



CHRISTMAS 2018 INFO

All you need to know about when Christmas falls this year, when the Hub is open, when we're available, when public transport is on, when the shops are open and what support is out there during the festive period

When is Christmas and New Year?

SUN	MON	TUE	WED	THU	FRI	SAT
23rd	24th: Xmas Eve	25th: Xmas Day	26th: Boxing Day	27th	28th: Hub closed	29th
30th	31st: New Years Eve	1st: New Years Day	2nd	3rd	4th: Hub open	5th

When is the Autism Hub open?

The Autism Hub is closed on the following dates:

- Friday 21st December
- Tuesday 25th December
- Friday 28th December
- Tuesday 1st January

The Friday Hub will be open as usual on **Friday 4th January** from **4-7pm** for booked appointments. The Tuesday drop-in Hub session will be back on **Tuesday 8th January** from **3:30-7pm**.

When is the Advonet office open?

Advonet's office will be closed on the following dates:

- Tuesday 25th December
- Wednesday 26th December
- Tuesday 1st January

It will be back open on weekdays

from **Wednesday 2nd January** from **9am-5pm**.

It will be open on the **24th, 27th, 28th and 31st of December** with a reduced service, and closed on weekends as usual.



Leeds Autism AIM is part of Advonet, an independent advocacy charity in Leeds / Registered Charity No. 1126132 / Company Limited by Guarantee No. 04229975 / Web: advonet.org.uk

Emergency phone numbers

- Advonet First Contact number: **0113 244 0606**
- Dial House: **0113 260 9328**
- Dial House at Touchstone: **0113 249 4675**
- Connect Helpline: **0808 800 1212***
- NHS non-emergency helpline number: **111**
- Citizens Advice: **0113 223 4400**
- Samaritans: **116 123***
- Leeds General Infirmary (LGI) A&E Department: **0113 243 2799**
- St James' Hospital A&E Department: **0113 243 3144**
- Leeds Adult Social Care: **0113 222 4401**
- Shelter Housing Advice Line: **0808 800 4444**
- National Autistic Society Helpline: **0808 800 4104**

*These numbers are open during some Bank Holidays

Where to go for support this Christmas

The **Rainbow Junk-tion Cafe** will be open on **Christmas Eve** from **11am to 3pm**. It serves food on a Pay As You Feel (PAYF) basis, using donated ingredients.

The cafe is also open on **Thursday 27th, Friday 28th and Monday 31st December**. They are open from **11am to 3pm** on those dates too.

Dial House in Halton is a mental health crisis centre. In December, it is open at the usual times. Visit

Islcs.org.uk for more information.

St Vincent's are holding Christmas lunches every weekday up to and including Friday 21st December - £15 for a three-course meal. Call **0113 248 4126** for more info.

MindWell have an online "12 Days of Christmas Toolkit" on their website with information on staying well this winter. Please visit mindwell-leeds.org.uk/home/christmas-toolkit to read it in full.

Banks/post/Post Office

- **Banks** will be closed on Sundays and the 25th, 26th and 1st. Opening times on other dates vary; check local branch for info
- **Post**: None will be delivered on the 23rd, 25th, 26th 30th or 1st – limited deliveries on 24th and 31st
- **Post office opening times**: As banks, with limited hours on the 22nd and 29th

Bin collection dates

Some collection days will change if they coincide with a Bank Holiday. Here is a list of them:

<u>Normal day</u>	<u>Collected on</u>
Monday	Sun 23rd, Mon 31st
Tuesday	Mon 24th, Wed 2nd
Wednesday	Thu 27th, Thu 3rd
Thursday	Fri 28th, Fri 4th
Friday	Sat 29th, Sat 5th
Saturday	Sun 30th, Sun 6th

Buses in Leeds this Christmas

- Sunday 23rd – Sunday service
- Monday 24th – Saturday or Monday service; reduced after 6pm and stopping by 8pm
- Tuesday 25th – No services
- Wednesday 26th – Limited services on main routes between 9am and 6pm
- 27th - Saturday service
- 28th - Saturday service
- 29th – Saturday service
- 30th – Sunday service
- 31st – Saturday service; reduced after 6pm and stopping by 8pm
- 1st – No services
- 2nd – Back to normal

Trains in Leeds this Christmas

- **Northern Rail** – Strike on 22nd; Normal service on 23rd; Most services withdrawn after 7pm on 24th; No services on 25th or 26th; Some services before 8am not running on 27th; 28th as normal; Strike on 29th; Services end after 7pm on 31st; No services before 8am on 1st;
- **TransPennine Express** – Normal on 22nd-23rd; Most services withdrawn after 7pm on 24th; No services on 25th-26th; Some early services before 8am not running on 27th; 28th-29th as normal; Reduced services on 31st and 1st
- **LNER** – Normal on 22nd-23rd; Most services withdrawn after 7pm on 24th; No trains on 25th-26th; Earlier services not running on 27th; As normal on 28th-30th; As Xmas Eve on 31st; Reduced service on 1st
- There are some engineering works in the Manchester area during Christmas; expect delays

When are the shops open?

- Leeds Trinity: Christmas Eve - 9am- 6pm; Christmas Day - CLOSED; Boxing Day - 9am-6pm; New Year's Eve - 9am-6pm; New Year's Day - 11am-5pm
- *Please note that individual shops' opening times may vary
- Supermarkets: All big branches are closed on Christmas Day. Opening hours restricted on 24th, 26th, 31st and 1st
- Smaller shops like Co-op Food and Tesco Express are closed on 25th but open for longer on 26th and 31st. Some open on 1st
- Most other shops: Closed on 25th, some will be open on 26th and most open on 31st on restricted hours; most closed on 1st
- Local corner shops: Some of them may be open for limited hours during Christmas Day and New Year's Day - check with each shop to see when open
- Pubs and restaurants will generally be closed on the 25th but are likely to be open for all other days

Tips from autistic people for coping at Xmas

"If you're anxious about being in a crowded supermarket, avoid going on the 23rd and 24th of December. These dates are when shops are at their busiest before Christmas."

"If you're involved in a Secret Santa scheme at work or elsewhere, it's worth agreeing amongst yourselves to let each other know what you like and what you don't like.

"In doing this, you remove any uncertainty about whether you will get a present you like or get something you don't like."

"It's easy to burn yourself out with social demands, or feel that you have to be out doing things because it's Christmas/New Year. But, it's a good idea to practise declining invitations ("Oh, that's a lovely offer, but..."), or to just go to things for a little while.

"And, there's nothing "sad" about curling up at home on your own with your cat, food and drink of your choice, and a good book/film!"

"Receiving unexpected gifts can be hard to deal with. If you are a parent, partner, family member or friend, give the autistic person in your life some notice of when they're getting a gift and what it actually is."

"I sometimes find it hard to tell which day is which during Christmas. To combat that, I do myself a little two-three week calendar detailing the day and date.

"This means that I am ready for when the calendar goes back to normal on Wednesday 2nd January."

"Give yourself some space if and when you are feeling overwhelmed. Move to a quiet space or go home if all the Christmassy stuff is too much."

CONTACT THE AIM TEAM

Send us an email:

leedsautismaim@advonet.org.uk

Visit our website:

leedsautismaim.org.uk

Call us on the Advonet office number: **0113 244 0606**

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