

# Support for people with health worries in Leeds this winter

#Together  
Leeds



**NHS**



**Leeds**  
CITY COUNCIL

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# Advice for Staying Well

If you have health worries, winter can often make it harder to stay well. For people who are older, or for those who live with health conditions, the cold weather can aggravate existing health problems, or make us more vulnerable to respiratory winter illnesses. So, it is important that we all take action to stay well this winter.

- ✓ Get COVID-19 booster and flu vaccinations, when offered.
- ✓ Take advantage of financial schemes and discounts for keeping warm, and eating well.
- ✓ Contact NHS111 online or by phone if you become more worried about your health, or develop new symptoms.
- ✓ Look out for others who may need some extra help, encourage them to take up support.
- ✓ Stay connected to family, friends and neighbours and take part in activities that make you happy and help keep you well.

**If your health condition makes you eligible for treatment for Covid-19**, and you develop symptoms of Covid-19: take a test as soon as possible and report your results by calling 119 or going online to gov.uk. For more information, visit:

[www.nhs.uk/CoronavirusTreatments](http://www.nhs.uk/CoronavirusTreatments)

# **bhi** Black Health Initiative

Black Health Initiative (BHI) is a community engagement organisation addressing inequities and inequalities in Education, Health and Social Care. Working with partners, and with and for Diverse Communities.

We will be providing and delivering "Hot Fusion of Caribbean and Black British meals" to elders aged over 70 and people who are more vulnerable.

We have a 'soup collection service' at St. Martin's Institute on a Wednesday from 1pm - 1.45pm for homeless people.

We can also arrange free counselling from culturally informed counsellors for people with anxiety or mild distress.



**Quote "Winter 2022"**

**0113 307 0300**



**[admin@bhileeds.org.uk](mailto:admin@bhileeds.org.uk)**

**[www.blackhealthinitiative.org](http://www.blackhealthinitiative.org)**



**315 Chapeltown Road, Leeds, LS7 3JT**



# Bramley Baths

Bramley Baths is a community-led leisure facility providing an affordable space for health, fitness and wellbeing.

We will be providing access to swim, gym and fitness classes, either through participating in a group session, or we can also offer tailor-made one to one sessions, here at the Baths.

We can also support people with your fitness and wellbeing, in your homes or local areas, either online or meeting you in a space of your choosing.



**Quote “Fit for Winter”  
Jennie: 07510 373 480**



**[jennie@bramleybaths.com](mailto:jennie@bramleybaths.com)**



**Broad Lane, Bramley, Leeds, LS13 3DF**



# Breath of Fresh Air

The Breath of Fresh Air project is run by TCV Hollybush: an environment conservation centre based in Kirkstall. Throughout the year we deliver a range of projects including gardening groups, walking groups, practical conservation projects, short courses in gardening and woodwork and a whittling group.

We are able to provide 1-2-1 support for people to access your local outdoor spaces. This could happen by meeting you near your house and going for a short walk or accessing your local park and green spaces. It could also involve support accessing public transport to help give you the confidence in going to other areas around Leeds.



**Gemma: 07767 113 137**



**[gemma.foley@tcv.org.uk](mailto:gemma.foley@tcv.org.uk)**



**Broad Lane, Kirkstall, Leeds, LS5 3BP**

# Chapeltown Citizens Advice

We provide free, confidential and impartial advice and campaign on big issues affecting people's lives and we have a Specialist Adviser for people with health worries. Our goal is to help everyone find a way forward, whatever problem you face. We're an independent charity and part of the Citizens Advice network across England and Wales.

Our specialist adviser can provide advice covering, but not limited to: benefits, housing, employment, education, immigration, utilities, cost of living. To be eligible for the project you must: live in Leeds and identify as having a long term health condition or chronic illness and require advice or support.



Ask for the "LTC Health Advisor"

**0808 2 78 78 78**



**[info@chapeltowncab.org.uk](mailto:info@chapeltowncab.org.uk)**



**Chapeltown Citizens Advice, Willow House  
New Roscoe Buildings, Cross Francis St  
LEEDS, LS7 4BZ**



# Feel Good Factor

Feel Good Factor provides support to improve your health and wellbeing. Based in Chapeltown, we work with communities across Leeds providing activities and services to improve the health of people who are vulnerable or facing disadvantage.

Twice a month on a Wednesday we provide a hot meal for local families at our afterschool Eco Club. Whilst children are taking part in activities, adults can access information and advice on cost of living issues. Places are limited so please book in advance.

During the winter months, we also have our friendly 'warm space' where anyone can access support, information, a warm drink and a warm welcome.



**Angela: 0113 350 4200**



**[office@fgfleeds.org](mailto:office@fgfleeds.org)**



**53 Louis St, Chapeltown, Leeds LS7 4BP**



# Flourishing Families

Flourishing Families runs cookery clubs so the whole family can learn to cook together.

The best way to have a healthy diet and reduce food costs is to cook meals from scratch. Our family cookery clubs equip adults and children with all the skills needed to make nutritious and economical meals. Clubs are a lot of fun too!

Every week we make a different meal to take home, and it costs just £1 per family per session.

Most clubs take place in local primary schools so check out our website or call us, to see if we are running a cookery club near you.



**Kate: 07554 003101**



**[Hello@FlourishingFamiliesLeeds.org.uk](mailto:Hello@FlourishingFamiliesLeeds.org.uk)**



**[www.flourishingfamiliesleeds.com](http://www.flourishingfamiliesleeds.com)**

# Home Plus Leeds

Home Plus Leeds is our service aimed at enabling and maintaining independent living through improving health at home, helping to prevent falls and cold-related poor health.

Home Plus can provide you with advice and support on hazard repairs, falls prevention, heating and energy assistance and dementia support. These services can include:

- Repairs of heating appliances
- Installing carbon monoxide detectors
- Providing emergency heaters & winter warmth packs
- Draught-proofing window and doors
- Repairing loose or uneven floorboards
- Providing dementia friendly adaptations

In addition to the Home Plus service, the **Fuel Poverty Support Scheme** can provide you with convenient and lower cost means of cooking and heating. If you meet the eligibility criteria, our Support Workers can carry out a home visit and recommend the provision of alternative methods of cooking & heating such as:

- Slow cookers and air fryers
- Microwaves
- Portable oil filled radiators
- Heated throws
- Electric blankets
- Footwarmers

The use of these smaller domestic electrical appliances will reduce the need to use main ovens for cooking small amounts of food and provide warmth and comfort if you are reluctant to turn on a main source of heating.

**Eligibility:** Any household which has an annual income of £30,000 or less and savings of less than £16,000.

If you or someone you know may benefit from these services, please contact our friendly Customer Services Team. An initial assessment will be completed over the phone, which may be followed up by a home visit.



**0113 240 6009**

Mon, Wed, Thurs and Fri: 9am – 5pm

Tues: 10:30 – 5pm



**[homeplus@care-repair-leeds.org.uk](mailto:homeplus@care-repair-leeds.org.uk)**



**[www.care-repair-leeds.org.uk](http://www.care-repair-leeds.org.uk)**



## Local Welfare Support

The Local Welfare Support Scheme may be able to help you if you need emergency help to afford food, gas or electricity.



**0113 376 0330**



**[www.Leeds.gov.uk/Benefits/Help-With-Food-And-Bills](http://www.Leeds.gov.uk/Benefits/Help-With-Food-And-Bills)**



## Leeds Directory

The Leeds Directory offers a comprehensive range of services and community based support, groups and activities, in order to support people to live the life they want to live.

It helps you live well by connecting you to reliable local services and tradespeople who have been checked and vetted as well as activities and events near you.



**0113 378 4610**

Weekdays 9am-5pm



**[www.LeedsDirectory.org](http://www.LeedsDirectory.org)**



# Money Information Centre

The Money Information Centre lists all the places you can access free, confidential and impartial help and advice on a range of money related matters such as debt, money, energy and utilities.



[www.Leeds.gov.uk/LeedsMIC](http://www.Leeds.gov.uk/LeedsMIC)



# Together Leeds

Together Leeds has put together in one website page all the places in Leeds offering support to people to help with the cost of living.

You can find information on: financial support and advice, accessing emergency support, advice on staying warm at home, support with utility bills, job advice, tips for keeping your home warm and staying well.



[www.Leeds.gov.uk/  
Campaign/Cost-Of-Living](http://www.Leeds.gov.uk/Campaign/Cost-Of-Living)



# Recovery Runners

Recovery Runners helps people who have addiction or mental health problems to take part in physical and outdoor exercise. We do running, walking and cycling.

If you have never run before, or always ran; not walked long distance, or an experienced walker; not cycled for a while or in your element on two wheels... we have got something to suit you. We have qualified run, walk and cycle leaders who are always willing to help. We cannot however teach you to cycle from scratch and whilst we try to provide for absolutely everyone, children under 16 must be accompanied by an adult for insurance reasons.

We also offer a warm safe place for a brew and a chat if none of this suits.



Dean:

**[RecoveryRunners21@gmail.com](mailto:RecoveryRunners21@gmail.com)**



**"Recovery Runners Community"  
on Facebook, Instagram and Twitter**



# Space 2

Space2 is a local charity offering a range of arts and creative activities, peer-support groups and volunteering to support health and wellbeing.

We offer a wide range of FREE activities for people living in East/North East Leeds to build confidence, increase skills, promote mental wellbeing and to meet new people. These include creative arts, T'ai Chi, gentle walks, chair based exercise, men's social groups and gardening.

We aim to make all groups accessible. More info about groups and timings are on the website, or you can call us for a chat and we can find out from you what you would like to do.



**0113 320 0159**



**[www.space2.org.uk/contact/](http://www.space2.org.uk/contact/)**



**The Old Fire Station,  
Gipton Approach, Leeds, LS9 6NL**



# Together We Can

The West Yorkshire Together We Can website has lots of helpful tips for looking after yourself this winter, as well as how to choose the right places to ask for help if you need it.

## Self Care



Many minor issues like coughs, grazes and sore throats can be treated at home.

## NHS 111



Visit [111.nhs.uk](https://111.nhs.uk) or call 111 if you need medical help quickly, 24 hours a day, 365 days a year.

## GP practices



GP practices offers same day and pre bookable appointments Monday to Friday, 8am - 8pm.



## Pharmacy



Medical advice and treatments for things like colds, tummy troubles, rashes, aches and pains.

## Mental health



Don't wait until you are in crisis. There's a wide range of support and resources available for everyone, including a 24/7 free phone line. Visit [togetherwe-can.com/mental-health](https://togetherwe-can.com/mental-health)

## A&E

A&E is for emergencies, serious injuries and life-threatening situations. Like heart attacks, 24 hours a day.



<https://TogetherWe-Can.com>



## Warm Spaces Leeds

Across Leeds this winter, there are designated warm spaces where people can gather for free in a warm, safe and welcoming place. Everyone is welcome, particularly if you are struggling to stay warm at home.

These are public places that will be kept warm, and where possible will offer free hot drinks, provide information, activities and some have additional facilities such as free WiFi or advice surgeries. Each venue is slightly different in size and in what it offers but all are committed to creating a welcoming and friendly atmosphere.

You can visit the website, put in your postcode and it will create a list of all the venues near you, including what's on offer and the opening times.

If you don't have access to the internet you can call any of the groups or organisations listed in this booklet who will help to direct you to the right place for you.



[leeds.gov.uk/campaign/warm-spaces](https://leeds.gov.uk/campaign/warm-spaces)



# UK Counselling Network

UK Counselling Network CIC is an innovative counselling and psychotherapy service dedicated to making therapy accessible across the UK.

For people with health worries, we can provide 8 FREE sessions of counselling – which could help you to manage any immediate distress. We offer this service online via video chat, by telephone or face to face at our Drighlington office.

We are able to support a wide range of non-clinical distress such as loneliness, isolation, relationship problems, financial stress, low mood etc. An assessment will take place to ensure you are suitable for this service.

*Note: Our service is not suitable for clients with personality disorders, active substance misuse, severe trauma, active suicidality or severe eating disorders.*



**Quote “Winter 2022”**

**0113 285 2899**



**[hello@ukcounsellingnetwork.co.uk](mailto:hello@ukcounsellingnetwork.co.uk)**



**<https://ukcounsellingnetwork.co.uk/book>**

# Support for people with health worries in Leeds this winter

*If you live with health worries, winter can often make it harder to stay well. For people who are older, or for those who live with health conditions, the cold weather can aggravate existing health problems, or make us more vulnerable to respiratory winter illnesses.*

*This booklet outlines some additional opportunities for anyone who is worried about their health to help manage the cost of living, and to stay connected to activities and communities that can make us happy and help us stay well.*

*All the offers in this booklet are being provided by organisations committed to working together to help you find the right support for you. Always feel free to get in contact and ask any of us for more information. We are all here to help.*

