



THE WELL-BEAN CRISIS CAFÉ – HOPE IN A CRISIS BLOG: CHRISTMAS AND NEW YEAR SUPPORT AWARENESS EDITION.

(Written by Matthew Hall – Crisis Support Worker at WBC)

Christmas and the New Year Period can be a polarising period of time. For many people this is a time for celebration and enjoyment with friends and family. For many though, this may not be the case. Many services that people rely on shut down over the Christmas period, and it can be a period that can feel very lonely and isolating for many people. With very cold weather and dark nights – the world can feel a very challenging place this time of year...

At the Well-Bean Café – we will offer a warm welcome. We are open an extra **THREE** days over the Christmas/New Year period to offer support in times of Crisis if you need it. Whether you are feeling socially isolated and want to be around other people in a safe environment – or if you are feeling things are getting out of control and need emotional support, then we can offer a space for 1-1 support to help with that. We are open the following days over the Christmas/New Year:

CHRISTMAS PERIOD: SAT 22nd Dec', SUN 23rd Dec', MON 24th (XMAS EVE), TUE 25th (XMAS DAY), WED 26th (BOXING DAY)

NEW YEARS PERIOD: SAT 29th, SUN 30th, MON 31st (NEW YEARS EVE), TUE 1ST (NEW YEARS DAY).

*****PLEASE NOTE – WE WILL BE OFFERING TAXIS TO AND FROM THE SERVICE FOR ALL VISITORS ON, CHRISTMAS EVE, CHRISTMAS DAY AND BOXING DAY, AS WELL AS AND NEW YEARS EVE AND NEW YEARS DAY DUE TO THE RESTRICTIONS ON PUBLIC TRANSPORT OVER THESE PERIODS*****

OUR PROFESSIONAL REFERRAL LINE IS: 07760 173505
OUR SELF REFERRAL LINE IS: 07760 173476 (both lines
open 6 to 12pm Sat' to Mon')

We offer a genuinely **safe place** – with support workers and trained therapists, offering the following services: A non-judgemental social place to **relax** in, **freshly cooked food with hot/cold drinks on tap** (no charge), **1 to 1 therapeutic support sessions** (up to an hour – from a person centred standpoint), **practical support** – with a focus on social crisis, **information and signposting to others helpful services** in Leeds, as well as having **board games, art books, music** and even a **pool table** that can be used by anyone. Our workers – Kim, Matt, Amareen, Debbie, Rima, Christian, Wendy and Adriana are here to welcome you with a friendly smile 😊...

The Well-Bean – Hope in a Crisis Café is a service run in partnership between Touchstone and Leeds Survivor Led Crisis Service.



PLEASE NOTE – ON YOUR FIRST VISIT TO THE WELL-BEAN CAFÉ – WE WILL PROVIDE A FREE TAXI (TO AND FROM) THE SERVICE, TO TAKE AWAY THE WORRY OF GETTING TO US FOR THE FIRST TIME



WELL-BEAN *Cafe*

We offer
'Hope in a Crisis'
Referral:
07760 173476

- Are you struggling with your mental health?
- Are you feeling isolated and alone?
- Do you need someone to talk to in confidence?

**The Crisis
Café
opening
times:**
Saturday,
Sunday
and
Monday
evenings
from

6pm-12am
(Including Bank Holidays)

At Lincoln Green
Community Centre
LS9 7JB



The Well-Bean
'Hope in a Crisis' Café
is open to anyone in crisis.

We offer a non-clinical
alternative to A&E, to
resolve or better manage
crisis.

We offer one 1:1 support
(from a Person Centered
Approach) and support in
the social area where
refreshments and hot food
are available.