

Touchstone Winter Wellbeing Booklet 2022



Touchstone

Winter

Wellbeing

Wakefield

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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)

Wakefield Safe Space

- ? Open to 16+s in crisis every evening 6pm-midnight but Wedns
- ☎ Call **07776 962815** on the evening you want to visit
- **For more info, visit:** [TouchstoneSupport.org.uk/intensive-community-support/wakefield-safe-space/](https://www.touchstonesupport.org.uk/intensive-community-support/wakefield-safe-space/)

Turning Point Talking Therapies

- ? Offers talking therapies and wellbeing workshops if you're low, anxious or stressed (not an emergency service)
- ☎ Call **01924 234 860** (Mon-Thurs, 8am-8pm; Fri 8-4pm; Sat 9-4pm; Sun 10am-4pm, closing at Christmas Eve and New Years Eve at 2pm, closed Christmas Day, Boxing Day, New Years Day, Bank Holidays).
- For more info, please visit: [talking.turning-point.co.uk/wakefield/](https://www.talking.turning-point.co.uk/wakefield/)

Support with Violence and Abuse

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

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

Wakefield District Domestic Abuse Service

? Support and advice around domestic violence and abuse

☎ Call **0800 915 1561** (Mon- Thurs 9am to 5 pm, Fri 9-4.30 pm, closed bank holidays in Dec and Jan)

📄 Email DomesticAbuse@wakefield.gov.uk

Rape Crisis (England and Wales)

? Here to talk for all people aged 16+ who have experienced any type of sexual violence - or are not sure what has 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)

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
- 💻 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

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/>



Other Key Support

Turning Point: Inspiring Recovery

- ? Offering support for drug and alcohol related issues
- ☎ Call **0300 123 1912** (open Mon-Thurs, 9-5, Fri - 9-4.30pm, late night support on Thursday by appointment only, may change during Winter holidays)

Support with Housing

- ? Support around housing issues, including evictions, tenancy issues, housing disrepair.
- ☎ Call **01924 302085** (open Mon-Wedns 9-5pm, Thurs 10-5pm; Fri 9-4.30pm)
- ☎ Single Point of Access Enquiries around Homelessness - **01924 304359**

Money Smart Wakefield

- ? Free service to help with managing your money and debt, accessing benefits, reducing your fuel bills
- ☎ Call **01924 307272**
- ✉ Email **MoneySmart@wakefield.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 Wakefield. Find the map here:

www.wakefield.gov.uk/more-money-in-my-pocket/warm-spaces

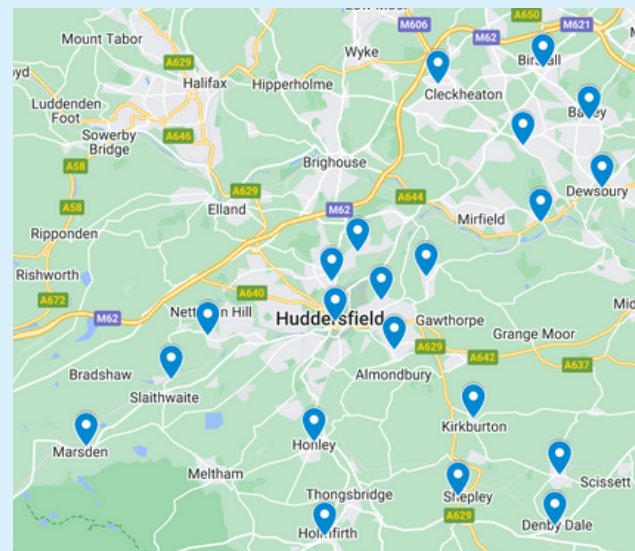
Please check the website above for opening days and hours:

Wakefield Central

- St Swithuns Community Centre, WF1 4RR
- Balne Lane Community Centre, WF2 0DP
- St George's Community Centre, WF2 8AA
- Ridings Centre, WF1 1DS
- Leeds Gate, Heath Common Caravan Site, WF1 5DB
- Wakefield Library, WF1 2EB
- Sandal Library, WF1 5LK
- Carers Wakefield WF1 2SR
- Portobello Community Centre, WF2 7JJ
- Urban Commune, WF2 9SD
- Lightwaves Leisure and Community Centre, WF1 3LJ

Wakefield North West and Rural

- Horbury Library, WF4 6HP
- Havercroft and Ryhill Community Learning Centre, WF4 2BD
- Stanley Library, WF3 4HU
- St James Centre, WF4 2DB
- St Peters Church, WF3 4HW
- Ackworth Community Library, WF7 7JH



Warm Spaces

Castleford and Ferrybridge

- Airedale Library, WF10 3JJ
- Ferrybridge Community Centre, WF11 8PQ
- Trinity Methodist Church, WF10 1EL
- Castleford Forum Library and Museum, WF10 1BB

Normanton and Featherstone

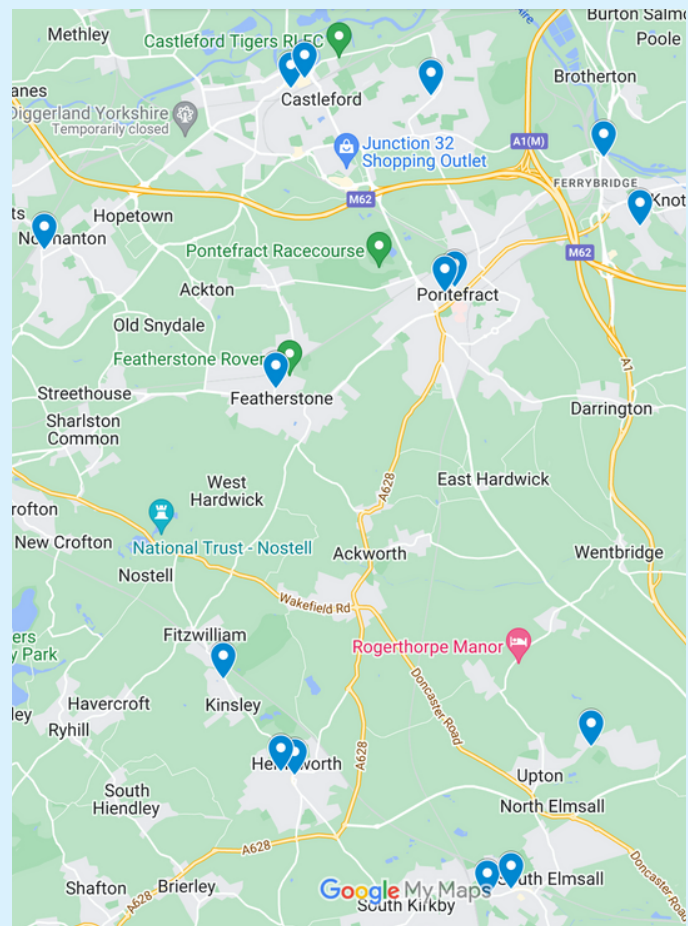
- Normanton Library, WF6 2AR
- Featherstone Library, WF7 5BB

Pontefract and Knottingley

- Pontefract Community Kitchen
WF8 1PE
- Pontefract Library
WF8 1BD
- Warwick Community Group
WF11 0QH

South East

- Millennium Hall, WF9 2BJ
- South Elmsall Library, WF9 2AA
- Hemsworth Library, WF9 4JY
- Little Fishes Soft Play, Hemsworth Methodist Church, WF9 4QG
- Red Roof Centre CIC, WF9 5BP
- Upton Community Library, WF9 1JS



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**
- Alternatively contact Wakefield Council's Rough Sleeper Support Service **01924 385722** or via email on RC&S.Wakefield@riverside.org.uk

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 Wakefield: **0800 144 8848**, (Mon-Fri, 9-5)

Getting Food this Winter

Foodbanks in Wakefield

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

- Call Wakefield Council on **03458 506 506** and ask for the Welfare Team. They can refer and signpost you to support
- You can also get advice and referral from a Citizens Advice advisor: **0808 2082138** (free, open Mon- Fri, 9am-5pm)
- Different food banks have different opening times over holidays – it's good to get in touch early to find out info for last referrals in time for Christmas etc
- This link may also be helpful in finding places for food. It was updated in 2021 so details may have changed:
[UniteCommunityLeedsWakefield.files.wordpress.com/2021/07/wakefield-food-aid-guide2-copy.pdf](https://unitecommunityleedswakefield.files.wordpress.com/2021/07/wakefield-food-aid-guide2-copy.pdf)

Happy Healthy Holidays

This programme aims to support any child from reception to year 11 who receive income-based free school meals with free activity and food throughout the Winter holidays. To find out more about the programme dates and offerings, please visit: <https://www.wakefield.gov.uk/schools-and-children/happy-healthy-holidays>



Free Community Meals

There are places across Wakefield putting on free meals throughout the Winter period. Here are a few of them:

Tuesday-Fridays throughout Winter

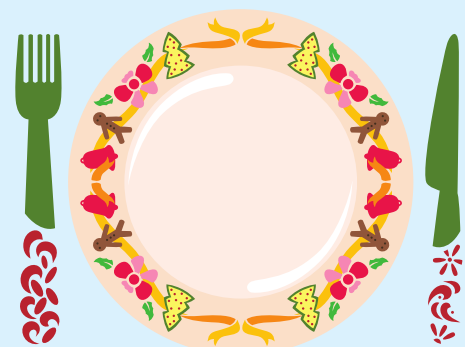
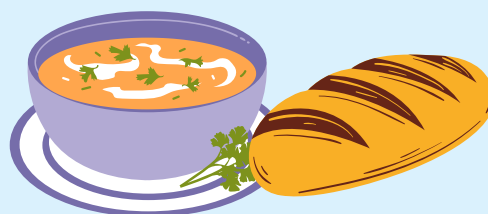
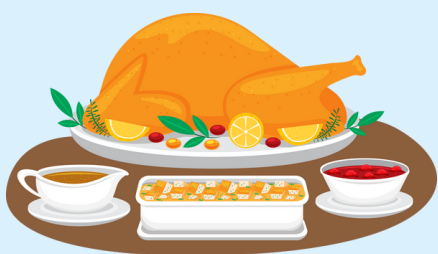
- **2.30-4.30pm** -Spring Community Cafe are providing a warm space with tea, coffee, soup or sandwich for free. Please just request a 'warm space' at the cafe counter.

24th December - Christmas Eve

- Free community Christmas Lunches - Spring Community Cafe - for collection or delivery on **Christmas Eve, 1-3pm**. Please pre-order by **Wednesday 21st**. To pre-order, please contact: TheSpring299@btinternet.com or message them on Facebook: www.facebook.com/TheSpring299

25th December - Christmas Day

- **12.30pm - New Spring Church, Illingworth Street, Ossett**. For more info call **07875 313029**. Please note: they may be at full capacity, as were getting booked fast but it could be worth ringing them still.





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/
- **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 budget-friendly recipes

Touchstone Services

Touchstone centres are closed from Friday 23rd December, 1pm til 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**.

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.

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)

