

Touchstone Winter Wellbeing Booklet 2024

Leeds



Contents

Mental Health Support	1
Support for Violence and Abuse	4
Support for Young People	6
Touchstone Events and Support	8
Support with Housing, Bills and Finances	9
Warm Spaces	12
Getting Food this Winter	13
Free/Low Cost Community Meals	15
Other key support	16
Low cost/free events	18
Supporting Others	19

Mental Health Support

If you're struggling this Winter, you're not alone. There are people who can help - take a look below for who you can contact for support:*

NHS Mental Health Support - open 24/7

- ☎ Call **111 anytime** for mental health support and select option 2 for mental health. You can also visit: <https://111.nhs.uk/>.
- ☎ You can also call the 24/7 West Yorkshire Mental Health helpline run by the NHS on: **0800 183 0558** (freephone).
- ☎ Call **999** in an emergency where there is a threat to life.

Samaritans

- ? Here to listen and talk, no matter what you're going through.
- ☎ Call **116 123** (open 24/7).
- 📄 Visit their website for more contact options: www.samaritans.org/how-we-can-help/contact-samaritan/.

Shout - Text Service

- ? Free, confidential mental health support via text open 24/7.
- 📄 Text 'SHOUT' to **85258** (open 24/7).

Here For You

- ? Safe space for people aged 16+ experiencing crisis in Leeds.
- ☎ Call or text **07760 173 476** from 6pm on the night you want to attend.
- 📄 Self-refer at any time on our online form: touchstonesupport.org.uk/hereforyou/here-for-you-leeds/
- 🕒 Open every night, 6pm-12am, as usual over Winter/Christmas holidays.

*All details in this section have been taken from Mindwell or directly from emails with/the website of organisations.



Mental Health Support

Connect Helpline

- ? Providing emotional support and info for people in distress.
- ☎ Call **0808 800 1212**. Open 6pm-2am every night of the year.
- 📱 **Deaf Helpline:** Facetime/skype/glide with BSL trained staff by texting **07984 396 001** (mobile), every Monday, Wednesday and Saturday evening from 7 to 11pm.
- 💻 Message them online, by clicking the button at the top of the page on their website: www.lslcs.org.uk/services/connect-helpline/

Dial House

- ? A safe, homely space to relax and get support when you're in crisis.
- ☎ Call **0113 260 9328**.
- 📱 Text **07922 249 452** on the night you want to come.
- 💻 Website: www.lslcs.org.uk/services/dial-house-2/.
- 🕒 Open 6pm-1am every Mon, Wedns, Fri, Sat, Sun for people aged 16+. Open as usual over Winter/Christmas holidays. Most spaces are allocated by 7.30 so please call earlier rather than later.

Dial House at Touchstone

- ? Out-of-hours support for people from culturally diverse backgrounds, including refugees and asylum seekers.
- ☎ Call **0113 249 4675**.
- 📱 Text **07763 581 853**.
- 🕒 Open Mon 6-11pm, for social time and Tues and Thurs 6pm-midnight, for support and social time. Open as usual over Christmas and Winter holidays.
- 💻 Website: www.lslcs.org.uk/services/dial-house-touchstone/



Mental Health Support

Battle Scars

- ? Peer support groups for anyone affected by self-harm, including:
 - Face-to-face groups for 16-25 year olds, people aged 18+, and people aged 50+ in Leeds
 - Virtual groups for anyone in the UK aged 18+
 - Virtual and face-to-face groups for family and friends of people who self-harm
- ☹ Groups will run as usual throughout December, aside from on 26th December.
- ☎ Call **07410 380747** in office hours (please note: this is not a support or crisis number).
- ✉ Email: info@battle-scars.org.uk
- 🌐 Visit their website for more details on dates, times, and signing up to groups: <https://www.battle-scars-self-harm.org.uk/contact-us.html>
- For more information of where to get mental health support this Winter, visit: www.mindwell-leeds.org.uk/.
- For information on crisis support, visit: www.mindwell-leeds.org.uk/need-urgent-help/.
- For more guidance on taking care of yourself this festive season, visit: www.mindwell-leeds.org.uk/mindwell-festive-toolkit/.

If you are a young person looking for support, you can also find services specially designed to support young people with their mental health on [pages 6-7](#).



Support with Violence and Abuse

We know that the holidays can be difficult times for people with experiences of abuse and violence. If you need support, take a look below for some places that can help.* Please note: these are not emergency numbers. In an emergency where there is risk to life, call 999.

National Domestic Violence Helpline (Refuge)

- ? Free confidential support for those who have experienced abuse or violence.
- ☎ Call **0808 2000 247** (open 24/7 and open as usual in Winter holidays).
- 📄 Visit: www.nationaldahelpline.org.uk to fill in a web form and request a safe time to be contacted or to access the Online Live Chat, which is open 10am-10pm, Mon-Fri.
- 📄 BSL Helpline: www.nationaldahelpline.org.uk/bsl/ (open Mon-Fri-10am-6pm).
- 📄 For support with tech-facilitated abuse visit refugetechsafety.org.

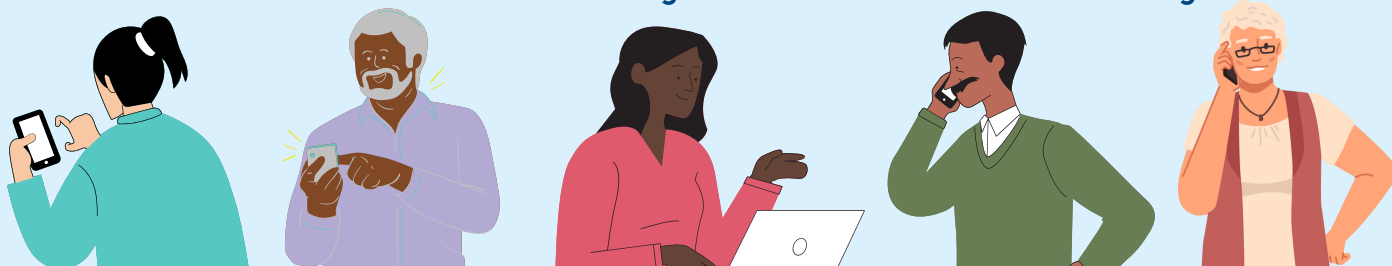
Rape Crisis Helpline (England and Wales)

- ? Here to talk for people aged 16+ who have experienced sexual violence, harassment or abuse at any time in their life or are supporting someone who has.
- ☎ Call **0808 500 2222** (open 24/7).
- 📄 Chat to them online: <https://247sexualabusesupport.org.uk/>.

Leeds Domestic Violence Service (LDVS)

- ? Here with free, non-judgemental and non-pressured advice, support and info about domestic violence and abuse for anyone in Leeds.
- ☎ Call **0113 246 0401** (open 24/7).
- 📄 Email: hello@ldvs.uk.
- 📄 Website: <https://ldvs.uk/>

***All details in this section have been taken from organisations' websites or emails with organisations.**



Support with Violence and Abuse

Support After Rape and Sexual Violence Leeds (SARSVL)

? Support for women and girls in Leeds affected by sexual violence.

☎ Call: **0808 802 3344**

🕒 **Open:** Mondays 12-2pm / Tuesdays 8-10pm / Wednesdays 6-8pm / Thursdays 2-4pm / Sundays 6.30-8.30pm throughout the Winter Period, apart from Tues 24th December, Tues 31st December and Wednes 1st January where the helpline will be closed.

🌐 Website: <https://supportafterrapeleeds.org.uk/>

GALOP - LGBTQIA+ Abuse Support line

? Supporting LGBTQIA+ people affected by any kind of violence and abuse.

☎ Phone: **0800 999 5428**. Open on 23rd, 24th, 30th and 31st Dec at 9.15am-8pm; Open on 27th Dec, 2nd and 3rd Jan at 9.15am-4.30pm. Closed on 25th and 26th Dec and 1st Jan. Closed between 1pm-2pm each day.

🌐 Email help@galop.org.uk.

🌐 Web chat: galop.org.uk (open 10am-1pm on the same days the phoneline is open, apart from Fridays when webchat is closed).

Men's Advice Line

? Supporting men with experiences of domestic violence and abuse.

☎ Phone **0800 801 0327** (open Mon-Fri 10am-5pm).

🌐 Email info@MensAdviceLine.org.uk (open Mon-Fri, 9am-5pm).

🌐 Webchat support: MensAdviceLine.org.uk/contact-us/ (open Wednesday 10-11:30am and Thursday 2-4pm).

🕒 Please note: support may be closed at different times during the festive period.



Support for Young People

If you're a young person struggling with your mental health, there's lots of places you can go for support. Take a look below for some places that support young people in Leeds and across the UK:*

Childline

? Free support for children and young people under the ages of 19 with any issue they're going through.

☎ Call **0800 1111** anytime. For more ways to get in touch, visit:
www.childline.org.uk/get-support/contacting-childline/.

Papyrus - Hopeline 24/7

? Confidential support for young people under 35 thinking about suicide.

☎ Call **0800 068 4141** / Text: **88247**, open 24/7, including bank holidays.

✉ Email: pat@papyrus-uk.org

Leeds CAMHS Crisis Call Line

? Free helpline to support children and young people, aged 0-18 with whatever they're going through.

☎ Call **0800 953 0505**. Open Monday-Sunday 8am-8pm, every day.

Night Owls

? Confidential support for children and young adults up to 25 and their parents/carers in West Yorkshire.

☎ Call **0800 148 8244** / Text **07984 376 950**

✉ Chat online by clicking the button at the top of the page on their website:
www.lslcs.org.uk/services/night-owls-helpline/.

🕒 Open 8am-8pm every day and as usual throughout the festive holidays.

*All details in this section have been taken from the Mindwell and Mindmate websites or from organisations' websites or emails.



Support for young people

Teen Connect

- ? Emotional support for 11-18 year olds.
- 📞 Call **0800 800 1212** / Text: **07984 436 680**
- 💻 Message them online, by clicking the button at the top of the page on their website: www.lslcs.org.uk/services/connect-helpline/teen-connect/
- 🕒 Open Monday-Friday, 3.30pm-2am, Saturday and Sunday 6pm-2am, every night including Bank Holidays.

Safe Zone

- ? Face-to-face support for 11-17 years olds and their parents and carers.
- 📞 Call **0113 819 8189** / Mobile: **07593 529 367**, open for referrals 4-8.30pm
- 🕒 Open Wednesdays and Thursdays 4pm-10pm, open as usual in festive period.

Crisis Messenger for people aged 25 or under, run by The Mix

- ? Free text service providing 24/7 crisis support across the UK to people aged 25 or under.
- 📱 Text THEMIX to **85258**.

For more support with your mental health, MindMate have a lot of helpful resources and information to support young people in Leeds with their mental health: <https://mindmate.org.uk/>. Please also see [pages 1-3](#) for mental health support options, some of which can support children and young people, including NHS helplines, Samaritans, and SHOUT Text Service.



Touchstone Events and Services

Most of our services will be closed temporarily over the Winter/Christmas holidays. Our Here For You Service will be open as usual for anyone who needs crisis mental health support ([see page 1 for details](#)). Some of our other services will also be running wellbeing sessions across Winter. Please see below for details:

LS9 Lives Wellbeing Drop-Ins - Free monthly drop-in sessions with activities, games, chats, refreshments, and info about mental health support from Leeds Mental Wellbeing Service. Sessions run from **1-3pm** at **183 Haslewood Drive, LS9 7RE**. Winter dates are: **16th December, 13th January and 10th February**. For more details, please call Beth on **07909 254 608** or email **LMWSCoproduction@TouchstoneSupport.org.uk**.

Being You Leeds Wellbeing Cafe - Free wellbeing cafe with hot drinks, snacks, and space to chat with new people. Open **Fridays 2-4pm at Roscoe Methodist Church, LS7 4BY**. These sessions will be closed on Friday 27th December and Friday 3rd January, starting again on Friday 10th January at the new time of **1.30-3.30pm**. To book your place, please call Steph on **07484 519 399**.



Support with Housing, Bills and Finances

People sleeping rough in Winter

In Leeds, if the temperature is forecast to be below 0 for a night, everyone should get emergency accommodation until the first working day when the temperature is above 0. For support with housing, please use the contact details below.

Contact Leeds Housing Options

- ? Support for people who are homeless or at risk of being so.
- 📍 Visit **Merrion House, 110 Merrion Centre, LS2 8BB**.
- ☎ Call **0113 222 4412** (Mon-Fri 9am-4pm, apart from Tues 10-4pm, closed Bank Holidays).
- ☎ For emergency out-of-hours calls, call **0113 378 8366**.
- ✉ Email: **housing.options@leeds.gov.uk** (Responds within 3 working days, Mon-Fri)
- The public can also notify the **Street Outreach Team** if they are worried about someone sleeping rough by calling **0113 245 9445** or emailing **Leeds.SOS@cgl.org.uk**.
- For more information if you're experiencing homelessness or are at risk of homelessness in Leeds, please visit:
www.leeds.gov.uk/housing/homeless-or-at-risk

***All details in this section have been taken from the Street Support Network, Leeds City Council and the Gov UK websites, as well as direct from organisations' websites.**



Support with Housing Bills and Finances

Help to Heat your Home

- **Cold Weather Payments** - £25 payment for each 7 day period when the temperature is below 0 between 1 Nov and 31 March. Open to people on certain benefits or support for mortgage interest.
- **Warm Home Discounts** - If you get certain benefits or are on a low income and have high energy costs, you could get £150 towards your electricity bill. The discount will usually get applied to your energy bill if you are eligible. For more details, visit: www.gov.uk/the-warm-home-discount-scheme
- **Winter Fuel Payments** - Money towards heating bills if you are of State Pension Age and receiving certain benefits, including pension credit. If you're entitled, you should have received a letter in October/November telling you how much you'll get. For more details, visit: www.gov.uk/winter-fuel-payment. **Please note:** Many people who are eligible are not claiming pension credit. The deadline for submitting a backdated claim for Pension Credit to receive Winter Fuel Payment is 21 December. For more information on pension credit, please visit: www.independentage.org/get-advice/money/benefits/pension-credit.

Leeds Household Support Fund:

- £40 will be given to all households in Leeds, who are in receipt of Council Tax Support on 6 January 2025. Those who are eligible will be contacted.
- Some pensioners' households who are eligible for Council Tax Support but not the 2024-25 Winter Fuel Payment will receive £150.
- There is additional funding for residents who need emergency support with costs of food, energy or household items. Call the Local Welfare Support Scheme on **0113 376 0330** to apply for support. For more details, visit: www.leeds.gov.uk/benefits/local-welfare-support-scheme.



Support with Housing, Bills and Finances

Other Support around Energy and Cost of Living Crisis

- Leeds Money Information Centre provides free, confidential and impartial advice on money-related matters, such as debt, money, energy, and utilities: www.leeds.gov.uk/leedsmic.
- 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 Leeds: **0808 2 78 78 78** (Mon-Fri, 9-5) or visit: CitizensAdviceLeeds.org.uk.
- Leeds City Council and NHS have information on how to stay well and warm this Winter. For more information, please visit: www.leedsdirectory.org/health-and-wellbeing/winter-wellbeing/

Support with Independent Living - Home Plus, Care and Repair Leeds

- Support, advice, repairs and information for those at risk of falling, those struggling to heat their home or pay heating bills, and those who need support to maintain their independence.
- Call: **0113 240 6009** (Mon-Fri, 9-4.30pm, Tues 10.30-4.30pm).
- Email: homeplus@care-repair-leeds.org.uk.
- Website: care-repair-leeds.org.uk/home-plus-leeds/
- Please note: this organisation may be closed over the festive holidays. Please contact them for more information.

Free Winter Coats

- Free coats are available from collection points across the city, including various hubs, libraries, and community centres.
- Visit the following website for full info: www.zerowasteleeds.org.uk/projects/leeds-winter-coat-appeal/.



Warm Spaces

During the Cost of Living crisis, there are lots of warm spaces you can go to keep warm in for free throughout Leeds. Find the full map with opening hours at: www.warmwelcome.uk/find-a-space or type 'warm spaces Leeds' into your search engine.* See below for a list of places that are open most weekdays and some weekends. They are likely to be closed on Bank Holidays.

West Leeds

- Hawksworth Community Hub
- Bramley Hub and Library
- Armley Library
- Pudsey Library

North West Leeds

- Yeadon Hub and Library
- Horsforth Hub and Library
- Holt Park Hub and Library
- Headingley Hub and Library
- Otley Hub and Library
- Left Bank Leeds, LS6 1LJ
- Leeds Trinity University Library

North Leeds

- Moor Allerton Hub and Library
- Oakwood Library
- Chapel Allerton Library

Leeds Central

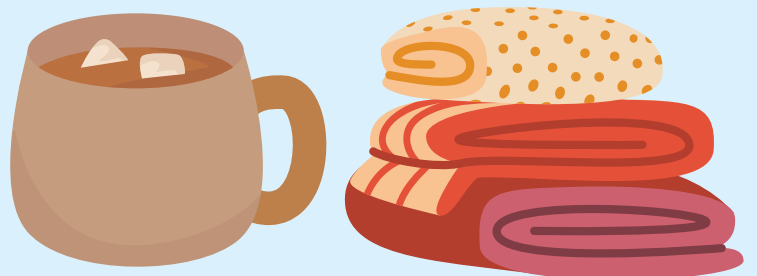
- City Centre Community Hub
- Leeds Central Library

East Leeds

- The Old Fire Station, LS9 6NL
- Burmantofts Hub and Library
- Reginald Centre Hub and Library (including Fusion Cafe)
- Seacroft Hub and Library
- Burmantofts Hub and Library
- Kippax Hub and Library
- Garforth Hub and Library
- Compton Centre, LS9 7BG
- Crossgates Library
- Halton Library

South Leeds

- Hunslet Hub and Library
- Beeston Hub and Library
- Rothwell Hub and Library
- St George's Centre and Hub



*All details in this section have been taken from the Leeds City Council and Warm Welcome websites.

Getting Food this Winter

If you need some support getting food this Winter, there are foodbanks and other place across Leeds that can help.*

If you need urgent help

If you are experiencing an emergency or crisis and meet the criteria, you can apply for support with food, energy and essential household items through the Local Welfare Support Scheme: www.leeds.gov.uk/benefits/local-welfare-support-scheme.

Food banks in Leeds

To find out more about how you can get a voucher for a foodbank, you can chat with someone from one of the Leeds Food Banks:

- Contact **Leeds North and West Foodbank**: Call **0113 269 2985** or email: EReferral@LeedsNorthAndWest.foodbank.org.uk. They can put you in touch with a local agency to get a food voucher. You can also visit their website for more information: leedsnorthandwest.foodbank.org.uk/get-help/how-to-get-help/
- For **Leeds South and East Foodbank**, please visit their website to find a list of local agencies who can support you to get a food voucher: leedssouthandeast.foodbank.org.uk/get-help/how-to-get-help/. For more info, call them on **0113 277 2229** or Email info@LeedsSouthAndEast.foodbank.org.uk.
- If you're receiving support from a social worker, support worker, or other advice agency, they may also be able to refer for help with food and/or food vouchers.
- **Please check with your local food bank to find out when they will close over the Christmas and Winter holidays.**

*All details in this section have been taken from the Leeds City Council, Trussell Trust Foodbanks, and Food Aid Network websites.



Getting Food this Winter

Other sources of support with food and finances include:

Help Through Hardship helpline (by Trussell Trust and Citizens Advice)

- ? Friendly, personalised advice around benefits, financial support, and emergency support to pay for essentials.
- ☎ Call **0808 208 2138**, open **Mon-Fri, 9am-5pm**, closed on public holidays.

Food Aid Network

- ? Information on other food banks and other forms of food aid throughout Leeds, such as drop-ins, soup kitchens, outreaches, foodbanks, pay as you feel cafes and food pantries.
- 📖 Visit: leedsfoodaidnetwork.co.uk/find-emergency-food/.

Healthy Holidays Scheme

- ? Provides free holiday clubs with a hot meal for children eligible for free school meals.
- 📖 To find out more, visit: www.leeds.gov.uk/children-and-families/healthy-holidays

Healthy Start Scheme

- ? Provides eligible pregnant women and families with children aged under 4 years old with vouchers for food.
- 📖 To find out more, please visit: www.healthystart.nhs.uk/how-to-apply/.

Free school meals

- ? If you are on benefits or a low income, you may be able to claim for free school meals for any child who normally lives with you and who is classed as being under your parental care.
- 📖 To find out more about free school meals and apply: www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals



Community and Christmas Meals

Here is a list of places in Leeds offering free meals throughout the Winter and festive period. For a longer list of places offering meals, please visit: leedsfoodaidnetwork.co.uk.

24th December - Christmas Eve

- **1pm** - Homeless Street Angels will be providing food of a lunchtime, walking around the city centre.

25th December - Christmas Day

- **12-3pm** - Hot Christmas lunch from Rainbow Junktion on a pay as you feel basis at All Hallows Church, 24 Regent Terrace, Burley, Leeds, LS6 1NP. No need to book in advance but, if you can, please let them know in advance if you plan on coming and about dietary requirements.
- **12-12.45pm** - Traditional Christmas lunch at St George's Crypt, Great George Street, Leeds, LS1 3BR.
- **1-5pm** - Helping Hands UK will be providing hot drinks, coffee, sweet treats and presents at Pret A Manger at Leeds train station, with maximum capacity for 50 people. Open to anyone living on the streets. For more details, please call Toni on **07375 108 247**.

26th December - Boxing Day - and Beyond

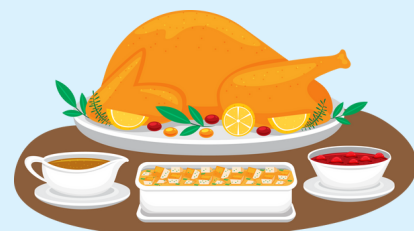
- **Boxing Day 7pm** - Homeless Street Angels will be providing food around the city centre.
- **St George's Crypt** will serve a hot lunch **Mon-Fri 12pm-12.45pm** as usual.

Christmas Dinner for 4

If you want to cook Christmas dinner at home on a budget, here is a handy shopping list to look through:

- **Aldi Oakhurst Turkey Breast Joint with a Pork, Onion, and Sage Stuffing Topped with Smoked Bacon - £5.49**
- **Aldi Pigs in Blankets (12 pack) - £1.99**
- **Asda Baking Potatoes (4 pack) - 59p**
- **Aldi Prepared Vegetable Medley - £1.39**
- **Aldi Parsnips - 75p**
- **Aldi Brussels Sprouts - 95p**
- **Aldi ready-made Yorkshire puddings - £1.59**
- **Asda Cranberry Sauce - 55p**
- **Asda Extra Special Turkey Gravy - £1.90**

Total: £15.61 (Serves 4 - Per Person - £3.90)



Other Key Support

Below is a list of other key support for things that may impact you over the Christmas/Winter holidays.*

BEAT Eating Disorders

- ? Support, information and advice around eating disorders.
- 🕒 Helplines are open Monday-Friday, 3-8pm as usual over the festive period.
- ☎ Call: **0808 801 0677**
- ✉ Email: help@beateatingdisorders.org.uk
- 💻 Webchat: www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/one-to-one-web-chat/.

Alcoholics Anonymous UK

- ? Free support for people who are concerned about their alcohol use or want help to stop drinking.
- ☎ Call the national helpline on: **0800 9177 650** (open 24/7).
- ✉ Email help@aamail.org.

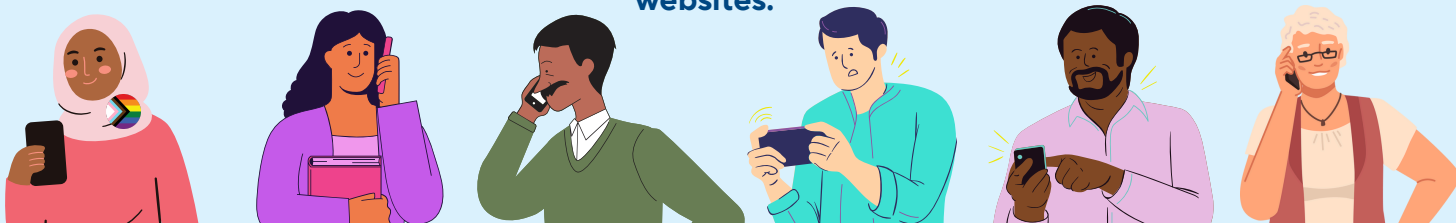
Narcotics Anonymous UK

- ? Support for people concerned about their use of drugs.
- ☎ Call **0300 999 1212** (open 10am-midnight. If the line is busy and you would like a call back, leave a message with your number. If you don't want to leave a message, call back in 15 minutes).

Silverline (run by Age UK)

- ? Free phone support and conversation for older people.
- ☎ Call **0800 470 80 90** (open 24 hours a day, 7 days a week)
- ✉ Visit www.thesilverline.org.uk.

***All details in this section have been taken directly from Mindwell Leeds or the organisations' websites.**



Other Key Support

National Gambling Helpline (run by GamCare)

- ? Confidential support, info and advice for people affected by gambling harms.
- ☎ Call **0808 802 0133** (open 24/7).
- 💻 Chat: www.gamcare.org.uk/get-support/talk-to-us-now/#live-chat (open 24/7).

Free Asylum Support Helpline (run by Migrant UK)

- ? Free advice and guidance for asylum seekers.
- ☎ Call Free Asylum Helpline on **0808 8010 503** (open 24/7).
- 💻 For more information for those claiming asylum in the UK:
www.migranthehelpuk.org/advice-and-guidance.
- 💻 For more ways to contact them, please visit: www.migranthehelpuk.org/contact

Mental Health Support for Veterans run by Combat Stress

- ? Free 24/7 advice and support for veterans and guidance for asylum seekers.
- ☎ Call Free Helpline on **0800 138 1619**
- ✉ Text: **07537 173 683**
- 💻 Email: helpline@combatstress.org.uk

Forward Leeds - Drug and Alcohol Support

- ? Info, support and advice about drugs and alcohol use.
- ☎ Call **0113 887 2477**.
- 💻 Email: info@forwardleeds.co.uk.
- 💻 Visit their website for more advice during the seasonal period:
www.forwardleeds.co.uk/advice/seasonal-advice-for-people-we-support/
- 🕒 Open 24 Dec, 9am-3pm; 27 Dec, 9am-3pm; 30 Dec, 9am-5pm; 31 Dec, 9am-3pm. Closed on 25 and 26 Dec and 1 Jan. Open as usual from 2nd Jan, Mon-Fri, 9-5pm.



Free and Low Cost Events

There are lots of free and low cost ways to enjoy the festive and Winter period. Take a look below for low cost and free events coming up in Leeds. For more events, please visit: www.visitleeds.co.uk/enjoy-christmas-in-leeds-for-less/.

Performances of the Nutcracker vs. The Rat King at the Royal Armouries

A magical performance of the Rat King vs. the Nutcracker taking place every day from 1 December-5 January.

Cost: Free

Leeds' Christmas Markets

Festive markets are spread across City Square, Millenium Square and Kirkgate market this year throughout the festive period.

Cost: Free

Reindeer Trail at Kirkstall Abbey

Explore the ruins and look out for their herd of seasonally decorated reindeers from 30 November to 24 December during opening hours.

Cost: Free

Meet Santa at Kirkgate Market

Santa will be marking special appearances at Kirkgate market to meet and greet, pose for photos, and give out small gifts.

When: Saturday 7th, Saturday 14th, Saturday 21st, Monday 23rd December, 12-3pm

Cost: Free



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:

- **At Touchstone, we are asking for donations of gifts, foods, and toiletries through our Reverse Advent Calendar campaign.** Instead of opening a door to receive a treat each day, Touchstone are asking for a different donated item each day of the advent season to support people in our local communities. Drop items at our offices before we close for Christmas (offices close at 1pm on 24th December) or buy via our Amazon Wishlist to donate. <https://www.amazon.co.uk/hz/wishlist/ls/TACF5ICJ3AW5/>. To find out more about how you can donate, please visit: <https://touchstonesupport.org.uk/reverse-advent-calendar-2024/>.
- **Zero Waste Leeds accept donations of a range of things, including winter coats, to support the community. The final date for coat donations is 31st January 2025.** Please visit their website to find out more: zerowasteleeds.org.uk.
- **Rainbow Junktion are looking for food and toiletries donations through their Reverse Advent Calendar campaign.** Visit their Facebook for updates on what they need: [@RainbowJunktion](#). Drop donations at **All Hallows Church, 24 Regent Terrace, LS6 1NP**.
- **Leeds Women's Aid are asking people to donate to their fundraiser for their Children and Young People's hub.** Donate via: <https://localgiving.org/appeal/LWAYoungPeoplesHub>.

