

Touchstone Winter Wellbeing Booklet 2023

Leeds



Contents

Mental Health Support	1
Support for Violence and Abuse	3
Touchstone Services	5
Housing and Homelessness	6
Keeping Warm and Support with Bills	7
Warm Spaces	9
Getting Food this Winter	11
Free Community Meals	13
Christmas Dinner on a Budget	14
Other key support	15
Supporting Others	17

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).

Single Point of Access Leeds

- ☎ Call **0800 183 1485** (open 24/7) if you or someone you're worried about needs urgent care for a mental health crisis.
- 📠 If you're Deaf or have hearing loss, you can text **07983 323 867** (open 24/7).



Mental Health Support

Dial House

- ? A safe, homely space to relax in and get support when you're in crisis.
- ☎ Call **0113 260 9328**.
- ✉ Text **07922 249 452** on the night you want to come.
- 🕒 Open 6pm–2am every Mon, Wedns, Fri, Sat, Sun for people aged 16+. Open as usual over Winter and Christmas holidays.

Dial House at Touchstone

- ? Out-of-hours support for people in a mental health crisis who are Black or from a Minority Ethnic group.
- ☎ Call **0113 249 4675**.
- ✉ Text **07763 581 853**.
- 🕒 Open Mon 6–11pm for social support and Tues and Thurs, 6pm–midnight. Open as usual over Christmas and Winter holidays.

Connect Helpline

- ? Providing emotional support and info for those in distress.
- ☎ Call **0808 800 1212**.
- 💻 Online chat: www.lslcs.org.uk.
- 🕒 Open 6pm–2am, nightly. Open as usual over Winter/Christmas holidays.

Leeds Crisis Cafe

- ? Safe space for people experiencing crisis in Leeds.
- ☎ Call or text **07760 173 476** from 6pm on the night you want to attend.
- 🕒 Open every night, 6pm–12am. Open as usual over 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.NationalDAHeline.org.uk/en/Chat-to-us-online (open Mon-Fri, 3-10pm).

📄 Web Form: www.NationalDAHeline.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/.

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).



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 Mon 12–2pm, Tues 8–10pm, Wednes 6–8pm, Thurs 2–4pm, Sun 6.30–8.30pm. Closed 21st, 24th, 25th – Christmas Day, and 31st Dec – New Year’s Eve, 1st Jan – New Year’s Day).

GALOP - LGBTQIA+ Abuse Support line

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

☎ 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).



Touchstone Events and Services

Touchstone centres close on Friday 22nd December at 1pm until Wednesday 27th December. We will then close early on Friday 29th December at 1pm until Tuesday 2nd January. This means that we will not be answering our office phones. Some of our services will be open throughout this period and other services will be offering specific Christmas and Winter events:

LS9 Lives Winter Wellbeing Days - This project is hosting **FREE** Winter Wellbeing days with crafts, activities, food, and chats on Mondays throughout December and January. These will take place on 4th, 11th, 18th December and 15th, 22nd, 29th January from 10am-2pm at **St. Vincent's Centre, LS9 9LF**. [Find out more on their Instagram here: @LS9.Lives.](#)

Live Well Leeds Christmas Welcome Cafes - Welcome Cafes will be held on 27th, 28th and 29th December, 11am-2pm at Touchstone Support Centre. For more information contact info@LiveWellLeeds.org.uk or **0113 219 2727**.

Leeds Crisis Cafe - Open as usual throughout the Winter break, every evening from 6pm-midnight. Call **07760 173476** from 6pm on the night you want to attend.



Housing and Homelessness

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, 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 but open other weekdays during Winter).
- ☎ For emergency out-of-hours calls, including during Winter holidays, call **0113 378 8366**.

- 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**](mailto:Leeds.SOS@cgl.org.uk).
- You can also report it to your local authority/outreach team via: [**www.StreetLink.org.uk**](http://www.StreetLink.org.uk).

Leeds Council Support with Bills and Food

- ? Information and support for people who are struggling to afford food, rent, and household bills.
- 🏠 Visit: [**www.leeds.gov.uk/benefits/help-with-food-and-bills**](http://www.leeds.gov.uk/benefits/help-with-food-and-bills).

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.

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 Leeds: **0808 2 78 78 78** (Mon-Fri, 9-5) or visit: CitizensAdviceLeeds.org.uk.
- For more information and support around energy bills, visit the national Citizens Advice website:
CitizensAdvice.org.uk/consumer/energy.



Keeping Warm and Support with Bills

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

- Provides independent energy and housing advice, servicing and support, helping to prevent falls and cold-related health conditions.
- Call: **0113 240 6009** (Mon-Fri, 9-4.30pm, Tues 10.30-4.30pm).
- Email: enquiries@care-repair-leeds.org.uk.
- Website: care-repair-leeds.org.uk.
- Closing early on December 22nd to re-open on January 2nd.

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/posts/leeds-winter-coat-appeal-is-back.



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 here or type 'warm spaces Leeds' into your search engine. See below for a list of places that are open most weekdays and some weekends.

West Leeds

- Children's Centre Norman Street, Kirkstall, LS5 3JN
- Hawksworth Community Hub
- Bramley Hub and Library
- Armley Library
- Pudsey Library

North Leeds

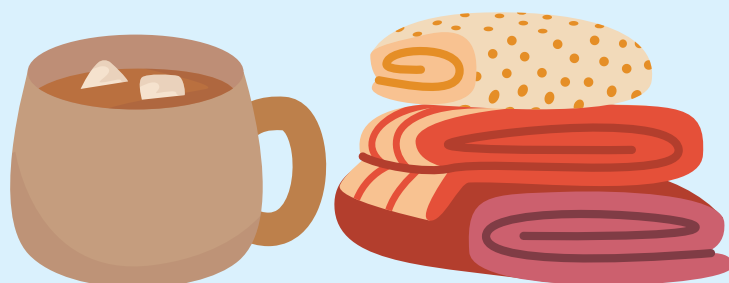
- Moor Allerton Hub and Library
- Oakwood Library
- Chapel Allerton Library
- Northlight Arts Centre and Cafe, LS7 3LW
- Moor Allerton Elderly Care

North West Leeds

- Yeadon Hub and Library
- Guiseley 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

Leeds Central

- St Anne's Resource Centre, York Street, LS9 8AA (breakfast)
- City Centre Hub
- Leeds Central Library
- Leeds Playhouse, LS2 7UP
- Yorkshire Dance, LS9 8AH
- Royal Armouries, LS10 1LT



Warm Spaces

East Leeds

- Recovery Hub @ East Leeds
- The Old Fire Station, LS9 6NL
- Meeting Point Cafe, LS9 6AP
- 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
- Shine Workspace, LS8 5HS
- Halton Library
- Bridge Community Church
- St Vincent's Centre

South Leeds

- Hunslet Hub and Library
- Beeston Hub and Library
- Morley Hub and Library
- Middleton Elderly Aid Social Centre, LS10 4LF
- Middleton Family Centre, LS10 4JG
- BITMOs GATE, Belle Isle, Leeds, LS10 3QH
- Rothwell Hub and Library
- Dewsbury Road Hub and Library
- St George's Centre and Hub
- Watsonia Pavillion, Cross Flatts Park



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:

www.leeds.gov.uk/leedsmic/energy-fuel-and-food/emergency-food.

Food banks in Leeds

If you're struggling to put food on the table, you can get a voucher for a local food bank from a local agency.

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

- Call **North and West Food Bank** on: **0113 269 2985** or **South and East Food Bank** on **0113 277 2229**.
- Email **EReferral@LeedsNorthAndWest.foodbank.org.uk** or **info@LeedsSouthAndEast.foodbank.org.uk**.
- Visit **<https://LeedsNorthAndWest.foodbank.org.uk/get-help/how-to-get-help>** or **<https://LeedsSouthAndEast.foodbank.org.uk/contact-us>**.

Please check with the foodbank for info on opening hours and the last date you can get a food parcel in time for Christmas.



Getting Food this Winter

You can also get food parcels from different places including the below. Please contact them for more information:

- **St George's Crypt Shop**, Town Street, Armley. Call: 0113 279 7732. Open: Mon-Sat, 9.30-3.30pm. Need a referral from a partner agency.
- **The Salvation Army (central)**, Nile Street, LS2 7QY. Call: 0113 244 5898. Thurs, 11.30am-1pm. Open to agency or self referrals.
- **The Salvation Army (West Hunslet)**, Charity Shop, Mon-Thurs, 9.30am-1pm. Email: leeds.west.hunslet@SalvationArmy.org.uk. Open to those living in LS10/11, need referral letter from agency.
- **The Salvation Army (Morley)**, Ackroyd Street, LS27 8PZ. Call: 0113 238 0422 or email: morley@SalvationArmy.org.uk. Mon-Thurs, 10am-12pm. Referral by phone or email.
- **St Aidan's**, Elford Place West, LS8 5QD. Call: 07754 450 967 or email: enquiries@StAidan-leeds.org.uk. Saturday, 10.30am-12pm. No referral needed.
- **Winner's Chapel**, Burley Hall, 49-51 Cardigan Lane, Burley, LS4 2LE. Call: 0113 278 0483. Sunday, 12-1.30pm. No referral needed.
- **Blessed of the Father (Calvary International), Christian Centre**, 53 Cardigan Lane, Burley, LS4 2LE. Call: 07745 748 404. Sunday, 4-6pm. No referral needed.
- **Soup and More**, Leeds Central SDA, 14 Oatland Place, LS7 1JT. Saturday, 1pm-3pm. No referral needed.



Free Community Meals

There are places across Leeds are putting on free meals throughout the Winter period. Here are just a few of them:

21st December

- **7.15pm** - Homeless Street Angels will be providing food as usual on Thursdays in the city centre, starting at the market opposite John Lewis and then moving around the city.
- **6.30pm** - Hot meal, FoodCycle Leeds Harehills, St. Aidan's Church Hall, Elford Place, Leeds, LS8 5QD.

24th December - Christmas Eve

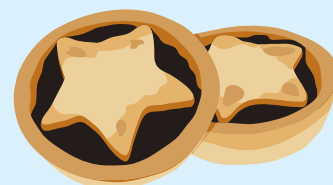
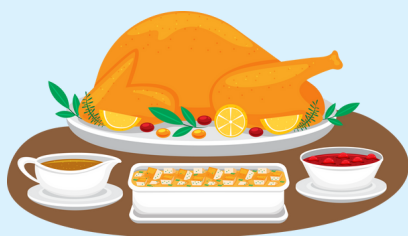
- **1pm** - Homeless Street Angels will be providing food of a lunchtime, walking around the city centre.

25th December - Christmas Day

- **12-3pm** - Hot Christmas lunch from **Rainbow Junktion** on a pay as you feel basis. All Hallows Church, 24 Regent Terrace, Burley, Leeds, LS6 1NP. No need to book in advance.
- **12pm onwards** - Christmas lunch served at **St George's Crypt**. St George's Church, Great George Street, Leeds, LS1 3BR.

From Boxing Day Onwards

- **St George's Crypt** will be serving a hot lunch **Mon-Fri 12pm-12.45pm** as usual. At the Lighthouse, there will be drop ins with snacks and hot drinks on **Thursdays 1-3pm** and a meal and food parcels will be served on **Sundays 12.30-2.30pm**.



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 type these recipe titles into search engines to find them online.

- **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

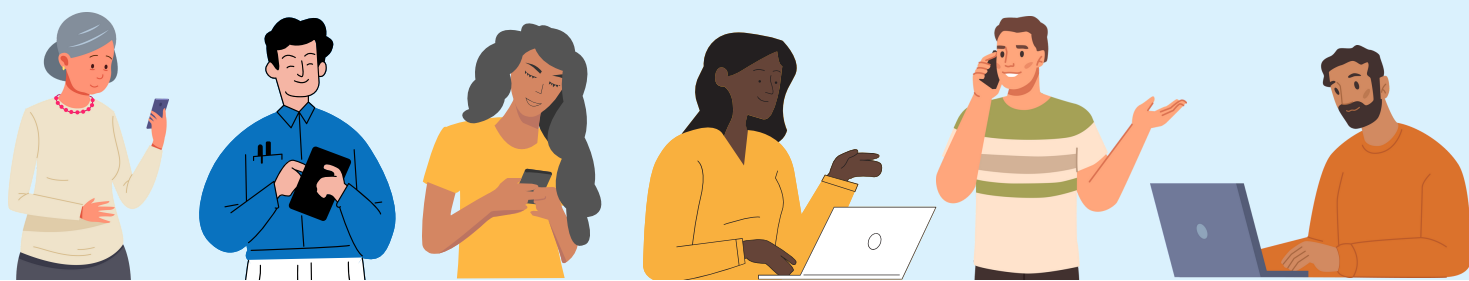
- ? Support for information and advice around eating disorders.
- ☎ Visit: www.beateatingdisorders.org.uk/get-information-and-support.

Forward Leeds

- ? Info, support and advice about drugs and alcohol use.
- ☎ Call **0113 887 2477**.
- 📄 Email: forwardleeds.co.uk.
- 🕒 Open weekdays, 9-5pm, apart from 25th and 26th Dec (Christmas and Boxing Day) and 1st January (New Year's Day).

Leeds Sexual Health support

- ? Free STI testing and support.
- ☎ Call **0113 843 4495** (Mon-Fri, 8.30am-4.30pm, opening hours likely to differ over the 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:

- **Basis Yorkshire are looking for warm winter clothes and more.** Donate to their Amazon wishlist here: tinyurl.com/ykzy5yut.
- **Rainbow Junktion are looking for food and toiletries donations.** Visit their Facebook for updates on what they need most: [@RainbowJunktion](#). Drop donations at **All Hallows Church, 24 Regent Terrace, LS6 1NP**.
- **Angels of Freedom Leeds are asking those with Sky Subscriptions to donate 2 free monthly cinema tickets** by sending them screenshots of codes to them on social media: [@LeedsLGBTAngels](#). [Visit their Facebook post here](#).
- **Homeless Street Angels are asking you to buy their Christmas single or donate to their fundraiser.** Visit their social media to find out more: [@HomelessStreetAngels](#).
- **Leeds Women's Aid are asking people to donate gifts to families in their refuges.** Donate via: givetoday.co.uk/leedswomensaid. Most items are under £10.
- **Simon on the Streets are asking for donations to their Christmas Appeal** to support people facing homelessness in Leeds and Bradford: JustGiving.com/Campaign/sotsChristmasAppeal2023.
- **Zero Waste Leeds accept donations of a range of things to support the community.** Please visit their website to find out more: zerowasteleeds.org.uk.

