



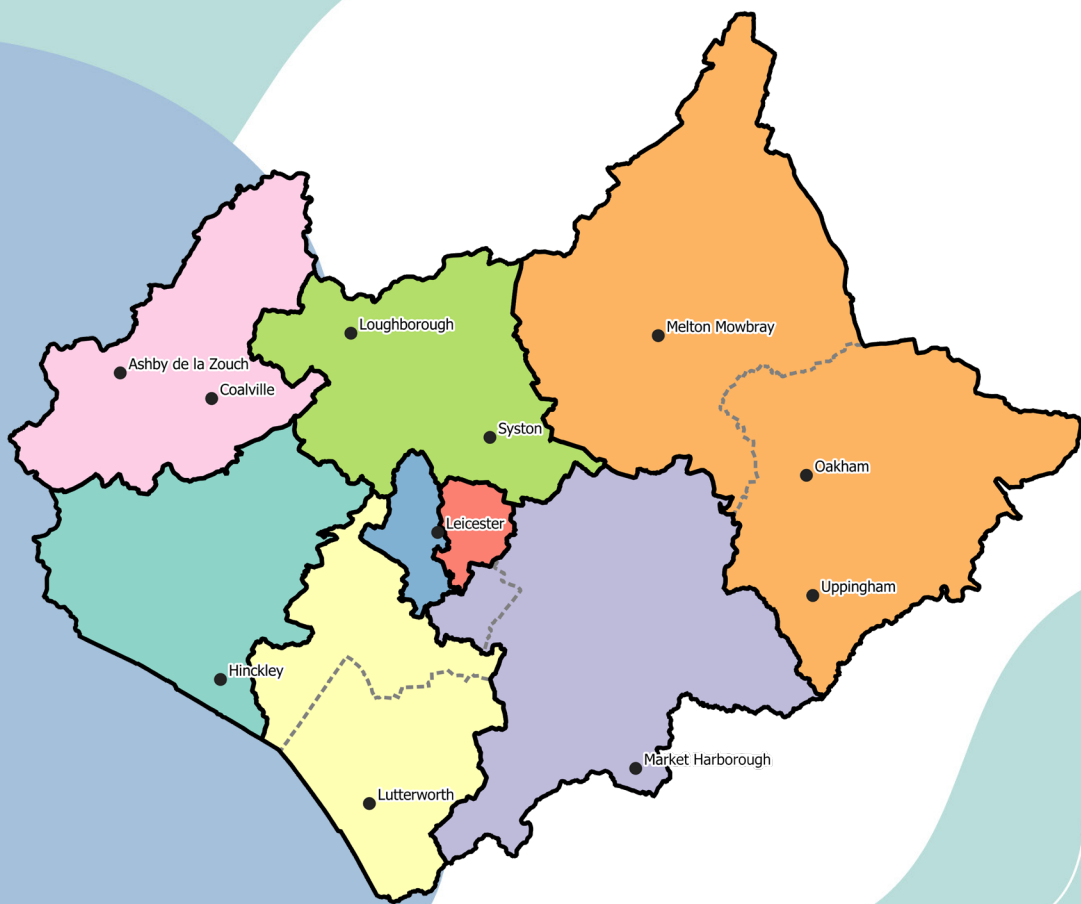
**Leicester, Leicestershire
and Rutland**

Health and Wellbeing Partnership



In your area...

East North (Melton and Rutland)



Crisis Cafés



Melton Crisis Café - provided by Sunny Skies CIC
Melton Mowbray Country Park Café, Wymondham Way, Melton
Mowbray, Leicestershire LE13 1HX
Phone: 07486 594 363



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.

Melton - 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

 **NCHA**
Care and Support

Rutland - People, Potential, Possibilities

Email: rutlandmhwrss@p3charity.org

Phone: 0808 178 0960

Website: www.bit.ly/3C6wHUC (Rutland)



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



Loughborough Wellbeing Centre

Provides a range of support in a safe, social space for adults (18 plus), as well as the Wellbeing Café and Veteran's Wellbeing Hub in Loughborough and Oakham, Rutland.

Email: admin@loughboroughwellbeing.com



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



Support from your local councils

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



**Leicestershire
County Council**

Rutland County Council have a number of local services that you can contact for advice and support on mental health, as well as signposting to support in the community.

www.bit.ly/3gNBOSM



**Rutland
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.

Mary Sawu, LAC - Melton Town and Asfordby
Email: mary.sawu@leics.gov.uk Phone: 0778 7596 898

Jan Wheeler, LAC - Melton Town
Email: jan.wheeler@leics.gov.uk Phone: 0752 6927 366

Dave Melbourne, LAC - Melton Town, Bottesford and Long Clawson
Email: dave.melbourne@leics.gov.uk Phone: 0783 4177 190