# **Touchstone’s**

# **Winter**

# **Wellbeing**

# **Booklet**

**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
**

**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.

## **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**

* If you’re in crisis outside of office hours, please phone the RDaSH team for support and signposting to the next steps for care
* 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 603 610**

**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: <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 and 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 to talk for all people aged 16+ who have experienced any type of sexual violence
* 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, may change in holidays)

## **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**
* Online Support Form:<https://RotherhamRise.org.uk/help/>

## **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/ (**open Wedns-Thurs, 5-8pm)

## **Men’s Advice Line**

* Supporting 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/**](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**

* Support 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)
* Text Support: **07860 065187**
* Email:[**support@safeline.org.uk**](mailto:support@safeline.org.uk)
* Online chat: [**https://safeline.org.uk/contact/**](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**

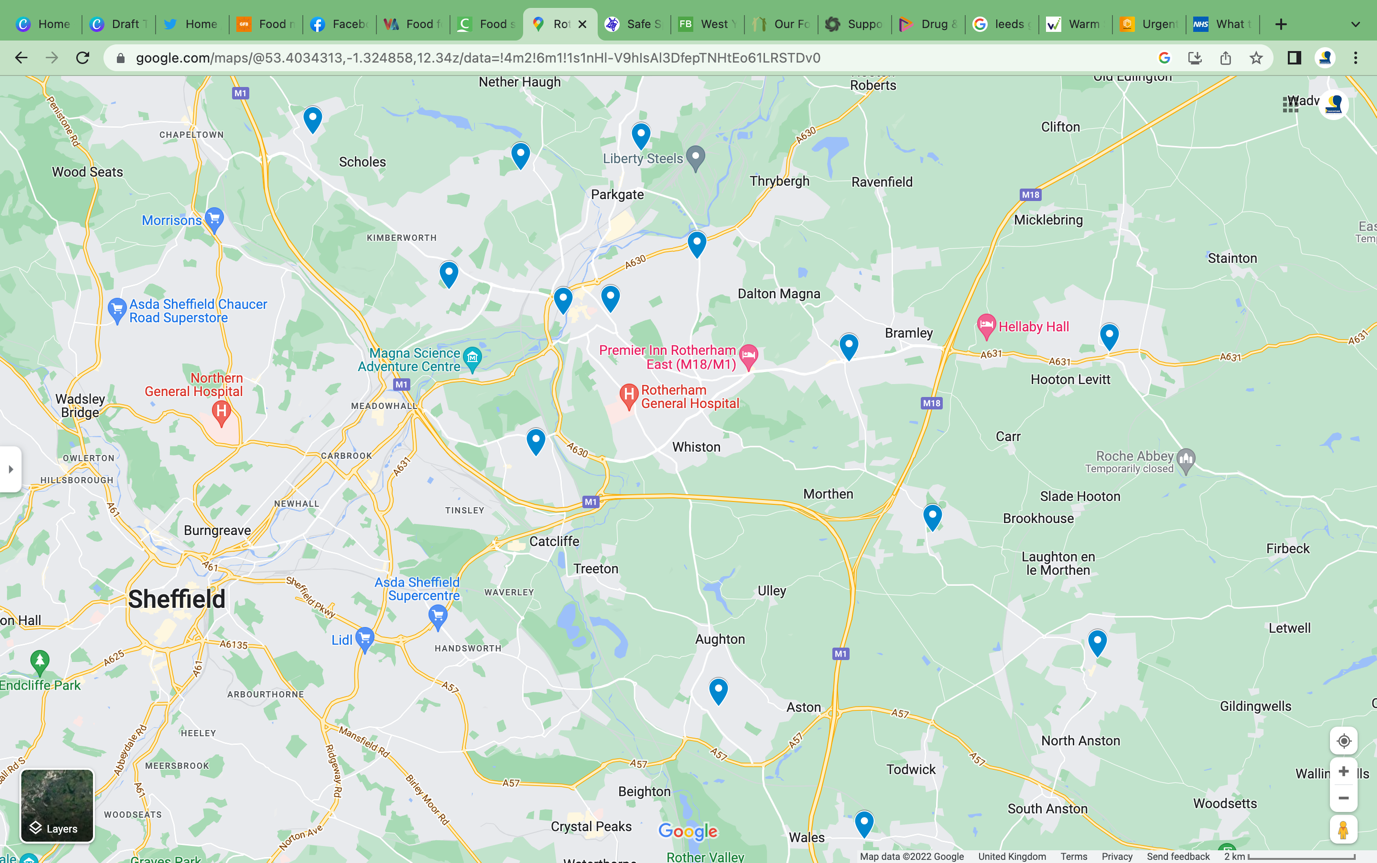
* Payment of up to £400 to households struggling to meet the costs of their energy bills
* Applicants will have to provide info about their current financial situation
* For more information, please visit: <https://www.rotherham.gov.uk/housing-grants-finance/energy-crisis-support-scheme>

## **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 **07748 143170**
* 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 free spaces you can go to keep warm in Kirklees. Find the map here for more info and opening days/ hours: [**https://www.rotherham.gov.uk/community-living/warm-welcome-spaces**](https://www.rotherham.gov.uk/community-living/warm-welcome-spaces)

* [Riverside Library and Neighbourhood Hub](https://www.google.com/maps/place/Almondbury+Library/@53.6349583,-1.7494371,16z/data=!4m5!3m4!1s0x487bd9566377162b:0x541aa00d5cffa7d6!8m2!3d53.6352858!4d-1.7473862?hl=en-GB)
* 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 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**

* 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 **07748 143170** 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. Below is some info on where to get support with food in Rotherham.

## **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 - it's good to get in touch early and find out info for getting food in time for Christmas
* **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**](tel:07419200405)**.**

**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 recipes 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