

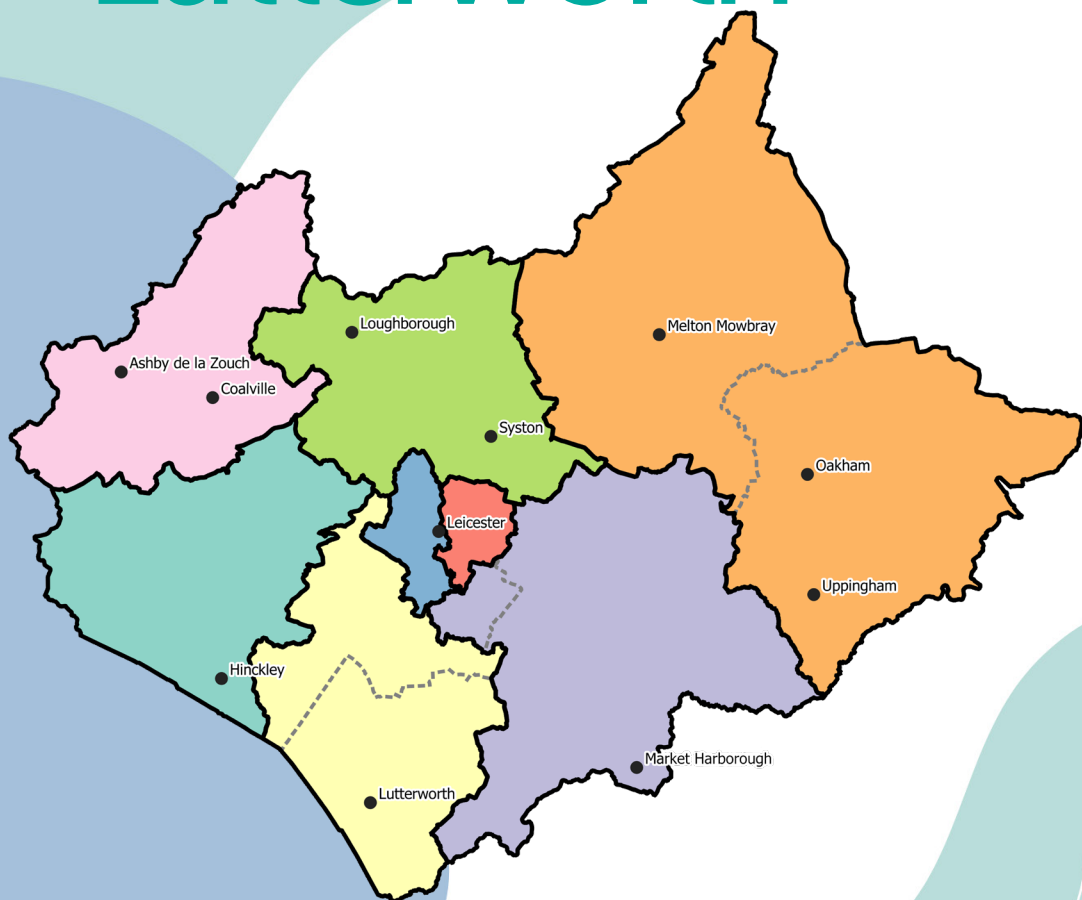


**Leicester, Leicestershire
and Rutland**
Health and Wellbeing Partnership



In your area...

Blaby and Lutterworth



Crisis Cafés



Beacon Crisis Café - provided by Beacon Care and Advice CIC
The Wellbeing Hub, Lutterworth Leisure Centre, Coventry Road,
Leicester, LE17 4RB
Phone: 0755 1940 068
(texts preferred during café hours)

Beacon

Mental Health Wellbeing Recovery Support Service (MHWRSS)

This service is open to anyone aged 18+ who is experiencing emotional and mental health problems, as well as their carers. Its goal is to help you to maintain and improve your mental wellbeing, become empowered to achieve your goals, and to live a meaningful life. You don't need a mental health diagnosis to use this service - it is open to people who would benefit from support offered.

Blaby

Address: First Floor, 60 Charles Street, Leicester, LE1 1FB

Email: leicestershire.lifelinks@richmondfellowship.org.uk

Phone: 0800 0234 575

Website: www.rlifelinks.co.uk



Support in the community



Age UK

Services to support the wellbeing of older people and informal / family carers.

Email: enquiries@ageukleics.org.uk

Phone: 0116 299 2233

www.ageukleics.org.uk



LAMP

Provides independent community mental health advocacy to the people of Leicester, Leicestershire and Rutland, including support to families and carers.

Email: info@lampdirect.org.uk

Phone: 0116 255 6286

www.lampadvocacy.co.uk



Community Advice and Law Service is an independent, free and confidential advice service. Offers free legal advice for areas of law which include debt, welfare benefits and housing.

Email: enquiries@cals.uk.net

Phone: 0116 242 1120

www.cals.uk.net



The Carers Centre

A local charity that provides support to unpaid carers across Leicester, Leicestershire and Rutland.

Email: enquiries@thecarerscentre.org.uk Phone: 0116 251 0999

www.facebook.com/TheCarersCentreLLR

SHARP provide housing advice, help and support for people who have been made homeless or are facing serious housing problems, across Leicestershire.
Email: info@leicestershelter.org.uk
Phone: 0116 254 6064



Support from your local council

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place.



**Leicestershire
County Council**

www.firstcontactplus.org.uk

Local Area Coordinators

Local Area Coordination uses a strength based and person-centred approach to support people and their families to have a good quality of life.

Jennifer Fielding, LAC - Blaby Village

Email: jennifer.fielding@leics.gov.uk Phone: 0773 9035 296

Alice Porter, LAC - Enderby and Narborough

Email: alice.porter@leics.gov.uk Phone: 0791 9044 896

Katie Barradell, LAC - Braunstone Town, Thorpe Astley and Leicester Forest East

Email: katie.barradell@leics.gov.uk Phone: 0752 6928 276

Eleanor Blackwell, LAC - Countesthorpe

Email: eleanor.blackwell@leics.gov.uk Phone: 0752 6929 023

Lynne McConnachie, LAC - Lutterworth

Email: lynne.mcconnachie@leics.gov.uk Phone: 0788 9806 061