

Touchstone Winter Wellbeing Booklet 2023

Bradford



Contents

Mental Health Support	1
Support for Violence and Abuse	2
Housing, Bills and Keeping Warm	4
Warm Spaces	6
Getting Food this Winter	8
Free Community Meals	9
Christmas Dinner on a Budget	11
Other Key Support	12
Supporting Others	14

Mental Health Support

If you're struggling this Winter, you're not alone. There are lots of people who can help:

NHS

- ☎ Call **999** in an emergency.
- ☎ Call **111** for help with your 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).

Bradford First Response Crisis Helpline

- ? Here to help with urgent care for a mental health crisis.
- ☎ Call **0800 952 1181** (open 24/7).

Bradford Mind's Guide-line

- ? Provides confidential, emotional support.
- ☎ Call **08001 884 884 (8am-midnight)**.
- Live chat: www.MindInBradford.org.uk/support-for-you/guide-line.

Bradford Mind's Safe Space

- ? Offers same-day 1-to-1 support in person or via phone.
- ☎ Call First Response on **0800 952 1181** or Guide-Line on **08001 844 844** and ask for **Safe Space**.
- Visit their website for more about drop-ins: mindinbradford.org.uk/support-for-you/safe-spaces.



Support with Violence and Abuse

The Winter holidays can be times where abuse and violence get worse. If you are experiencing or have experienced 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.

Rape Crisis (England and Wales)

? Here to talk for all people aged 16+ who have experienced any type of sexual violence.

☎ Call **0808 500 2222** (open 24/7).

📄 Chat to them online: RapeCrisis.org.uk/get-help/want-to-talk.

Bradford Rape Crisis

? Support for women and girls who have experienced sexual violence at any time in their lives.

☎ Call **0800 448 0710**.

📄 Text **07435 752 975** to be called back when the line is open.

📄 Email ContactUse@brcg.org.uk.

🕒 Closed from 25th December – 3rd January.



Domestic Violence and Abuse Support

One Front Door Helpline

- ? Local service for anyone who has experienced domestic abuse.
- ☎ Call **0808 2800 999** (open Mon-Fri 9,30am-4.30pm, closed for half an hour at 1pm for lunchtime. Please check with them for Christmas/Winter holidays timings).
- Web chat: [StayingPut.org.uk/contact-us/](https://stayingput.org.uk/contact-us/) (Open 9am - 5pm).

GALOP - LGBTQIA+ Abuse Support line

- ? Supporting LGBTQIA+ people affected by domestic violence and abuse.
- ☎ Call **0800 999 5428** (open Mon-Thurs 10am-8.30pm, Fri 10am-4.30pm. Closed 25th and 26th Dec (Christmas and Boxing Day) and 1st January (New Year's Day)).
- Email help@galop.org.uk.
- Web chat: galop.org.uk.

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 (open Mon-Fri, 9am-8pm).
- Webchat support: MensAdviceLine.org.uk/contact-us/ (open Wednes 10-11:30am and 2-4pm).
- 🕒 Closed 25th and 26th Dec (Christmas and Boxing Day), and 1st January (New Year's Day).



Housing, Bills and Keeping Warm

Sleeping rough in Winter

In Bradford, there are emergency beds in communal rooms between 1 Oct-30 April when the temperature is below 0.

- Make a referral to the service by visiting **Day Shelter, 371 Leeds Road, Bradford, BD3 9NG** (Mon-Fri, 9-4pm).
- During the weekend and Bank Holidays, you can reach the shelter by calling **01274 309165** between the same hours.
- If you, or someone you're worried about, need support with sleeping rough, you can also contact No Second Night Out:
 - Call **01274 309 165** (open 24/7).
 - Email bradford@HumankindCharity.org.uk.
 - Visit **Discovery House, 133 Barkerend Road, BD3 9AU**.

If you're worried about becoming homeless, contact Bradford Housing Options:

☎ Call **01274 435999**.

☎ For emergency out-of-hours calls, please call **01274 381999**.

✉ Please email HousingOptions@bradford.gov.uk.

📍 Visit their office at **Britannia House, 29 Bridge Street, BD1 1HX** or **Keighley Town Hall, Bow Street, BD21 3PB**.

General cost of Living Information

Booklet with information on how to get support in different areas during the Cost of Living crisis. Visit: CostOfLivingBradford.co.uk.

Support with Housing, Bills, Keeping Warm

Help to Heat your Home

- **Winter Fuel Payments** - money towards heating bills if you are of State Pension Age. If you're entitled, you'll be paid automatically.
- **Cold Weather Payments** - £25 payment if the average temperature in your area is below 0 for 7 days between 1 Nov and 31 March. Open to people on certain benefits or mortgage support.
- **Warm Home Discounts** - If you get certain benefits, you could get £150 towards your electricity bill. You don't need to apply - payments are automatic. If you're entitled to this payment, you should get a letter between October 2023 and January 2024.
- **Fuel Vouchers** - If you can't afford to top up your prepayment meter, you might be able to get a fuel voucher. Your local council and Citizens Advice can help you access this.

Energy Bills and Cost of Living Crisis

- Money Saving Expert website has lots of tips on saving energy: 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 Bradford: **0808 278 7828** (Mon-Fri, 8.30-4.30).

Coats 4 Community - Sandale Trust

? Free Winter coats.

📍 Visit **Sandale Den on 42-46 Reevy Road West, BD6 3LX.**

🕒 Mondays, Wednesdays, Fridays 10am-1pm.

📞 Call **01274 270170.**

✉ Email info@sandale.org.



Warm Spaces



During the Cost of Living crisis, there are lots of free spaces you can keep warm in across Bradford. Find the full map and list with info and hours here:

CostOfLivingBradford.co.uk/warm-spaces-directory

Bradford East

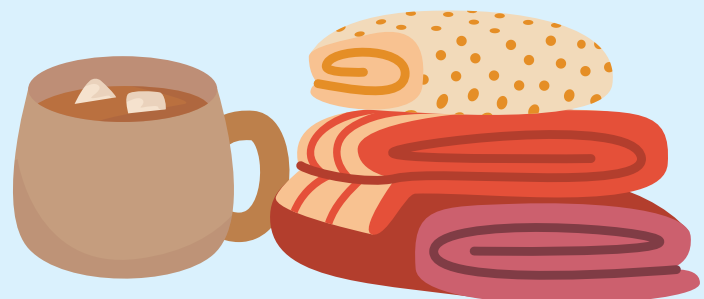
- Blooming Buds Theatre Company, BD10 8DP
- Eccleshill Library, BD2 4SR
- Laisterdyke Library, BD3 8RP
- Primetime at The Vine Community Centre, BD4 8PL
- Shine (West Bowling) and St Stephen's Church, BD5 7BX
- Salvation Army, 371 Leeds Road, BD3 9NG
- West End Centre, St Oswald's Church, BD5 9DH

Bradford West

- Equality Together, Manningham Mills Community Centre, BD9 5BD
- Saffron Dean Community Association/Weymouth Centre, BD15 7JJ
- Thornton and Allerton Community Association, BD13 3LD
- Cafe West Healthy Living Centre, BD15 7PA
- Bradford Industrial Museum, BD2 3HP
- Bradford New Church, BD18 3AL
- City Library, BD1 1SD
- Manningham Library, BD8 8BB

Bradford South

- Queensbury Library and Community Programme, BD13 2PA
- Sutton Centre, BD4 8NB
- Wibsey Library, BD6 1TR
- Wyke Library, BD12 8AL
- Salvation Army, BD4 9BD



Shipley

- Baildon Library, BD17 6JX
- Baildon Community Link, BD17 6NX
- Baildon Methodist Church and Wesleys Community Hub, BD17 5NH
- Bingley Library, BD16 1AW
- Burley in Wharfedale Community Managed Library, LS29 7HD
- Emily's Eatery, Unit 8, Denholme Business Estate, BD13 4EN
- Hive, St Peter's Church, BD18 4JH
- Menston Methodist Church and Cornerstone Café, LS29 6NB
- Denholme Community Centre (Mechanics Institute), BD13 4BL
- Shipley Library, BD18 3QH

Keighley

- Addingham Parish Council, The Old School, LS29 0NS
- Churches Together in Ilkley, Ilkley, LS29 9LW
- Dementia Friendly Keighley, BD21 3PH
- Ilkley Library, LS29 8HA
- Keighley Library, BD21 3SX
- Keighley Healthy Living, BD21 2JH
- Magic Garden Play Cafe, BD22 8QJ
- Silesden Town Hall Library, BD20 0PB
- South Craven Community Library, BD20 8TQ
- The Hive Community Centre, Silesden, BD20 0DE



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: BradfordFoodBanks.org.uk/foodbanks.

Food banks in Bradford

If you're struggling to put food on the table, you can get food from a local food bank. To find out about the food banks in your area and how to get a referral:

- Please visit: BradfordFoodBanks.org.uk.
- You can also get advice and referral information from Help through Hardship via a trained Citizens Advice advisor: Call **0808 2082138** for free (open Mon- Fri, 9am-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 in time for Christmas.

You can also find markets that sell low cost food here: BradfordFoodBanks.org.uk/markets.

Or places that provide free emergency meals here: BradfordFoodBanks.org.uk/meals.



Free Community Meals

Lots of places across Bradford are putting on free meals throughout the Winter period. Here are just a few of them. For a regularly updated list, please visit the following website: BradfordFoodBanks.org.uk/Christmas.

Friday 22nd December

- Coffee and mince pies at **Immanuel Project**, 29-31 Westgate, Bradford, BD1 2QT. Email: enquiries@theimmanuelproject.co.uk.
- **4.30pm - Bradford Soup Run** Christmas Do, 58-60 Nelson Street, Opposite Police Station, BD5 0DZ.

Saturday 23rd December

- **5-6.30pm - Bradford Curry Project**, hot meal at Bradford Deaf Centre, 25 Hallfield Road, Bradford, BD1 3RP.

24th December - Christmas Eve

- **3-4.30pm - JKN Outreach Kitchen** open with free hot meals/drinks and more, 15-17 Spring Gardens, Bradford, BD1 3EJ.

25th December - Christmas Day

- **11am-2pm - Missing Peace** Christmas Lunch, Keighley. Self refer on **07711 271 596** or email MissingPeaceWS@gmail.com - booking needed. Lifts can be arranged for the Keighley area
- **12.30pm - Shipley Churches Together** at Shipley Baptist Church. Booking only, by texting or emailing Julie on: JulieWright80@yahoo.co.uk or **07703 518 768**. Lifts from/meals delivered to people living in the BD9, BD10, BD17 and BD18 areas.
- **6pm - meal at United Together**, Deaf Centre, 25 Hallfield Road, Bradford, BD1 3RP.

Free Community Meals

Tuesday 26th December - Boxing Day

- **6.30-8pm - Intouch Foundation**, Hot food distribution at Injeel Hall, 24 Rebecca Street, Bradford, BD1 2RY.

Thursday 28th December

- **4-5.30pm - Curry Circle**, Hot Meal, Manningham Library, Carlisle Road, Bradford, BD8 8BB.

Friday 29th December

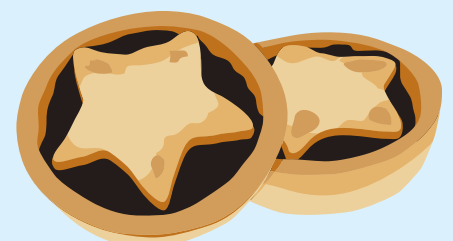
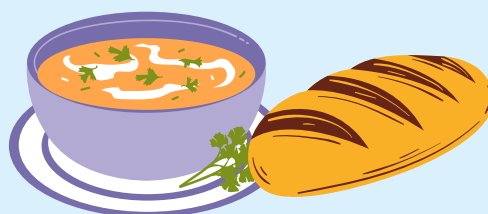
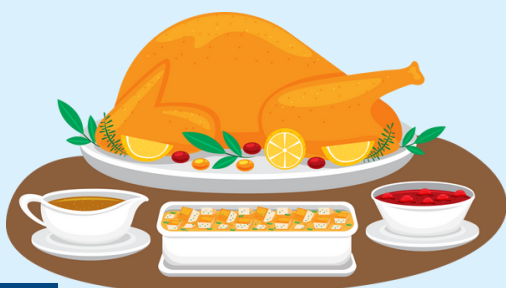
- **6-6.30pm** - Midland Langar Seva, 6-6.30pm, hot and cold food, between Centenary Square and Sunbridge Wells, BD1 1SD.
- **7.30pm** - Bradford Soup Run, hot meal at 58-60 Nelson Street (opposite police station), BD5 0DZ.

Saturday 30th December

- **5-6.30pm - Bradford Curry Project** - Hot meal, Bradford Deaf Centre, 25 Hallfield Road, Bradford, BD1 3RP.

Sunday 31st December - New Year's Eve

- **3-4.30pm - JKN Outreach** - Hot meal and fruit, veg, baked good to take home, 15-17 Spring Gardens, BD1 3EJ.



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 Roast in Bag Garlic and Herb Chicken - £4.99**
- **Lidl Partytime Pigs in Blankets (12 pack) - £1.99**
- **Lidl Mince Pies (6 pack) - £1.25**
- **Tesco Baking Potatoes (4 pack) - 65p**
- **Tesco Cranberry Sauce - 55p**
- **Tesco Onion Gravy Granules - 76p**
- **Tesco Sage and Onion Stuffing Mix - 45p**
- **Morrisons Carrots - 40p**
- **Morrisons Parsnips - 69p**
- **Morrisons Prepared Mashed Potato - £1.99**
- **Morrisons Sprouts - £1**
- **Morrisons Yorkshire Puddings (15 pack) - 46p**

Total: £15.18 (Serves 4 - Per Person - £3.80)

Easy Budget Christmas Recipes

If you are accessing this book as a printed copy, please google these recipe titles to find them!

- [Microwave Cauliflower Cheese](#)
- [Air Fryer Roast Dinner](#)
- [Quick Roast Christmas Chicken and Sticky Veg](#)
- [Fried Brussel Sprouts](#)
- [Smashed oven roasties](#)
- [Easy chocolate mousse](#)



Other Key Support

Below is a list of places for key support with addiction, gambling, loneliness, sexual health, and other issues that may arise or worsen over Christmas/Winter holidays.

Migrant Help UK

? Free support for asylum seekers.

☎ Call **0808 8010 503** (open 24/7).

Narcotics Anonymous UK

? Support for people struggling with drug addiction.

☎ Call **0300 999 1212** (open 24/7).

✉ Email pi@ukna.org.

Alcoholics Anonymous UK

? Support for people struggling with alcohol addiction.

☎ Call **0800 9177 650** (open 24/7).

✉ Email help@aaemail.org.

National Gambling Helpline

? Support for people struggling with gambling.

☎ Call **0808 802 0133** (open 24/7).

✉ Visit begambleaware.org.

Other Key Support

Silverline

? Free phone support and conversation for people aged 55+.

☎ Call **0800 470 8090** (open 24/7).

📄 Visit www.thesilverline.org.uk.

BEAT Eating Disorders

? Support for information and advice around eating disorders.

☎ Visit www.beateatingdisorders.org.uk/get-information-and-support.

Project 6 Keighley - Drug and Alcohol Support

? Provide free and confidential support, advice, treatment and info around drugs and alcohol through a range of services.

☎ Call [01535 610 180](tel:01535610180).

📄 Email info@project6.org.uk.

📍 Visit **11-19 Temple Street, Keighley, BD21 2AD**.

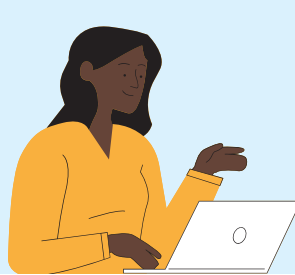
🕒 Please check with them to confirm Christmas/Winter hours.

Support with Buying Furniture and Appliances

? Bradford Council offers support with buying essential items such as beds, cookers, fridges, washing machines etc.

📄 Apply for support online:

www.bradford.gov.uk/benefits/applying-for-benefits/assisted-purchase-scheme.



Supporting Others and Donating

If you would like to support people in your community this Christmas, there are lots of places you can donate to:

- **Staying Put are welcoming donations to their Christmas Appeal.** You can find out more and find a donation link via: stayingput.org.uk.
- **Mind in Bradford are running a Winter Appeal.** You can find out more and donate via: mindinbradford.org.uk/support-us/sponsor-a-bauble/.
- **Support local food banks in Bradford with donations.** Find out more about where and what to donate by visiting: BradfordFoodbanks.org.uk/donate.
- **The National Literacy Trust in Bradford is asking for donations of brand new books for children,** with the Trust matching donations up to 3000 books. Drop off books at **BD25, Unit E2, Centenary Square, Bradford, BD1 1SD before December 5th** or email Bradford@literacytrust.org.uk.
- **Sandale Trust are running a Secret Santa Appeal and welcoming donations of toys, clothes, and food.** Please drop any donations at **Sandale Community Hub, 42-46 Reevy Road West, BD6 3LX** or donate money to gofund.me/f0c87584.
- **Immanuel Project are looking for donations of:** warm socks, hats, gloves, shower gel, toothpaste and toothbrushes, chocolate bars, wet wipes and deodorant. Email: enquiries@immanuelproject.co.uk.

