

Neighbourhood Mental Health Café Data August 2025

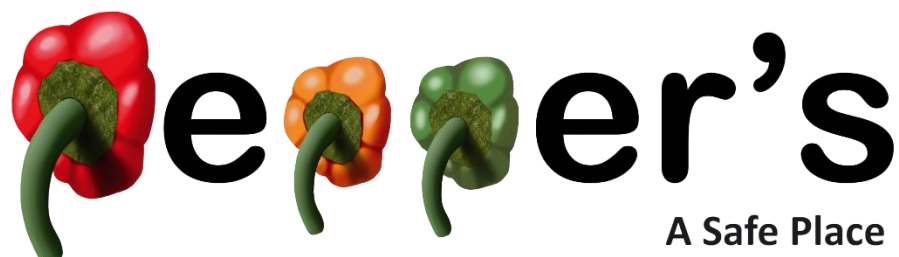


Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope

Neighbourhood Mental Health Cafés

36 sessions being delivered by 16 different VCSE partners
across Leicester, Leicestershire & Rutland

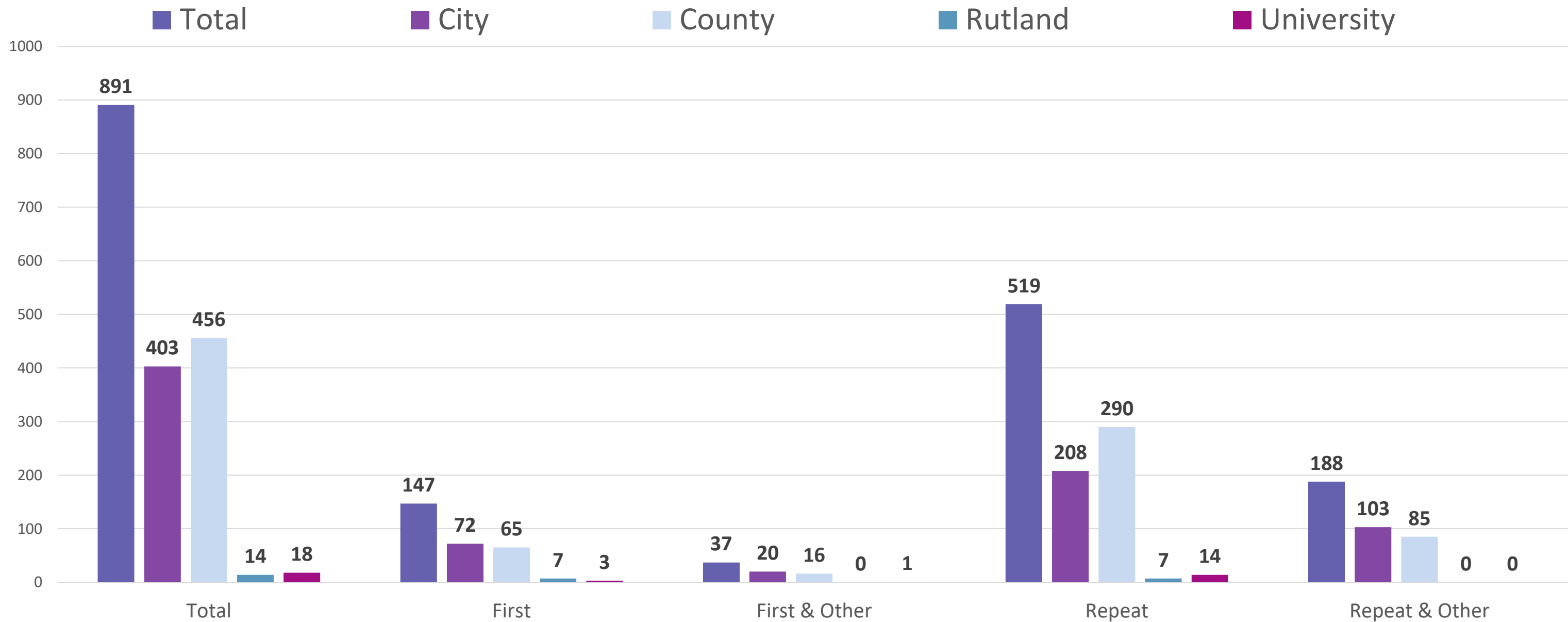


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beaumont Leys 9am – 12 noon Oadby 10am – 1pm Melton 10am – 1pm Earl Shilton 10am – 1pm 1.30pm – 4.30pm Lutterworth 1.30pm – 4.30pm Loughborough University 6pm – 9pm	Highfields 9.30am – 12.30pm Saffron 10am – 4pm Coalville 10am – 1pm Leicester City 12noon – 6pm Braunstone 1 – 4pm Measham 4pm – 7pm	Thurnby Lodge 10.30am – 1.30pm Hinckley 1pm – 7pm Belgrave 2pm – 7pm Lutterworth 4.30pm – 7.30pm Eyres Monsell 5.45pm – 8.45pm	Market Harborough 10.30am – 4.30pm Syston 12noon – 3pm 3.30pm - 6.30pm Eyres Monsell 12noon - 3pm New Parks 12.30 – 5.30pm Blaby 1pm – 4pm Coalville 3pm – 6pm Highfields 2pm – 5pm Enderby 4.30pm – 7.30pm Melton 5pm – 8pm Oakham 5.30pm – 8.30pm Loughborough University 6pm - 9pm	Wigston 1pm – 4pm Measham 1pm – 4pm Uppingham 1pm – 4pm Thurnby Lodge 3pm – 6pm Loughborough 4.30pm – 10.30pm Beaumont Leys 6pm - 9pm	New Parks 11.30am – 4.30pm	Braunstone 4 – 7pm

Contacts

891 contacts made with Neighbourhood Mental Health Cafes across Leicester, Leicestershire & Rutland in **August 2025**

How people
accessed café?



In person - 826



Phone - 57



Text - 5



Email – 3



Online - 0

Data all Neighbourhood Mental Health Cafes for August 2025



Neighbourhood Mental Health Café Data

(excluding University Cafes)

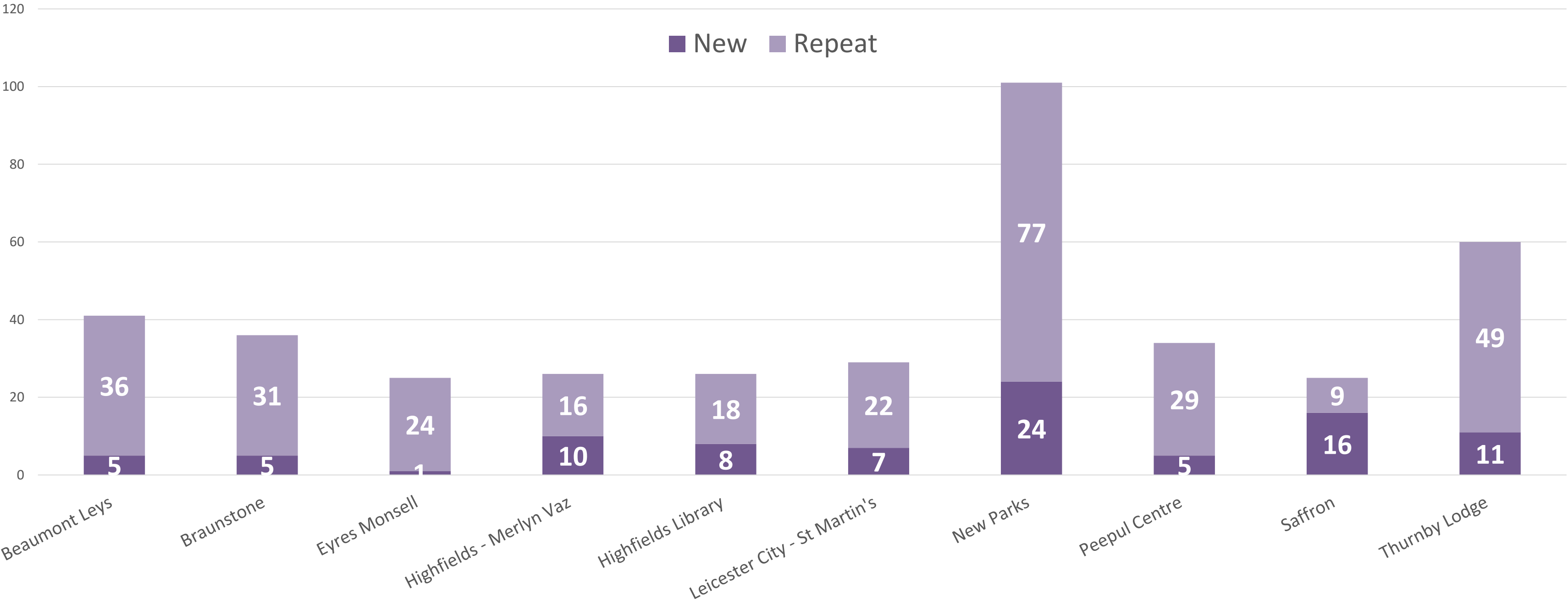


Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope

Café Contacts Breakdown - City

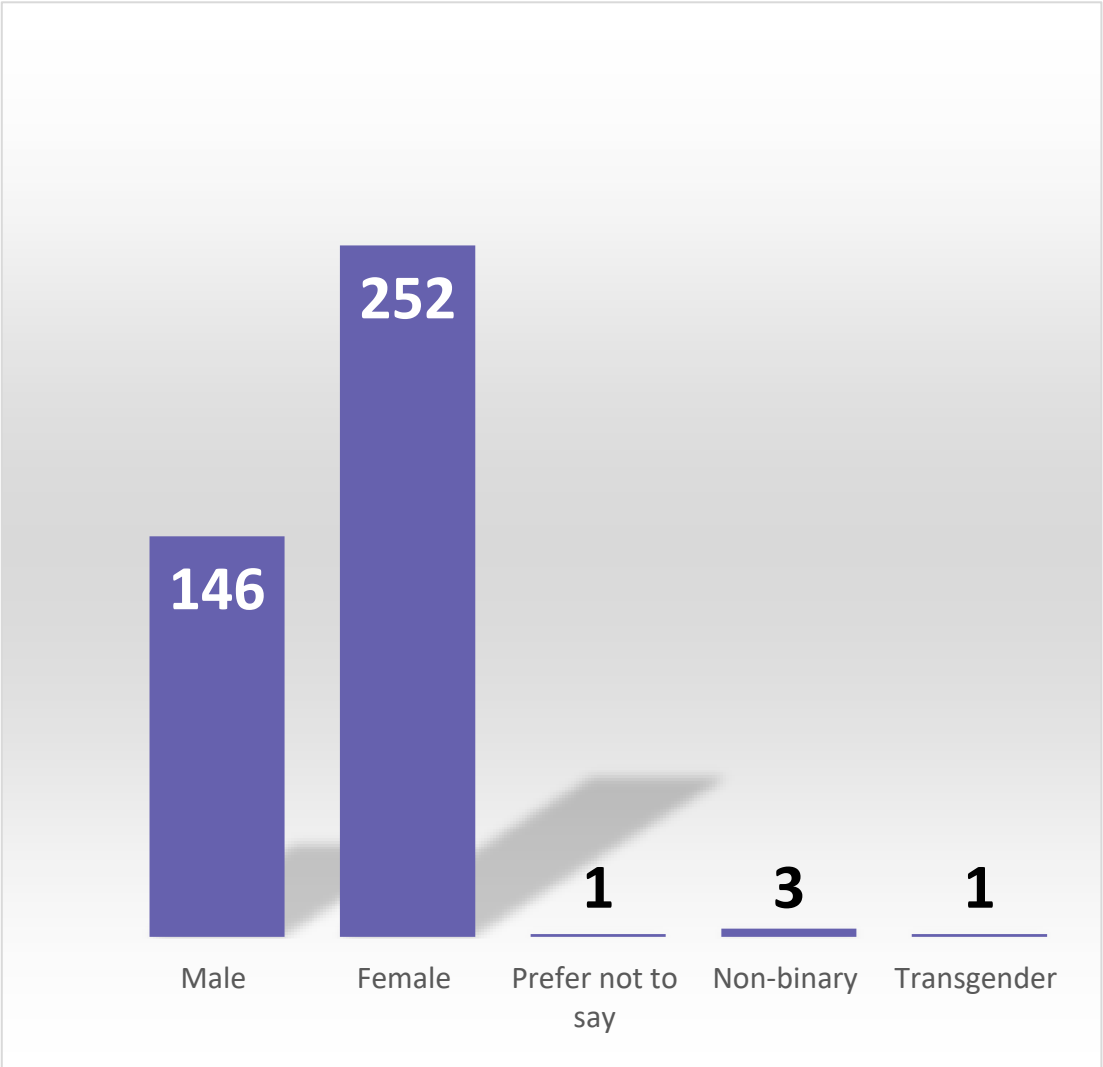
403 contacts made with City Neighbourhood Mental Health Cafes in August 2025



Demographics - City

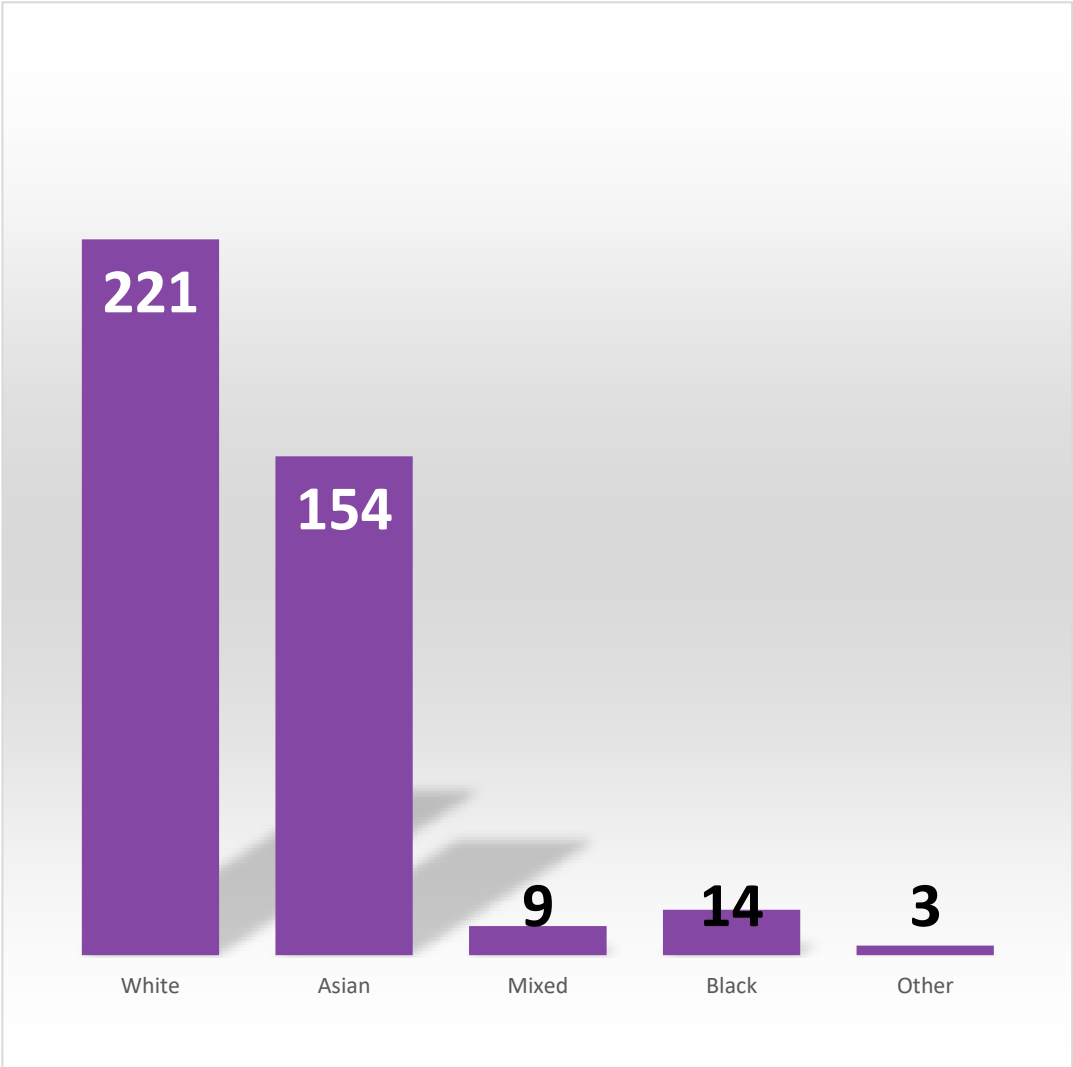
Percentage in () is café prevalence so it can be compared against census demographic information.

Gender



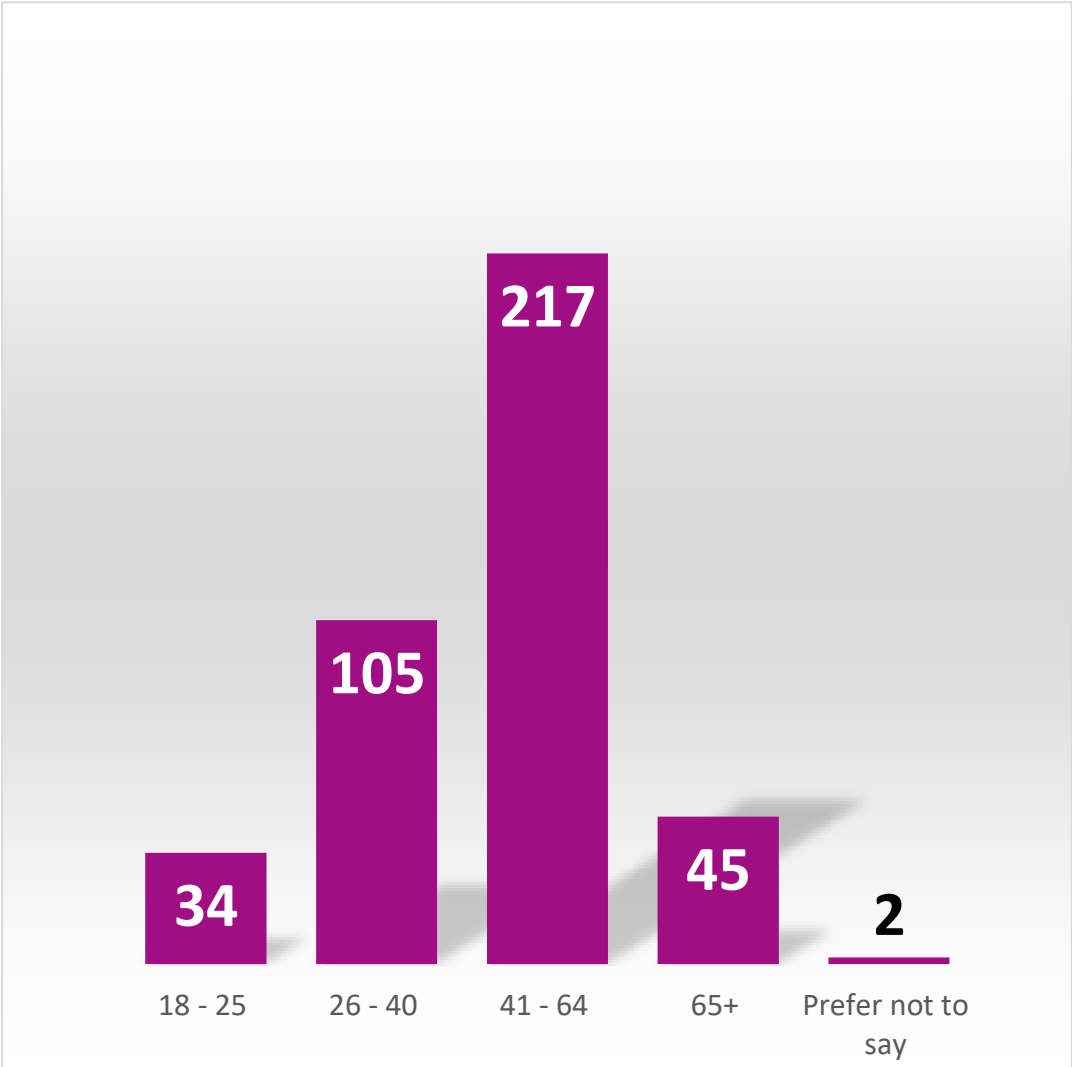
Leicester City sex comparison:
Female – **Census 2021: 50.3% (Café: 62.53%)**
Male– **Census 2021: 49.7% (Café: 36.22%)**

Ethnicity



Leicester City ethnicity comparison:
Asian, Asian British or Asian Welsh– **Census 2021: 43.4% (Café: 38.21%)**
Black, Black British, Black Welsh, Caribbean or African – **Census 2021: 7.8% (Café: 3.47%)**
Mixed or Multiple ethnic groups– **Census 2021 3.8% (Café: 2.23%)**
White – **Census 2021: 40.9% (Café: 54.83%)**
Other ethnic group – **Census 2021: 4.1% (Café: 0.74%)**

Age

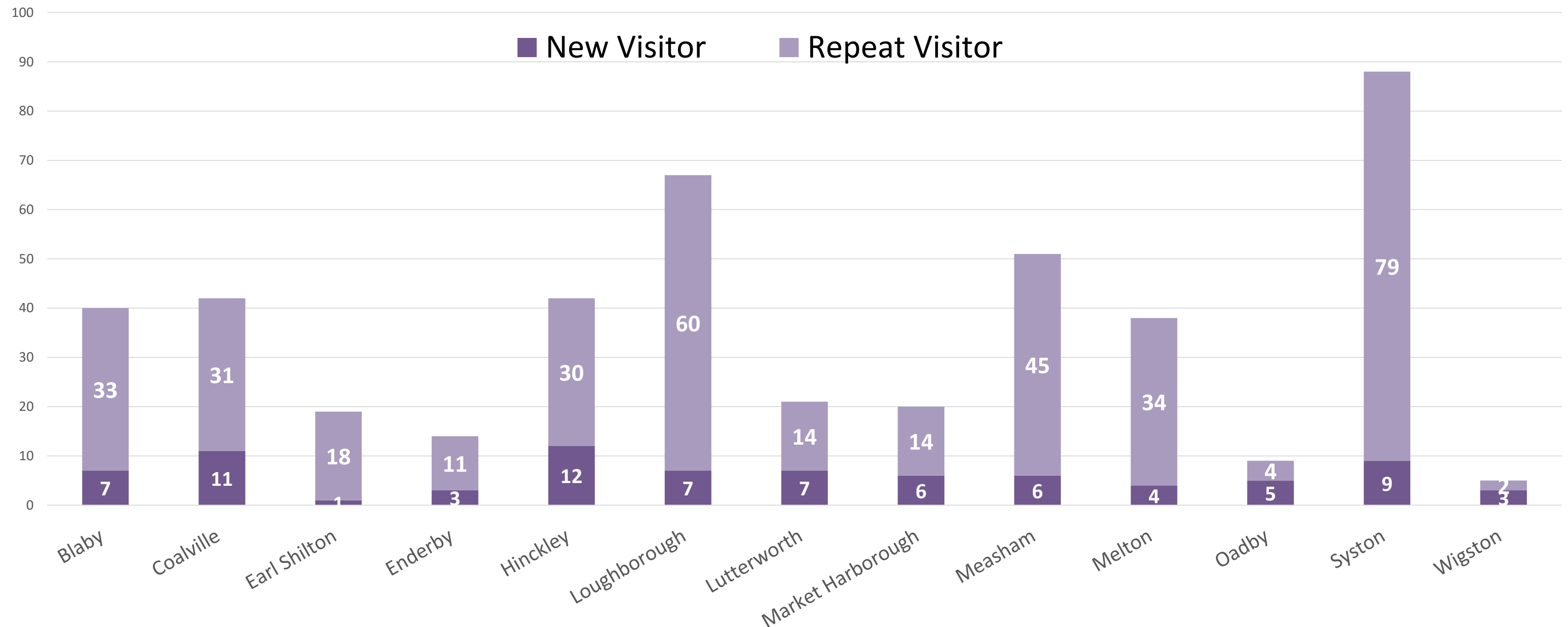


Leicester City age comparison:
5–14 year olds – **Census 2021: 27.2%**
20–24 year olds – **Census 2021: 9.7% (Café: 8.43%)**
25–39 year olds – **Census 2021: 22.6% (Café: 26.05%)**
40–64 year olds – **Census 2021: 28.6% (Café: 53.84%)**
65+ year olds – **Census 2021: 11.9% (Café: 11.16%)**



Café Contacts Breakdown - County

456 contacts made with County Neighbourhood Mental Health Cafes in August 2025



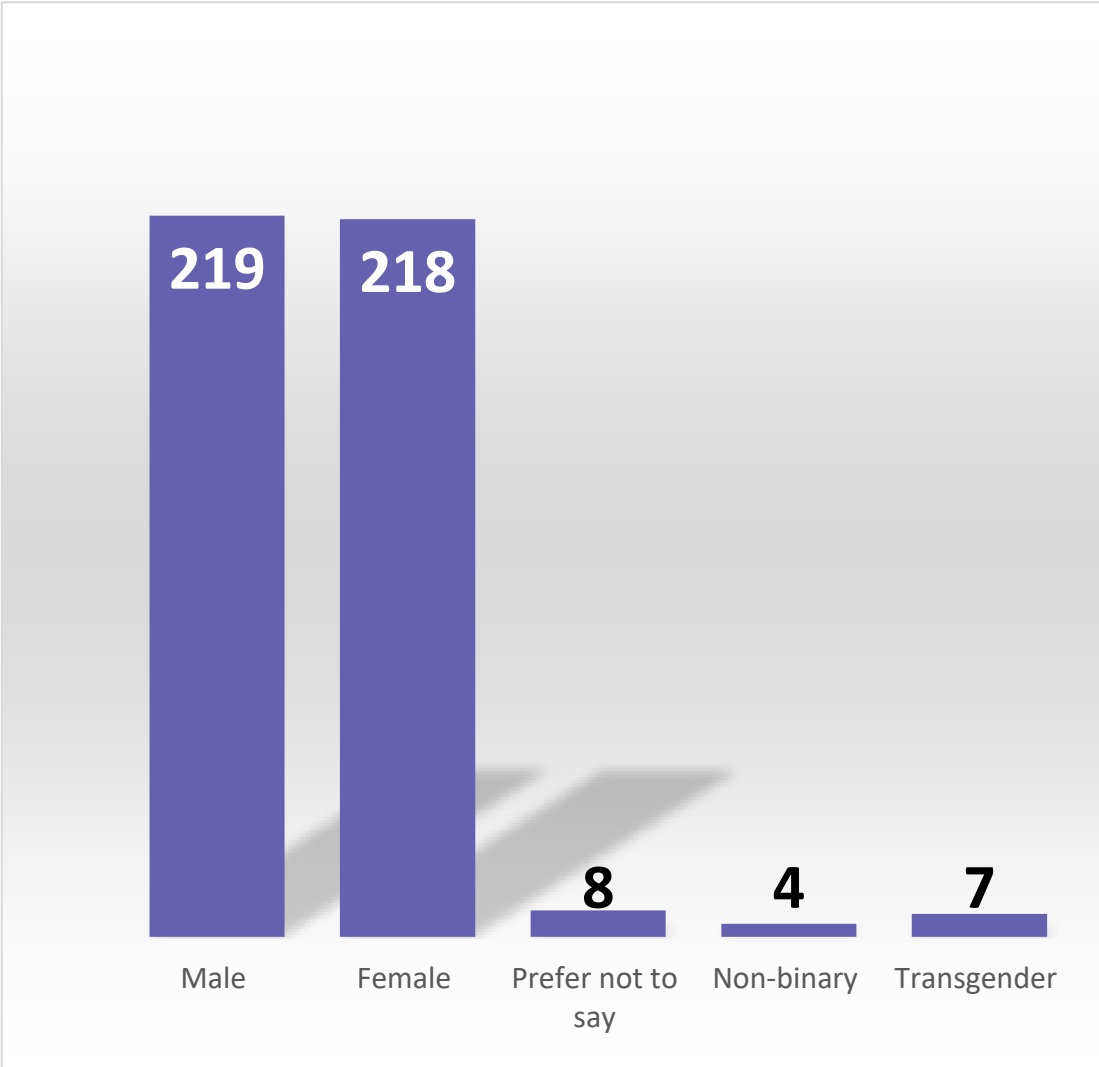
Data for County Neighbourhood Mental Health Cafes, August 2025



Demographics - County

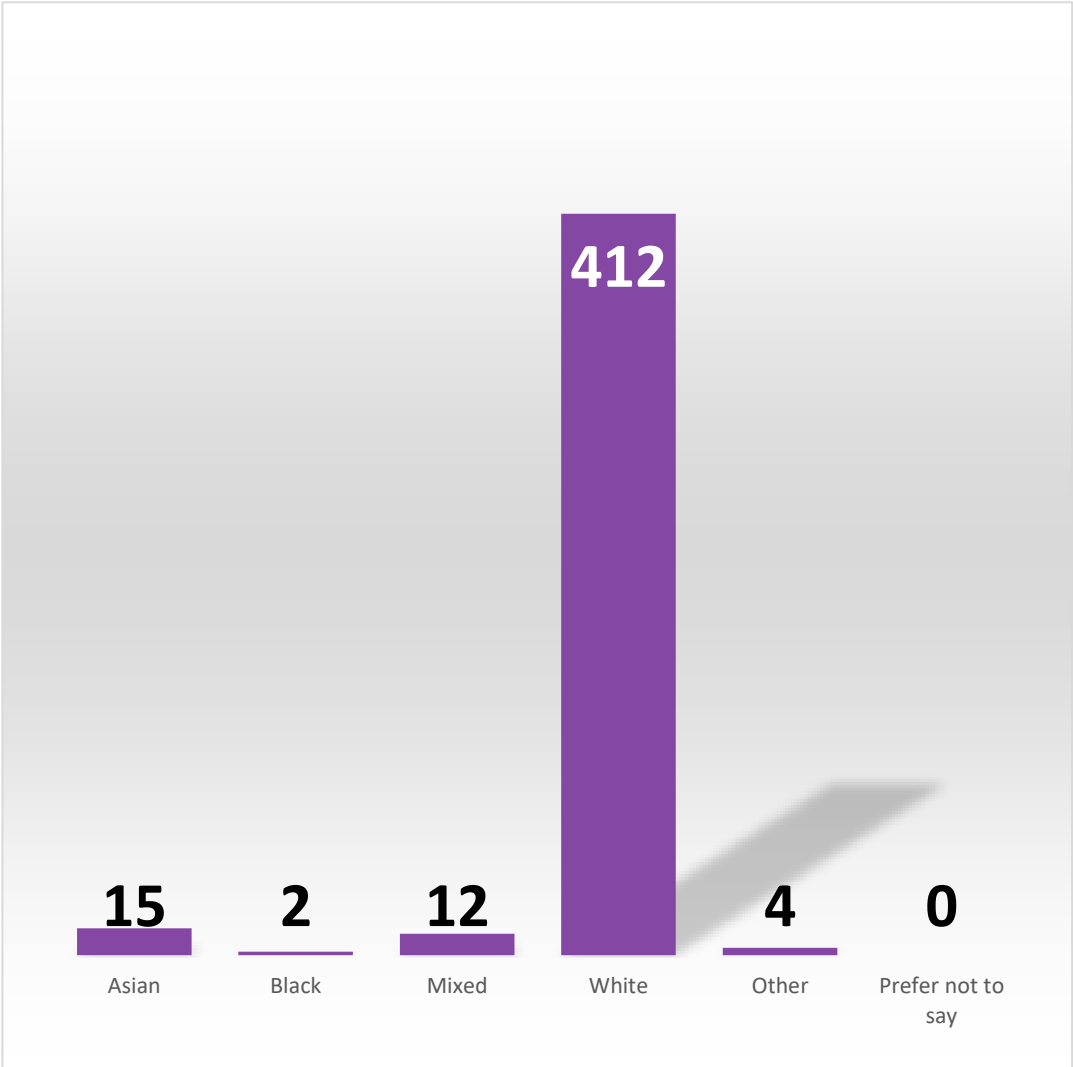
Percentage in () is café prevalence so it can be compared against census demographic information.

Gender



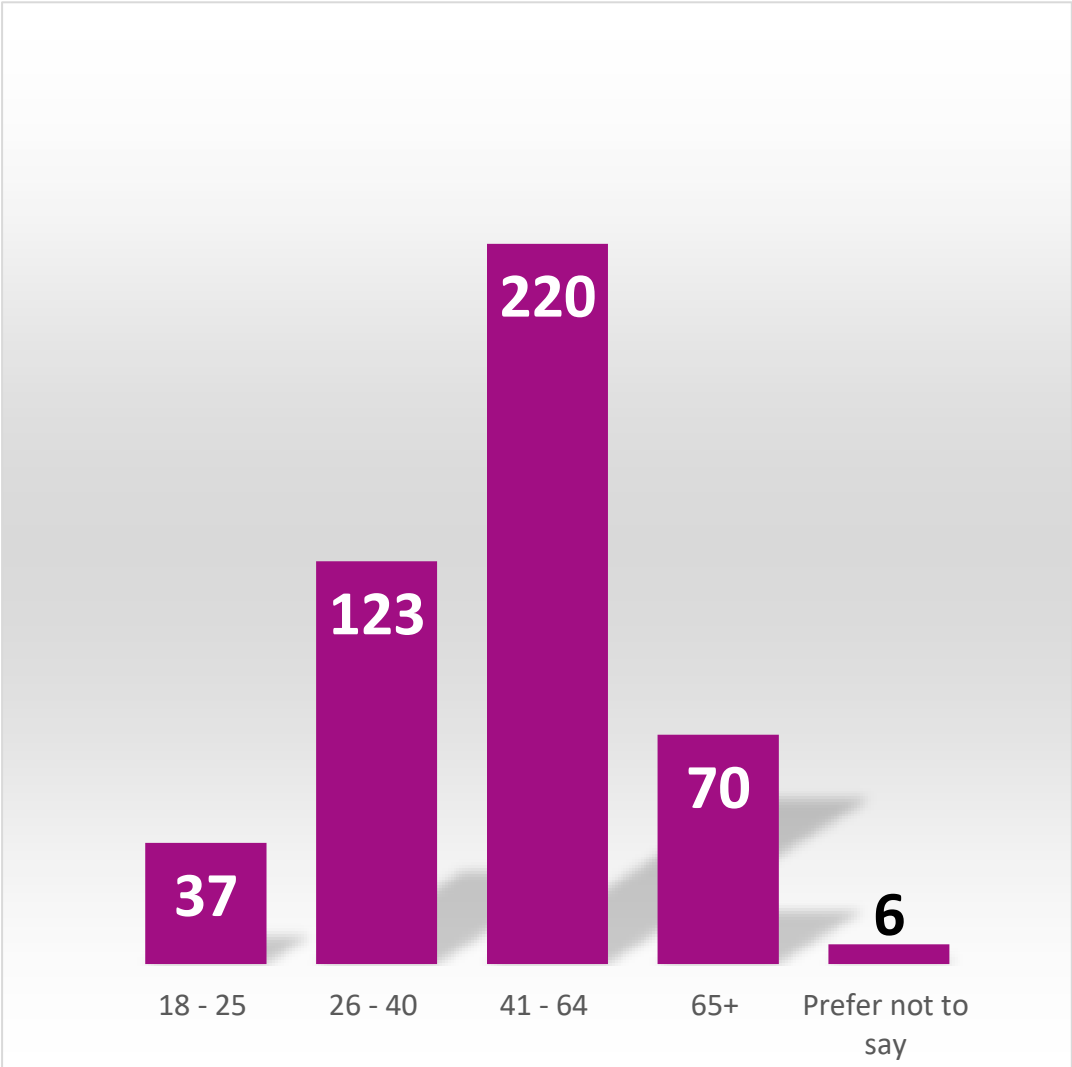
Leicestershire sex comparison:
Female – **Census 2021: 50. 6% (Café: 47.80%)**
Male– **Census 2021: 49. 4% (Café: 48.02%)**

Ethnicity



Leicestershire ethnicity comparison:
Asian, Asian British or Asian Welsh– Census 2021: 8% (Café:3.3%)
Black, Black British, Black Welsh, Caribbean or African – 1% (0.44%)
Mixed or Multiple ethnic groups– 3.8% (2.63%)
White – **88% (90.35%)**
Other ethnic group – 4.1% (0.87%)412

Age

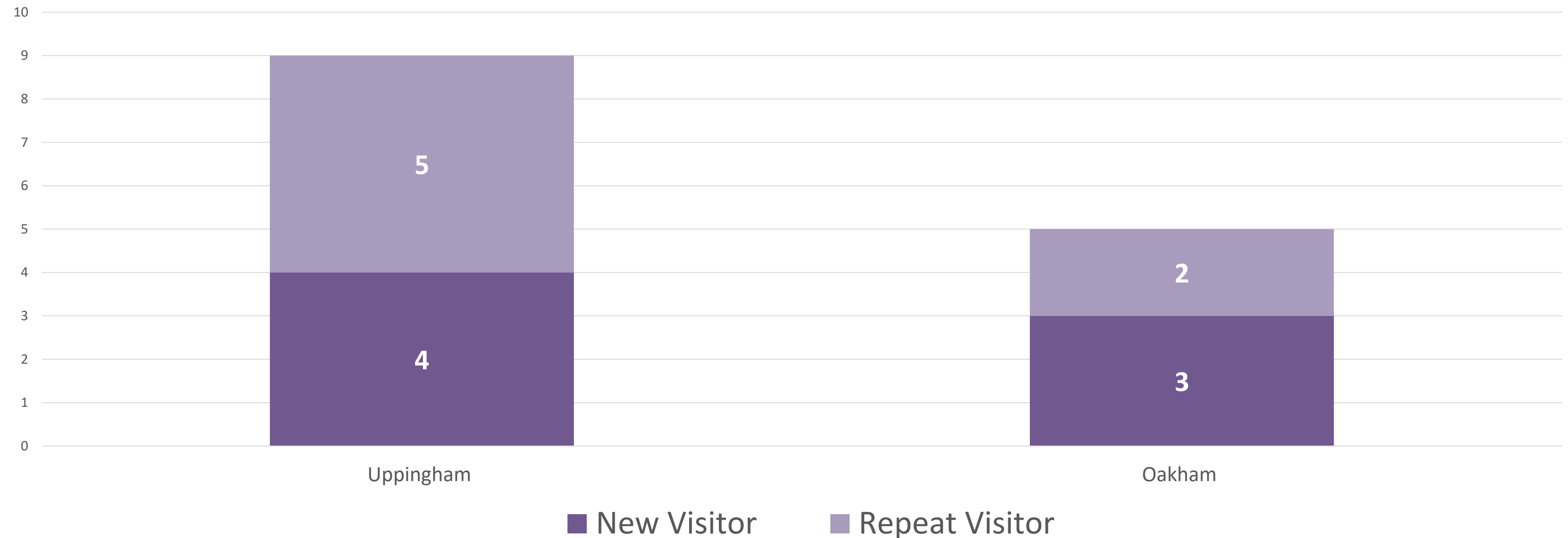


Leicestershire age comparison:
5–14 year olds – **Census 2021: 22.4%**
20–24 year olds – **Census 2021: 5.7% (Café: 8.11%)**
25–39 year olds – **Census 2021: 18.1% (Café: 26.97%)**
40–64 year olds – **Census 2021: 32.7% (Café: 48.24%)**
65+ year olds – **Census 2021: 21.1% (Café: 15.35%)**



Café Contacts Breakdown - Rutland

14 contacts made with County Neighbourhood Mental Health Cafes in August 2025



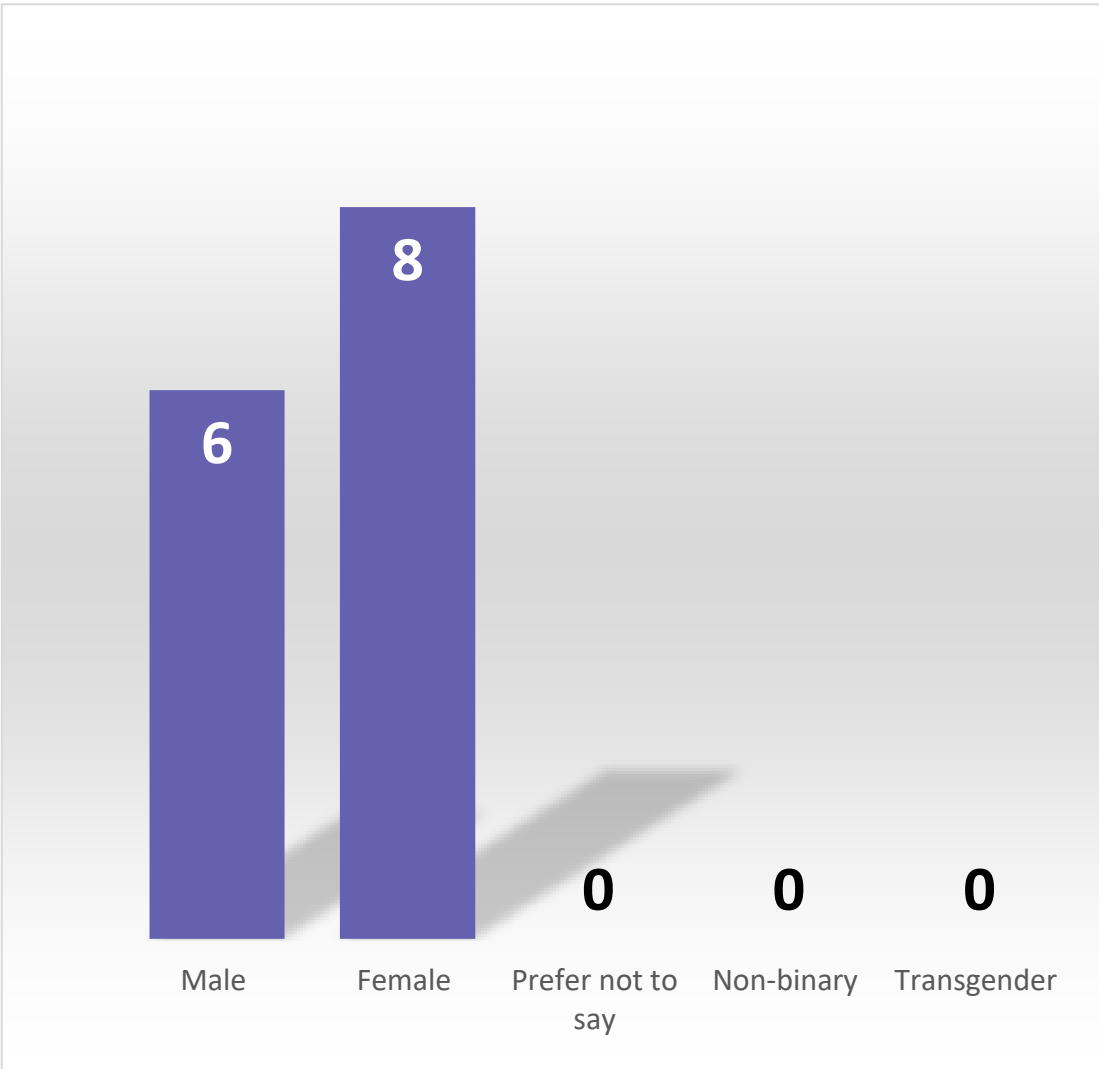
Data for Rutland Neighbourhood Mental Health Cafes, August 2025



Demographics - Rutland

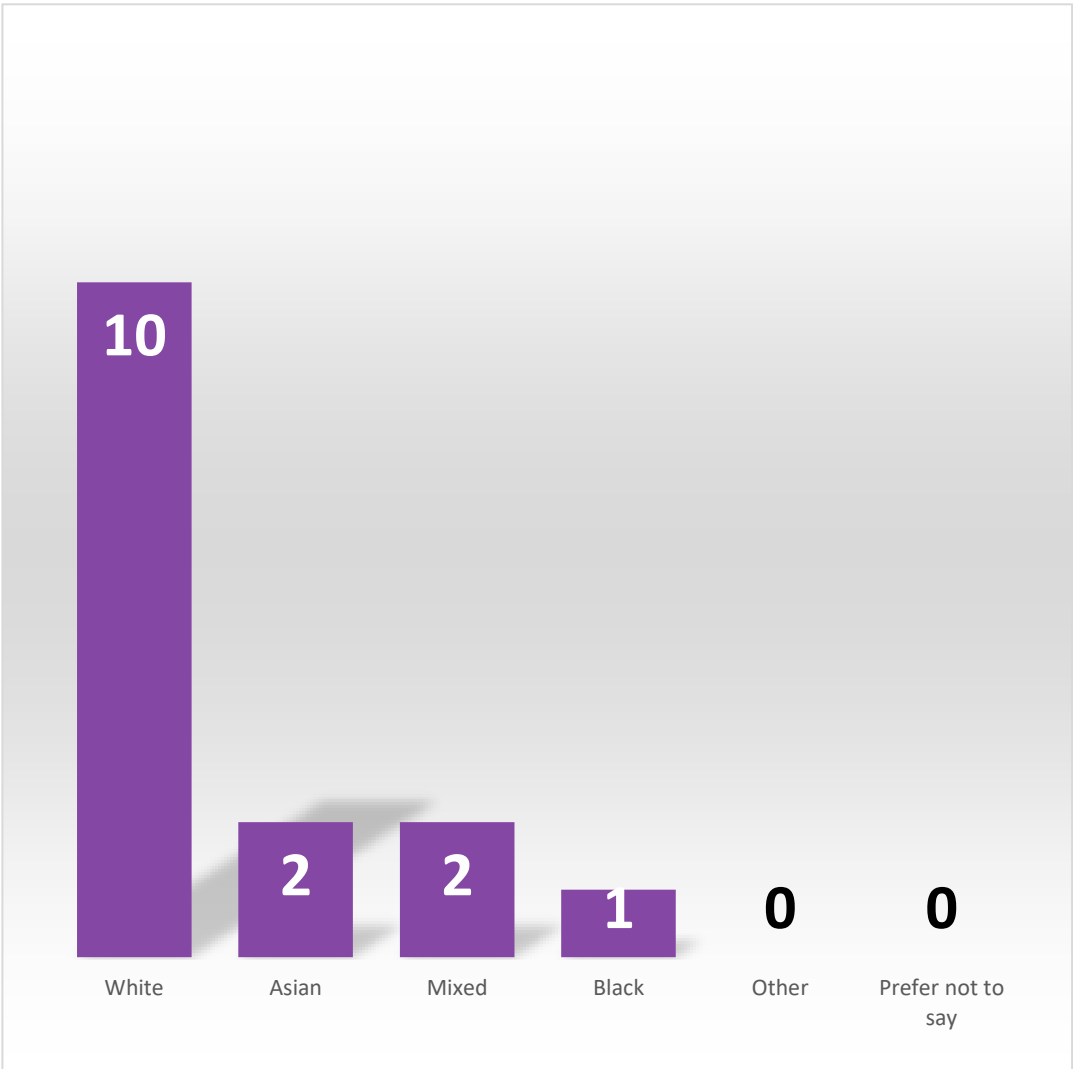
Percentage in () is café prevalence so it can be compared against census demographic information.

Gender



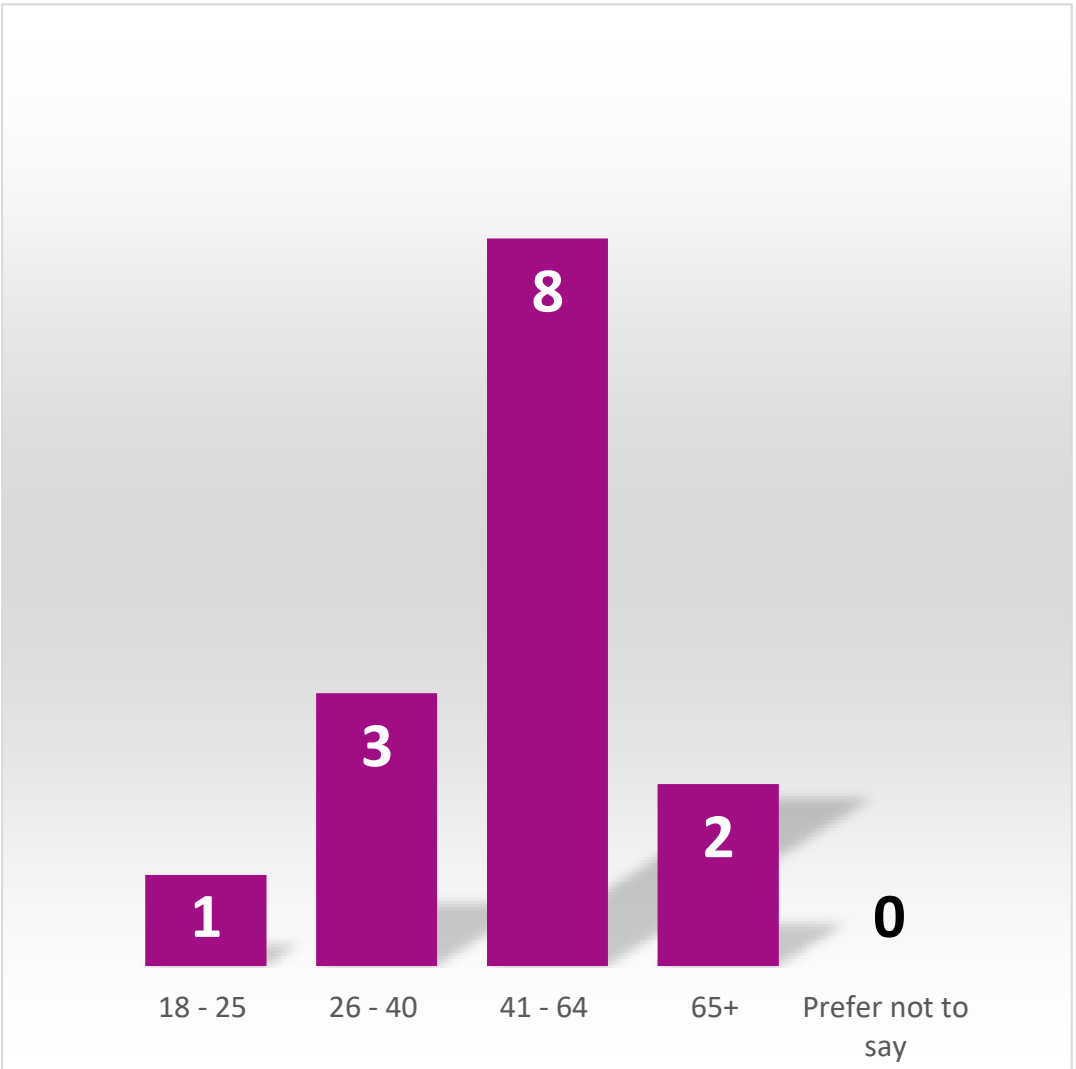
Rutland sex comparison:
Female – **Census 2021: 48.7% (Café: 57.14%)**
Male – **Census 2021: 51.3% (Café: 42.85%)**

Ethnicity



Rutland ethnicity comparison:
Asian, Asian British or Asian Welsh – **Census 2021: 1.5% (Café: 14.28%)**
Black, Black British, Black Welsh, Caribbean or African – **Census 2021: 1.3% (Café: 7.14%)**
Mixed or Multiple ethnic groups – **Census 2021 1.8% (Café: 14.28%)**
White – **Census 2021: 94.8% (Café: 71.42%)**
Other ethnic group – **Census 2021: 0.5% (Café: 0%)**

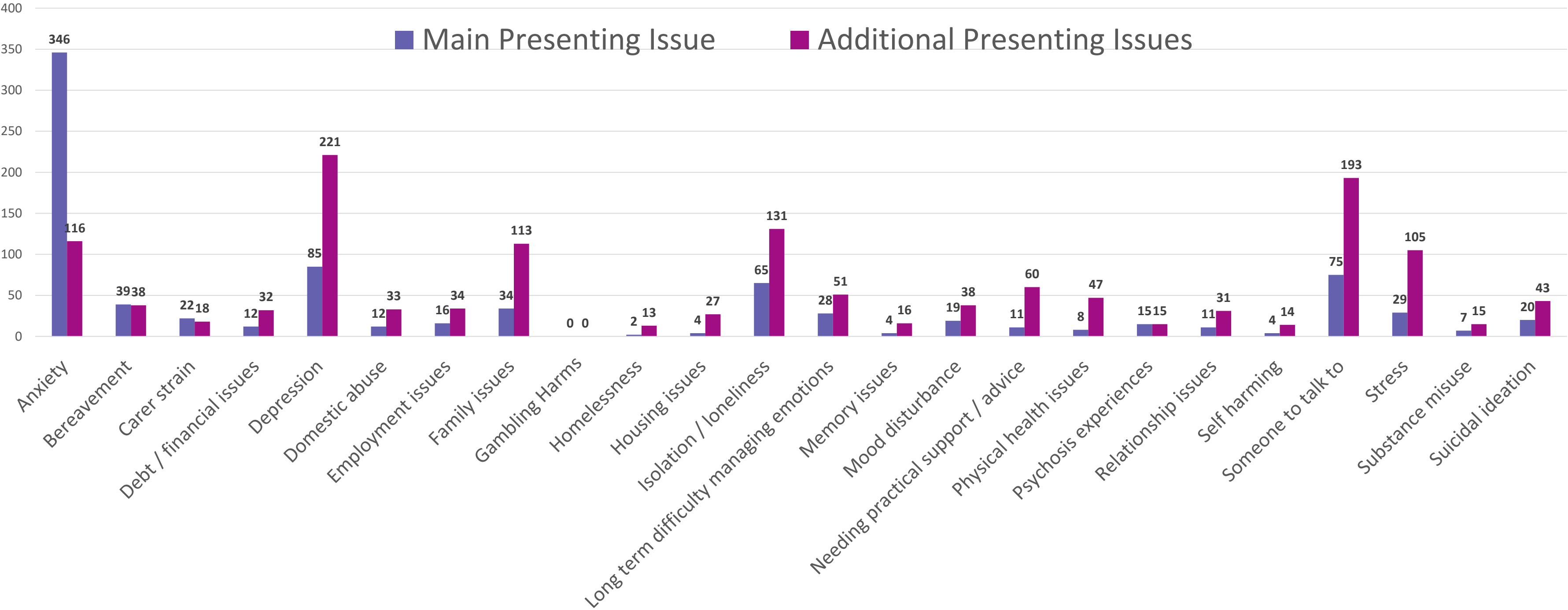
Age



Rutland age comparison:
5-14 year olds – **Census 2021: 22%**
20-24 year olds – **Census 2021: 4.2% (Café: 7.14%)**
25-39 year olds – **Census 2021: 15.5% (Café: 21.42%)**
40-64 year olds – **Census 2021: 32.7% (Café: 57.14%)**
65+ year olds – **Census 2021: 25.6% (Café: 14.28%)**



Presenting Issues

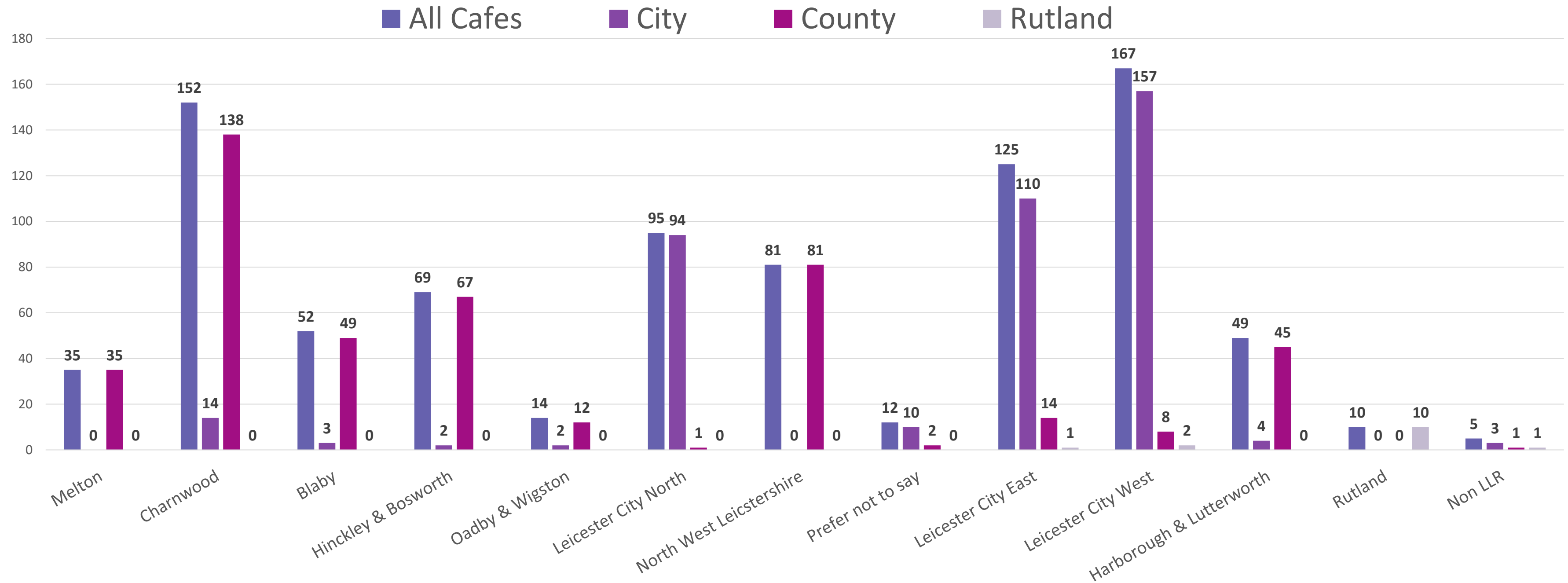


Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)

NB: visitors asked to give up to 3 reasons why they have attended the cafe



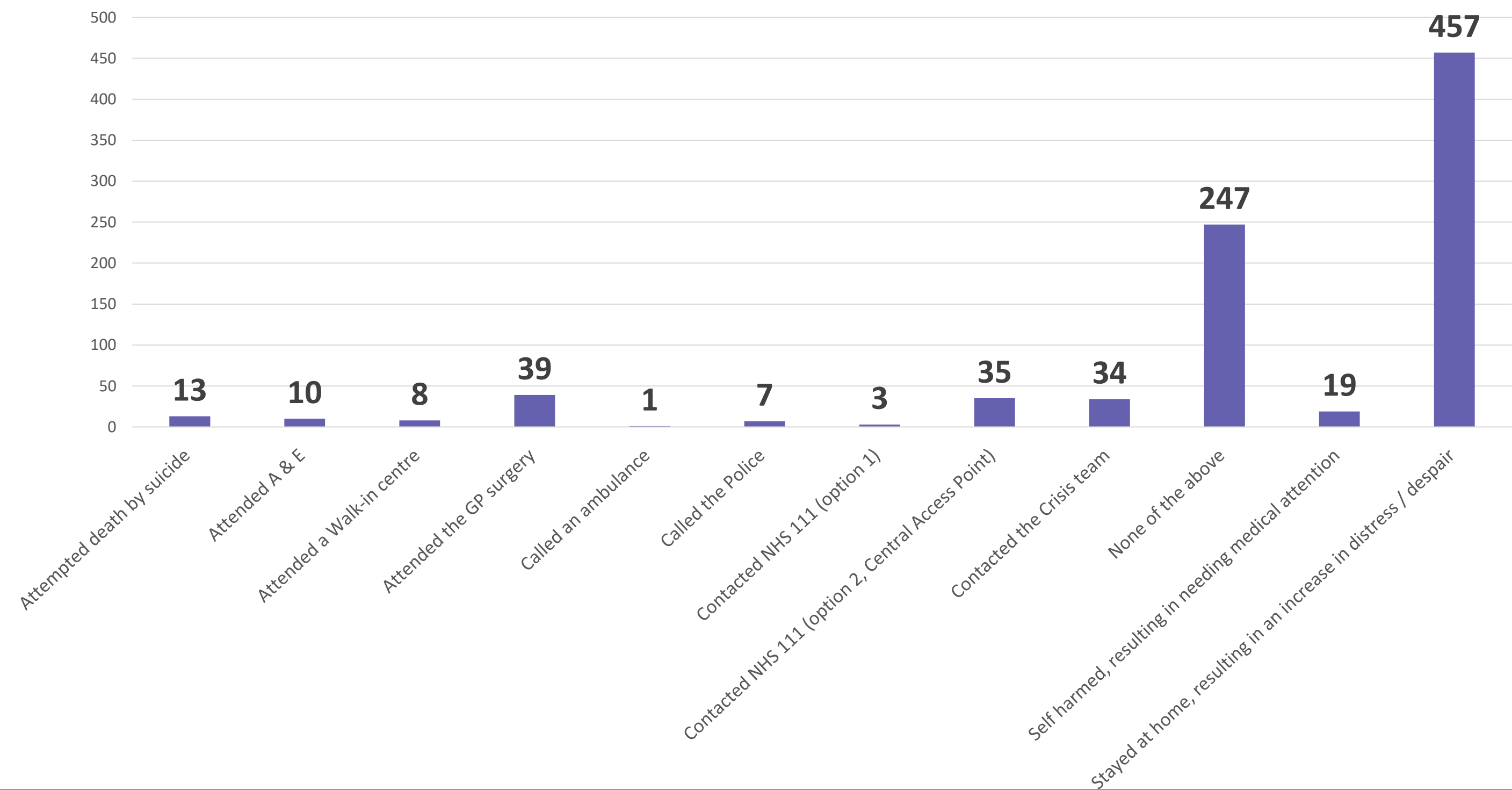
To visit the café people travelled from...



Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)



Attended Café instead of...



Cost to NHS:

Urgent Care / Walk in Centre - £91

A&E – minimum £137

Ambulance - £417 (taken in ambulance to A&E)

GP appointment - £49

(Costings provided by The Kings Fund)

NMHC diverted spend:

Urgent Care / Walk in Centre - £728

A&E – £1,370

Ambulance - £417

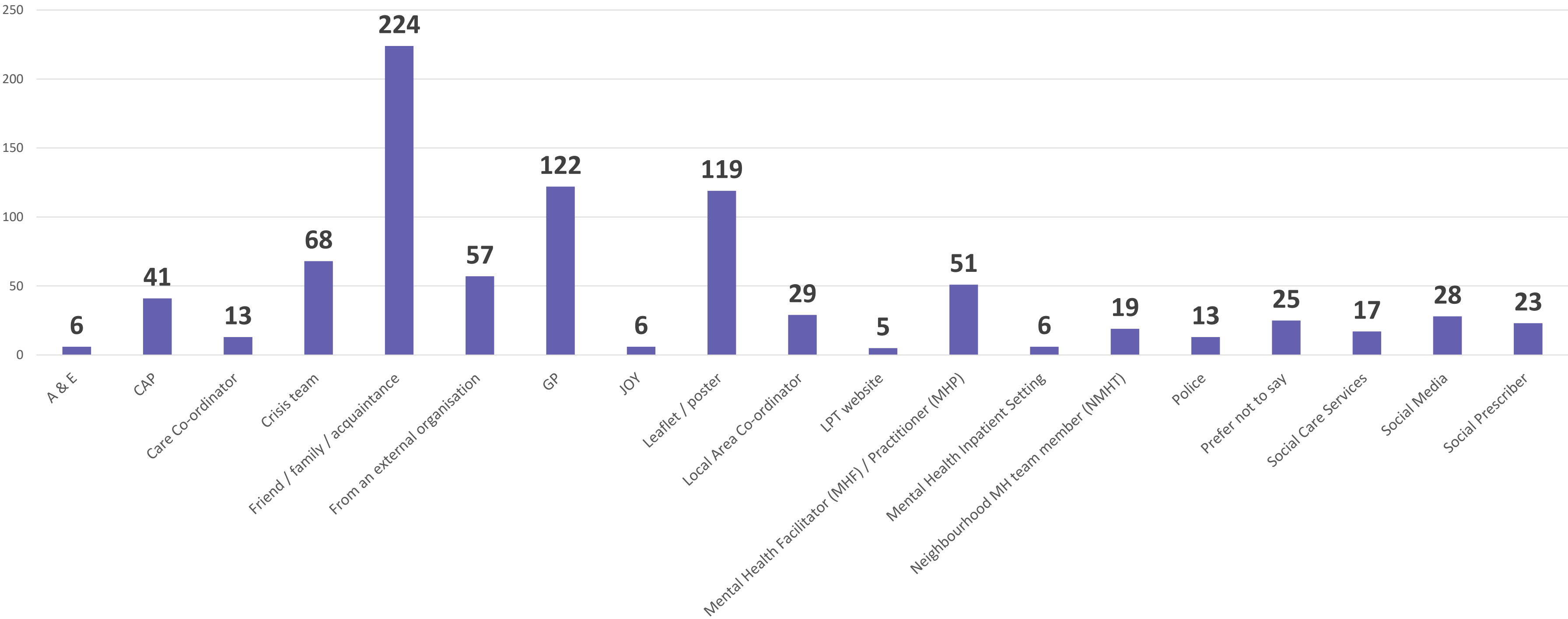
GP appointment - £1,911

Excluding, Crisis Team, 111 calls)

Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)



How individual heard about the cafe...

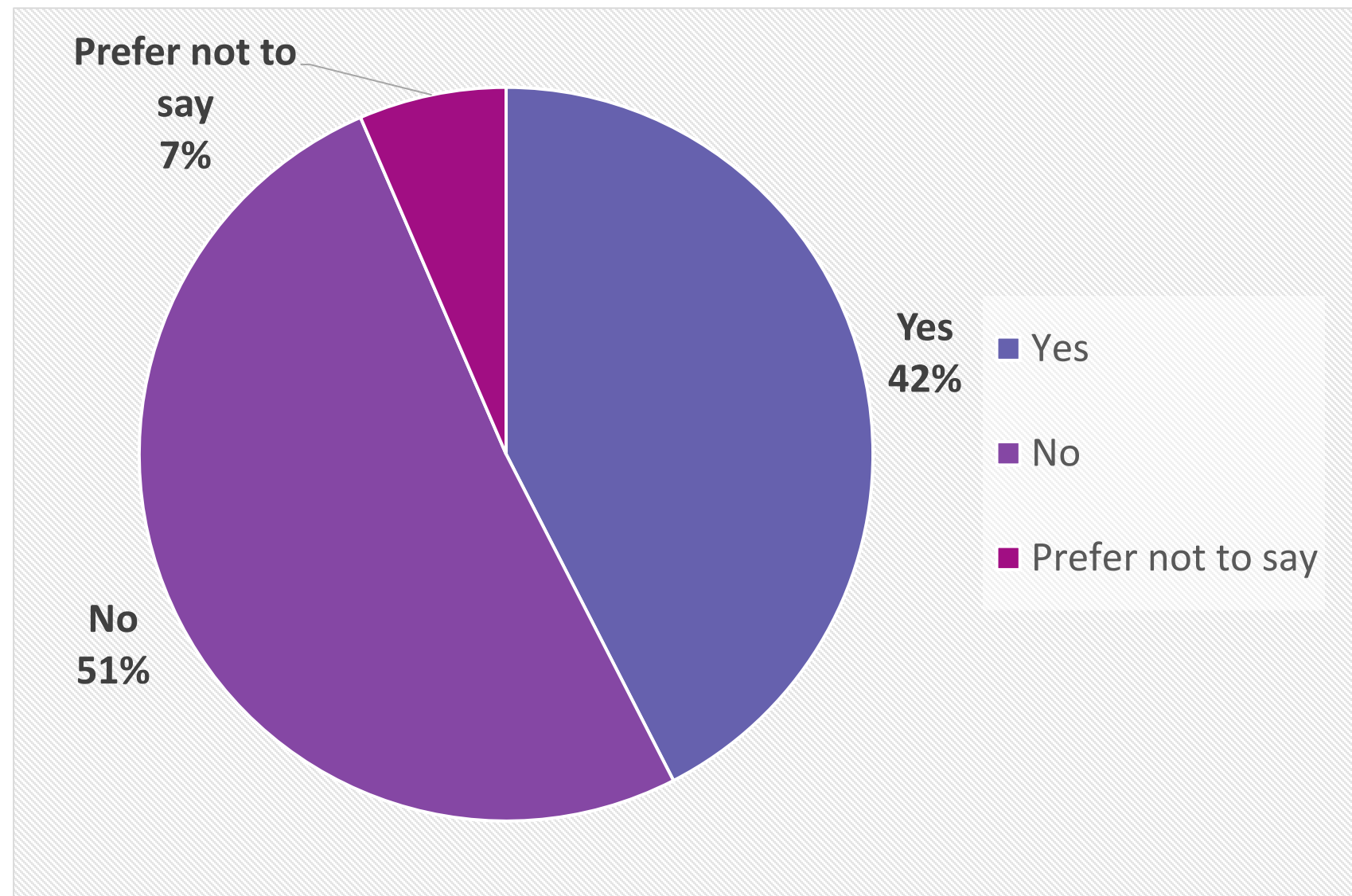


Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)

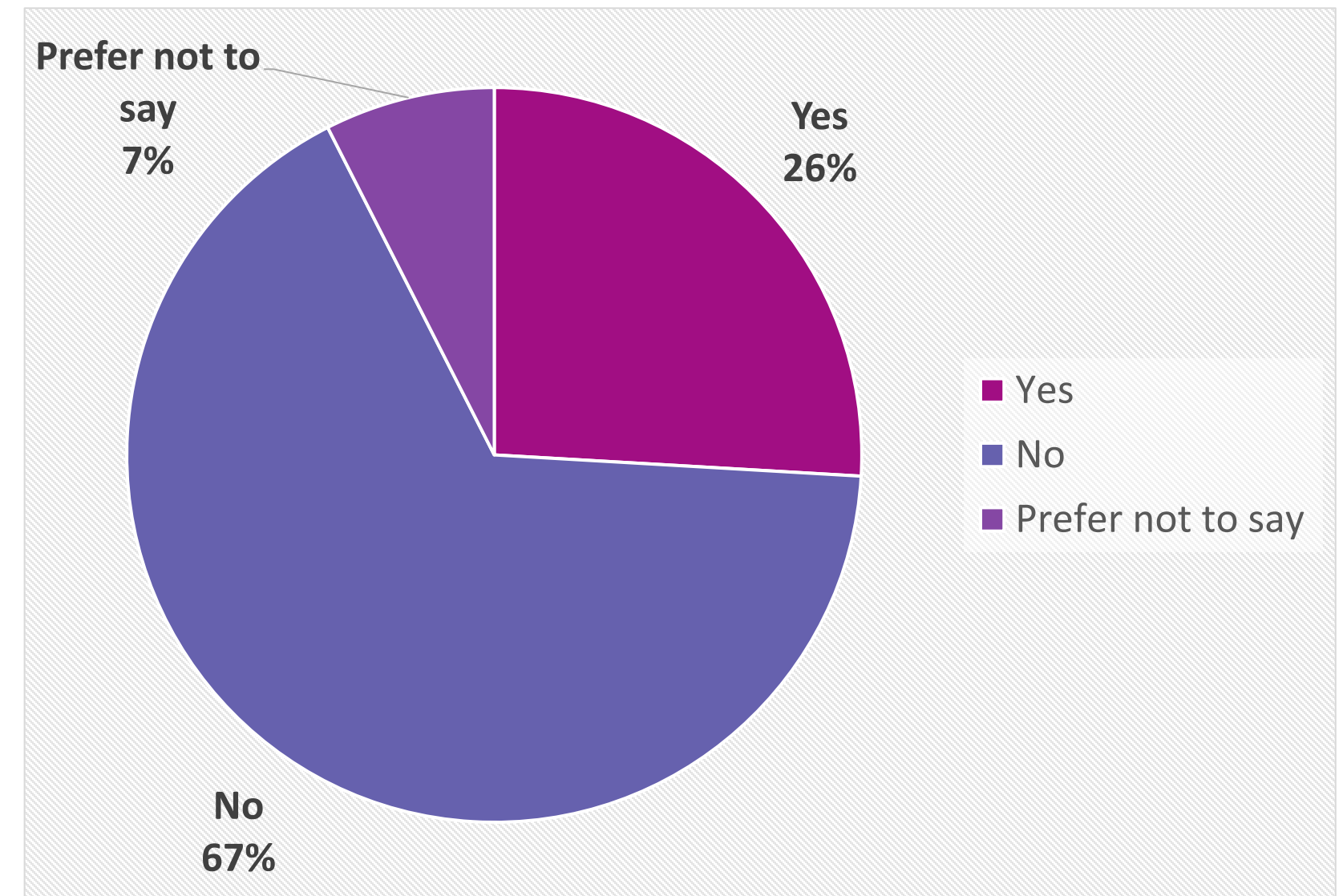


Demographics

Do you consider yourself to have a disability?



Do you consider yourself to be neurodiverse?



If yes...

68 individuals – ADHD

65 individuals – Autism (including Aspergers Syndrome)

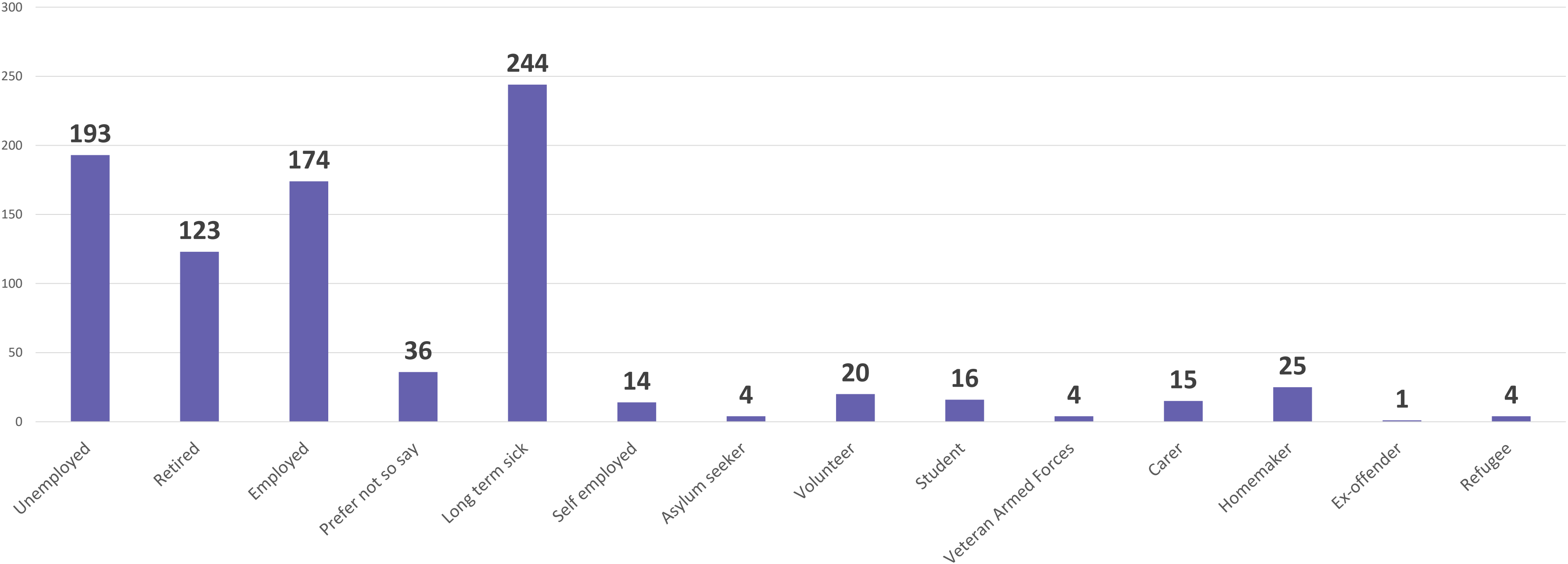
40 individuals – Other

Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)



Demographics

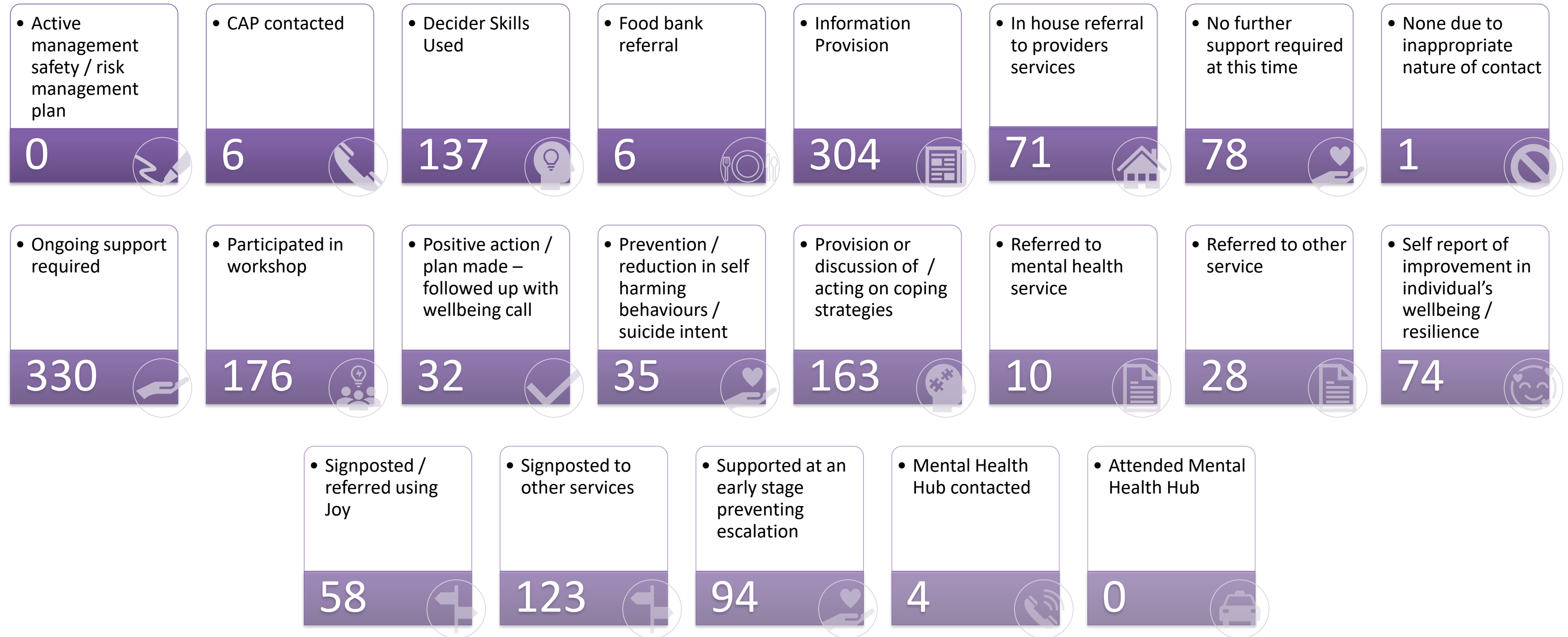
Employment



Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)



Main outcome for individuals attending



Data for all Neighbourhood Mental Health Cafes August 2025 (excluding universities)

NB: up to 3 outcomes provided for each visitor per visit



Outputs for individuals attending

279 people
received 1:1 support

282 people accessed
group/social support

312 people received 1:1
support & accessed
group/social support



University Mental Health Café Data

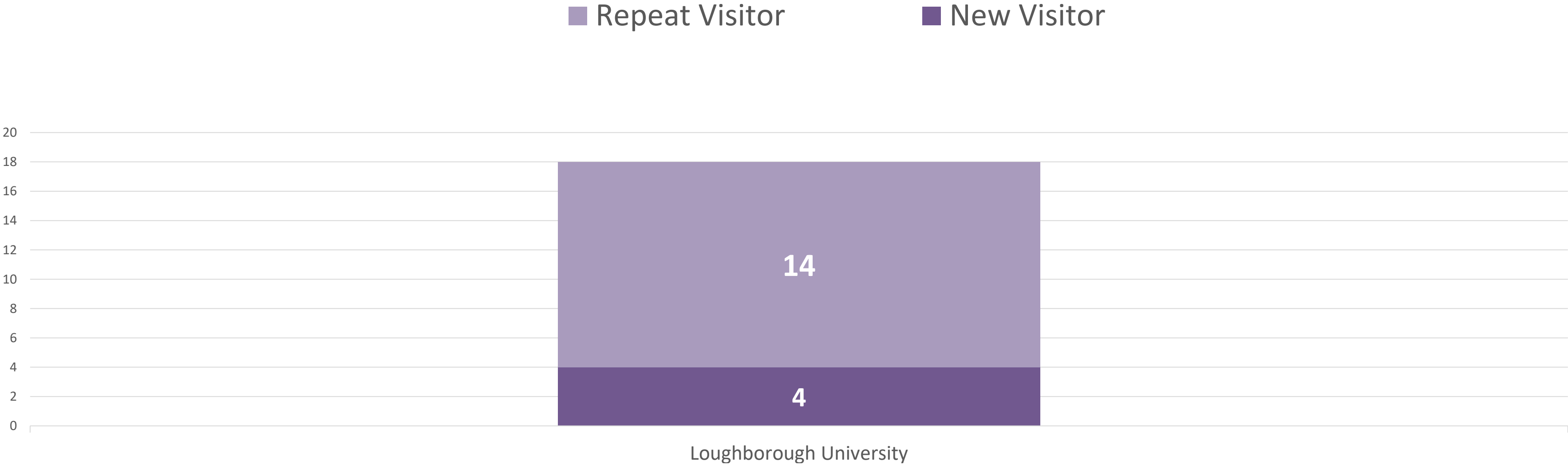


Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope

University Café Contacts Breakdown

18 contacts made with University Mental Health Cafe in August 2025

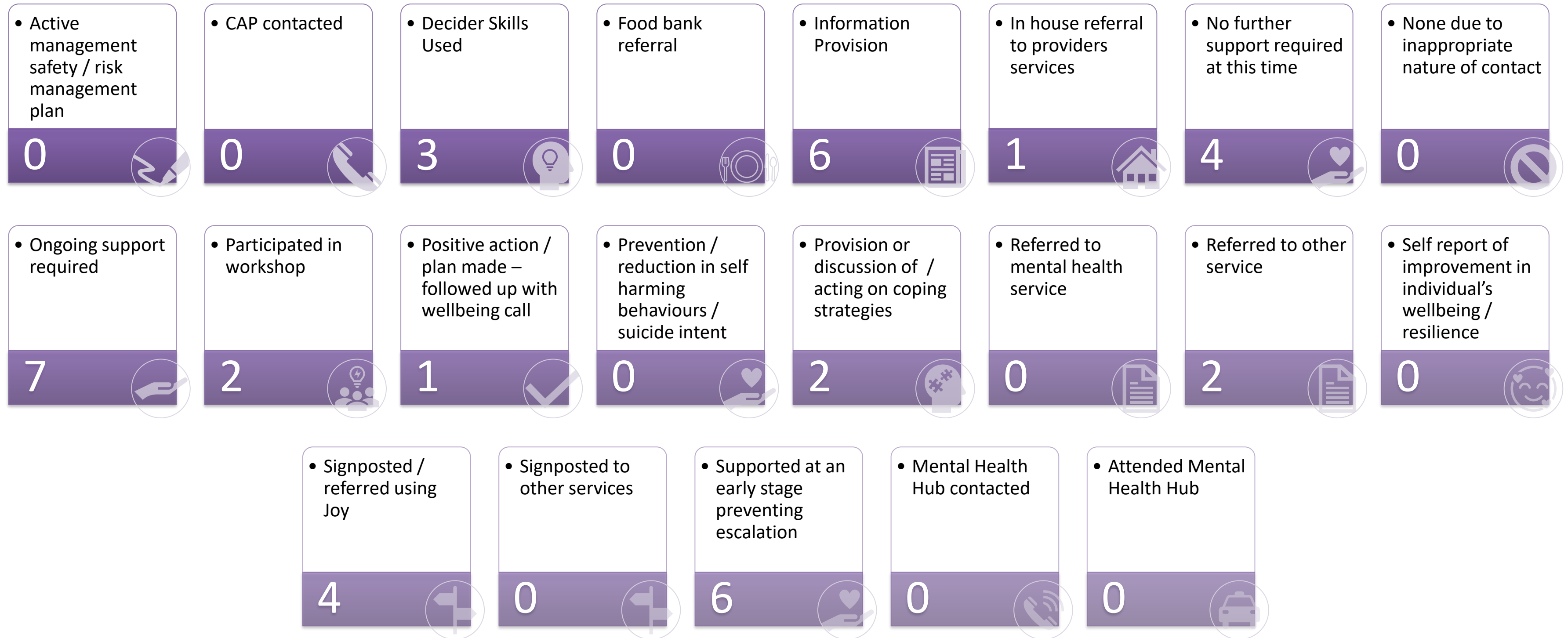


Data for August 2025 – University Mental Health Cafes Only

De Montfort University and University of Leicester are currently mobilising and launching in September 2025



Main outcome for individuals attending

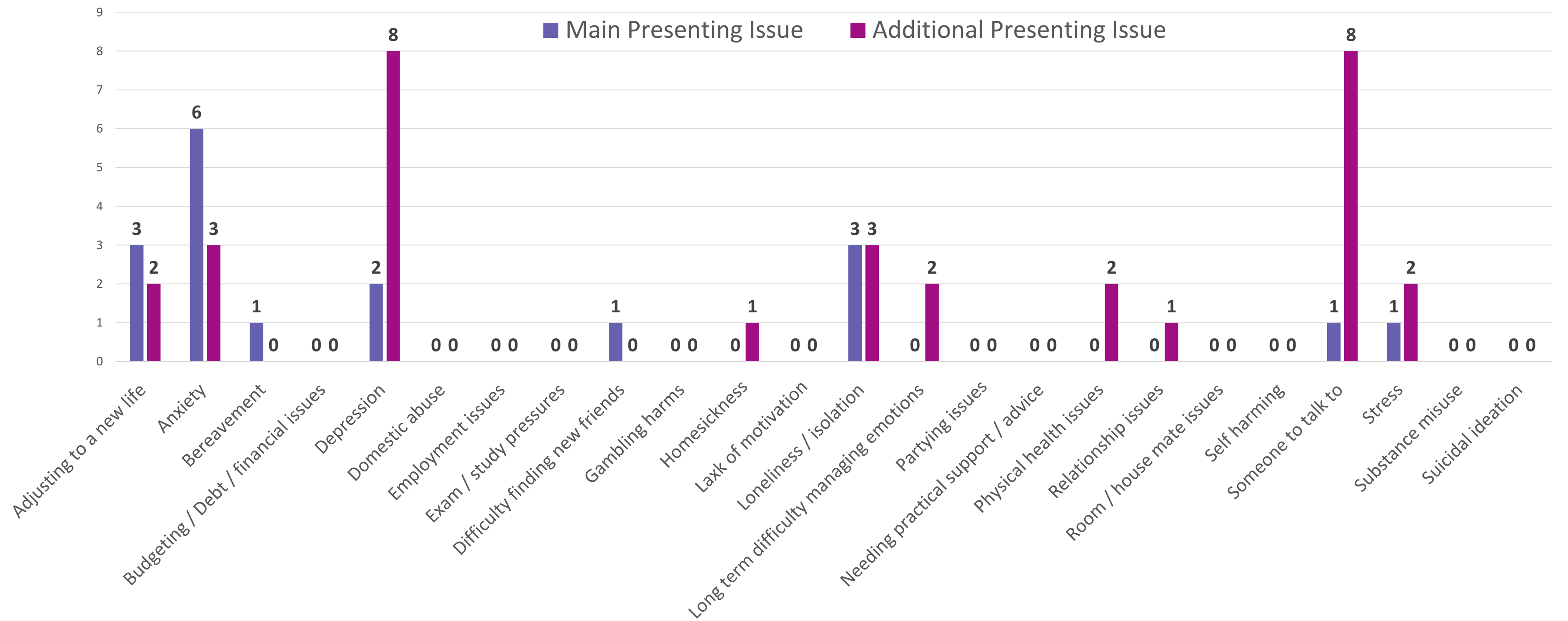


Data for University Neighbourhood Mental Health Cafes August 2025

NB: up to 3 outcomes provided for each visitor per visit



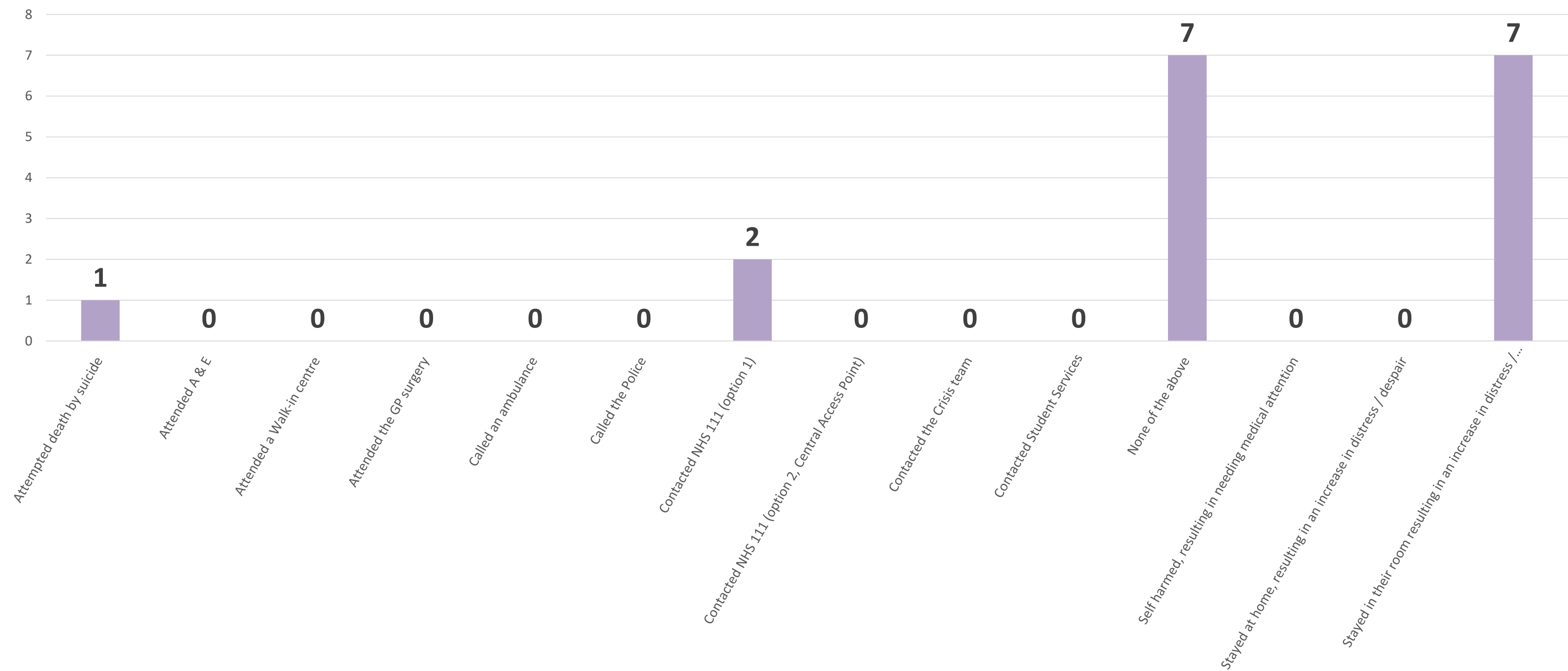
Presenting Issues



Data for August 2025 – University Mental Health Cafes Only



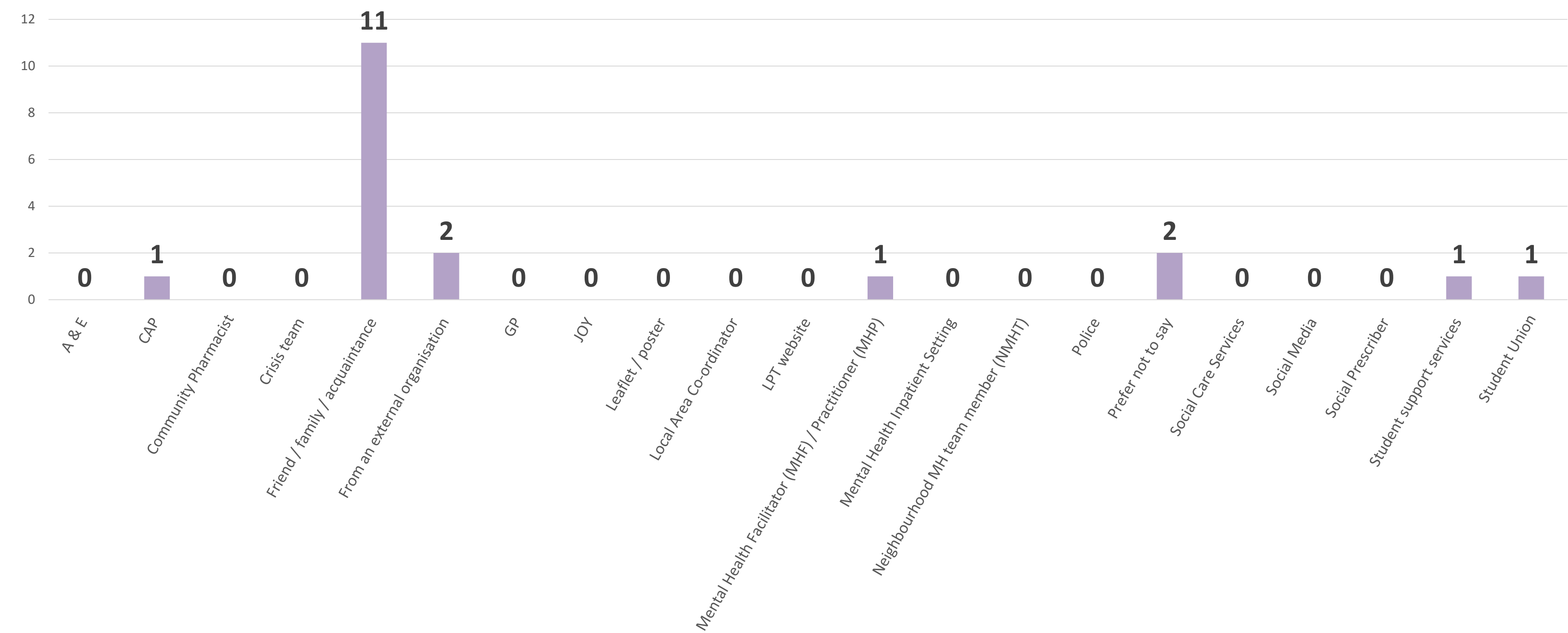
Attended Café instead of...



Data for August 2025 – University Mental Health Cafes Only



How individual heard about the cafe...

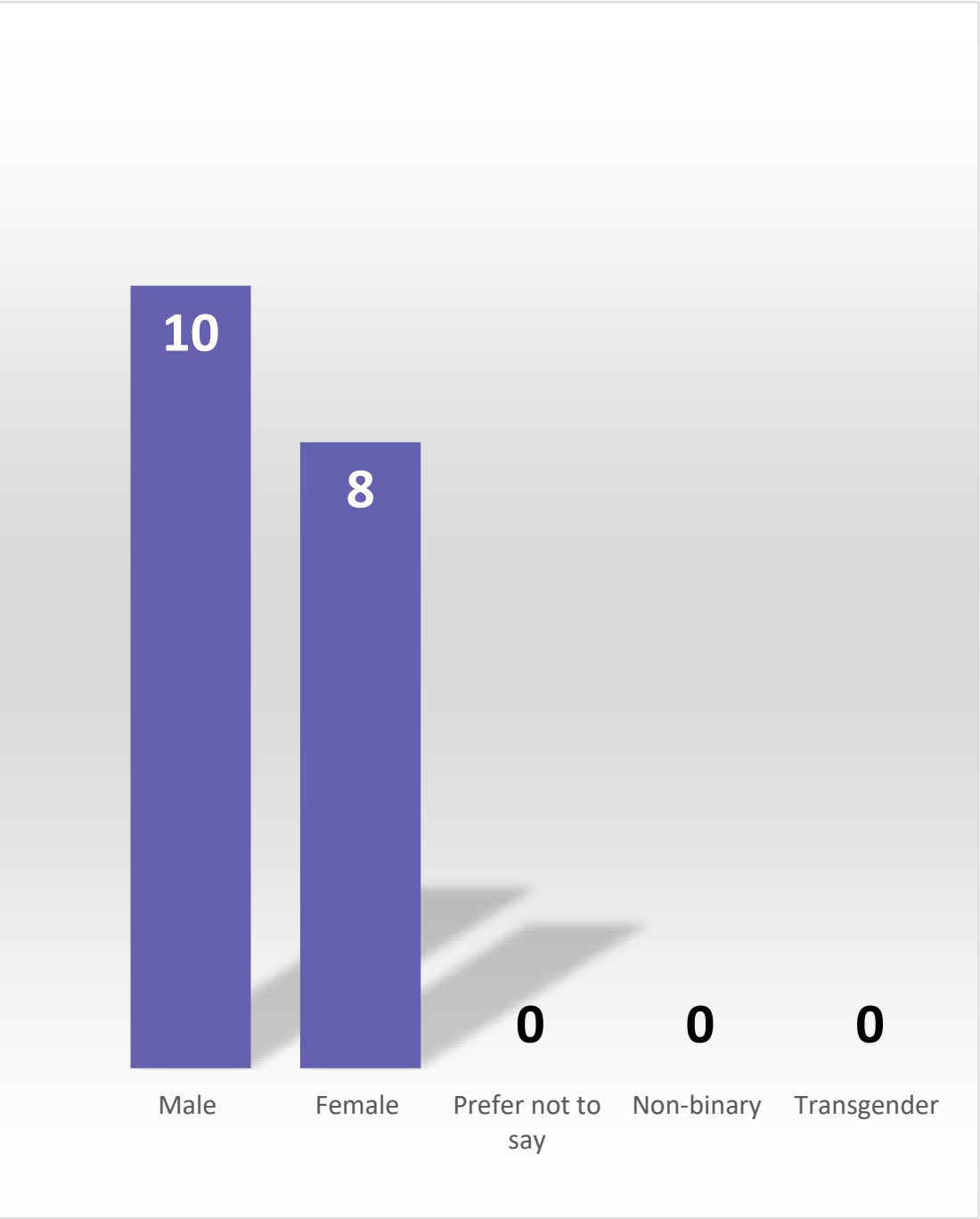


Data for August 2025 – University Mental Health Cafes Only

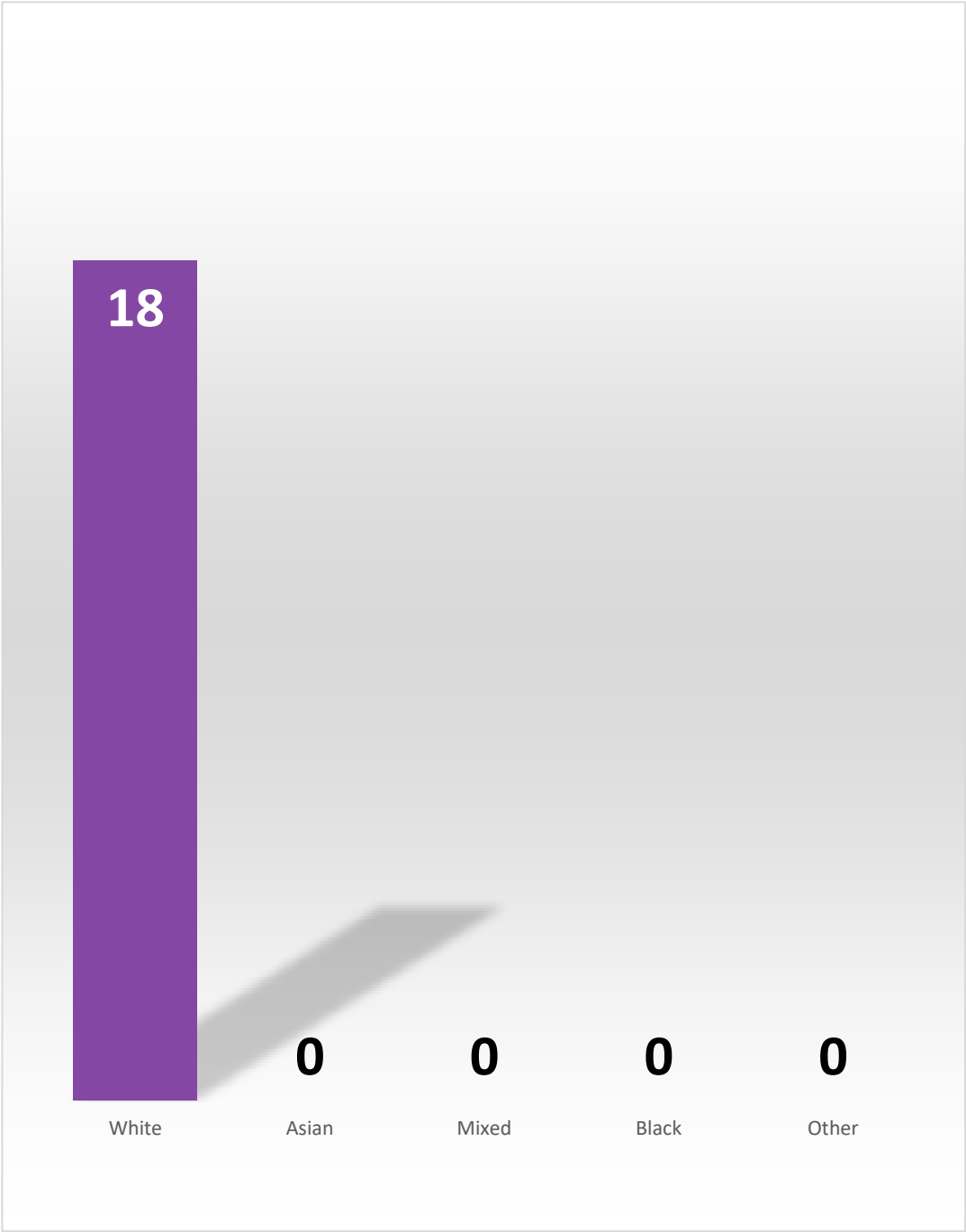


Demographics – Loughborough University

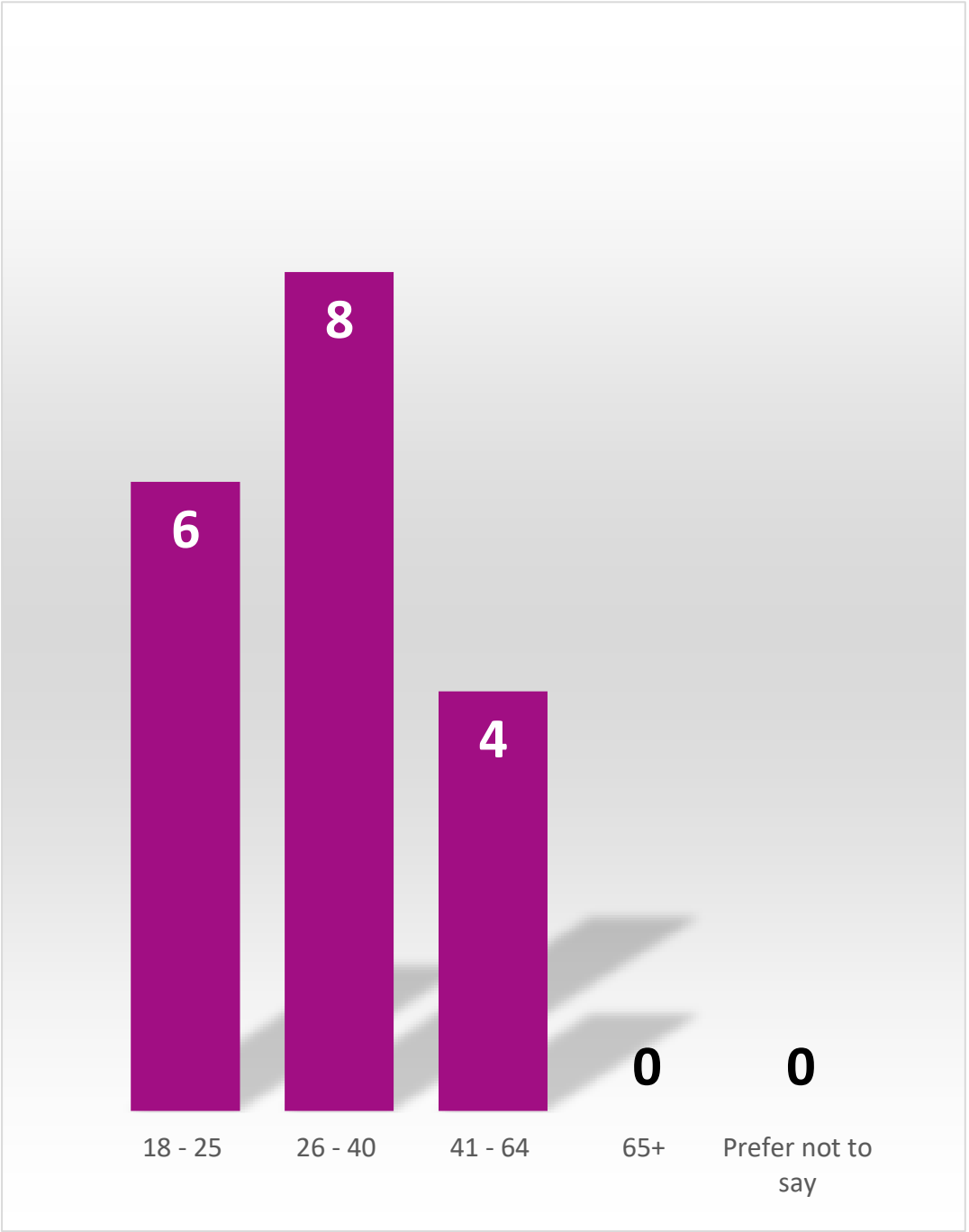
Gender



Ethnicity

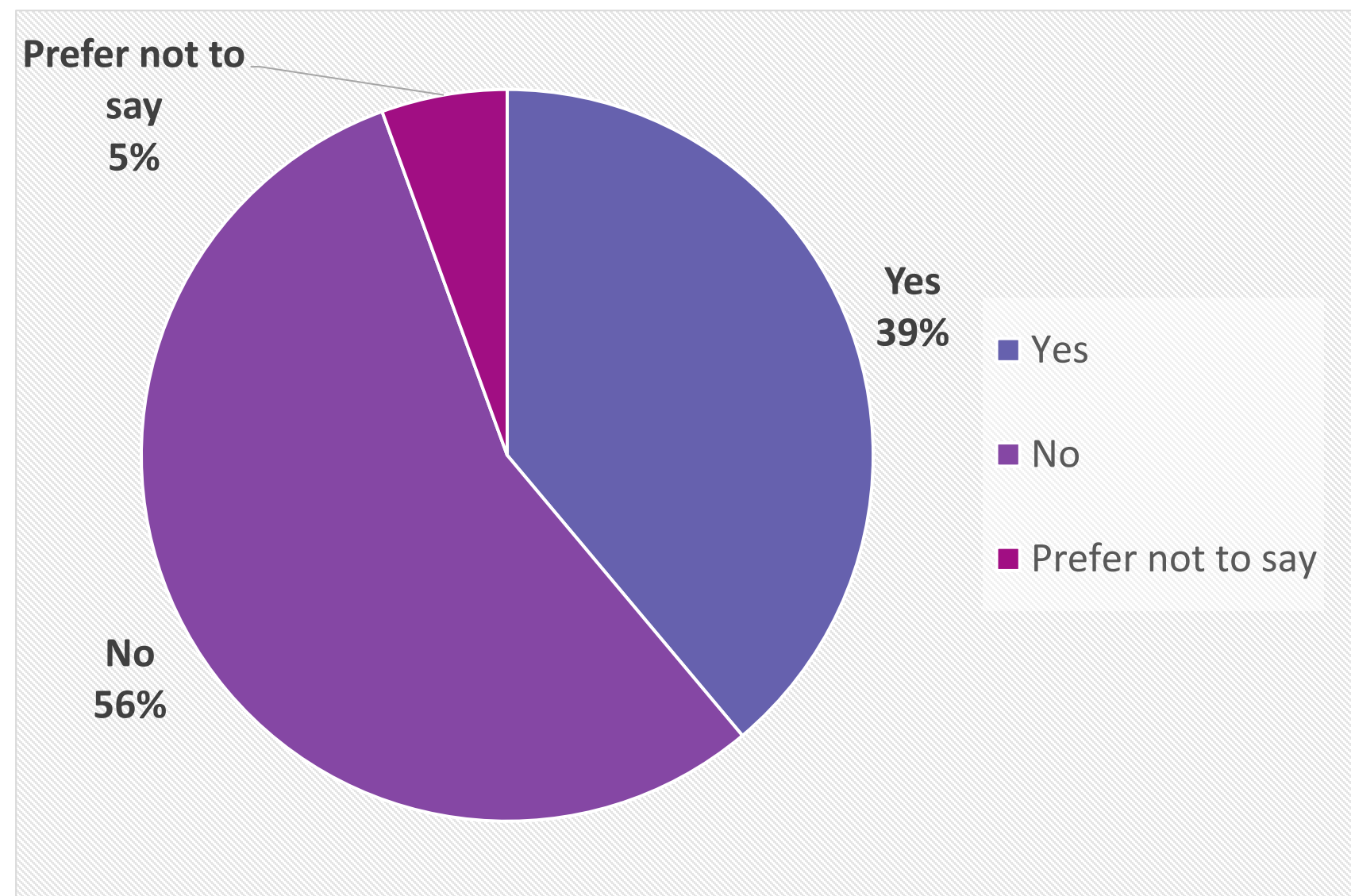


Age

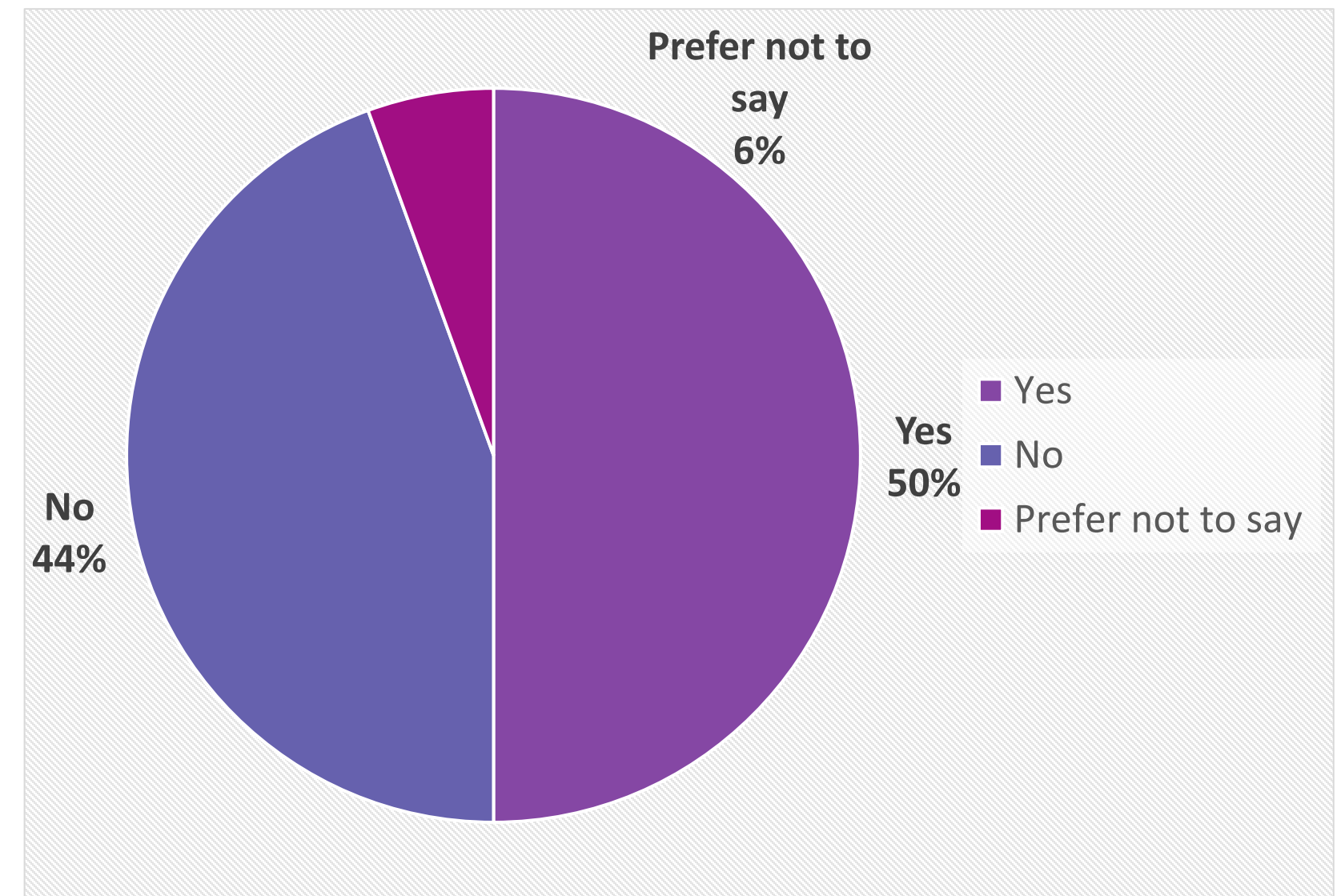


Demographics

Do you consider yourself to have a disability?



Do you consider yourself to be neurodiverse?



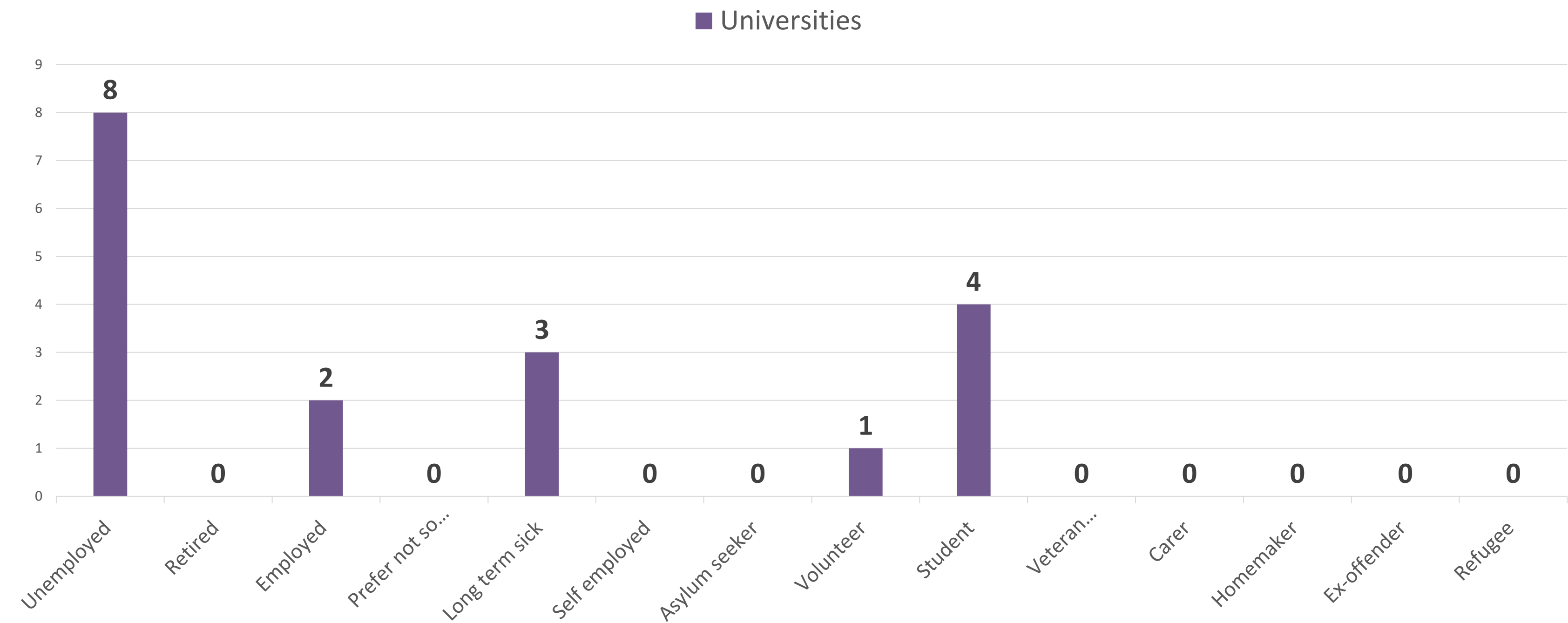
If yes...

- 1 individuals – ADHD
- 3 individuals – Autism (including Aspergers Syndrome)
- 2 individuals – Other



Demographics

Status



Data for August 2025 – University Mental Health Cafes Only



Case Studies



Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope

Cafe Impact ...

The individual first attended the café feeling isolated and lonely, sharing that she had few social connections and felt estranged from her family. During a one-to-one session, she opened up about ongoing family difficulties, including challenges related to her ex-husband's new relationship and concerns about her son's possible substance use.

Staff provided a supportive space for her to talk and introduced a range of grounding techniques and self-soothing strategies that were realistic and affordable. She was also signposted to local walking groups, both within her immediate area and within reasonable travel distance, to help her build new social connections and support her overall wellbeing.

Together, a support plan was created that included:

- Returning to her GP for a medication review
- Keeping in touch with friends
- Returning to the NMHC (Neighbourhood Mental Health Café) for further support
- Attending other NMHC sessions in nearby areas
- Guidance on how to access urgent help if she began to feel overwhelmed, including helpline information for NHS 111 (Option 2) and the Samaritans

Feedback:

After a lengthy one-to-one conversation, she said she was feeling much calmer and better than when she arrived. She expressed that it had really helped to have someone to talk to about her situation and took her support plan away, feeling positive about following up on the suggested contacts.

Although she didn't rejoin the main group as she needed to return home for her evening meal, she said she hoped to attend another café session soon. By the end of the visit, she shared that she felt happier, more at ease, and comforted by having found people she could talk to and a safe, supportive environment to return to.