

## MEDIA RELEASE

### Photo and interview opportunity

**Where:** Mett Centre, Lee Street, Leicester LE1 3RF

**When:** 3pm for 3.30pm: Bake Off judging by Deputy Lord Mayor Rory Palmer

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29 September 2015

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### **Bake Off is the icing on the World Mental Health Day cake!**

Service users and staff from Leicestershire Partnership NHS Trust (LPT) will be up to their elbows in flour and sugar on Monday 5 October.

And it's all to help create a 'feel-good' recipe in the run-up to World Mental Health Day.



LPT's Mett Centre on Lee Street in Leicester is hosting a day-long 'Bake Off'-style contest, with senior managers from LPT baking against the clock.

Leicester's Deputy Lord Mayor, Coun Rory Palmer has agreed to judge their culinary efforts.

Police and Fire Brigade representatives will also be taking part in the multi-agency celebration.

Members of the public can join in the mix with a programme that includes an interactive icing room, have-a-go cake designs, a recipe showcase, cake tasting and cake sales by service users and carers. The programme also includes photography and entertainment by service users.

The aim is to show how baking – and the fun, camaraderie and creativity that comes with it – can boost health and wellbeing.

The day is part of a week of events\* being organised by public and third sector organisations in Leicestershire in the week's run up to World Mental Health Day (Saturday 10 October).

The Mett Centre aims to provide a safe haven for LPT service users with complex mental health needs who might need additional support to access mainstream services.

Its team of occupational therapists and nurses work closely with them to provide individualised activities and skills training aimed at supporting them to move on to education, work, and independent living. Facilities at the purpose-built city centre facilities include a therapeutic kitchen, IT and arts areas, a core social area and pampering self-care room. A new sensory integration room is expected to open in the coming weeks.

Service manager Marie McGranaghan said: “We want our Bake Off day to be an event where the public and voluntary sector, carers and most importantly our service users can join together to celebrate World Mental Health Day and what it means.

Baking is the perfect way to explore this. Research has revealed it can help improve concentration and co-ordination, provide a feeling of achievement and contribute towards a feeling of wellbeing. And we hear from our service users the boost it gives to their confidence.”

“Heads of service and one of our directors have volunteered to roll up their sleeves and have a go. We hope it will be an opportunity for everyone to share a positive experience, have fun and break down barriers.

- LPT will provide Twitter updates throughout the day from @LPTnhs.

**PHOTO CAPTION:** Camaraderie, cake-making style for staff and service users at The Mett Centre.

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## NOTES TO EDITORS

1. Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and. Trust serves a population of 1.1million, has a budget in excess of £267 million and employs approximately 5,400 staff. More details at [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)
2. **The Mett Centre Bake Off** Is part of a week of activities organised by organisations across Leicestershire and Rutland in the week of World Mental Health Day: **Tuesday 6 October** – Speak out stand in Leicester market; **Wednesday 7 October** - Belgrave Neighbourhood Centre event; **Thursday 8 October** Awareness-raising campaign at Leicester Railway Station 7am to 7pm; Network / LAMP Social Evening at Regents Club and Social media café. **Saturday 10 October** Highcross Shopping event.

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