



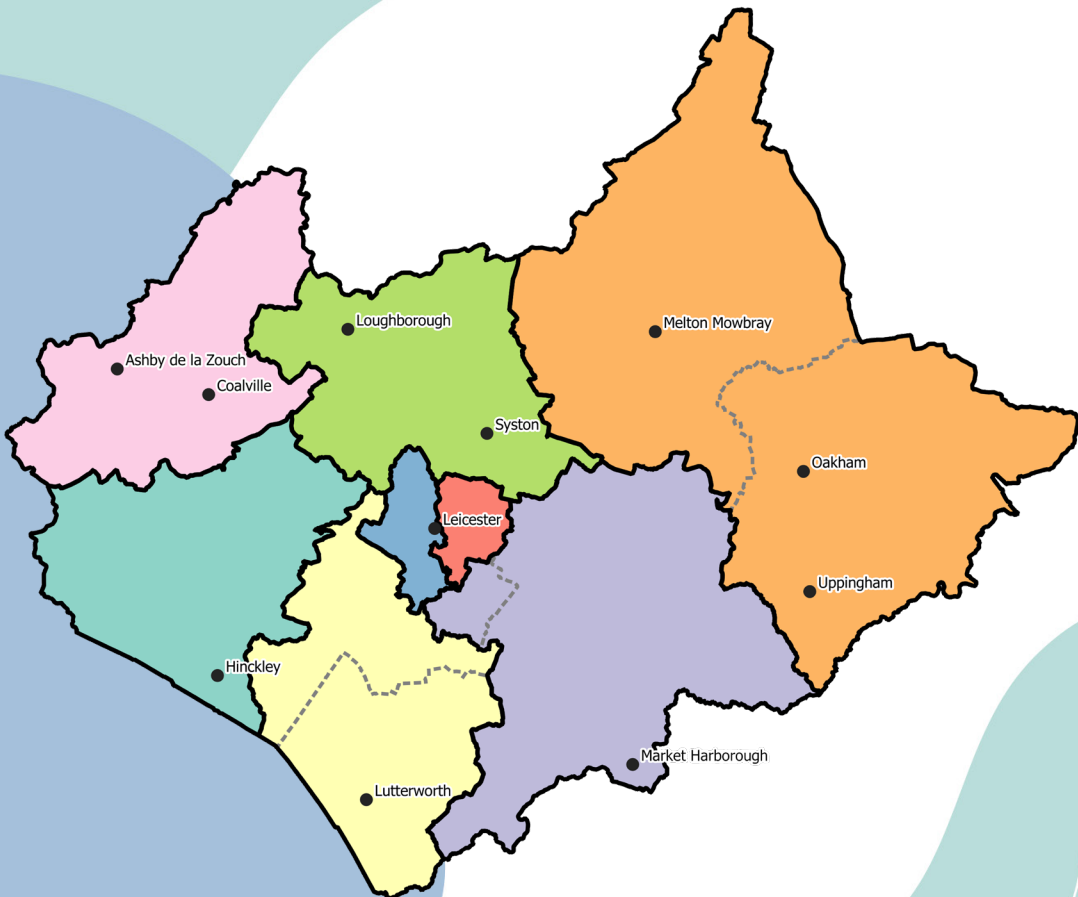
**Leicester, Leicestershire
and Rutland**

Health and Wellbeing Partnership



In your area...

Charnwood



Crisis Cafés



Loughborough Crisis Café - provided by Turning Point

Loughborough Wellbeing Centre, Asha House, 63
Woodgate, Loughborough LE11 2TZ
Email: leicestershire.helpline@turning-point.co.uk



Loughborough University Crisis Café - provided by
Mental Health Matters

Student Services, Bridgeman Building,
Loughborough University, Epinal Way,
Loughborough, Leicestershire, LE11 3TU

Phone: 07816 350 215 Email: mhm.leicestercrisiscafes@nhs.net



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.

Charnwood - Nottinghamshire Community Housing Association

Email: charnwoodandmeltonmh@ncha.org.uk

Referrals: referralsCMMH@ncha.org.uk

Phone: 0800 434 6126

Website: www.ncha.org.uk/talk-to-us

Address: Unit B, The Point, Granite Way,
Mountsorrel, Leicestershire, LE12 7TZ



Support in the community



**equality
action**

Equality Action offer advice, information and support on a range of matters. This includes welfare benefits, debt, housing, education, employment, immigration etc. Where specialist support is required, i.e. in cases of bankruptcy, repossession, domestic violence, they work closely with local partners and refer clients to those specialist organisations.

www.equalityaction.org.uk



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



Loughborough Wellbeing Centre provides a range of support in a safe, social space for adults (18+), including arts and crafts activities as well as the Wellbeing Cafe and Veteran's Wellbeing Hub in Loughborough and Oakham, Rutland.

www.thewellbeingcafe.org



Falcon

Homeless & Community Support

Falcon Support Services provides a safe space, offering support to anyone who is

in crisis without a referral. They offer rough sleeper services, substance misuse prevention, health services, support for food and fuel poverty and 1-2-1 support.

Loughborough drop in: Monday to Friday, 9am - 5pm.

Pinfold Gate, Loughborough, Leicestershire, LE11 1BE.

They offer breakfast and lunch Thursday to Monday for £1 each, and offer a dry breakfast on Wednesdays. Hot drinks are free of charge.

www.falconsupportservices.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

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.

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.

Sarah Burton, LAC - Shepshed

Email: sarah.burton@leics.gov.uk Phone: 07526 928 524

Milo Poli, LAC - Loughborough

Email: milo.poli@leics.gov.uk Phone: 07985 535 945

Michelle McWeeney, LAC - Syston and Queniborough

Email: michelle.mcweeney@leics.gov.uk Phone: 07730 582 765