

Touchstone Winter Wellbeing Booklet 2023

Kirklees



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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 who 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).

West Yorkshire 24 Hour Mental Health Helpline

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

Kirklees Crisis Cafe

- ? Safe space for people experiencing crisis in Kirklees.
- ☎ Call or text **07741 900395** on the night you want to attend (open every night, 6pm-midnight).



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.

Pennine Domestic Abuse Partnership

? Support and advice around domestic violence and abuse for anyone aged 16+.

☎ Call **0800 052 7222** (24/7).

📄 Live Chat at: pdap.co.uk/ (Mon-Fri, 5-9pm, Sat Sun, 11am-3pm, may change during winter holidays).



Support with Violence and Abuse

Kirklees, Wakefield and Calderdale Sexual Assault Referral Centre

? Support and advice around sexual assault.

☎ Call **0300 303 4787** (open Mon- Fri, 8.30-4pm. Likely closed over the Christmas holidays).

✉ Email helpline@kcrasac.co.uk.

GALOP - LGBTQIA+ Abuse Support line

? Supporting LGBTQIA+ people affected by domestic violence and abuse.

☎ Phone **0800 9995428** (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 and Homelessness

People sleeping rough in Winter

During Severe Weather in Kirklees, the council will provide a bed for anyone sleeping rough. Use the contact details below to get support with this or other issues around homelessness.

Contact Kirklees Housing Support

? Support for people who are homeless or at risk of being so.

📍 Call **01484 221 350** (in working hours).

📞 Call **01484 414 933** (out of hours).

✉ Email: housing.solutions@kirklees.gov.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.

Kirklees Council Support with Bills and Food

? Advice and signposting for support when in short-term crisis with food, rent, bills and essentials.

✉ Email lwpe@kirklees.gov.uk.

📞 Call **01484 414782** (10am-4pm, Mon-Fri, excluding Bank Holidays).

✉ For more info and to apply online for a Welfare Provision grant, visit: www.kirklees.gov.uk/beta/benefits/local-welfare-provision.aspx.

Keeping Warm and Support with Bills

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 energy saving tips here: www.MoneySavingExpert.com/utilities/energy-saving-tips.
- Citizens Advice can also provide impartial advice. Call Citizens Advice Kirklees: **0808 278 7896**.

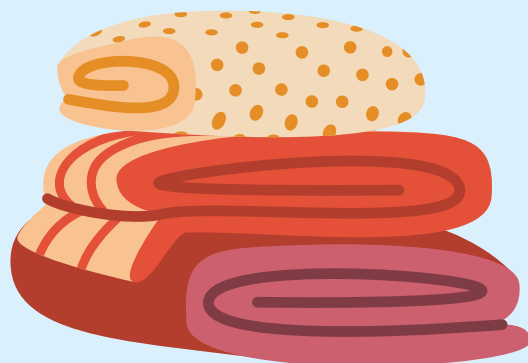


Warm Spaces

During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Kirklees. Find information on this link to the UK map here:
www.kirklees.gov.uk/beta/cost-of-living/warm-spaces.aspx

Below are some of the main warm spaces. Please check the website above for more locations, opening days and hours:

- Almondbury Library
- Batley Library
- Birkby Fartown Library
- Birstall Library
- The Chestnut Centre Deighton
- Cleckheaton Library
- Denby Dale Library
- Dewsbury Library
- Golcar Library
- The Greenwood Centre
- Heckmondwike Library
- Honley Library
- Holmfirth Library
- Huddersfield Library and Art Gallery
- Huddersfield Victoria Lane Local Studies Library
- Kirkburton Library
- Kirkheaton Library
- Lindley Library
- Marsden Library
- Meltham Library
- Mirfield Library
- Rawthorpe and Dalton Library
- Shepley Library
- Skelmanthorpe Library
- Slaithwaite Library



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 support with food: www.kirklees.gov.uk/beta/cost-of-living/food-support.aspx.

Foodbanks in Kirklees

If you're struggling to afford food or toiletries, you can get support from a local foodbank:

- Contact the Local Welfare Provision Team, Citizens Advice, a social worker or a GP to check if you are able to receive support. They will make a referral to your nearest food bank or wider support services.
- Local Welfare Provision can support with food, energy, and rent hardships: email lwpe@kirklees.gov.uk or call **01484 414782**.
- Or you can call **Kirklees Citizens Advice and Law Centre** for food bank referral and support on **0808 278 7896** (open Mon-Fri, 9-4,30pm) or drop in to **Huddersfield Centre, 1 and 3 Brook Street, HD1 1EB** (Thurs-Fri, 9.30-3pm) or **Dewsbury Centre, Units 5/6 Empire House, WF12 8DJ** (Mon-Tues, 9.30-3pm).
- 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.



Christmas Meals

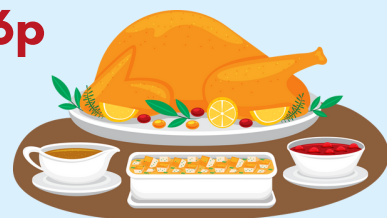
There are places in Kirklees that are offering free meals on Christmas day:

Dewsbury Cares Community Group is offering a hot meal, gifts and entertainment at lunchtime on Christmas Day (25th December). To book your place, call **07398 735 530**. You can also book by dropping in to **34-34a Cloth Hall Street, Dewsbury, WF13 1QE, Wednesdays and Saturdays 11-2pm**. They also deliver to people who can't leave the house on Christmas day (25th Dec) and transport can be arranged for people with mobility issues.

Ark Church are offering a free 2 course turkey roast meal (veg options available) from **12.30pm** on Christmas Day (25th Dec). To book, please text **07942 302 019**. Please book in early to avoid disappointment. Transport can be arranged if needed.

If you are cooking yourself this year, here is a helpful list for Christmas Dinner for 4 on a Budget:

- **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)

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@aamail.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.

Change Grow Live - Drug and Alcohol Service

? Support for information and advice around drug and alcohol use.

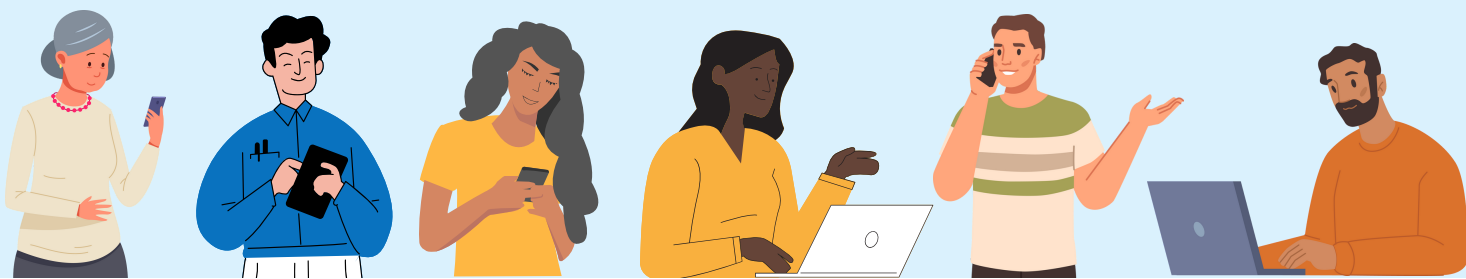
☎ Visit changegrowlive.org/drug-alcohol-kirklees.

📍 **20 Manchester Road, Huddersfield, HD1 3HJ.**

📍 **Wellington Street, Dewsbury, WF13 1LY.**

☎ Call **01484 353 333.**

📄 Email: Kirklees.Referral@cgl.org.uk.



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:

- **The Welcome Centre are running an Aviva Match Fund campaign.** You can donate to this link prior to midday 24 December: thewelcomecentre.org/pages/donate/. If you want to donate food instead of money, they are looking for donations of biscuits, selection boxes, chocolates, sponge puddings, and custard. Please drop off to **Unit 10-11 Queens Mill Industrial Estate, Queens Mill Road, Lockwood HD1 3RR**, open until 2pm on December 22nd.
- **Cleckheaton Foodbank are regularly looking for donations of food, toiletries, carrier bags etc.** You can donate to them and get updated donation lists on their Facebook page [@CleckheatonFoodbank](https://www.facebook.com/CleckheatonFoodbank).
- **Uniform Exchange in Kirklees are looking for donations of uniforms, coats etc.** You can find out more and donate at: uniform-exchange.org/donation-points.
- **Huddersfield Mission are looking for donations of sleeping bags.** Contact them here: www.huddersfieldmission.org.uk/pages/9-contact-us.

