HOW CAN YOU TAKE PART?

1. Get in touch with a friend
Is there a friend you haven’t seen for a long time? Give them a call and invite them to join you for a socially distanced catch-up. You could go for a walk, have a cuppa in your garden or even have a chat on your doorstep.

2. Check on a neighbour
Is there a neighbour you’ve not seen out and about in a while? If the sun is shining (or it’s not raining), knock on your neighbour’s door and invite them to join you for a socially distanced doorstep cuppa! You could even make this a regular thing – whether it’s daily or weekly.

3. Display a poster
Want people in your street to know you’re taking part? Display a poster in your window. You’ll find one on page three of this pack.

4. Share on WhatsApp
Do you use WhatsApp? Invite your nearby friends, neighbours and family to join a group all about the Twenty-Minute Timeout. You could use the group to invite people to take part, as well as sharing ideas of what to do in 20 minutes and pictures from any activities you take part in.

Or if you’re already part of a WhatsApp group with your friends, family or even your street, invite them to take part on there, as well as sharing ideas and pictures. You can download a WhatsApp-friendly version of the flyer at www.interact.uk.net/twentyminutetimeout.

5. Share on Social Media
Do you use Facebook, Twitter or Instagram? Share the Twenty-Minute Timeout on your social media channels – we’ve created images to help you with this, which you can find at www.interact.uk.net/twentyminutetimeout.

And of course, please share photos and videos of your Twenty-Minute Timeout activities throughout August using #20minutetimeout.
Taking part in the **Twenty-Minute Timeout** could be as simple as having a daily doorstep coffee with a neighbour, or going for a weekly socially distanced walk around the block with a friend. But there’s so many socially distanced activities you could do in 20 minutes, so we’ve put together some inspiration for every day in August. And if you want to spend longer than 20 minutes... great!

### ACTIVITIES CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal-planning Monday</td>
<td>Tuesday check-in</td>
<td>On Wednesdays, we run</td>
<td>Roaming Gnome</td>
<td>Bottoms up!</td>
<td>Something egg-citing...</td>
<td>Sunday stroll</td>
</tr>
<tr>
<td>Arrange a 20-minute recipe swap with your neighbours.</td>
<td>Take 20 minutes to check in on your elderly neighbours. Have a chat or run an errand for them.</td>
<td>Go for a 20-minute run and take a different neighbouring route each week.</td>
<td>Take turns to hide a gnome in your neighbours’ gardens, and give the kids 20 minutes to find him.</td>
<td>Unwind at the end of the week with your neighbours over a 20-minute tipple.</td>
<td>Join another family for a 20-minute egg and spoon race in a garden or park.</td>
<td>Invite a neighbour for a walk around the block.</td>
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<tr>
<td>Afternoon Tea Week</td>
<td>TV times</td>
<td>Something beginning with... T.</td>
<td>Fun-a-plenty, number 20!</td>
<td>Cocktail corner</td>
<td>Car Wash</td>
<td>Love to read?</td>
</tr>
<tr>
<td>Invite your neighbours to join you for twenty-minute bring-your-own afternoon tea.</td>
<td>Watch a TV show in your own homes, and then get together afterwards for a 20-minute catch-up on what happened.</td>
<td>Get together with your neighbours for a 20-minute game of eye spy.</td>
<td>Host a 20-minute game of bingo in your front garden.</td>
<td>Invite your neighbours to a 20-minute cocktail corner. Bring your own cocktails and mocktails!</td>
<td>If it’s not raining, set an area up for the kids in the street to wash the neighbours’ cars for 20 minutes.</td>
<td>Celebrate National Book Lover’s Day by creating a 20-minute book club with your neighbours.</td>
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<tr>
<td>Children-in-charge</td>
<td>National Photography Day</td>
<td>Street Art Walk</td>
<td>Green-fingered get-together</td>
<td>Hopscotch Saturday</td>
<td>Had a lockdown sort-out?</td>
<td>Skill-swap Sunday</td>
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<tr>
<td>Ask your children to choose the 20-minute activities for the week and invite your neighbours.</td>
<td>Display your children’s drawings in your windows and organise a 20-minute Street Art Walk.</td>
<td>Organise a 20-minute plant, seed or cutting swap with your neighbours.</td>
<td>Organise a 20-minute chalk hopscotch court on a pavement or drive and let the kids play - or even the grown-ups!</td>
<td>Draw a chalk hopscotch court in your windows and then get together for a 20-minute street art walk.</td>
<td>Organise a yard sale on your street and give everyone 20-minute slots.</td>
<td>Are you a DIY dynamo? Gardening guru? Sewing star? Invite neighbours to a 20-minute skill-swap group!</td>
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<tr>
<td>Movie Mondays</td>
<td>Dog walk afternoon</td>
<td>BYO Bank Holiday BBQ</td>
<td>Twenty-minute treasure hunt</td>
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<tr>
<td>Pick a film and a time to watch it in your own homes, then meet up afterwards for a 20-minute discussion.</td>
<td>Get together with fellow dog owners for a 20-minute socially distanced dog walk.</td>
<td>Cook in your own gardens and get together to eat your burgers and bangers.</td>
<td>Organise a 20-minute treasure hunt for the kids (and big kids!) on your street.</td>
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<tr>
<td>Monday memories</td>
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<tr>
<td>Get together to share your best moments of the Twenty-Minute Timeout month.</td>
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</tbody>
</table>

@interactccp  #20minutetimeout
I’m taking part in the Twenty-Minute Timeout

Feel free to knock on my door for a 20-minute...

write your activity in here
If you need support or guidance at the moment, then there are lots of services that can help. We've gathered useful numbers below:

### DEBT AND MONEY ADVICE
- **Better Leeds Communities**
  0113 275 4142 or advice@betterleeds.org.uk
- **Citizen Advice Leeds**
  0113 223 4400
- **Help to Claim (Universal Credit enquiries)**
  0800 144 8444
- **Ebor Gardens Advice Centre**
  07936 368 045 or 07716 848 827 or admin@egac.org
- **Money Buddies**
  Free debt and budgeting advice in Leeds: www.moneybuddies.org.uk/
- **Leeds North and West Foodbank**
  www.leedsnorthandwest.foodbank.org.uk or call 0113 269 2985
- **StepChange Debt Charity**
  0800 138 111
- **St Vincents Support Centre**
  0113 248 4126 or hello@stvincents-svp.org.uk

### SUPPORT ON BENEFITS, COUNCIL TAX AND HOUSING
- **DWP Universal Credit**
  0800 328 5644
- **Job Centre Enquiry Line**
  0800 169 0190
- **Leeds City Council**
  - **Help with Benefits**
    0113 376 0452
  - **Council Tax**
    0113 222 4404
  - **Housing (Council Tenancies)**
    0800 188 4000
  - **Homeless or at risk?**
    0113 222 4412

### MONEY SERVICES – SAVINGS, LOANS AND BUDGETING
- **Leeds Credit Union**
  0113 242 3343 or email services@leedscitycreditunion.co.uk

### LEEDS DOMESTIC VIOLENCE SERVICE
- **Women's Aid**
  0113 246 0401 or email administration@womensaid.org.uk

### SUPPORT WITH HEALTH AND WELLBEING
- **Leeds Mind**
  www.leedsmind.org.uk
- **Time to Change**
  www.time-to-change.org.uk
- **Touchstone Leeds**
  https://touchstonesupport.org.uk/leeds/0113 271 8277; 0113 216 4413 (Punjabi)

### EMERGENCY ASSISTANCE
- **Local Welfare Support Scheme**
  0113 376 0330
- **Help and Support from a Volunteer**
  0113 378 1877
  Contact details and language support for all services www.leeds.gov.uk/contactus

For further details on all services and more, visit www.leedsmic.org.uk

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This campaign has been funded by the Moortown and Meanwood Ward Councillors Mohammed Shahzad, Sharon Hamilton and Rebecca Charlwood. You can contact them here:

- **Councillor Mohammed Shahzad:**
  07515 570 939; mohammed.shahzad@leeds.gov.uk
- **Councillor Sharon Hamilton:**
  07950 057 877; sharon.hamilton@leeds.gov.uk
- **Councillor Rebecca Charlwood:**
  0113 225 5103; rebecca.charlwood@leeds.gov.uk

The campaign has also been funded by the Government’s Coronavirus Support Fund, which is distributed by the National Lottery Community Fund.

The campaign is being delivered by InterACT Church and Community Partnership.

The five partner churches that formally make up InterACT:

- **Holy Trinity Church, Meanwood:** Revd John Rogers; 0113 294 6743
- **St. Matthew’s Chapel Allerton:** 0113 268 3072; stmatthewschurch1900@gmail.com
- **Meanwood Valley Baptist Church:** 0113 322 1791; info@mvbc.org.uk
- **Meanwood Methodist Church:** www.lswmethodists.org.uk/meanwoodmethodistchurch.aspx
- **Stainbeck United Reformed Church:** Revd Angela Hughes; angela.hughes1@icloud.com; 07752904317

Get in touch with InterACT here:

- **Vanessa Brown, Project Manager, InterACT:** 07961 535 767
- **Maureen Lillywhite, Community Development Officer, InterACT:** 07877 394 816