

# Neighbourhood Mental Health Cafés



Leicester, Leicestershire  
and Rutland

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Leicester University</b> 10am - 3pm  <b>Saffron</b> 10am - 4pm  <b>Coalville</b> 2pm - 6pm  <b>Loughborough</b> 5pm - 10.30pm  <b>Aylestone</b> 6pm - 11pm	<b>De Montfort University</b> 10am - 3pm  <b>Leicester City</b> 9.30am - 4.30pm  <b>Measham</b> 4pm - 7pm  <b>Enderby</b> 4.30pm - 8.30pm	<b>Eyres Monsell</b> 10am - 3pm  <b>Coalville</b> 10am - 2pm  <b>Highfields</b> 2pm - 6pm  <b>Market Harborough</b> 12.30pm - 7.30pm  <b>Hinckley</b> 1pm - 6.30pm  <b>Peepul Centre</b> 2pm - 7pm  <b>Melton</b> 2pm - 6pm  <b>Lutterworth</b> 5pm - 9pm  <b>Earl Shilton</b> 6pm - 11pm	<b>New Parks</b> 12 noon - 6pm  <b>Syston</b> 12 noon - 3pm  <b>Loughborough University</b> 6pm - 11pm  <b>Rutland</b> 5.30pm - 8.30pm	<b>Thurnby Lodge</b> 10am - 3pm  <b>Highfields</b> 2pm - 6pm  <b>Measham</b> 1pm - 4pm  <b>West End</b> 6pm - 11pm  <b>Melton</b> 6pm - 10pm  <b>Loughborough</b> 5pm - 10.30pm  <b>Coalville</b> 6pm - 10pm	<b>New Parks</b> 11am - 5pm  <b>Oadby &amp; Wigston</b> 10.30am - 5.30pm	<b>Rutland</b> 4pm - 7pm



Information on the Cafés may be subject to change. For up to date times, locations and days, scan the QR Code or visit:  
[www.leicspart.nhs.uk/services/neighbourhood-mh-cafes](http://www.leicspart.nhs.uk/services/neighbourhood-mh-cafes)

