

Neighbourhood Mental Health Café Data March 2026

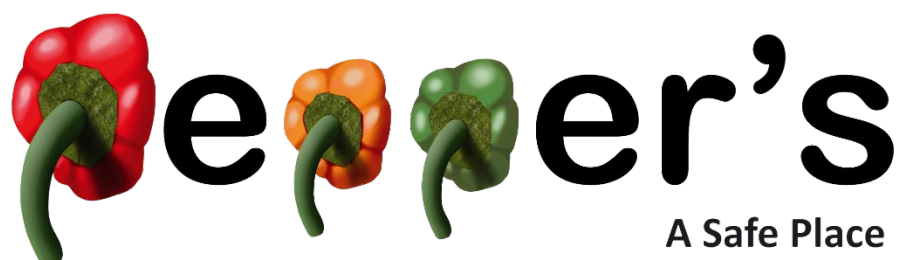


Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope

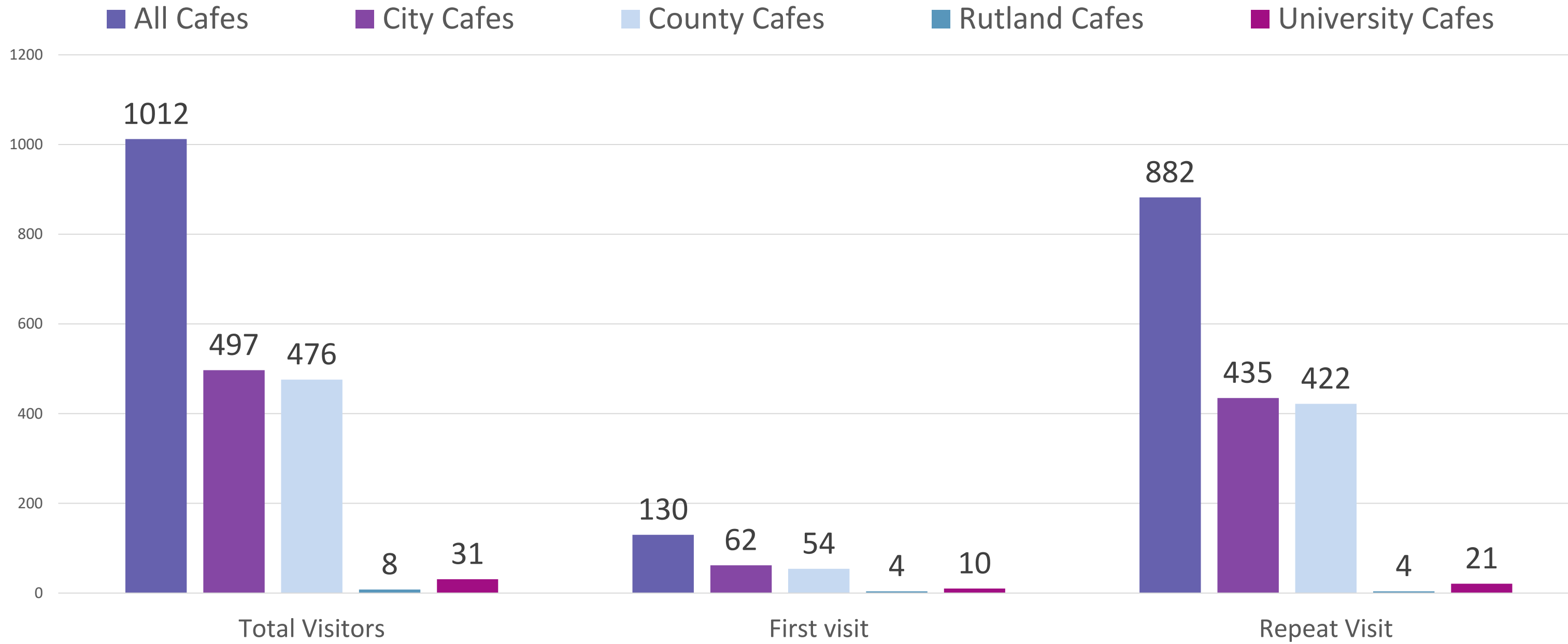
Neighbourhood Mental Health Cafés

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



Contacts

1,012 contacts made with Neighbourhood Mental Health Cafes across Leicester, Leicestershire & Rutland in **March 2026**



How people accessed café?



In person – 954



Phone – 51



Text – 7



Email – 0



Online - 2



Neighbourhood Mental Health Café Data

(excluding University Cafes)

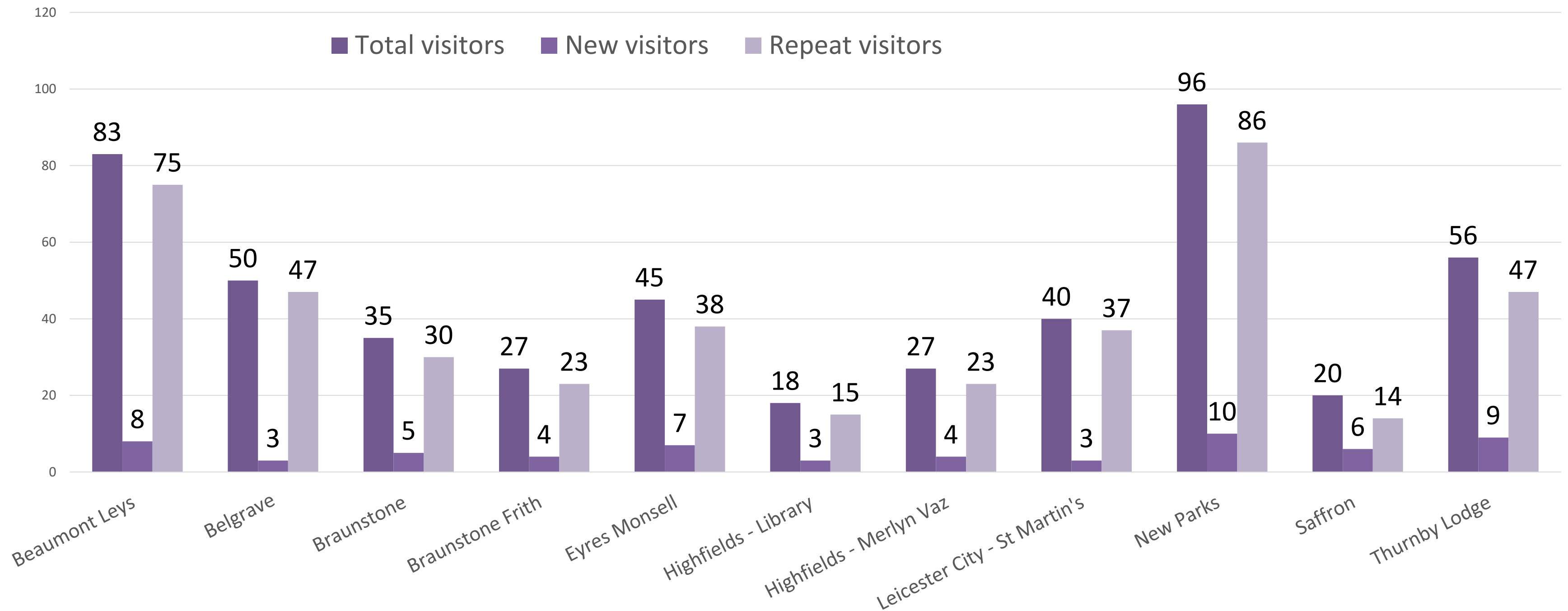


Neighbourhood
Mental Health
Cafés

For times when you're struggling to cope

Café Contacts Breakdown City

497 contacts made with City Neighbourhood Mental Health Cafes in March 2026



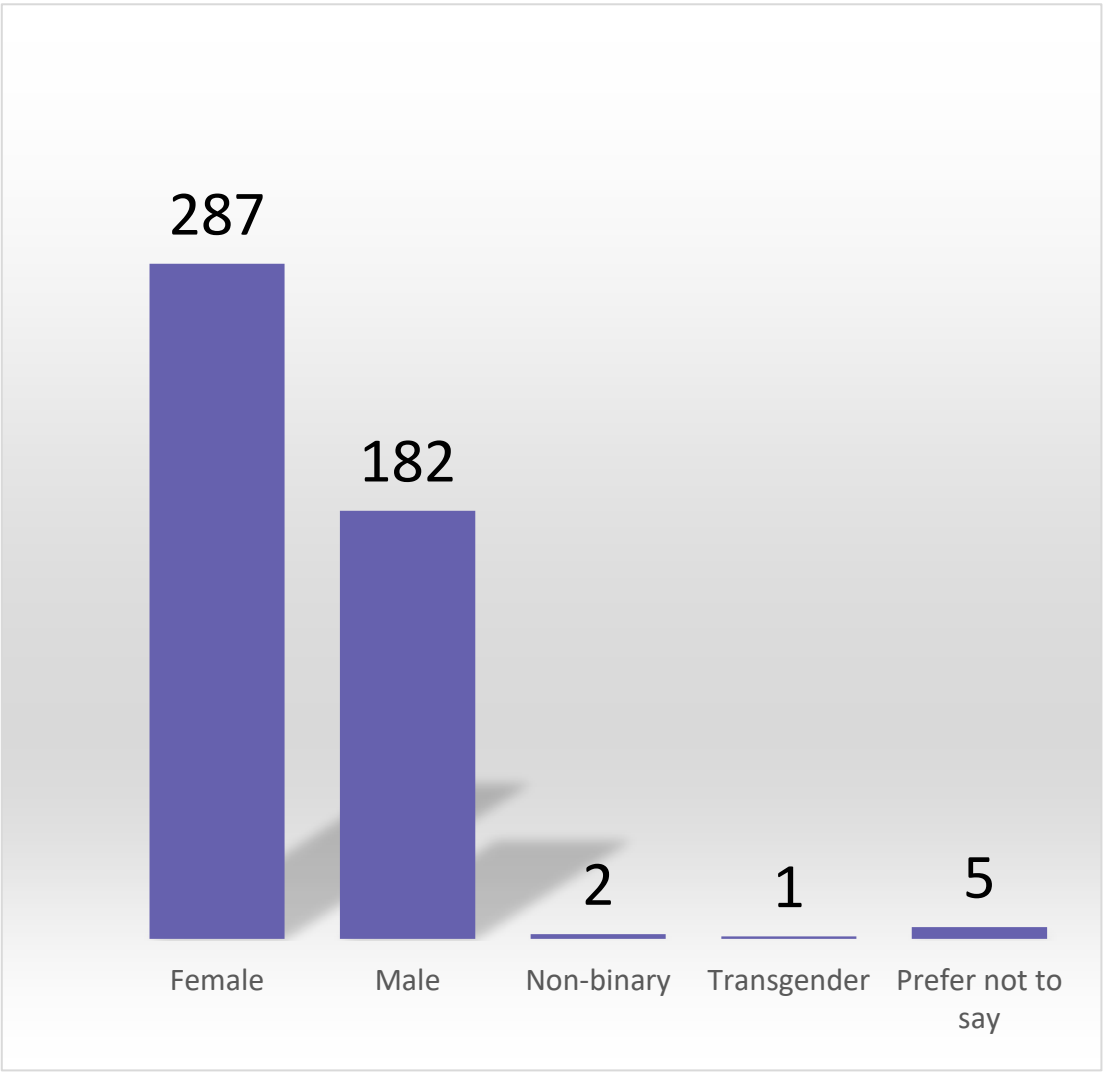
Data for City Neighbourhood Mental Health Cafes, March 2026



Demographics- City

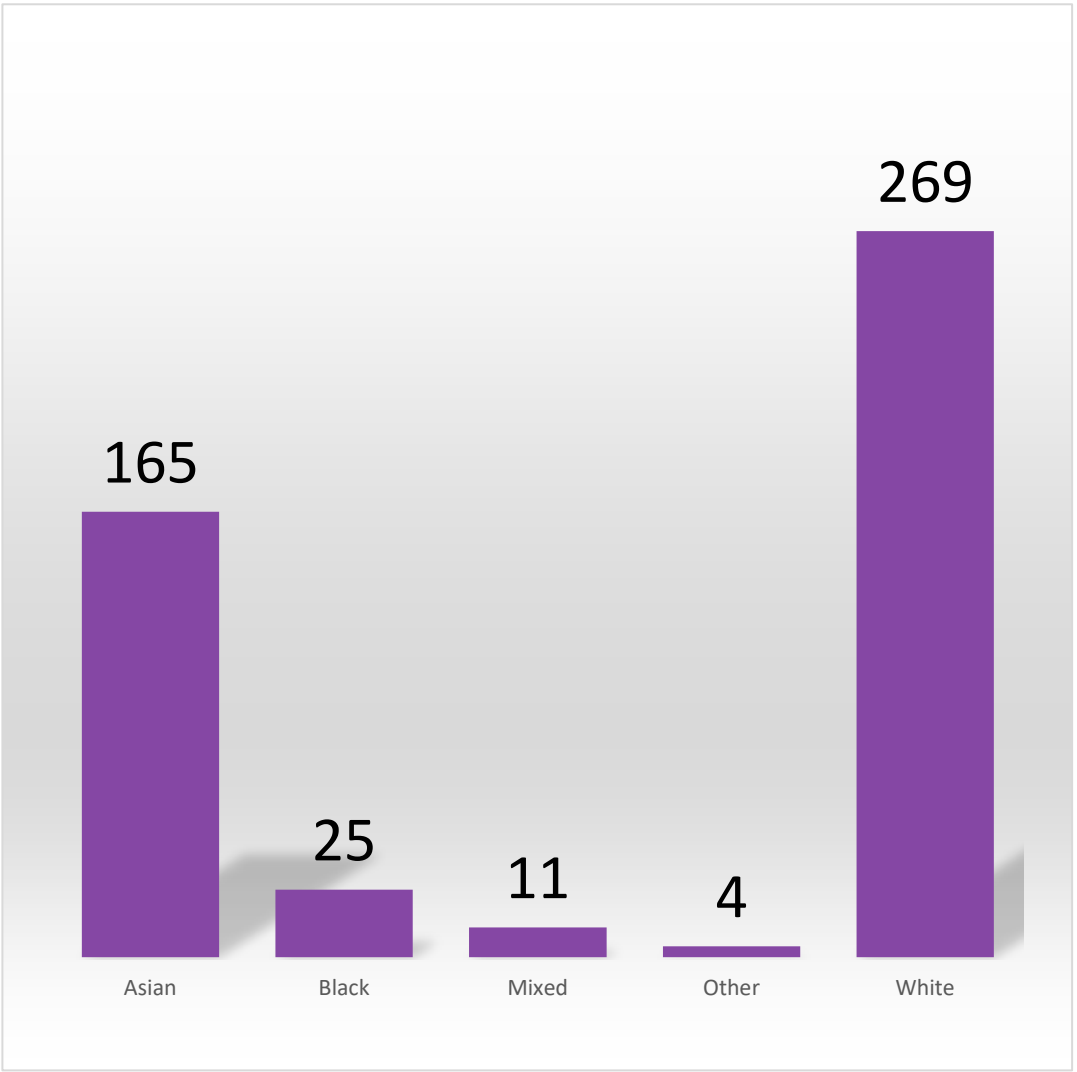
Percentage in () is café prevalence so it can be compared against census demographic information.

Gender



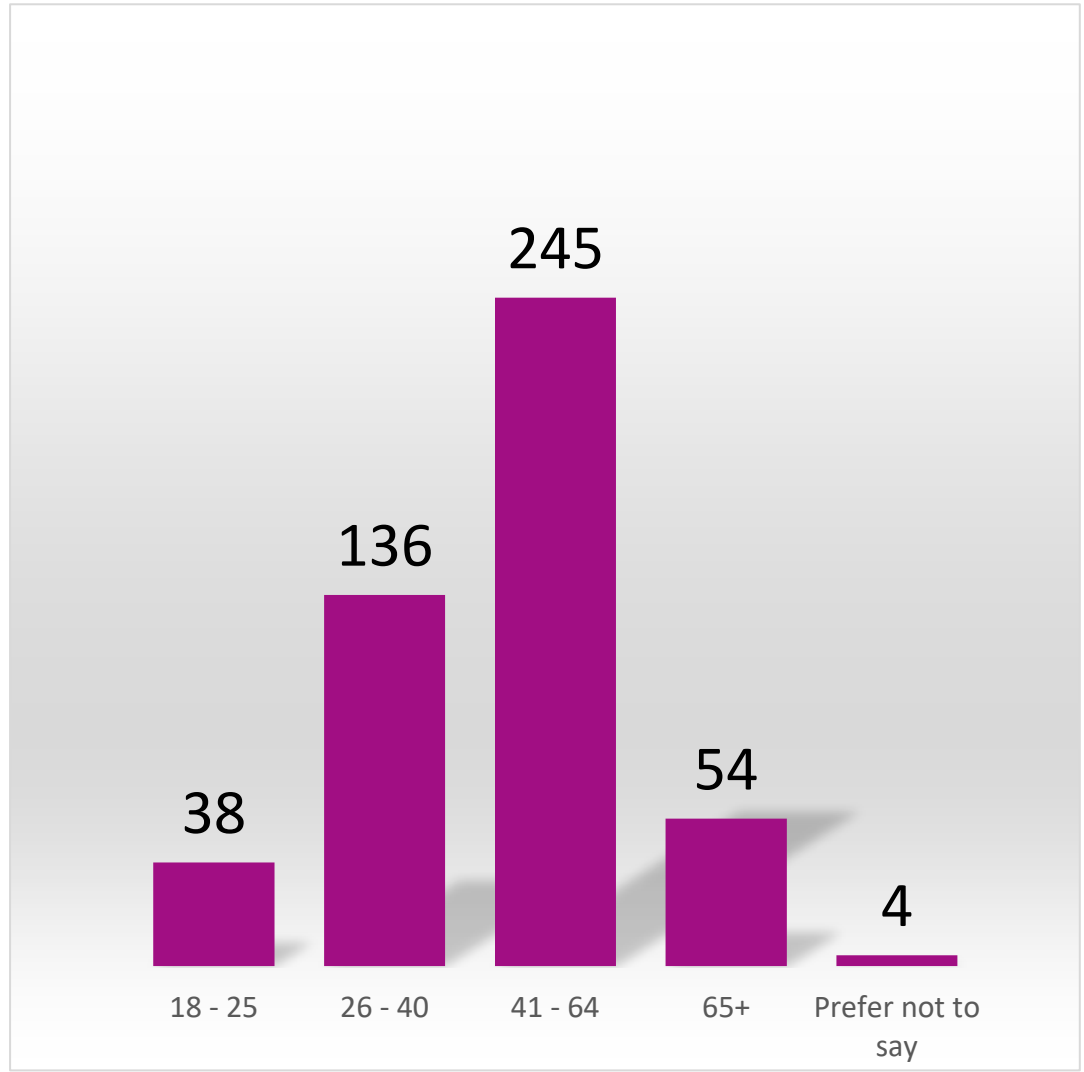
Leicester City sex comparison:
 Female – **Census 2021: 50.3% (Café: 57.74%)**
 Male – **Census 2021: 49.7% (Café: 36.61%)**

Ethnicity



Leicester City ethnicity comparison:
 Asian, Asian British or Asian Welsh – **Census 2021: 43.4% (Café: 33.2%)**
 Black, Black British, Black Welsh, Caribbean or African – **Census 2021: 7.8% (Café: 5%)**
 Mixed or Multiple ethnic groups – **Census 2021 3.8% (Café: 2.2%)**
 White – **Census 2021: 40.9% (Café: 54.1%)**
 Other ethnic group – **Census 2021: 4.1% (Café: 0.8%)**

Age

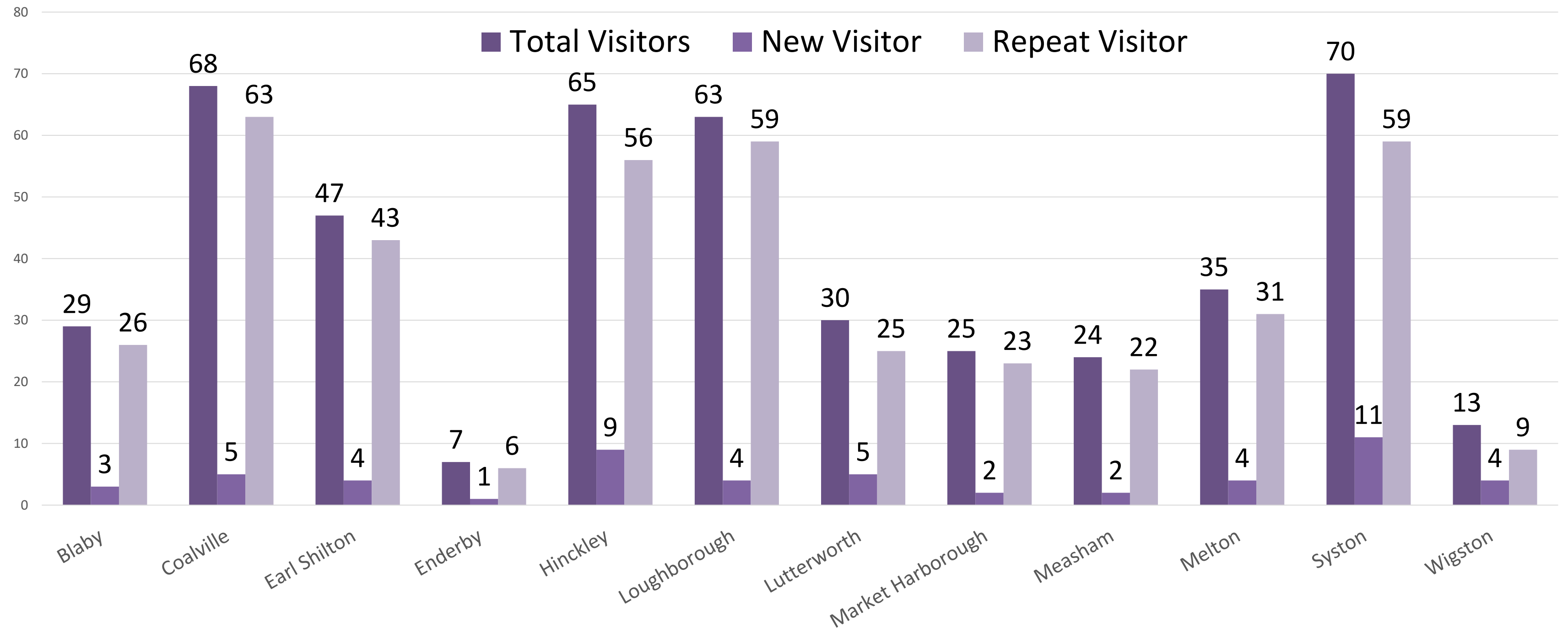


Leicester City age comparison :
 5-14 year olds – **Census 2021: 27.2%**
 20-24 year olds – **Census 2021: 9.7% (Café: 7.6%)**
 25-39 year olds – **Census 2021: 22.6% (Café: 27.4%)**
 40-64 year olds – **Census 2021: 28.6% (Café: 49.3%)**
 65+ year olds – **Census 2021: 11.9% (Café: 10.9%)**



Café Contacts Breakdown County

476 contacts made with County Neighbourhood Mental Health Cafes in March 2026



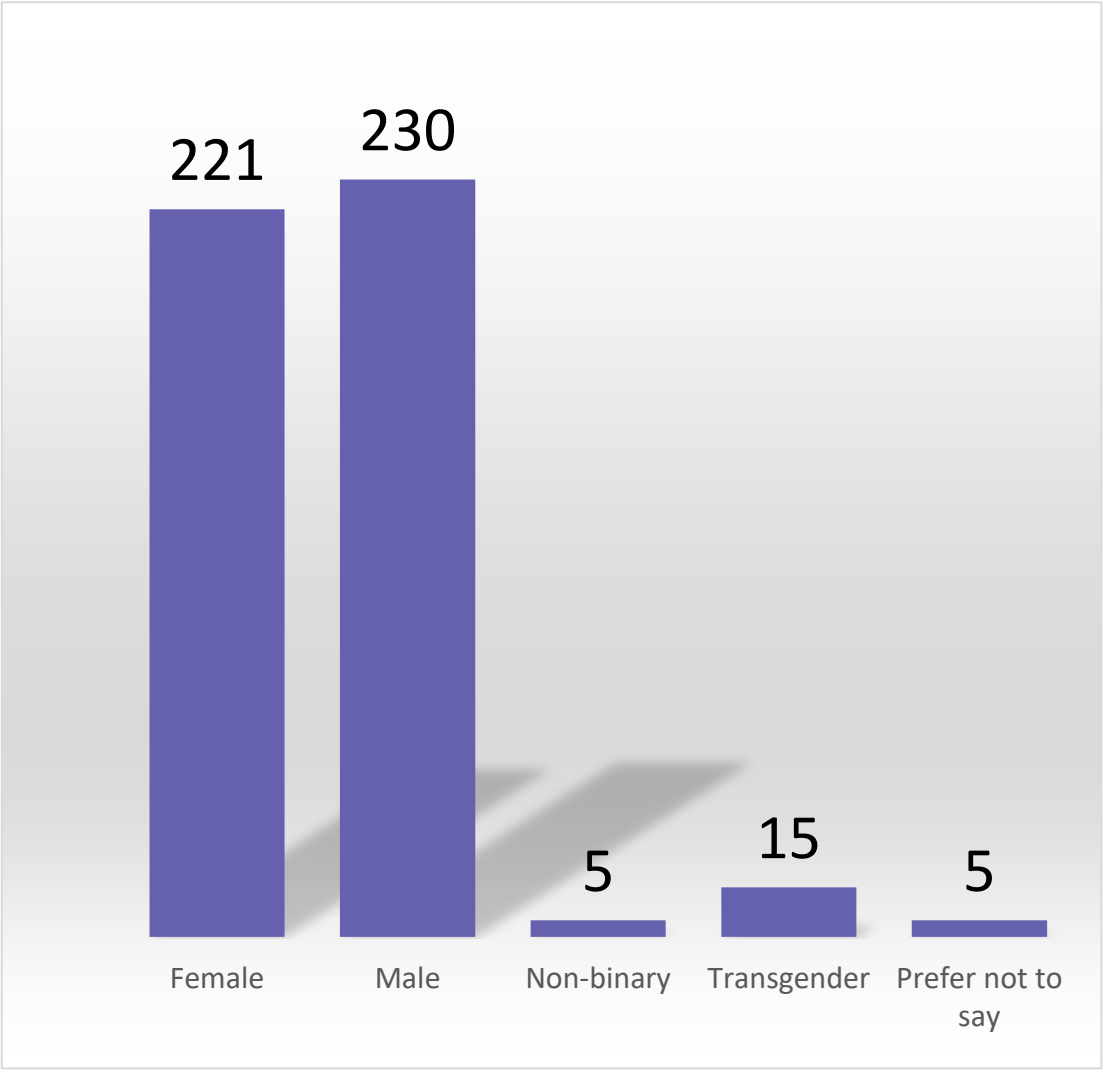
Data for County Neighbourhood Mental Health Cafes, March 2026



Demographics- County

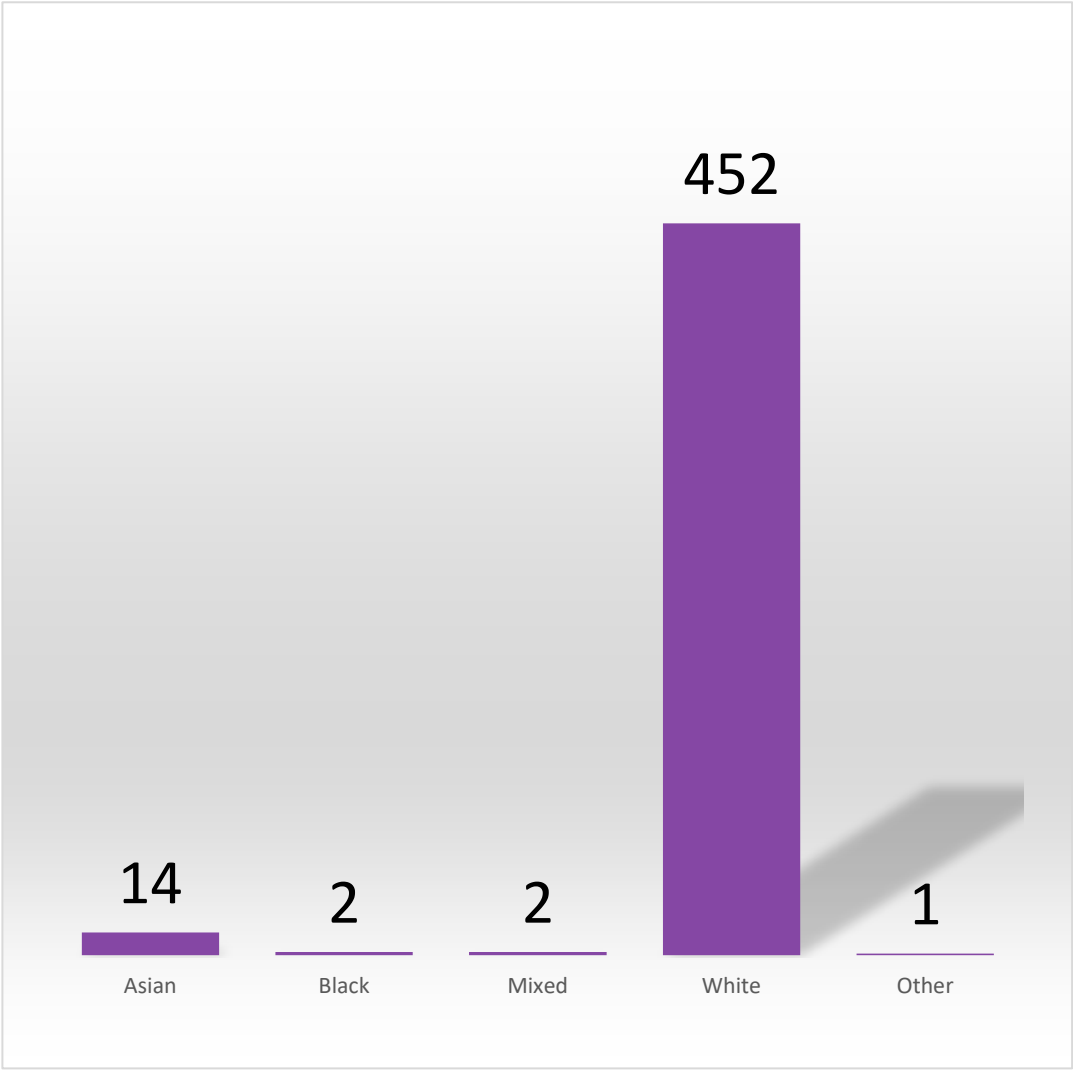
Percentage in () is café prevalence so it can be compared against census demographic information.

Gender



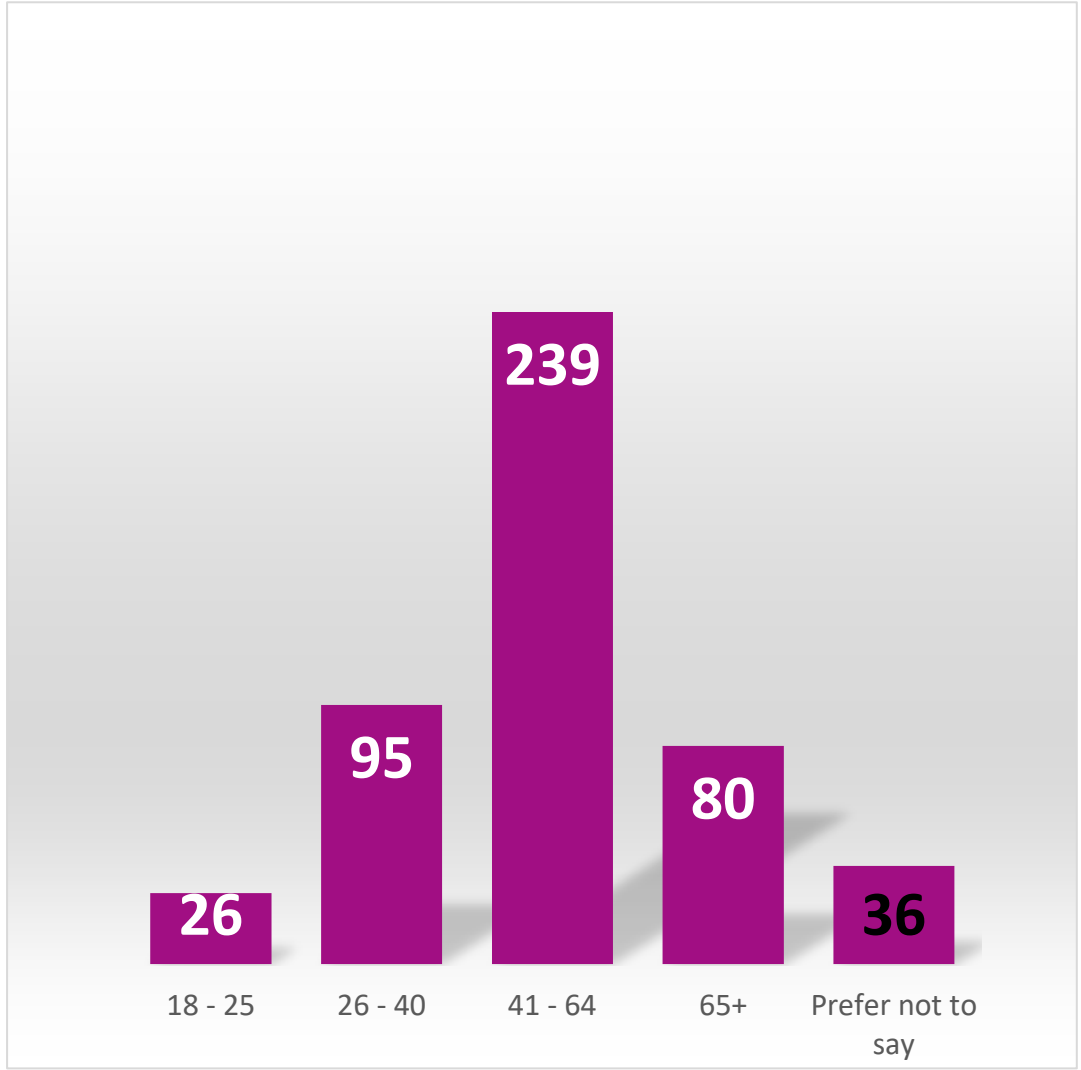
Leicestershire sex comparison:
 Female – **Census 2021: 50.6% (Café: 49%)**
 Male – **Census 2021: 49.4% (Café: 451%)**

Ethnicity



Leicestershire ethnicity comparison:
 Asian, Asian British or Asian Welsh – **Census 2021: 8% (Café: 3.1%)**
 Black, Black British, Black Welsh, Caribbean or African – **1% (Café: 0.4%)**
 Mixed or Multiple ethnic groups – **3.8% (Café: 0.4%)**
 White – **88% (Café: 92.64%)**
 Other ethnic group – **4.1% (Café: 0.00%)**

Age

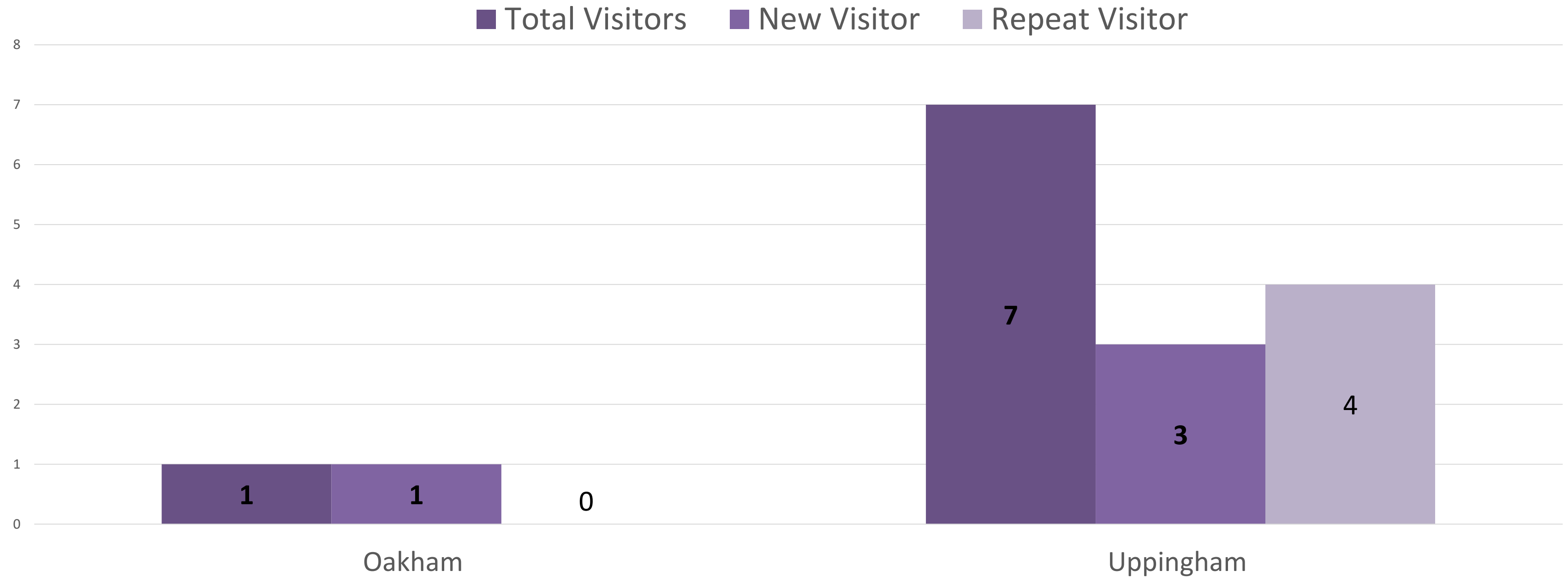


Leicestershire age comparison :
 5-14 year olds – **Census 2021: 22.4%**
 20-24 year olds – **Census 2021: 5.7% (Café: 5.39%)**
 25-39 year olds – **Census 2021: 18.1% (Café: 16.66%)**
 40-64 year olds – **Census 2021: 32.7% (Café: 57.59%)**
 65+ year olds – **Census 2021: 21.1% (Café: 16.91%)**



Café Contacts Breakdown Rutland

8 contacts made with County Neighbourhood Mental Health Cafes in March 2026



Data for Rutland Neighbourhood Mental Health Cafes, March 2026



Demographics- Rutland

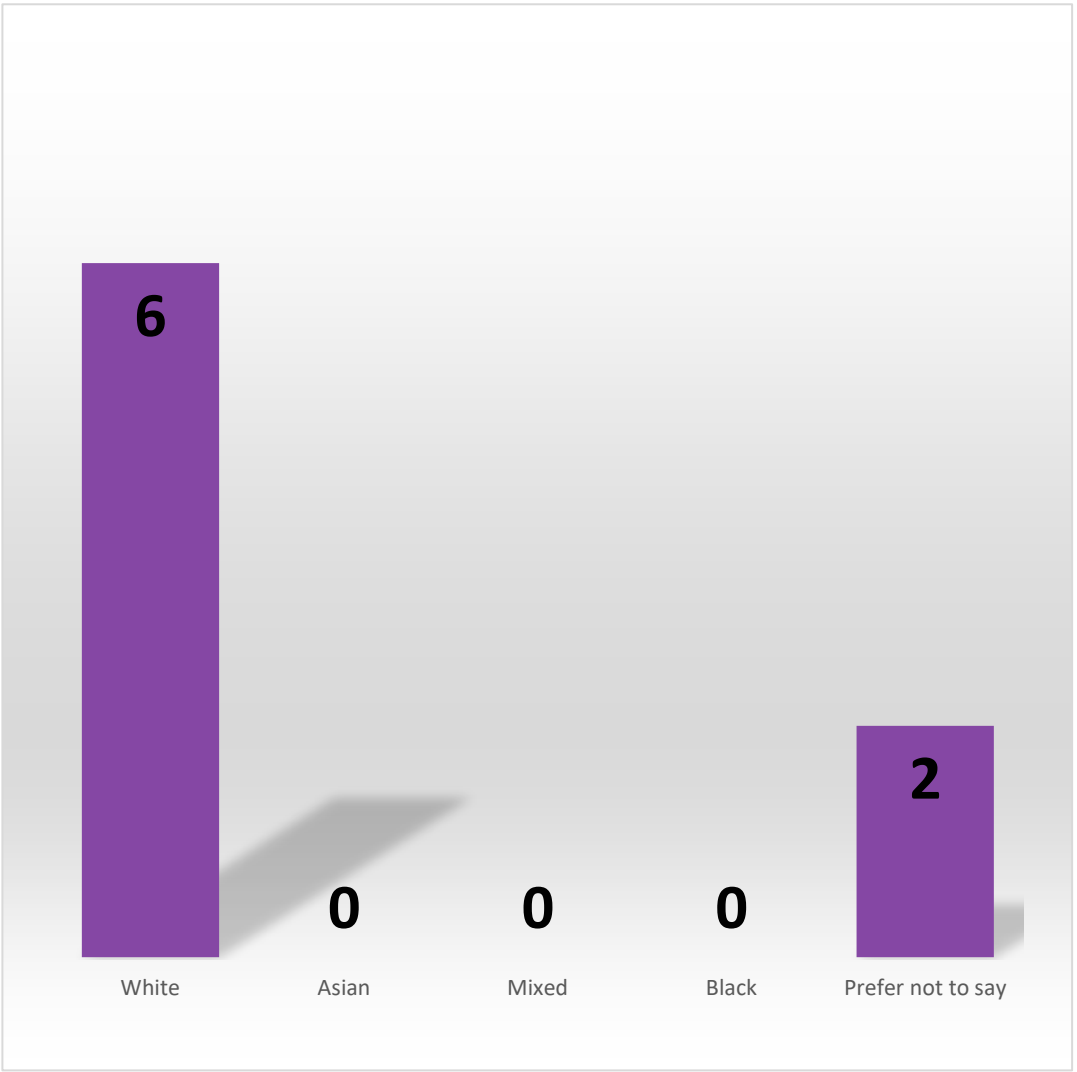
Percentage in () is café prevalence so it can be compared against census demographic information.

Gender



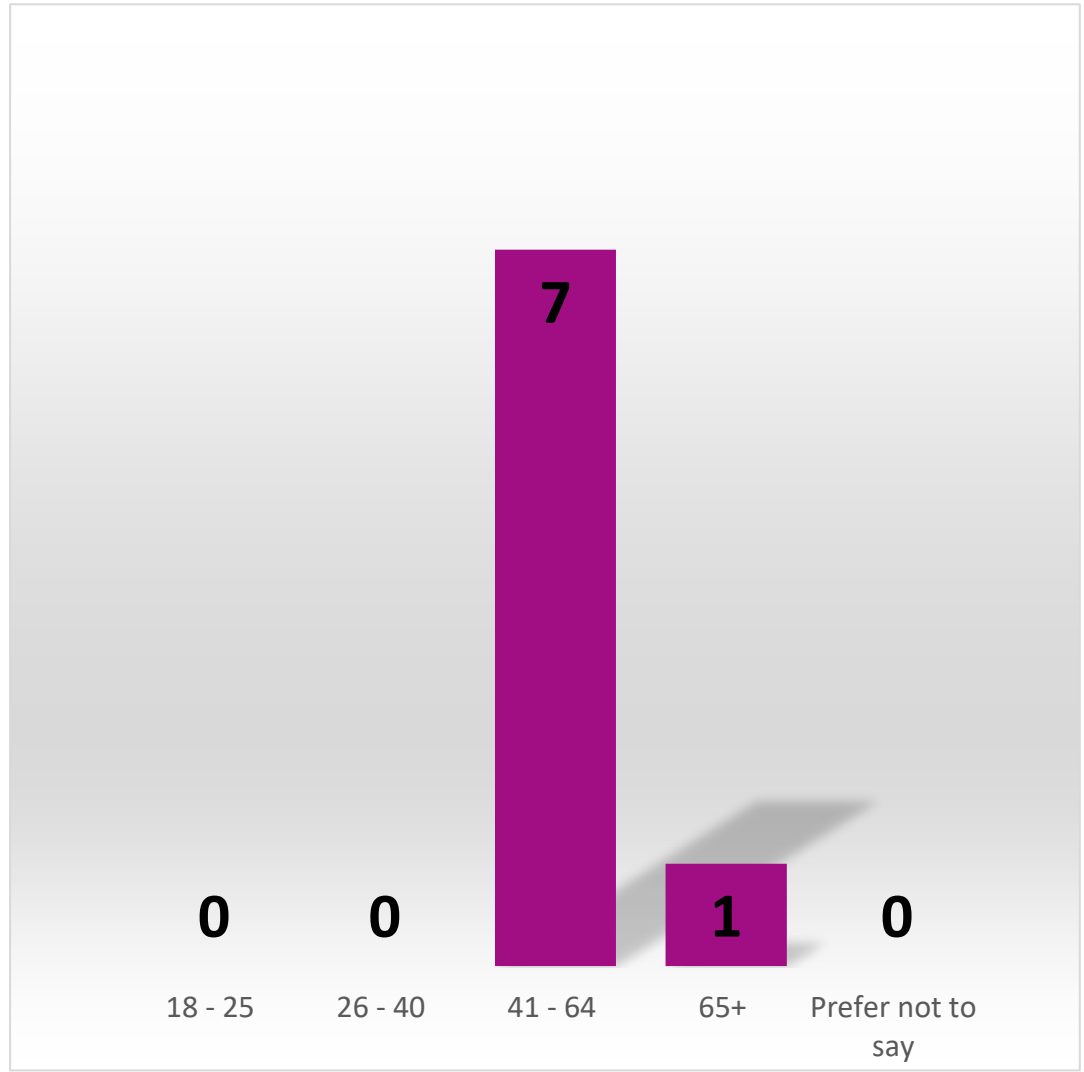
Rutland sex comparison:
 Female – **Census 2021: 48.7% (Café: 50.00%)**
 Male – **Census 2021: 51.3% (Café: 50.00%)**

Ethnicity



Rutland ethnicity comparison:
 Asian, Asian British or Asian Welsh – **Census 2021: 1.5% (Café: 0.00%)**
 Black, Black British, Black Welsh, Caribbean or African – **Census 2021: 1.3% (Café: 0.00%)**
 Mixed or Multiple ethnic groups – **Census 2021 1.8% (Café: 0.00%)**
 White – **Census 2021: 94.8% (Café: 75%)**
 Other ethnic group – **Census 2021: 0.5% (Café: 0.00%)**

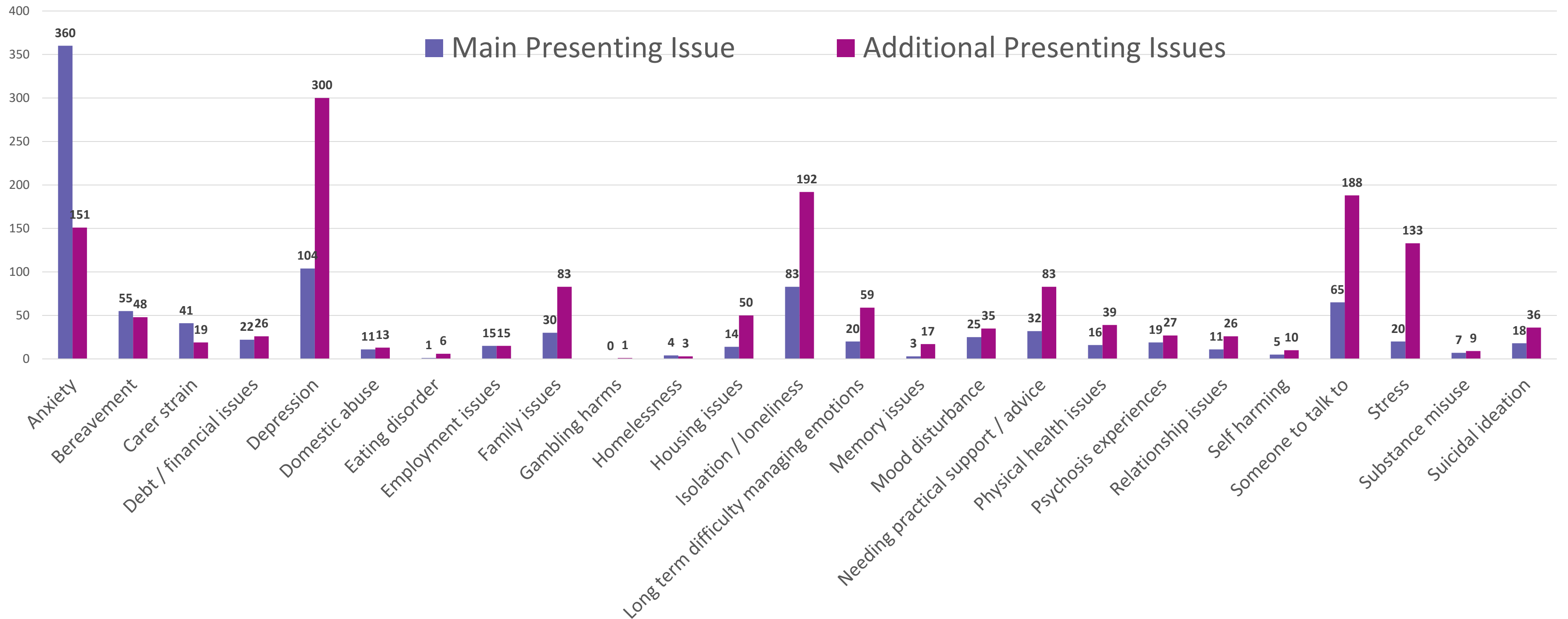
Age



Rutland age comparison :
 5-14 year olds – **Census 2021: 22%**
 20-24 year olds – **Census 2021: 4.2% (Café: 0.00%)**
 25-39 year olds – **Census 2021: 15.5% (Café: 0.00%)**
 40-64 year olds – **Census 2021: 32.7% (Café: 87.5%)**
 65+ year olds – **Census 2021: 25.6% (Café: 12.5%)**



Presenting Issues

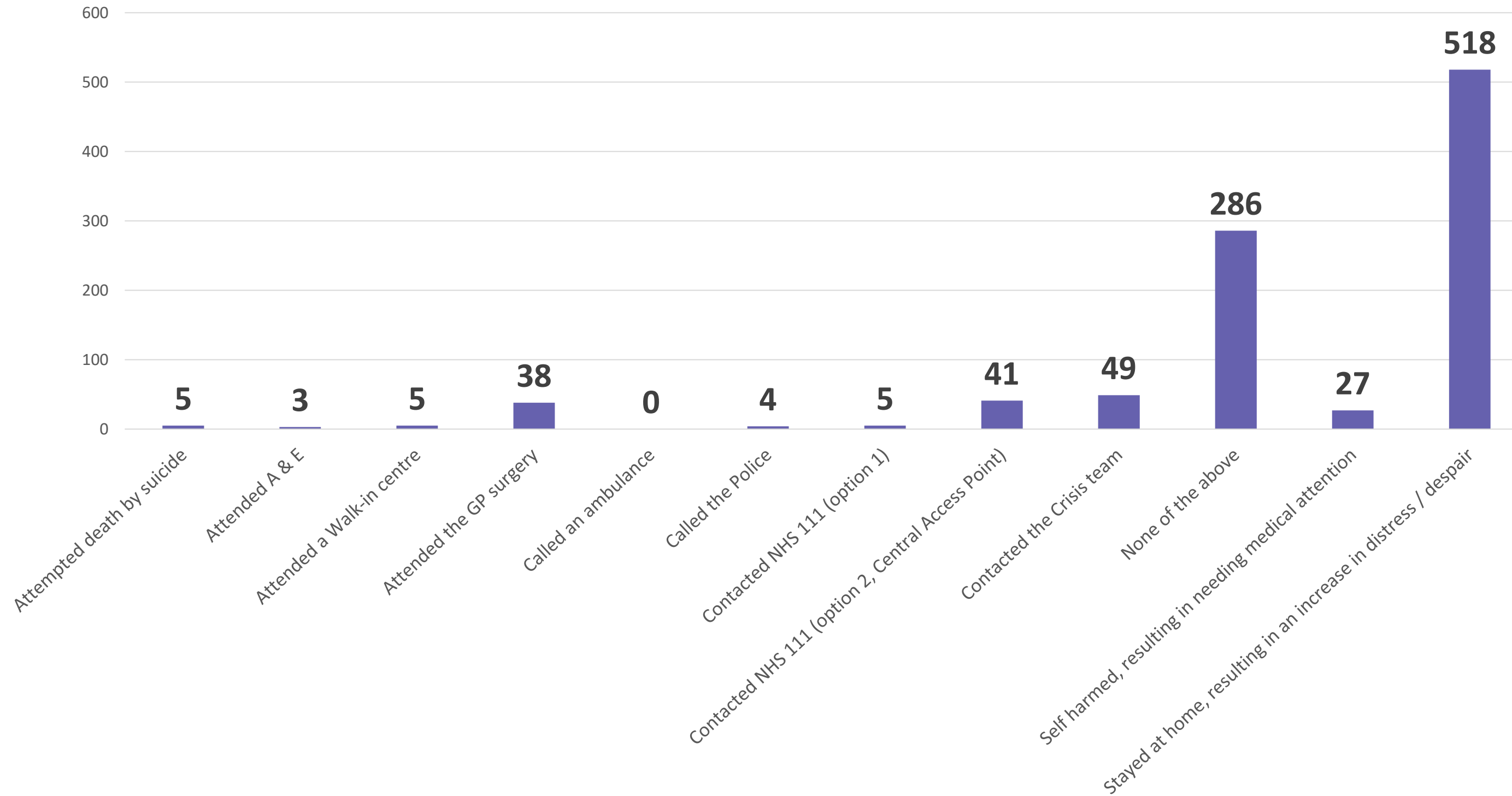


Data for all Neighbourhood Mental Health Cafes March 2026 (excluding universities)

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



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 - £455

A&E - £411

Ambulance - £0

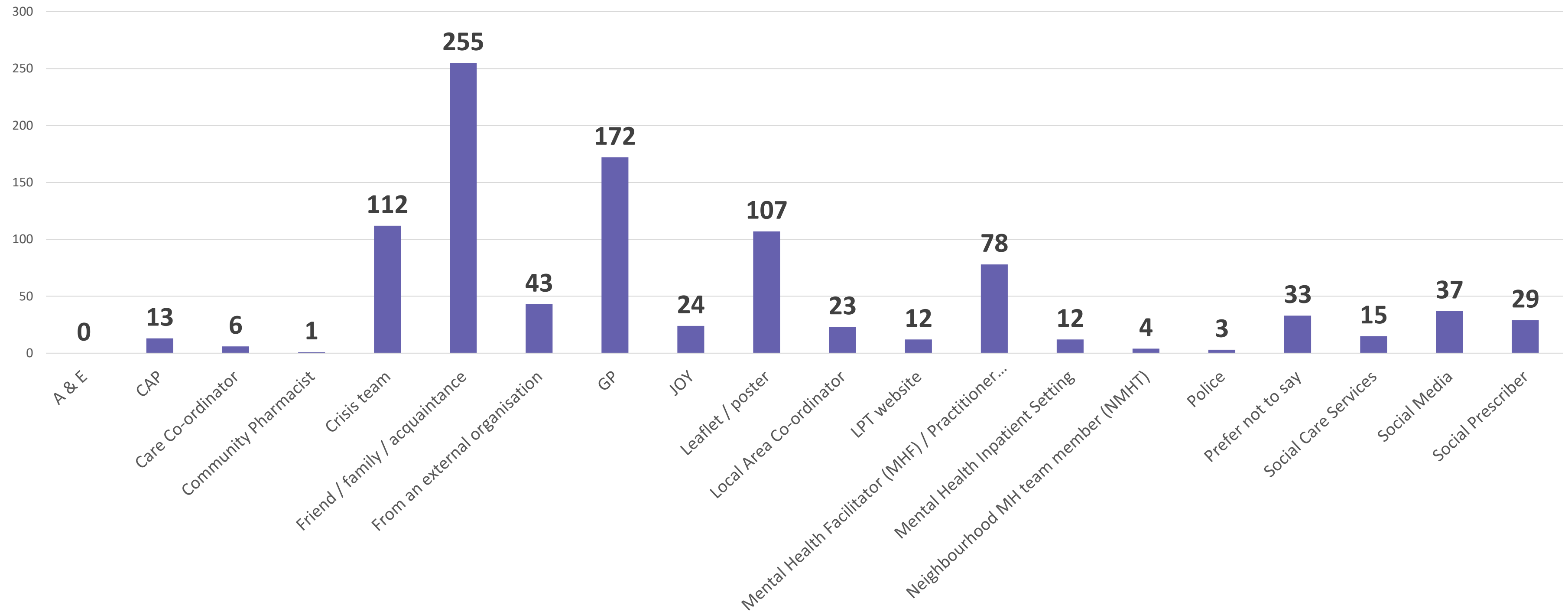
GP appointment - £1,862

Excluding, Crisis Team, 111 calls)

Data for all Neighbourhood Mental Health Cafes March 2026 (excluding universities)



How individual heard about the cafe...

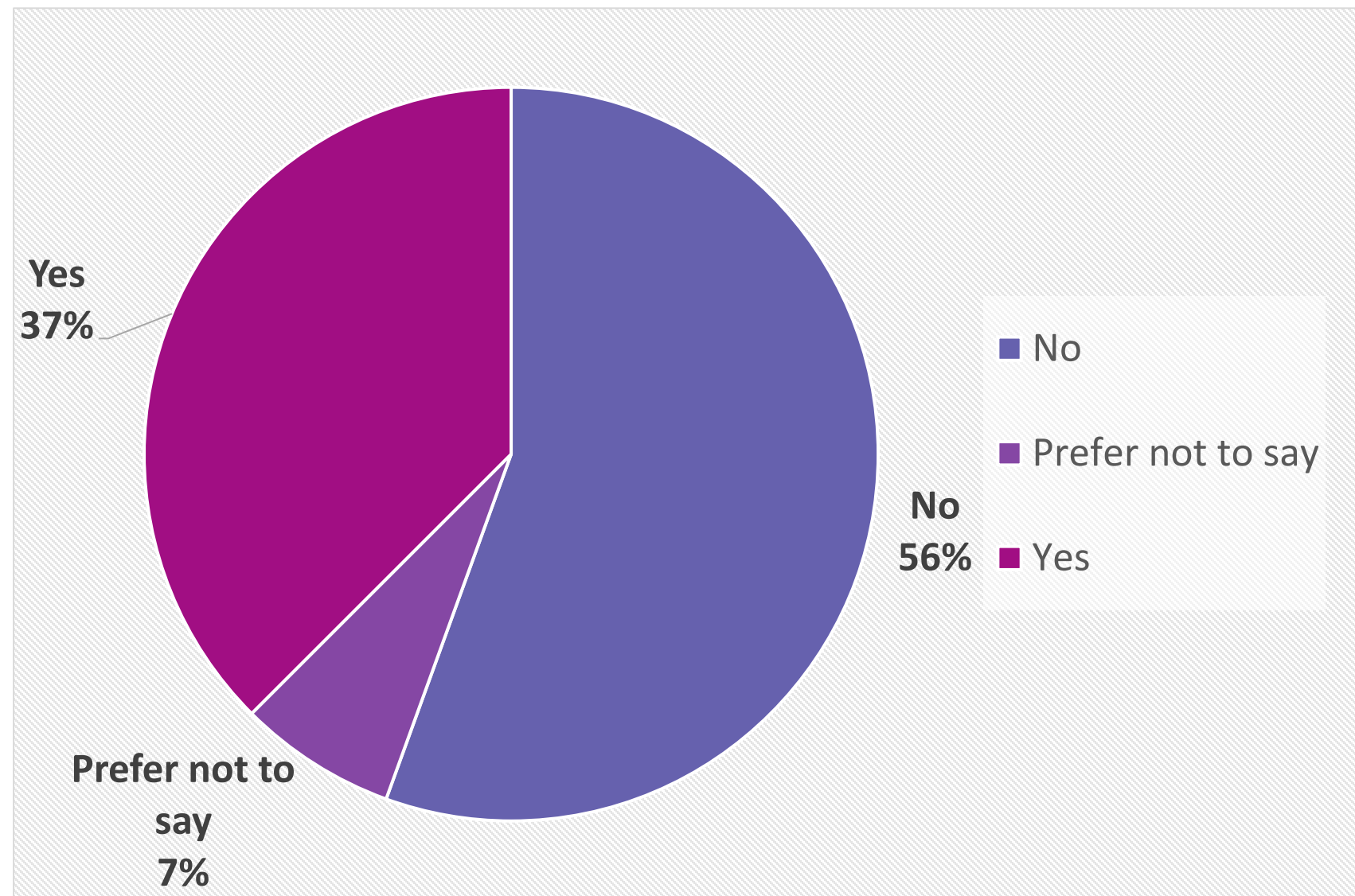


Data for all Neighbourhood Mental Health Cafes March 2026 (excluding universities)

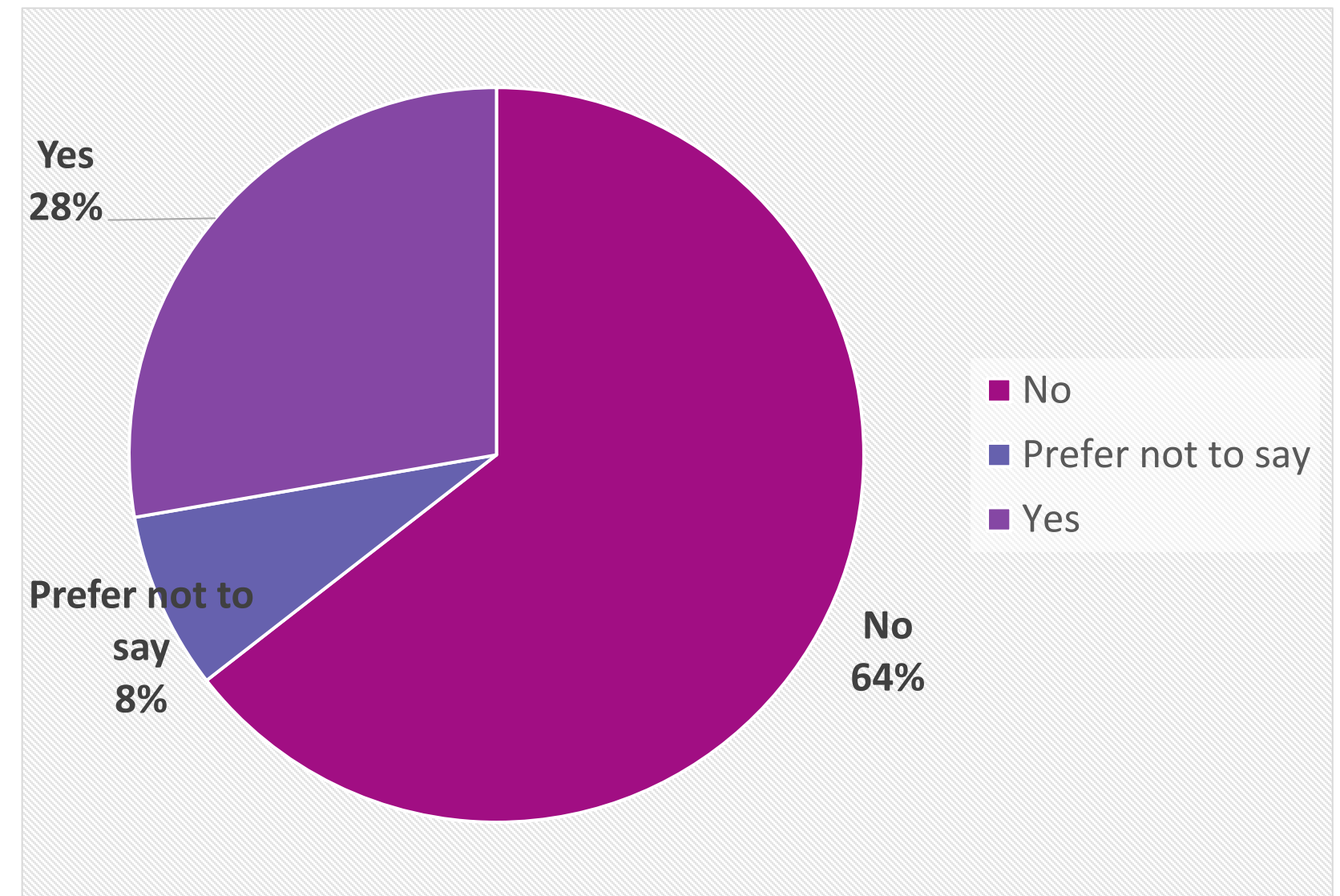


Demographics

Do you consider yourself to have a disability?



Do you consider yourself neurodivergent?



If yes...

91 individuals – ADHD

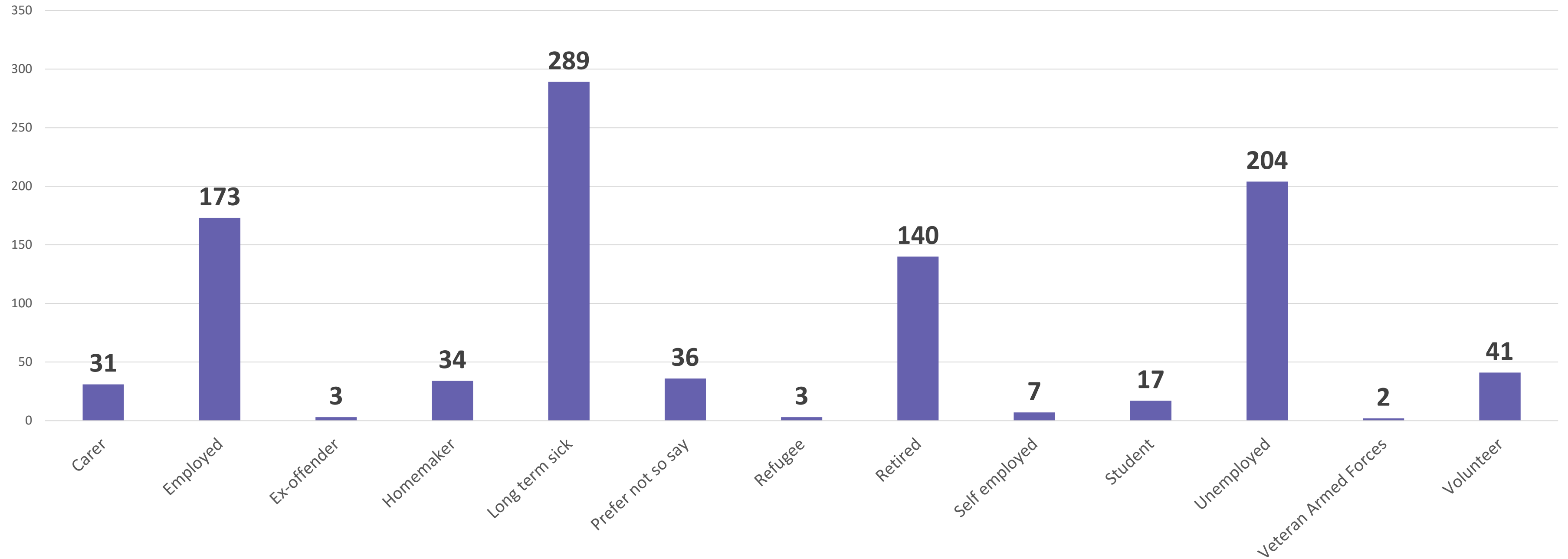
145 individuals – Autism (including Aspergers Syndrome)

31 individuals – Other

** Individuals can select more than one answer*



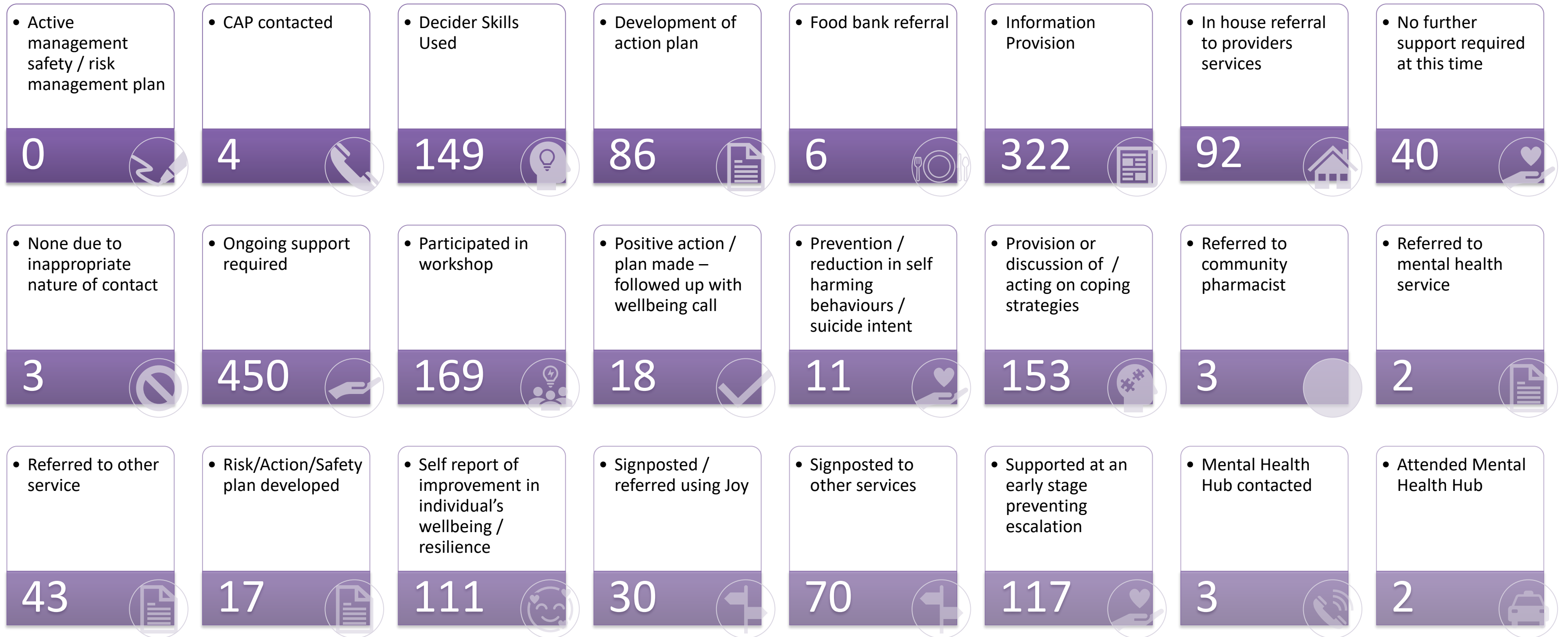
Demographics



Data for all Neighbourhood Mental Health Cafes March 2026 (excluding universities)



Main outcome for individuals attending



Data for all Neighbourhood Mental Health Cafes March 2026 (excluding universities)

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



Outputs for individuals attending

269 people
received 1:1 support

359 people accessed
group/social support

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



University Mental Health Café Data

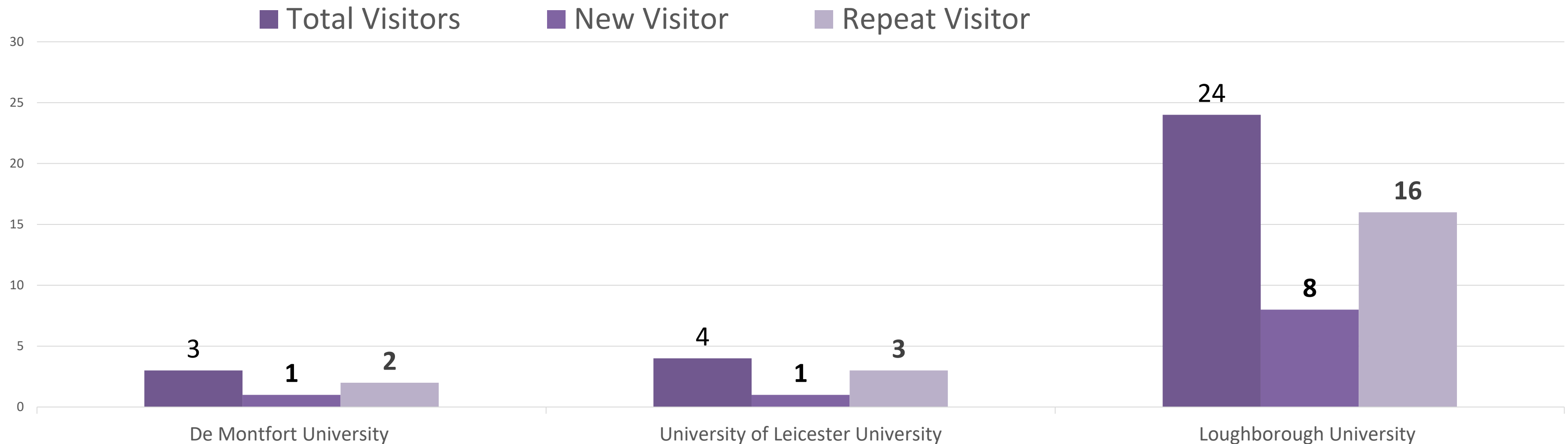


Neighbourhood
Mental Health
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For times when you're struggling to cope

University Café Contacts Breakdown

31 Café visits with University Mental Health Cafes in February 2026

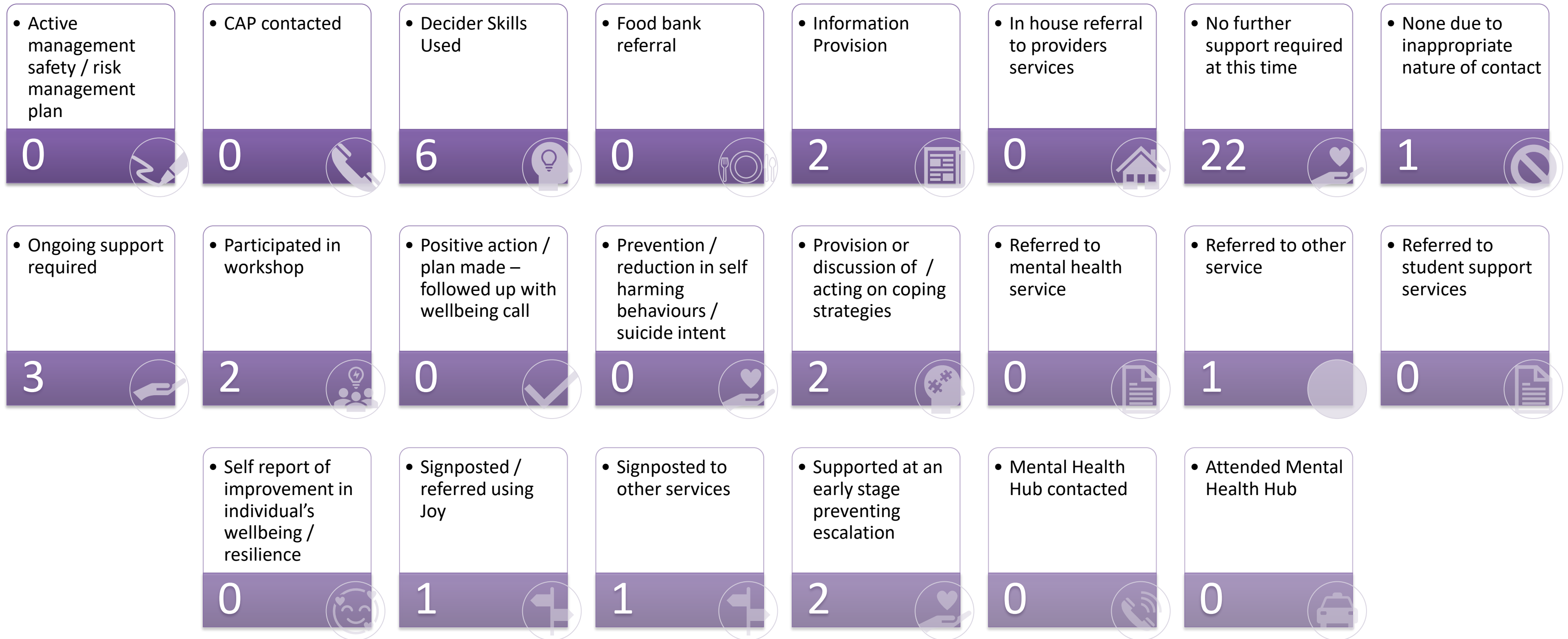


Data for March 2026 – University Mental Health Cafes Only

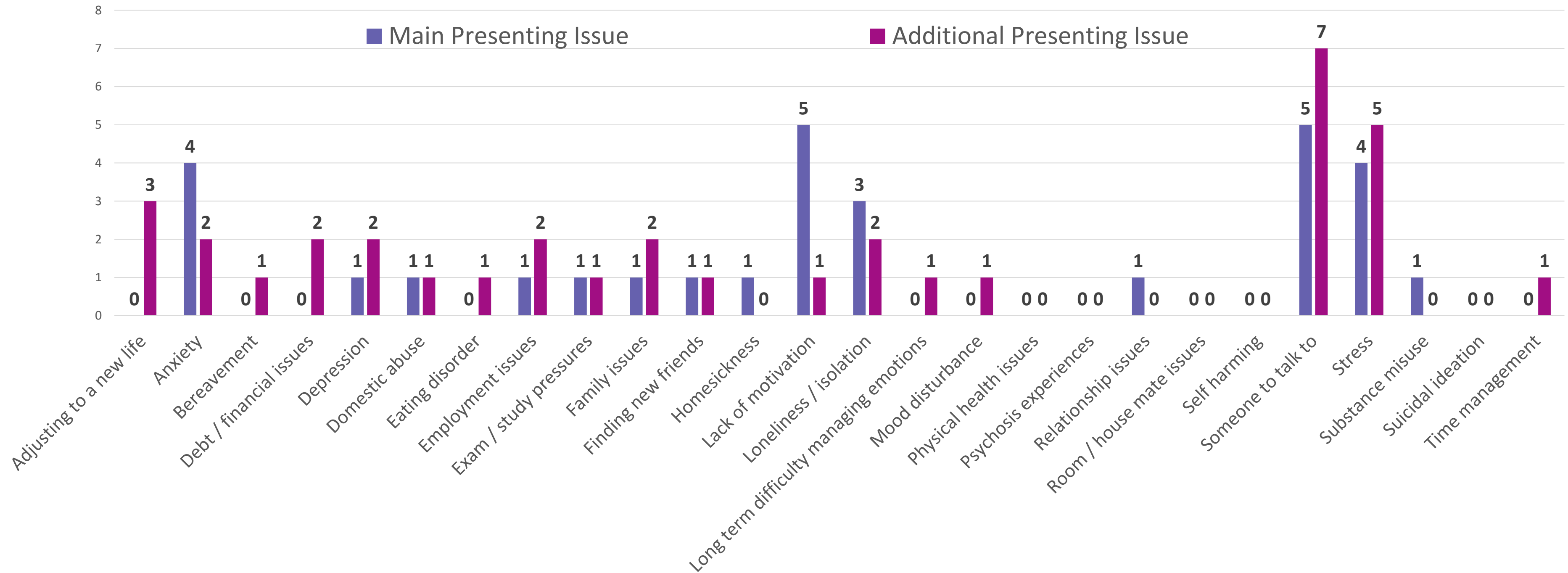
Universities have been closed over the Easter period, so a number of students have not been on campus.



Main outcome for individuals attending



Presenting Issues



Data for March 2026 – University Mental Health Cafes Only

NB: Data does not include engagement contacts



Attended Café instead of...

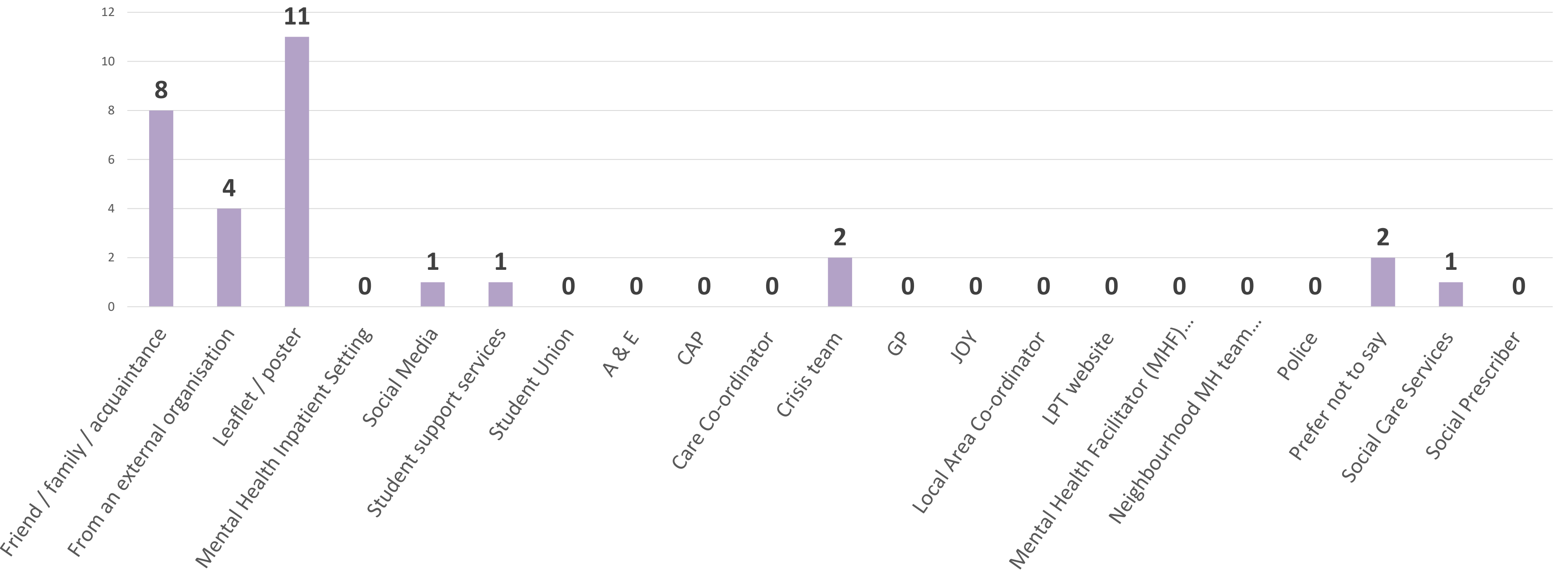


Data for March 2026 – University Mental Health Cafes Only

NB: Data does not include engagement contacts



How individual heard about the cafe...



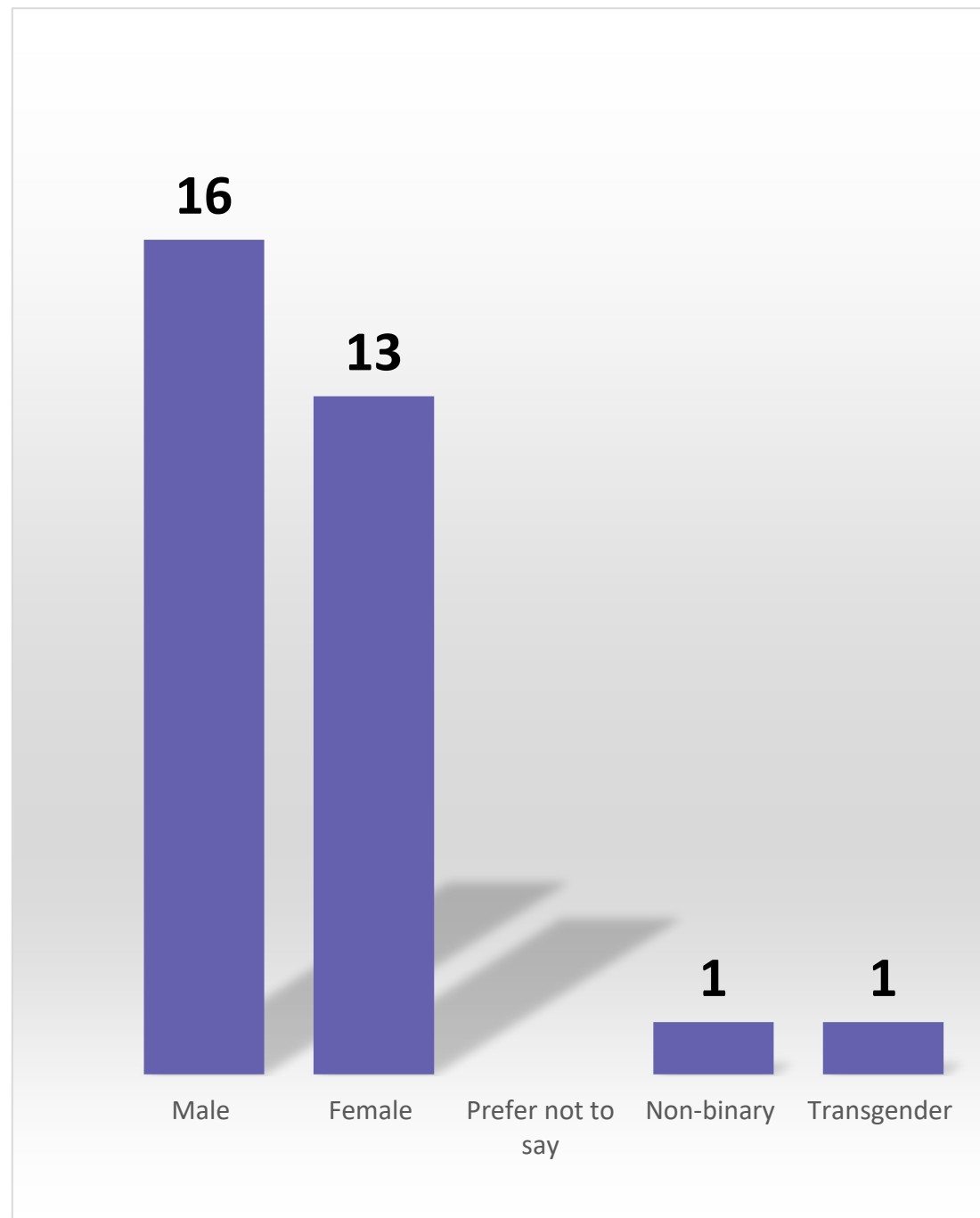
Data for March 2026 – University Mental Health Cafes Only

NB: Data does not include engagement contacts

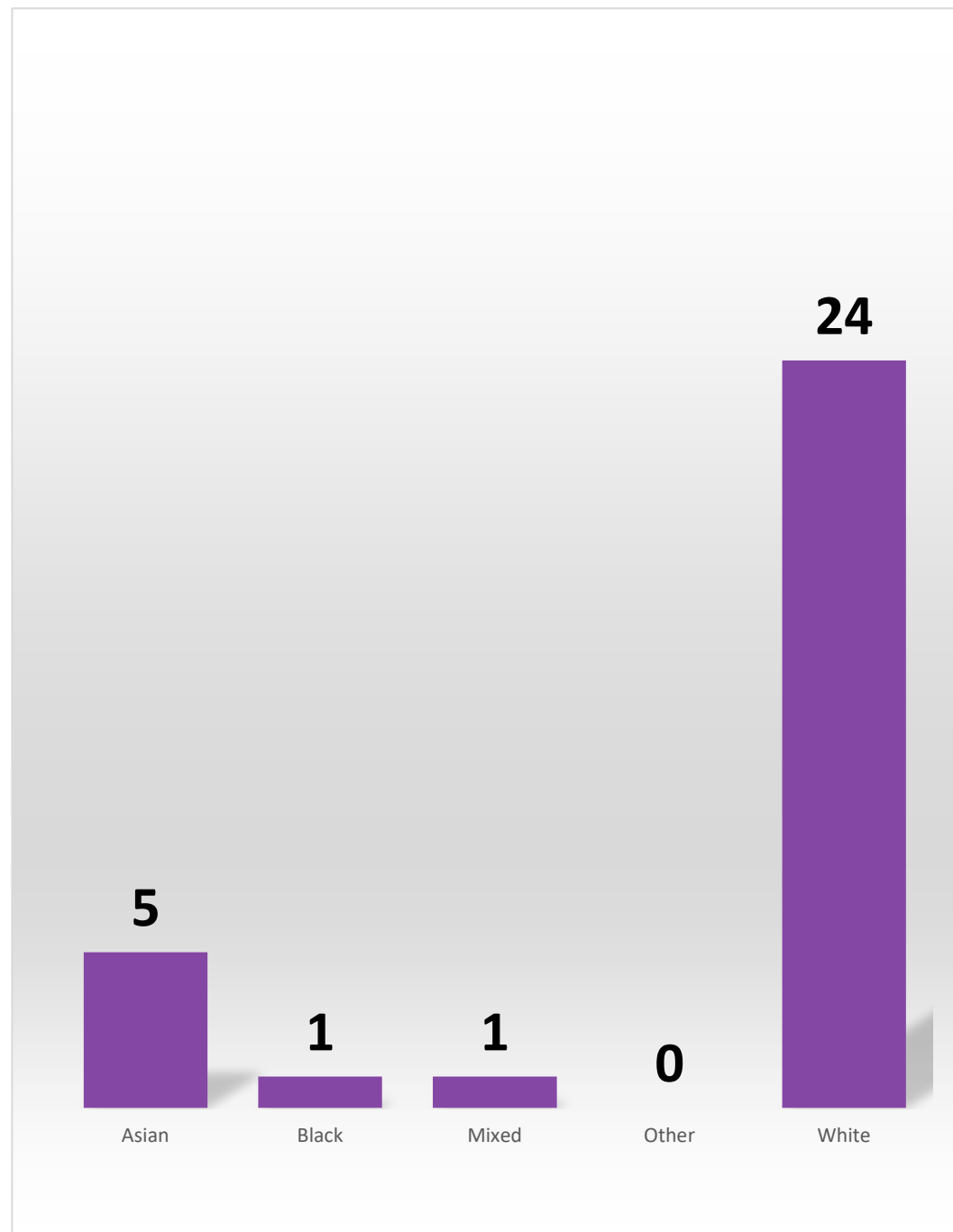


Demographics

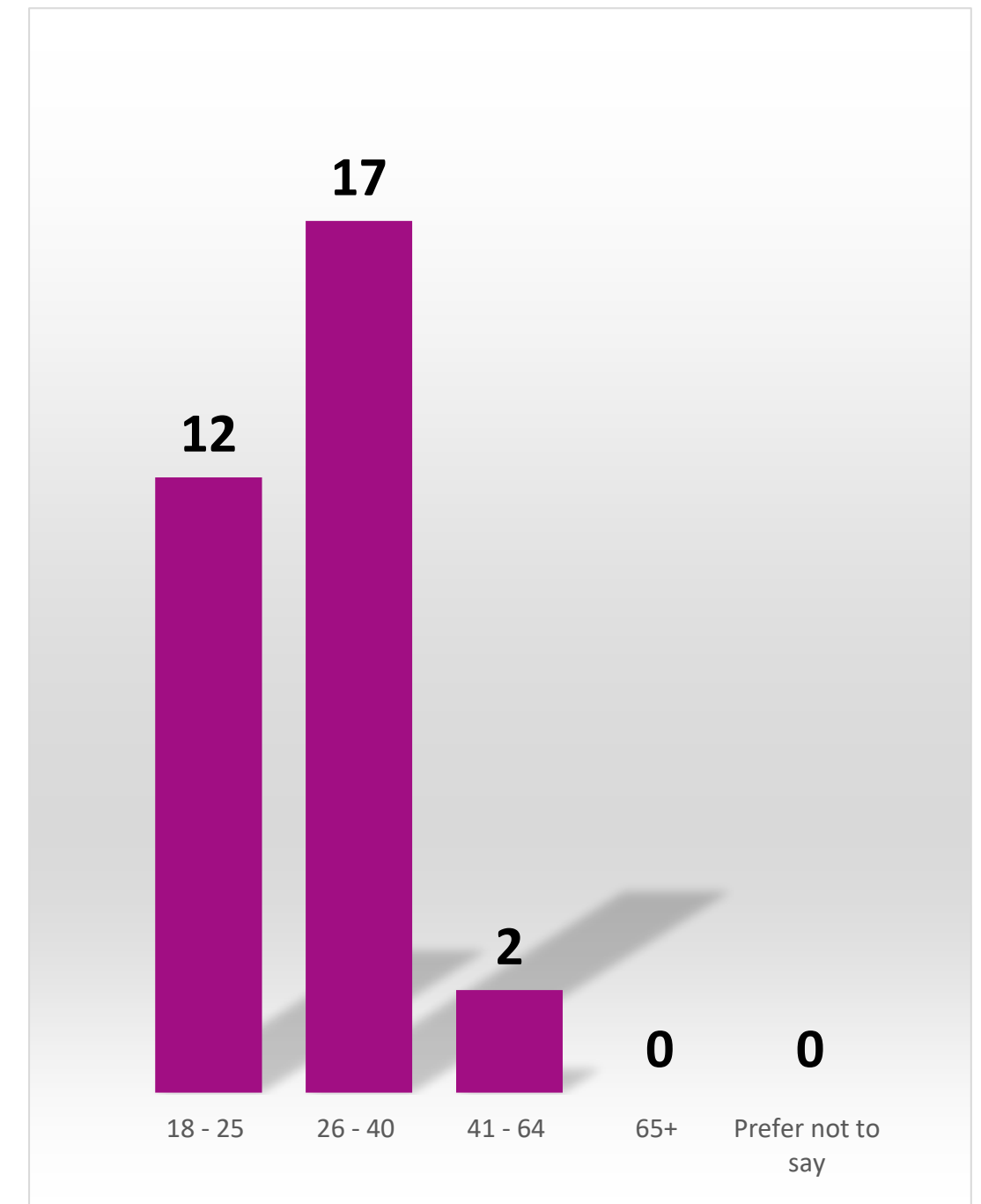
Gender



Ethnicity



Age



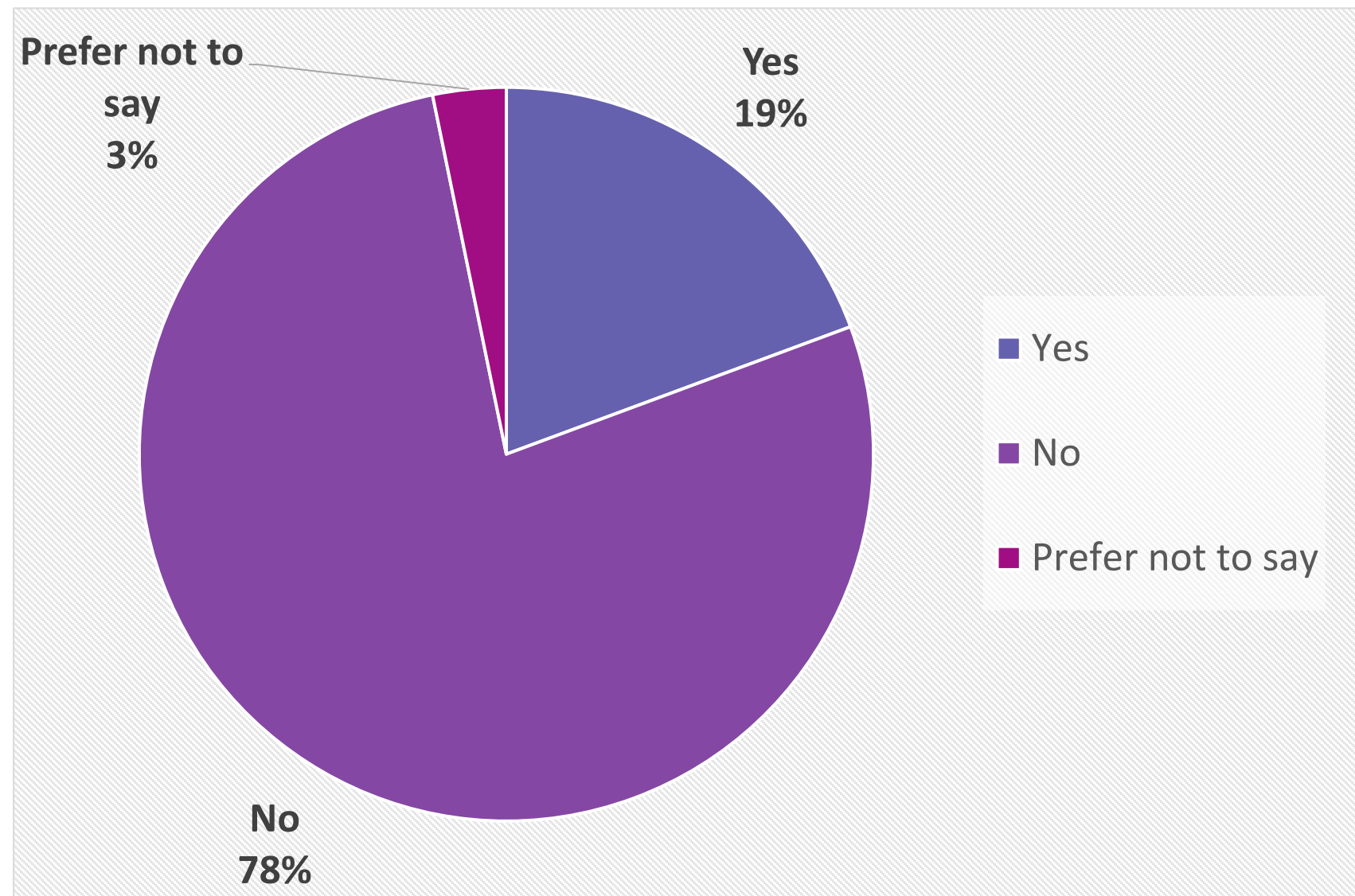
Data for March 2026 – University Mental Health Cafes Only

NB: Data does not include engagement contacts

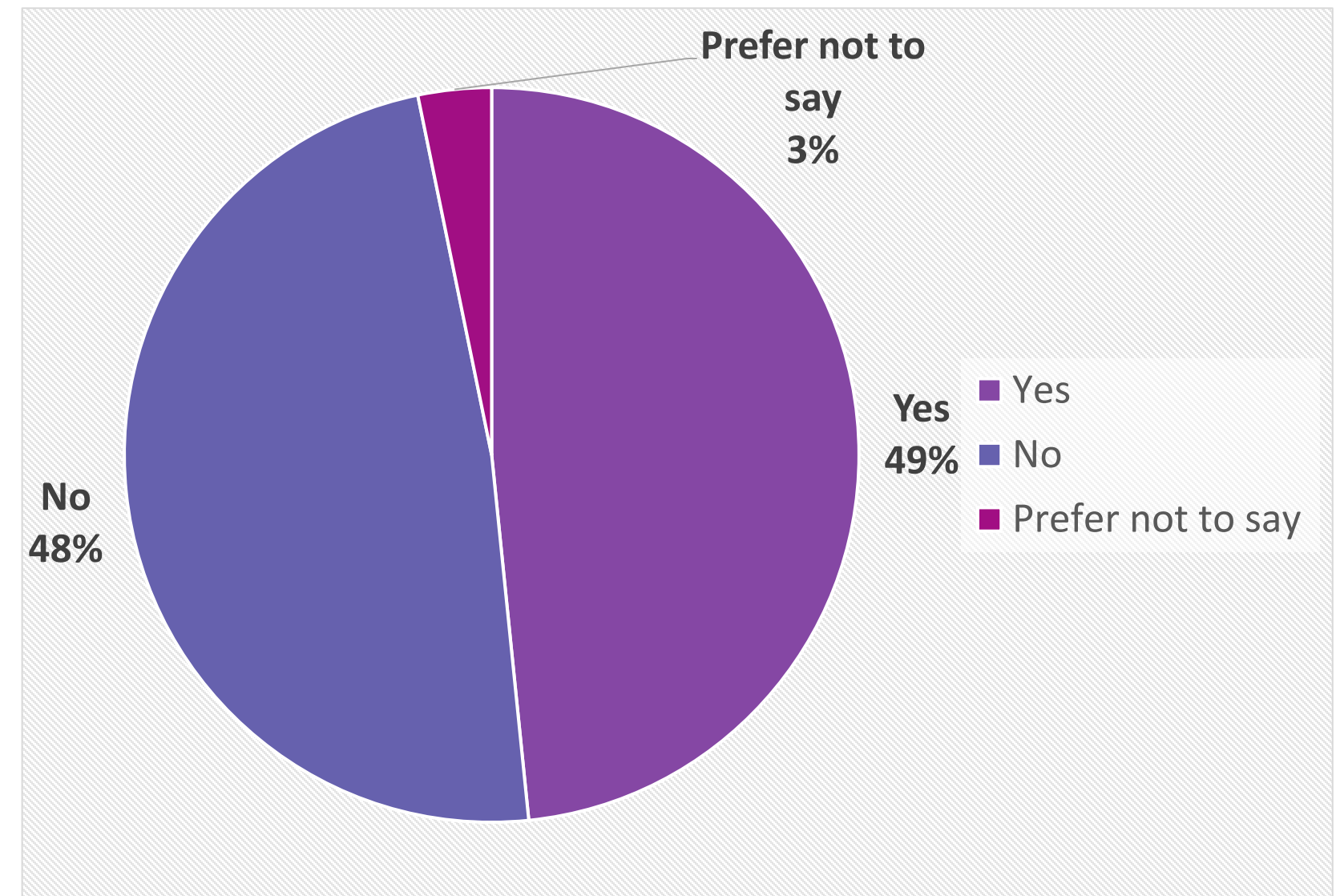


Demographics

Do you consider yourself to have a disability?



Do you consider yourself neurodivergent?



If yes...

8 individuals – ADHD

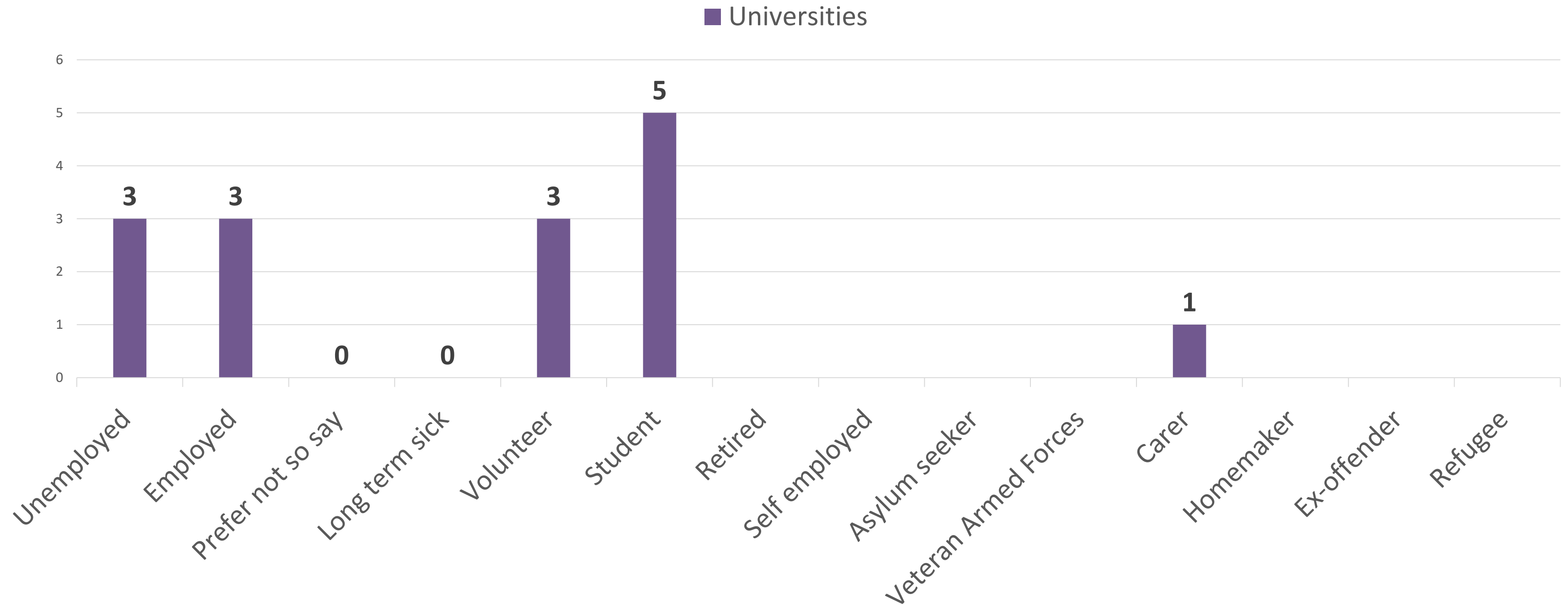
7 individuals – Autism (including Aspergers Syndrome)

0 individuals – Other



Demographics

Status



Data for March 2026 – University Mental Health Cafes Only

NB: Data does not include engagement contacts

