GALOP**

* 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/**](https://galop.org.uk/) **(**open Wedns-Thurs, 5-8pm)

## **Men’s Advice Line**

* Supporting men with experiences of domestic violence and abuse
* Phone **0800 801 0327** (Mon-Fri 10am-8pm)
* Email [**info@MensAdviceLine.org.uk**](mailto:info@MensAdviceLine.org.uk) (Mon-Fri, 9am-8pm)
* Webchat support: [**https://MensAdviceLine.org.uk/contact-us/**](https://MensAdviceLine.org.uk/contact-us/) (Wednes 10-11:30am and 2:30-4pm)
* Closed on Bank Holidays during 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** (Mon-Fri, 9am-8pm, Sat-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**

## **Leeds Housing Options**

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

## **Support with Food and Household Bills**

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

## **Forward Leeds**

* For those who want support around alcohol and drug use
* Call **0113 887 2477** (Mon-Fri, 9-5pm **-** open on 23rd Dec 9-3pm, then close over Christmast to re-open on 28th Dec)
* Email [info@ForwardLeeds.co.u](mailto:info@ForwardLeeds.co.u)k

## **Basis Yorkshire**

* For women sex working who want support with mental and physical health, housing, safe sex, food etc.
* Call **0113 243 0036 /** Visit BasisYorkshire.org.uk for more info
* Open 23rd, 28th-30th Dec for calls to the office (though drop in is closed) and then closed until 3rd Jan

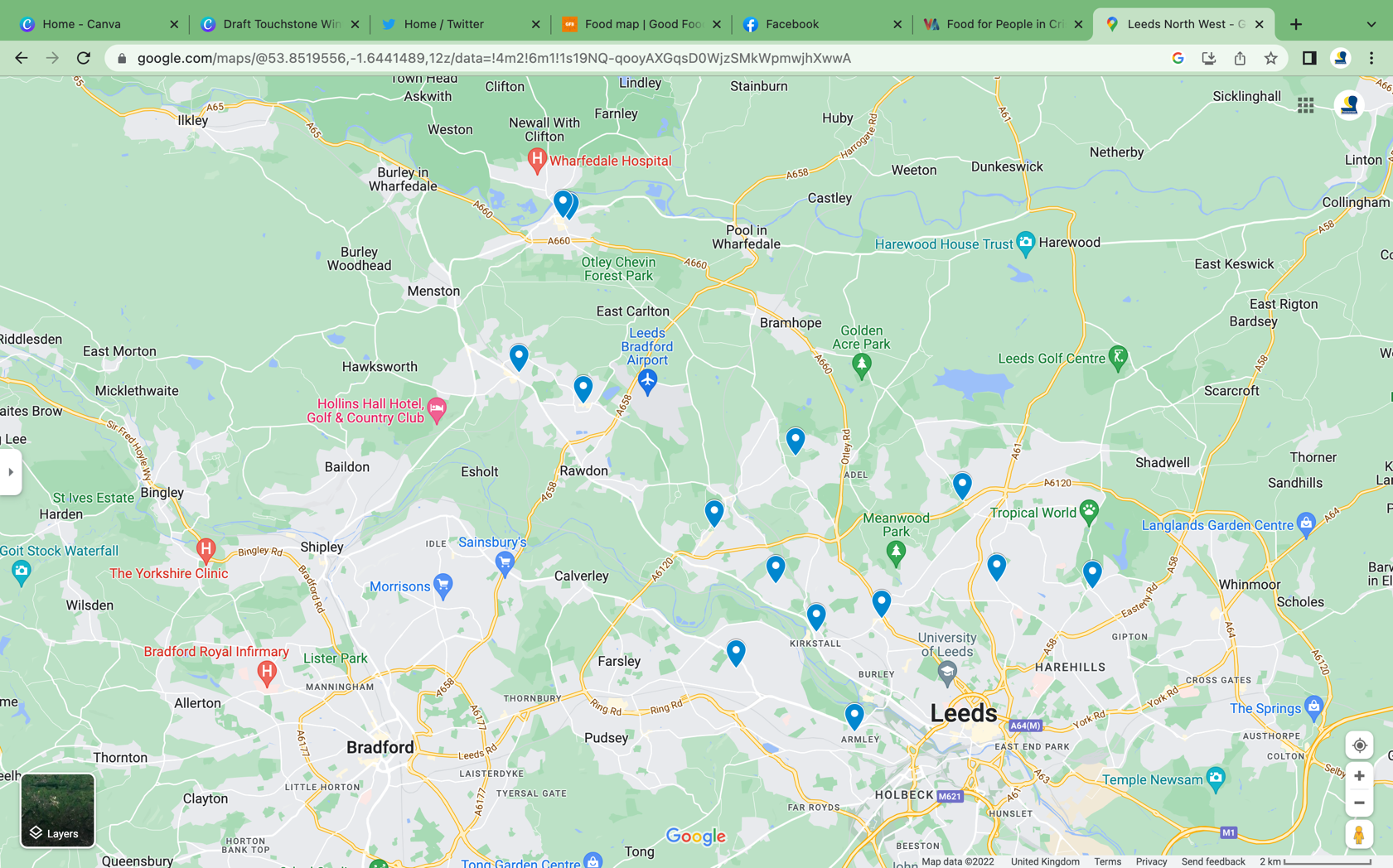
# **Warm Spaces**

## During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Leeds. The below places are open on weekdays and some on Saturdays and Sundays too. There are also more places open on Leeds across selected days. Find the map here for more info and opening hours: [www.leeds.gov.uk/campaign/warm-spaces](http://www.leeds.gov.uk/campaign/warm-spaces)

## **West Leeds**

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

**North Leeds**

* Moor Allerton Hub and Library
* Oakwood Library
* Chapel Allerton Library

**North West Leeds**

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

**Leeds Central**

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

**South Leeds**

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

**East Leeds**

* Reginald Centre Hub and Library (including Fusion Cafe)
* Seacroft Hub and Library
* Map of Warm Spaces in central, East and South Leeds. All spaces on the map are listed in text form on this page.
  Burmantofts Hub and Library
* Kippax Hub and Library
* Garforth Hub and Library
* Compton Centre
* Crossgates Library
* Shine Workspace
* Halton Library

# **Other Info on Keeping Warm**

## **Government Payments to Help Heat your Home**

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

To find out more, please visit: [**www.gov.uk/winter-fuel-payment**](http://www.gov.uk/winter-fuel-payment)

## **People sleeping rough in Winter**

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

## **Winter Coats Available in Leeds**

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

**Energy Bills and Cost of Living Crisis**

* Money Saving Expert website has lots of tips on saving energy, including washing more clothes less often at a lower heat and turning off radiators in rooms you're not using: [www.MoneySavingExpert.com/utilities/energy-saving-tips/](http://www.MoneySavingExpert.com/utilities/energy-saving-tips/)
* Citizens Advice can also provide impartial advice on issues around energy bills and the cost-of-living crisis.
  + Call Citizens Advice Leeds: **0808 2 78 7878** (Mon-Fri, 9-5)
  + Contact them in other ways here: CitizensAdviceLeeds.org.uk/
  + Or visit the national Citizens Advice website for more info around energy issues: CitizensAdvice.org.uk/consumer/energy/

## **Home Plus**

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

# **Getting Food this Winter**

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

## **Food banks in Leeds**

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

* CallLeeds North and West Food bank on**: 0113 269 2985** or Leeds South and East Food bank on **0113 277 2229**
* Email [**EReferral@LeedsNorthAndWest.foodbank.org.uk**](mailto:EReferral@LeedsNorthAndWest.foodbank.org.uk) **or** [**info@LeedsSouthAndEast.foodbank.org.uk**](mailto:info@LeedsSouthAndEast.foodbank.org.uk)
* Visit [**https://LeedsNorthAndWest.foodbank.org.uk/get-help/how-to-get-help/**](https://LeedsNorthAndWest.foodbank.org.uk/get-help/how-to-get-help/) **or visit** [**https://LeedsSouthAndEast.foodbank.org.uk/contact-us/**](https://LeedsSouthAndEast.foodbank.org.uk/contact-us/)

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

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

# **Free Community Meals**

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

## **24th December - Christmas Eve**

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

## **25th December - Christmas Day**

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

For regular updates on different places to eat over the holidays, join the Leeds Food Aid Network group: [www.facebook.com/groups/821427144540254](http://www.facebook.com/groups/821427144540254)

# **Christmas Dinner on a Budget**

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

## **Christmas Dinner for 4**

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

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

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

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

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

# **Touchstone Services**

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

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

**Leeds Well-Bean in a Crisis Cafe -** Open throughout the Winter break, every evening from 6pm-midnight, Call [**07760 173476**](tel:07760173476) from 6pm on the night you want to attend. On 24th-26th Dec, the café and Leeds Survivor Led Crisis Service (LSLCS) will be working together at Dial House to provide crisis support. Please use the same number above if you need support. Normal service will resume from 27th Dec.

**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.**

**Live Well Leeds –** Join their Xmas Welcome Cafés on 28th, 29th and 30th December, 12-2pm. For more information contact [info@LiveWellLeeds.org.uk](mailto:info@LiveWellLeeds.org.uk) or **0113 219 2727**.

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