



**Leicester, Leicestershire  
and Rutland**

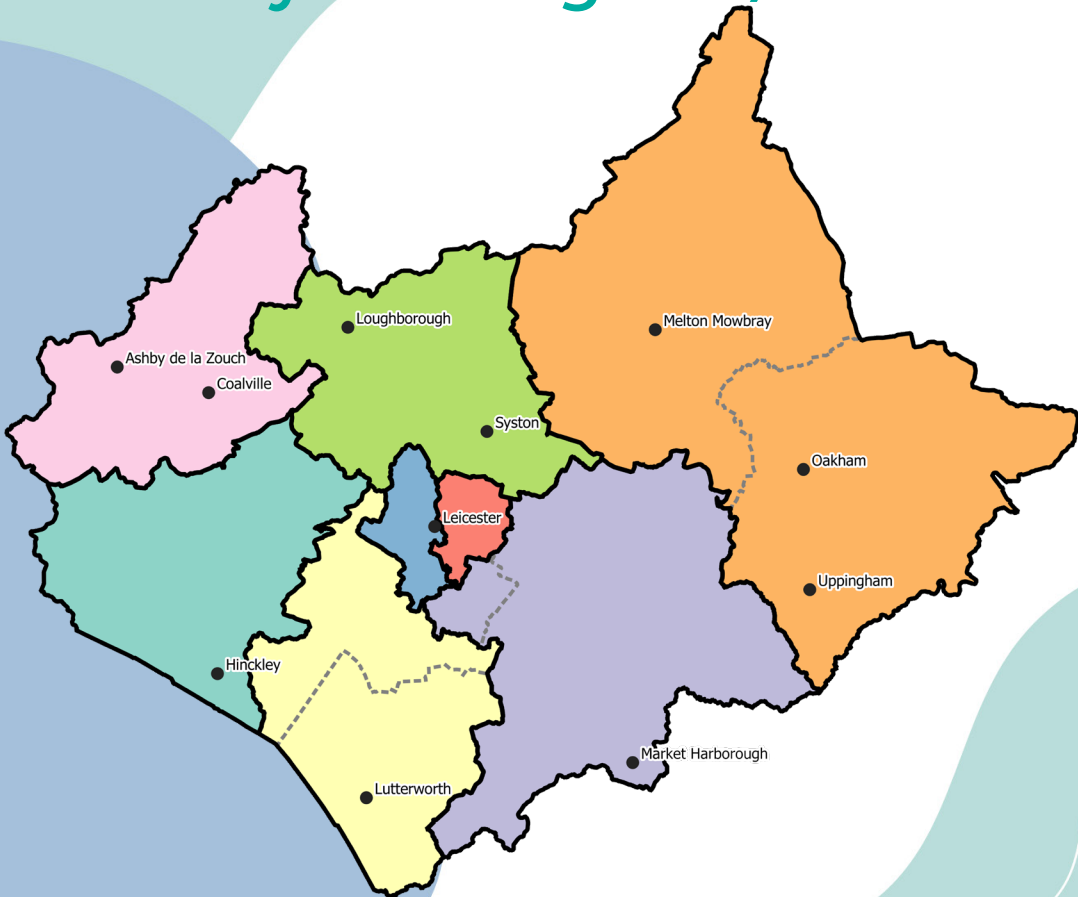
Health and Wellbeing Partnership



# In your area...

# East Central

(Harborough East,  
Oadby and Wigston)



# Crisis Cafés



**Market Harborough Crisis Café** - provided by Turning Point  
The Symington Building, Adam & Eve Street, Market Harborough,  
Leicester, LE16 7LT  
Email: [leicestershire.helpline@turning-point.co.uk](mailto:leicestershire.helpline@turning-point.co.uk)

**Oadby and Wigston Crisis Café** - provided by Turning Point  
Launching end of 2022, refer to [www.leicspart.nhs.uk/services/crisis-cafes](http://www.leicspart.nhs.uk/services/crisis-cafes) for more information.  
Email: [leicestershire.helpline@turning-point.co.uk](mailto:leicestershire.helpline@turning-point.co.uk)



## 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.

### Harborough, Oadby and Wigston

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

**Email:** [leicestershire.lifelinks@richmondfellowship.org.uk](mailto:leicestershire.lifelinks@richmondfellowship.org.uk)

**Phone:** 0800 0234 575

**Website:** [www.rlifelinks.co.uk](http://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](mailto:enquiries@ageukleics.org.uk)  
Phone: 0116 299 2233  
[www.ageukleics.org.uk](http://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](mailto:info@lampdirect.org.uk)  
Phone: 0116 255 6286  
[www.lampadvocacy.co.uk](http://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](mailto:enquiries@cals.uk.net)  
Phone: 0116 242 1120  
[www.cals.uk.net](http://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](mailto:enquiries@thecarerscentre.org.uk) Phone: 0116 251 0999  
[www.facebook.com/TheCarersCentreLLR](https://www.facebook.com/TheCarersCentreLLR)



# 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](http://www.firstcontactplus.org.uk)



**Leicestershire  
County Council**

## 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.**

**Ellie Franklin**, LAC - Market Harborough Town

Email: [ellie.franklin@leics.gov.uk](mailto:ellie.franklin@leics.gov.uk) Phone: 0753 4263 093

**Amy Kirk**, LAC - Kibworth and Fleckney

Email: [amy.kirk@leics.gov.uk](mailto:amy.kirk@leics.gov.uk) Phone: 0752 6927 358

**Sarah McKenzie**, LAC - Kibworth and Fleckney

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**John Baraclough**, LAC - Broughton Astley

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**Louise Monk**, LAC - Oadby

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**Safina Jamal**, LAC - Wigston

Email: [safina.jamal@leics.gov.uk](mailto:safina.jamal@leics.gov.uk) Phone: 0783 4177 184

**Mary Flynn**, LAC - South Wigston

Email: [mary.flynn@leics.gov.uk](mailto:mary.flynn@leics.gov.uk) Phone: 0783 4177 175