

# Touchstone Winter Wellbeing Booklet 2022



**Touchstone**

**Winter**

**Wellbeing**

**Rotherham**

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# Mental Health Support

**If you are struggling this Winter, you are 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

- ? For support and signposting when you're in crisis outside of office hours
- ☎ Call: **0800 652 9571** (open 24/7)
- 📠 If you are hard of hearing, Deaf or unable to use the telephone line to call, please text: **07974 603610**

## Rotherham Safe Space

- ? Offers one-to-one support every night from 6pm-midnight for anyone 18+ in crisis.
- ☎ Call **07760 173504** (Fri-Sun) on the night you want to visit
- 📄 For more on professional referrals, please visit: [TouchstoneSupport.org.uk/intensive-community-support/rotherham-safe-space/](https://TouchstoneSupport.org.uk/intensive-community-support/rotherham-safe-space/)



# 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)

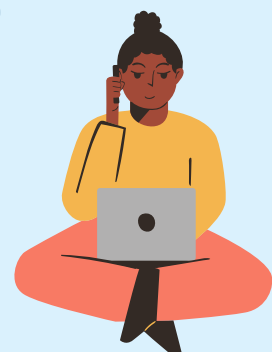
- ☎ Call **0808 2000 247** (open 24/7).
- 📄 Online Live Chat: [www.NationalDAHelpline.org.uk/en/Chat-to-us-online](http://www.NationalDAHelpline.org.uk/en/Chat-to-us-online) (open Mon-Fri, 3-10pm)
- 📄 Web Form: [www.NationalDAHelpline.org.uk/en/Contact-us](http://www.NationalDAHelpline.org.uk/en/Contact-us)

## Rotherham Rise

- ? Support and advice around domestic violence and abuse
- ☎ Call **0330 2020 571** (open Mon-Fri 9am-5pm, may change in holidays)
- 📄 Email [help@rotherhamrise.org.uk](mailto:help@rotherhamrise.org.uk)
- 📄 Online Support Form: <https://RotherhamRise.org.uk/help/>

## 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 in 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

## Drug and Alcohol Recovery Service - Change Grow Live

? Provides free confidential advice around drugs and alcohol

☎ Call: **01709 917649**

✉ Email: [rotherham.admin@cgl.org.uk](mailto:rotherham.admin@cgl.org.uk)

🕒 Open Mon, Tues, Wedns, Fri, 9-5pm; Thurs 9-7pm; Sat 9-1pm, closed on bank holidays in December and January

## Energy Crisis Support Scheme

? Payment of up to £400 to households struggling to meet the costs of their energy bills

? Applicants will have to provide info about their current financial situation

■ For more information, please visit:

<https://www.rotherham.gov.uk/housing-grants-finance/energy-crisis-support-scheme>

## Housing and Homelessness Support

? Support and advice around homelessness and housing

☎ Call **01709 336009**, Mon-Fri within office hours.

☎ If you need help outside of office hours call **07748143170**

■ Alternatively, you can fill in their online form here:

<https://www.rotherham.gov.uk/xfp/form/263>



# Warm Spaces

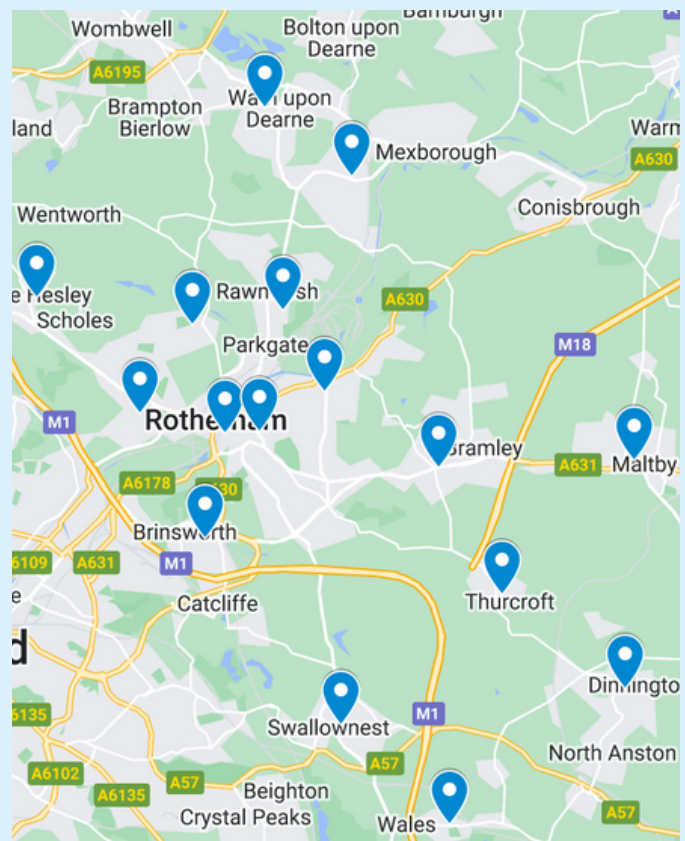


During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Rotherham. Find the map here:

<https://www.rotherham.gov.uk/community-living/warm-welcome-spaces>

See below for a list of main warm spaces. Please check the website above for opening days and hours:

- Riverside Library and Neighbourhood Hub
- Aston Library
- Brinsworth Library
- Dinnington Library
- Greasbrough Library
- Kiveton Library
- Maltby Library
- Mowbray Gardens Library
- Rawmarsh Library
- Swinton Library
- Wath Library
- Wickersley Library
- Thurcroft Library
- Thorpe Hesley Library
- Kimberworth library
- Archive Search Room At Clifton Park Museum
- Walker Kitchen at Clifton Park Museum





# 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**
- Rotherham provide emergency accommodation for anyone sleeping rough during sub-zero temperatures
- People sleeping rough can access this service by calling Homelessness Team **01709 336009** (8.30-5pm) or **07748143170** outside of these hours.
- Members of the public can also use these numbers if they are concerned about someone sleeping rough. In an emergency call 999

# Getting Food this Winter

**Food banks and other places can support with food and necessities this Winter.**

## **Foodbanks in Rotherham**

- Rotherham Foodbank operate a collection service on Tuesday and Thursday 10am-2pm, for clients with a voucher code.
- 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.
- **To get a referral contact a local support agency such as Citizens' Advice:**
  - Call Citizens Advice Rotherham on **0808 278 7911**
  - Or **01709 515680** to book a video advice callback

You can also get affordable food from the Social Supermarket at Rotherham Minster:

<https://RotherhamMinster.co.uk/social-supermarket>.

To get in touch, email

**[SocialSupermarket@RotherhamMinster.co.uk](mailto:SocialSupermarket@RotherhamMinster.co.uk)** or

**Call 07419 200405**





# 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 recipes