

Touchstone Winter Wellbeing Booklet 2023

Rotherham



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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).

Rotherham 24 Hour Mental Health Helpline

- ? For support and signposting when you're in crisis.
- ☎ Call: **0800 652 9571** (open 24/7).
- 📧 If you are hard of hearing, Deaf or unable to use the phone line to call, please text: **07974 603 610**.

Rotherham Safe Space

- ? Safe space for anyone aged 18+ in a mental health crisis in Rotherham.
- ☎ Call **0808 175 3991** (freephone) or **07760 173 504** on 6pm on the evening you want to attend.
- 🕒 Open on Fridays, Saturdays, Sundays and Monday nights 6pm-12am. Open as usual for Winter/Christmas holidays.



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 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.

Rotherham Abuse Counselling Service

? Free specialist counselling for adults and young people over 13 of any gender, who have experienced abuse at any time in their life.

☎ Call **01709 835 482**.

📄 Email info@rothacs.org.uk.

🕒 Counselling service closed 25th Dec-1st Jan. ISVA service open throughout, with referrals aimed to be answered within 48 hours.



Support with Violence and Abuse

Rotherham Rise

? Support and advice around domestic violence and abuse.

☎ Call **0330 2020 571** (open Monday–Friday, 9am–5pm, closed 25th and 26th December and 1st January).

✉ Email help@RotherhamRise.org.uk.

GALOP - LGBTQIA+ Abuse Support line

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

☎ Phone **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 Years' Day)).

✉ Email help@galop.org.uk.

✉ Web chat: <https://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 Christmas Day (25th Dec), Boxing Day (26th Dec) and January 1st.



Housing, Bills and Keeping Warm

People sleeping rough in Winter

- Rotherham Council offer emergency accommodation to anyone who could be sleeping rough when temperatures go below 0.
- To access this service call **01709 336 009** between 8.30am-5pm and **07748 143 170** out of hours.
- Free calls can be made in Rotherham Town using the BT InLink devices on Corporation Street, College Street and Howard Street.

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.

Other Support around Energy and Cost of Living Crisis

- Money Saving Expert has lots of tips on saving energy:
www.MoneySavingExpert.com/utilities/energy-saving-tips/
- Citizens Advice can also give advice on issues around energy bills and the cost of living crisis. Call Citizens Advice Rotherham:
0808 2 78 7911 (Mon-Fri, 9-5) or visit:
CitizensAdviceRotherham.org.uk.

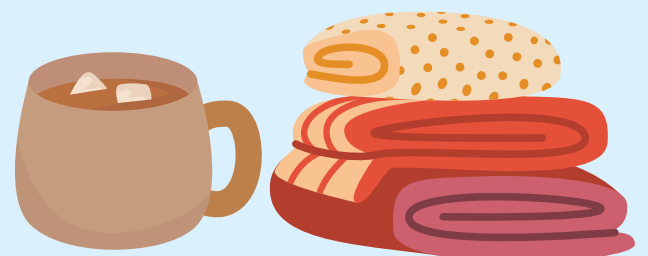


Warm Spaces

During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Rotherham. Find the map here:
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, S60 1AE
- Aston Library, S26 4WD
- Brinsworth Library, S60 5DG
- Clifton Park Museum, S65 2AA
- Dinnington Library, S25 2PS
- Greasbrough Library, S61 4ED
- Kimberworth Library, S61 1HA
- Kiveton Library, S26 6RB
- Maltby Salvation Army Church, S66 7LL
- Maltby Library, S66 8JE
- Mowbray Gardens Library, S65 2UH
- Rawmarsh Library, S62 6AE
- Riverside Library and Hub, S60 1AE
- Rotherham Minster, S60 1PD
- Thurcroft Library, S66 9DD
- Thorpe Hesley Library, S61 2QJ
- Wath Library, S63 7RZ
- Wickersley Library, S66 1JJ



Getting Food this Winter

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

Foodbanks in Rotherham

- You need a food bank voucher from a local agency i.e. Citizens Advice, Housing Options or another service you work with, to access food banks. If you are unsure of who to call please email office@rotherham.foodbank.org.uk or info@rotherham.foodbank.org.uk.
- Food parcels contain food and essentials to cover 3 days.
- 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.

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 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

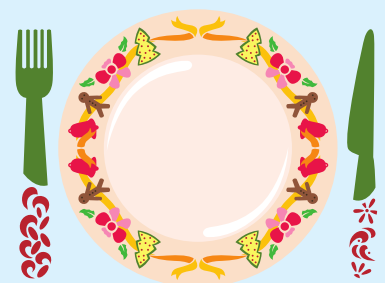
- **Lidl Roast in Bag Garlic and Herb Chicken - £4.99**
- **Lidl Partytime Pigs in Blankets (12 pack) - £1.99**
- **Lidl Mince Pies (6 pack) - £1.25**
- **Tesco Baking Potatoes (4 pack) - 65p**
- **Tesco Cranberry Sauce - 55p**
- **Tesco Onion Gravy Granules - 76p**
- **Tesco Sage and Onion Stuffing 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@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.

Rotherham Sexual Health Support

- ? Free STI testing and support.
- ☎ Call **01709 427 777**.
- 📍 Visit **C Level, Junction , (opposite the Chapel) Rotherham Hospital, Rotherham Hospital, Moorgate Road, S60 2U** (Mon-Thurs, 8.30am-7.30pm, Fri 9am-5pm, Sat 10-2pm. These hours may differ over the Winter / Christmas period).



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:

- **Find out donations needed for food banks in Rotherham.** You can find out more and donate via: www.donation-genie.co.uk.
- **Shiloh Rotherham are making up gift boxes in Rotherham for people rough sleeping or living in temporary accommodation and are looking for a selection of items for them.** Find out what they are looking for or donate money to their campaign via their website: shilohrotherham.org.uk/donate.
- **Rotherham Rise's fundraiser for their Children's Play Area is still open and taking donations.** Find out more and donate by visiting: JustGiving.com/campaign/rr-refuge-play-area.
- **Rotherham Hospice Christmas Tree Collection are asking for donations to collect your Christmas tree to recycle. To find out more** please visit just-helping.org.uk/collections/south-yorkshire-rotherham-hospice, call **01709 308 900** or email fundraising@rotherhamhospice.org.uk.

