

Touchstone Winter Wellbeing Booklet 2023

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 who you can call:

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).

West Yorkshire 24 Hour Mental Health Helpline

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

Wakefield Safe Space

- ? Open to people aged 16+ in crisis every evening 6pm-midnight. Open as usual over the Winter holidays period.
- ☎ Call **07776 962815** from 6pm on the evening you want to visit.

Wakefield Community Enablement Team

- ? Community-based support for people with multiple and complex mental health needs. Open over the Winter period but closed on Bank Holidays.
- 📄 Visit: touchstonesupport.org.uk/wakefield-community-enablement-team.



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.

Wakefield District Domestic Abuse Service

? Support and advice around domestic violence and abuse.

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

📄 Email DomesticAbuse@wakefield.gov.uk.



Support with Violence and Abuse

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 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).

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.



Housing, Bills and Keeping Warm

People sleeping rough in Winter

- When the temperature hits below 0, emergency accommodation is opened for people sleeping rough at **Wakefield Baptist Church, Belle Isle Avenue, WF1 5JY** (opposite Bus Depot on Barnsley Road). You can check availability at the shelter by calling the Homeless Team on **01924 385722** or, if out of hours, call **0345 8 506 506**.
- If you want to self-refer for support or are worried about someone sleeping rough at any point in the year, you can contact Wakefield Council's Rough Sleeper Support Service **01924 385722** or via email on RSSS@riverside.org.uk.

Support with Housing

- ? Support around housing issues, including evictions, tenancy issues, housing disrepair.
- ☎ Call **01924 304360 / 304362** (open Mon-Wednes 8.30-5pm, Thurs 10-5pm, Fri 8.30-4.30pm)
- ☎ For out of hours emergency calls, please call: **0345 8 506 506**.
- ✉ Email: housingneedsservice@wakefield.gov.uk.

Money Smart Wakefield

- ? Free service to help with managing your money and debt, etc.
- ☎ Call **01924 305892**.
- ✉ Email MoneySmart@wakefield.gov.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 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).



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 a map of warm welcome spaces here: www.warmwelcome.uk/find-a-space.](http://www.warmwelcome.uk/find-a-space)

These spaces are open regularly throughout the week. Please check the website above for opening days and hours:

Wakefield Central

- Sunbeam Family Hub, WF2 8RH
- Stanley Family Hub, WF3 4JB
- Wakefield Library, WF1 2EB
- Hepworth Gallery, WF1 5AW

Wakefield North West

- Horbury Library, WF4 6HP
- Stanley Library, WF3 4HU

Castleford and Ferrybridge

- Airedale Library, WF10 3JJ
- Castleford Forum Library and Museum, WF10 1BB

Normanton and Featherstone

- Butterflies Family Hub, WF6 1BB
- Normanton Library, WF6 2AR
- Featherstone Library, WF7 5BB

Pontefract and Knottingley

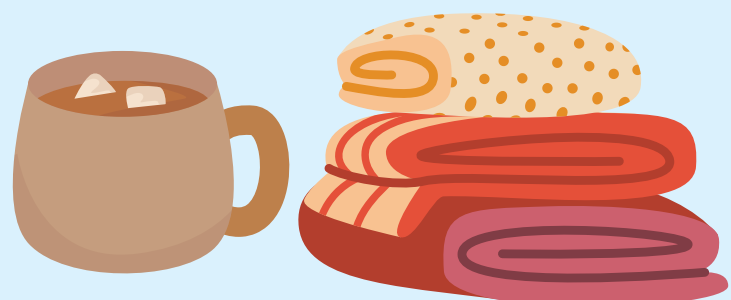
- Pontefract Library, WF8 1BD

South East

- Hemsworth Library, WF9 4JY
- Cedars Family Hub, WF9 4PU
- Havercroft Family Hub, WF4 2BE

South West

- The Castle Family Hub, WF1 5NU
- Horbury Library, WF4 6HP
- Ossett Library, WF5 8BE



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: **0800 144 8848** (free, open Mon- Fri, 9am-5pm).
- Different food banks have different opening times over holidays - get in touch early to find out info for last referrals in time for Christmas.

Here are some specific food and clothing banks to contact:

- **Kinsey and Fitzwilliam Foodbank**, Wakefield Road, WF9 5BP - Friday 9-10am. Call: **07821 189 698**. Email: KinseyAndFitzwilliamFoodbank@yahoo.com.
- **Normanton Community Kitchen**, Millfield Drive, WF1 2FA. Call: **07307 189 851**. Email: info@normanton.foodbank.org.uk.
- **Pontefract Foodbank**, Central Methodist Church, Newgate, WF8 1NB. Call: **07935 530583**. Email: info@pontefract.foodbank.org.uk.
- **Soup4Em**, 22 West Street, South Kirby. Call: **07931 584 362**.
- **The Bag Fairies Clothing Bank**, Burntwood Community Hub, Church Mount, WF9 3QS. Call **07513 297 773**. Email: TheBagFairies9@gmail.com.
- **The Clothing Bank** - free 7 day pack of clothing to all those who need it. Call: **07949 591 852**. Email: info@TheClothingBank.org.uk.



Christmas Dinners

There are places across Wakefield putting on free meals throughout the Winter period:

24th December - Christmas Eve

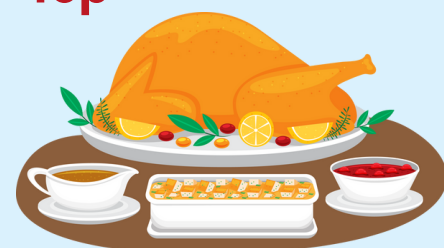
- Free community Christmas Lunch at Spring Community Cafe - for collection or delivery on **Christmas Eve, 1-3pm**. **Please pre-order by Thursday 23rd**. To pre-order, please contact: TheSpring299@btinternet.com.

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)



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.

Live Well Wakefield

- ? Programmes and activities for people aged 18+.
- ☎ Call **01924 255 363**.
- 📄 Visit www.livewellwakefield.nhs.uk.

Spectrum Sexual Health Support

- ? Free STI testing and support.
- ☎ To make an appointment, call **0800 1214 860**.
- 📄 Email Wakefield.SH@spectrum-cic.nhs.uk.
- 📄 Visit: spectrum-sexualhealth.org.uk more info on clinics and opening hours.

Inspiring Recovery (Turning Point)

- ? Info and advice about drugs and alcohol use.
- ☎ Call **0300 123 1912**.
- 📄 Visit turning_point.co.uk/support-we-offer.
- 🕒 Please check with them for Christmas/Winter holiday hours.



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:

- **Wakefield Street Kitchen are running an urgent fundraiser to stay open.** You can find out more and donate on their Facebook page [@WakefieldStreetKitchen](#) or email WakefieldStreetKitchen1@gmail.com.
- **Wakefield City of Sanctuary are always looking for donations of clothes and shoes for the refugees they work with. They are especially looking for clothes for teenagers at the moment.** Drop donations at **St Michael's Welcome Centre, Westgate Common, WF2 9RW** - make sure to contact them before visiting on Email: donate@wdcos.org.uk / Text: **07800 605397**.
- **Tiny Hands Baby Bank have a trolley for Christmas Appeal donations in the South Elmsall Home Bargains.** They are looking for fluffy socks, selection boxes, pyjamas, sweets, books, blankets, toiletries, games and more. You can buy a gift from Home Bargains or drop a pre-bought gift in their trolley.
- **St Catherine's Church Centre are asking for donations of selection boxes, chocolates, biscuits, cakes etc** to help make Christmas special for our Emergency Food Store families this year. Please call in with any donations at **St Catherine's Church Centre, WWF1 5HL between 9am-4pm, Mon-Fri.**

