



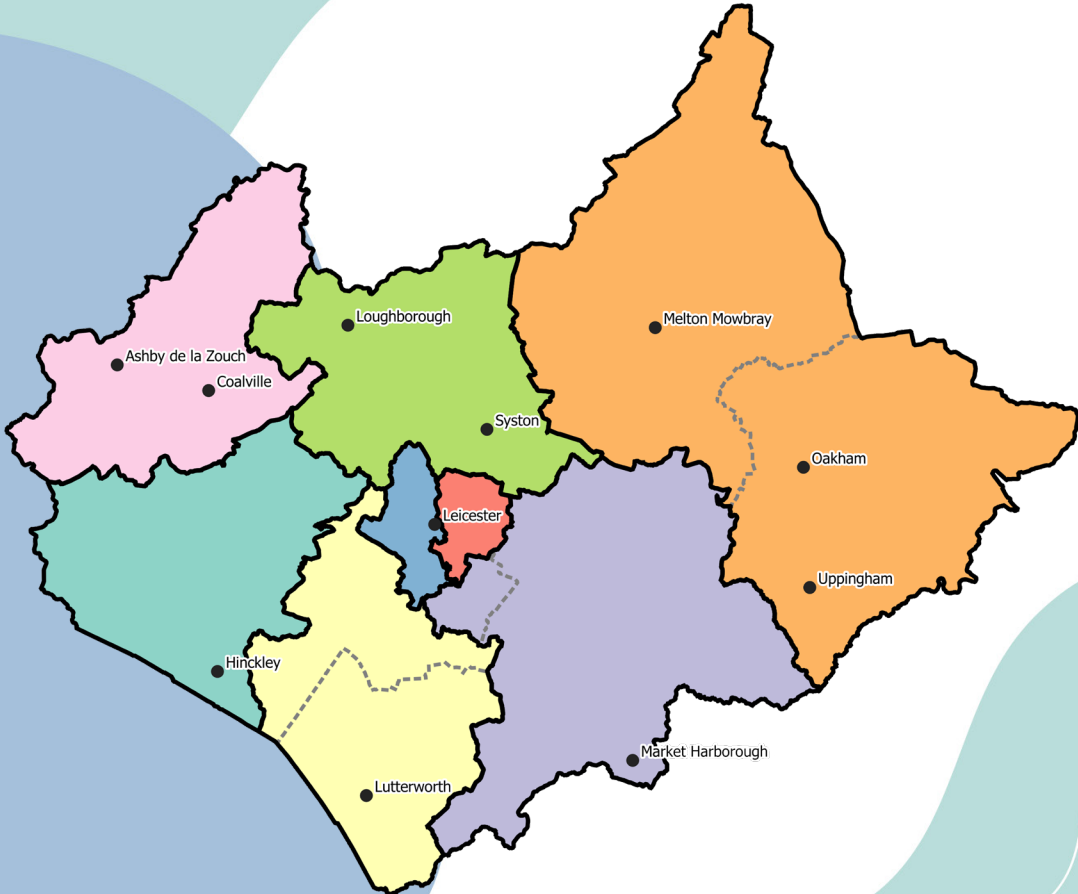
**Leicester, Leicestershire
and Rutland**

Health and Wellbeing Partnership



In your area...

North West Leicestershire



Crisis Cafés



Coalville Crisis Café - provided by Marlene Reid Community Action
Marlene Reid Community Action, 85
Belvoir Road, Coalville, LE67 3PH
Phone: 01530 510515



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.

North West Leicestershire - Mental Health Matters
Address: The Crescent, 27 King Street, Leicester, LE1 6RX
Email: nwleicshbos.mhm@nhs.net
Phone: 0300 323 0189
Website: www.mhm.org.uk/mental-health-wellbeing-recovery-service



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

MRC Community Action offer a range of events across North West Leicestershire, including:

- Inclusive Wellbeing Sessions
- Room rental for Community Groups
- Emergency Foodbank
- Plenty 2 Cook Social Supermarket (Wednesdays, Thursdays and Fridays)
- Re Use Furniture and Charity Shops (open weekdays)



The Open House event takes place each Wednesday night from 6pm to 8pm. Individuals can come along for hot, home-cooked free food and crafting in a community space.

www.mrc.uk.net

Facebook: @marlenereidcentre



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



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

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.

Vicky Utting, LAC - Coalville.

Email: vicky.utting@leics.gov.uk Phone: 07534 263 203

Andrew Barson, LAC - Ashby

Email: andrew.barson@leics.gov.uk Phone: 07712 324 253

Sara Lovett, LAC - Castle Donnington and Kegworth

Email: sara.lovett@leics.gov.uk Phone: 0752 6927 475