

LOCAL STUFF

LAMP Advocacy | Leicestershire

The best project you will ever work on is yourself...

LAMP has and always will be a champion for mental health. Our free services are available in hospitals and in the local community across Leicester, Leicestershire and Rutland.

Our aim is for you to feel valued, listened to and more able to cope and to be able to access the services and support your needs through:

Finding the right information | Knowing your rights | Understanding mental health | Express your views | Supporting Carers

LAMP helps people with mental health issues and their carers develop the confidence to speak out, so their voices are heard and make a real difference in the quality of the support and care they receive.

This reduces the sense of isolation that many feel, promotes resilience and results in fewer people in crisis. Greater understanding and awareness also brings families together and helps to build stronger communities.

We provide information and support, as well as organise and attend community events, to help challenge stigma, increase awareness and help those whose lives are affected by mental health.

info@lampdirect.org.uk | 0116 255 6286
65 Regent Road, Leicester, LE1 6YF



Leicestershire and Rutland Mental Health | Wellbeing & Recovery Service

This service covers Charnwood, Hinckley and Bosworth, Melton, North West Leicestershire, and Rutland.

Our service helps anyone aged 18+ who is experiencing emotional and mental health problems, as well as their carers, by providing advice, information and support. We can help you to maintain and improve your emotional and mental wellbeing, become empowered to achieve your goals, and to live a meaningful and valued life within the community.

We offer:

- 1:1 support with a trained Recovery Worker who will listen to you and work with you to improve your mental health and achieve your personal goals
- Various support groups to help you learn, gain skills, and build peer support networks to enable you to live life to the full and take part in activities and opportunities along with everyone else.

If you're being supported by our service, there is also a free, 24/7 helpline which can provide advice and support.

0300 323 0189 | leicestershire.andrutlandmhm@nhs.net

The Crescent, 27 King Street, Leicester, LE1 6RX | 9:00 - 21:00, 7 days a week

Blaby MIND Matters | Support Group

Blaby Mind Matters is an independent group, providing support for anyone with a mental health condition within Blaby district.

Every Thursday 13:30 - 15:30 @ Blaby Civic Centre

We are a safe space, where people can talk openly with others who understand, look at coping strategies and build self confidence.

We run a variety of activities each month, including breathing exercises, games, crafts, quizzes etc which people can join if they want to. It is important that all members have a say in what we do, and also contribute to the group if they have a skill/activity they would like to share.

£1 a week | pay on arrival | 1st session free

***Blaby Civic Centre, 22-24 Leicester Road, Blaby, Leicestershire, LE8 4GQ
0773 9035 296 | jennifer.fielding@leics.gov.uk***

Leicester LGBT Centre

Leicester Lesbian Gay Bisexual and Transgender Centre is a voluntary organisation established to support lesbian, gay, bisexual and transgender people in Leicester, Leicestershire and Rutland.

Counselling

Counselling is a type of talking therapy. Delivered by trained professionals, counselling allows people to effectively change or enhance their wellbeing by the provision of short term help.

Volunteering

No matter what your skill or if you only have a one or two hours a month to spare your contribution can make a difference.

Professional Services

If you need to hire a room, need training or consultancy for LGBT issues or a place to come to enjoy a hot drink.

Mon - Thurs: 09:00 - 17:00 & Fri: 09:00 - 14:00

15 Wellington Street, Leicester, Leicestershire, LE1 6HH | 0116 2547412

leicesterlgbtcentre.org

Lifelinks | Wellbeing & Recovery Support, Leicester

Life Links provides a number of different support networks offering you the flexibility to choose how you receive support dependent on your own personal needs.

The different support options we offer include:

Face-to-face support | Information, advice and navigation services delivered in many community locations | 1:1 sessions delivered in your own home or at a nearby community venue | Group support sessions delivered in a range of community venues local to you | Tailored information to meet your needs and preferences

Mission Statement: To help those in need and crisis across Leicester and to help access services.

Life Links, 60 Charles Street, Leicester, Leicestershire, LE1 1FB

0800 023 4575 | www.rflifelinks.co.uk

ADHD Solutions | Leicester

Aims to improve the life chances of people with Attention Deficit Hyperactivity Disorder (ADHD), empowering children/young people, adults and their families to take control of their situation, develop strategies for use at home, school and the work place. Identifying critical times and triggers, preventing crises occurring, risk of adverse outcomes including educational underachievement and social exclusion.

Our main activities include: ***Family support and coaching | Behaviour Management Programmes (1-2-3 Magic & Parenting Challenging Teens) | Coaching & Group Work for Children, Young People & Adults | Library & Information Service | Training/Awareness Raising for multi agency colleagues & schools | Support Groups | Youth Club | Family Trips & Fun Days | Holiday Activities for children and young people, including sports & outdoor pursuits.***

***St Gabriel's Community Centre, Kerrysdale Avenue, Leicester, Leicestershire, LE4 7GH
<http://www.adhdsolutions.org> | 0116 261 0711 | info@adhdsolutions.org
Mon - Fri: 09:00 - 17:00***

Let's Talk - Wellbeing | Leicestershire County or Rutland

You may be eligible for help if you are aged 16 or over and registered with a GP practice in Leicestershire County or Rutland. You can contact your GP who may arrange a referral to Let's Talk-Wellbeing, alternatively you can self-refer by one of the options below:

Refer online or on **01509 561 100**

What will happen once I have been referred?

We will contact you with information about your first appointment.

The first appointment is generally completed on the phone, and your Let's Talk-Wellbeing therapist will work with you to understand what the problem is and to agree the next steps.

Together, you and your therapist will plan a programme of support and self-help activities that match your individual need.

***<https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service>
Let's Talk-Wellbeing, Bank Court, Weldon Road, Loughborough, Leicestershire, LE11 5RF***

Excluded Ltd

A social enterprise offering people the chance to write, produce and even distribute music free of charge. Specialises in working with people who find it difficult to access mainstream services such as music courses at college or music studios, making it ideal for carers and the cared for.

Greg Semple: 07846 309454 | HQ, 38 Charles Street, Leicester, LE1 1FB

RECOVERY for Wellbeing | RECOVERY Assistance Dogs

RECOVERY was set up in 2004 by Survivors of Mental Health problems. We campaign against compulsion and instead find the best way to help each individual. We offer support, advocacy and creative therapy services for people suffering from wellbeing issues.

RECOVERY Assistance Dogs became a Charity in 2008. We encourage people to talk about their experiences with Mental Health, we do Centering Therapy and creative therapy - we blog, we learn and we work to remove the stigma.

RECOVERY Assistance Dogs help people to recover their wellbeing. They are registered Assistance Dogs and have an intensive training that helps to protect their owner from:

Anxiety | Loneliness | Panic Attacks and help with: Social Inclusion | Exercise | Protection

07581 282899 / 0116 2532073

recovery4wellbeing@gmail.com | recovery4wellbeing.org

<https://www.facebook.com/groups/RECOVERYDogsforWellbeing/>

Free Tai Chi | Leicester Market

Free, early morning outdoor Tai Chi sessions, which took place for the first time last year, are returning to the New Market Square.

Public Tai Chi Sessions are held in the **New Market Square on Saturdays 9:00 - 10:00** and take place **each Saturday morning** at the same time.

The sessions are free to attend, and do not need to be booked in advance. Tai Chi is suitable for all ages and abilities, though participants with health conditions which may affect them should inform the instructor.

Tai Chi is a gentle, low-impact form of exercise which was developed in China, and combines deep breathing and relaxation with flowing movements and positions. Tai Chi is believed to help reduce stress, improve balance, posture and mobility.

Co-Counselling International | Leicester

Co-counselling is reciprocal peer counselling: Co-counsellors take it in equal turns to be client and counsellor. Everyone is equal, there are no 'experts' trying to 'sort out' other people.

It is a bit like other forms of counselling in that one person listens while the other talks (or 'works' in other ways), but there the similarity ends. It is the person being client who is in charge of the session and the person being counsellor mainly just gives very good attention.

Co-counsellors make their own arrangements to meet up, usually in pairs, for co-counselling sessions. Co-counselling sessions are free.

Co-counsellors in particular develop emotional competence, that is they become comfortable with emotions and the expression of emotion both in themselves and in others. Co-counsellors find that they can:

Release pent up emotions in ways and situations that feel safe | Allow their emotions to do what human beings evolved them for - to help them to handle danger, aggression and abandonment more effectively, to have fun and feel more loving | Relate with others more clearly and effectively because they do not have to do all the things that people do to avoid emotions.

The Laurels, Berry Hill Lane, Donington le Heath, Coalville, Leicestershire, LE67 2FB
01530 836780 | coco@dpets.co.uk

Write Mindful | Creative Writing Groups in Leicester

Creative writing can be good for your well-being. It can help in the following ways:

helps to relieve stress and anxiety | is relaxing and helps you find a sense of peace | helps to clarify and organise thoughts | puts thoughts and feelings into words | helps to free up the mind | helps achieve calmness and mindfulness.

Anyone can do it. If you can write, you can write creatively.

During a session there is no need to worry about your handwriting, spelling, or punctuation. You are writing for yourselves and there is no right or wrong way of doing so. It is not about a finished product but the calming process of just the writing itself, which allows you to find clarity, space and a moment of relaxation.

During my workshops the aim is to provide a relaxed and supportive atmosphere, help you use your imagination, develop new ideas and unwind!

Writing for Well-being exercises usually consist of: **Mindful writing**: being in and focusing on the moment, writing from the senses | **Free writing**: writing whatever comes into your head.

Reflective Writing: stories and memories.

katie@writemindful.co.uk | <https://www.writemindful.co.uk/writing-for-well-being>

Street Vibe Young People's Service

Providing outstanding youth work in Leicester and Leicestershire

Mobile Bus

The Streetvibe Youth Bus is a fully equipped mobile youth centre. The Bus has internet, games consoles and much more on board. The Bus enables us direct access to young people in the areas which they use and the best part is if they want to move so can the bus.

Street Based Work

Street based or Detached youth work is about working with young people on the street dealing with issues that directly affect them. All of our staff are fully qualified youth workers and have vast experience working with young people via detached youth work.

Centre Based Work

Located in the heart of Braunstone is our youth club. We offer a variety of services for young people in and around the area including sexual health services, help with housing, drug and alcohol awareness as well as a place to just talk and enjoy a game of pool.

The Bike Project

We repair, restore and provide free bikes to young people at the Braunstone Grove. We also provide maintenance courses aimed at secondary schools working with those at risk of exclusion. We restore bikes for young people to use to get to work and school.

Workshops

We create and provide workshops based on a wide range of issues including radicalisation, drugs and alcohol abuse. Based in Schools and Community Centres. The workshop's provide young people with prevention strategies and a chance to learn via informal education.

The Braunstone Grove, 12 Cort Crescent, Leicester, LE3 1QT

07931520016 | laura.hill@streetvibeyouth.com | <http://streetvibeyouth.moonfruit.com>

Leicester Counselling Service

We offer a subsidised low-cost private counselling service at less than half the average cost of private counselling.

All our therapists are fully qualified and members of the British Association for Counselling and Psychotherapy (BACP) or the United Kingdom Council for Psychotherapy, we all adhere to the professional codes of ethics and practice of those bodies.

Unlike our full cost services (see main website) our low-cost service is designed to support those on low-incomes who may appreciate access to individually tailored counselling, which they may otherwise be unable to access. Although we are unable to offer a free service, we are proud to offer a service which responds to the demands of modern communities for affordable counselling; our charges are significantly lower than standard private charges. In order to deliver this service we utilise trainee therapists who volunteer their time to provide this service to the community.

Our low-cost counselling is available to individuals on a short and long-term basis at a convenient location in central Leicester. Please contact us for session availability.

7 Bowling Green Street, Leicester, LE1 6AS | 0116 416 1626 | info@rhcp.org.uk

Ragdale Hall Spa | Melton Mowbray

Rooftop Heated Infinity Pool | Rooftop Lounge | Thermal Spa with Candle Pool | Indoor/Outdoor Waterfall Pool | Thought Zone | Colourflow Cave | Volcanic Salt Bath | Scented Room | Rose Sauna | Cave Shower | Main Pool | Exercise Pool

Evening Spa Offer: £63 for a 3 hour twilight spa experience from 18:30 - 21:30

<https://www.ragdalehall.co.uk>

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Leicester Community Walking Project

We're encouraging you to get healthier and more active and at the same time you'll be helping us find the unmapped city foot and cycle paths for the air quality walking project.

By joining in with our weekly strolls in your local area, you'll get the chance to meet new people and you'll also be helping us find the unmapped foot and cycle paths in your area. We will use the information we gather to update our journey planner on the Choose How You Move website. In this way, communities can take control of and contribute to their local mapping and routing. You will also receive a free pedometer for taking part.

The walks are suitable for all ages and abilities, although children under 16 must be accompanied by an adult.

The overall aim of the project is to encourage an increase in walking and cycle journeys in Leicester.

Sara Coy: 0116 373 7589

<https://www.leicester.gov.uk/transport-and-streets/walking-in-leicester/community-walking-project>

LRWG | Leicester & Rutland Walking Group Walking Group for Younger People

Welcome to the Leicestershire and Rutland Walking Group, aimed at walkers in their 20s & 30s and 40s+. We're part of the Ramblers, the charity that helps everyone, everywhere, enjoy walking and protects the places we all love to walk. We offer some walks exclusively aimed at the 20s & 30s age group while the majority of walks are aimed for walkers in their 20s, 30s and 40+. Check out our calendar for more details.

We're dedicated to looking after paths and green spaces, leading walks, opening up new places to explore and encouraging everyone to get outside and discover how walking boosts your health and your happiness.

Walking with the Leicestershire and Rutland Walking Group is a great way to get exercise, socialising while you go! The group is an active and friendly walking club. It caters for a wide range of abilities and fitness levels and welcomes new members. Before asking you to join, we invite you to try two or three of our walks and attend a couple of pub meets. Please contact us for full details of upcoming events in our packed programme.

<https://www.lrwg.org.uk> | New members contact: David Austin | newmem@lrwg.org.uk

Leicester & District Ramblers

Our groups help local people enjoy walking and protect the places we all love to walk. Most groups organise regular walks led by local experts – a great way to get outside, make new friends and discover how walking boosts your health and happiness. You're very welcome to try walking with us, or to get involved in looking after paths and green spaces and opening up new places to explore.

We organise a variety of walks:

Every Tuesday and Thursday mornings & last Saturday of each month (with optional pub lunch): **5 - 6.5 mile walks**

Occasional Thursday mornings: a 10 mile walk

Some Thursday mornings: 2.5 - 4 mile leisurely (usually stile-free strolls)

Every Tuesday evening [May - Aug]: 4-5 mile walks

Every Sunday (except 3rd Sun in month): 10-13 mile all day walks

Every Saturday: 12 - 21 mile walks

1st Sunday of every month: 7-9 mile all-day walk

3rd Sunday in each month: we hire a coach and go further afield to attractive areas of the country. On these we offer **three guided walks of about 8.5 miles, 10 miles and 12 miles**. On some coach rambles we also offer a leisurely stroll of about 6 miles. If you wish you can join us on the coach and just do your own thing when you get to the venue. At the end of the day we have an (optional) meal in a pub before returning home.

Dogs are not permitted on any of our walks. Children accompanied by a parent or guardian are welcome. All walks have morning and afternoon coffee breaks.

Most full day walks usually have a lunch stop at a pub, and are not really suitable for young children, but accompanied older children are welcome.

All walks are open to the public, though you would be expected to join the Ramblers after taking part in three. If you are new to the Ramblers, you will be welcomed on any of our walks; the coach rambles in particular are a good day out with a choice of walks, a lunch stop and an evening meal before we return home, and provide an excellent introduction to the camaraderie of our Group.

For most walks you can just turn up, but you would need to book a place on the coach for coach rambles. Please do not hesitate to get in touch:

0116 2887457 | <http://www.ramblers-leicester.org.uk>

A Place to Grow | Sustainable Community Garden, Leicester

A Place To Grow is a free to use sustainable Community Garden with the purpose to support positive Health and Wellbeing. This will be done by encouraging people to learn new things by producing and eating healthy food, being physically active, getting involved in the community and meeting new people in a friendly, informal and safe environment.

The site is aimed at supporting and encouraging those living with or affected by a health condition to enjoy the outdoors.

Tuesdays & Thursdays [10:00 - 13:00] and Fridays [09:30 - 12:30]

The site provides:

Induction Programme for new referrals (available 3 days per week) | Community Garden Sessions for existing users and those progressing from the induction programme (available 3 days per week) | Volunteering for people who want to help out on site with tasks and support those using the site | Dedicated Sessions for residents with more complex needs

'It's helped me to learn and grow as a person.'

A Place to Grow, Mill Lane, Enderby, LE19 4LX

leisure@blaby.gov.uk | <http://blaby.gov.uk/resident/leisure-and-parks/countryside-areas/a-place-to-grow>

Green Spaces near you...

Castle Hill Country Park | Leicester

Established in the early 1980's, the park takes its name from the dramatic medieval Castle Hill Earthworks, believed to be a Knights Hospitaller monastic grange or sheep farm.

The park covers some 250 acres of grassland, plantation and broad leaved woodland, divided in two by the A46, Leicester Western Bypass. The southern section, bordering Beaumont Leys, gives excellent views out over Bradgate Park and the Charnwood Hills. The northern section, bordering Anstey, comprises mainly of flat meadow land near the Rothley Brook with its abundance of birdlife.

The park has an excellent Bluebell Wood, located off the Astill Lodge Road, and some fine ash, oak and willow trees, old hedgerows and stream banks.

A new apple orchard has recently been established on the site of an early 14th century orchard.

Leicester, LE4 1EF

<https://www.leicester.gov.uk/leisure-and-culture/parks-and-open-spaces/our-parks/castle-hill-country-park>

Abbey Park | Leicester

Abbey Park is Leicester's premier park and lies approximately one mile north of the city centre. The River Soar divides this beautiful park into two distinct areas: On the western side of the river are the fascinating Abbey Grounds with the remains of the twelfth century Leicester Abbey, and the ruins of Cavendish House, a seventeenth century mansion. To the east of the river lies the highly decorative Victorian part of the park with its evergreen shrubberies, trees, boating lake, miniature railway, and formally planted flower displays.

The popular and well established pets corner on the western side of the park is free to enter and has a selection of birds and animals. Abbey Park Café faces the bridge at the centre of the park.

Facilities:

Bowling green | 5 hard surface tennis courts | Changing facilities | Boating lake 11:00 - 17:00 weekends & school holidays from Easter to end of September subject to weather [Adults £3 Family ticket (2 adults, 2 juniors) £6] | Orienteering courses | Lavender maze | Ping! tables

Leicester, LE4 5AQ

<https://www.leicester.gov.uk/leisure-and-culture/parks-and-open-spaces/our-parks/abbey-park>

Knighton Park | Leicester

This beautiful and popular 78 acre park has colourful shrub borders, pond, rock garden, two well-equipped play areas and a three-hole FootGolf course.

Trees are a strong feature of the park with avenues of laburnum close to the Spinney, ginkgo (maidenhair) avenue in the Heath Garden and a charming path bordered by magnolias across the middle of the park.

The Wash (or Saffron) brook provides a haven for wildlife as does the enclosed spinney which was designated a wildlife reserve for all time in 1932 and is now a local Nature reserve. In addition to the Spinney there are newly planted lime woods, a beech wood and willow wood.

Facilities: 2 football pitches | Three-hole FootGolf course | Changing facilities | 2 hard surface tennis courts | Outdoor Gym | 3 orienteering courses | Play area | Ping! tables

Leicester, LE2 3RR

<https://www.leicester.gov.uk/leisure-and-culture/parks-and-open-spaces/our-parks/knighton-park>

Walking in the woods...

Martinshaw Wood | FREE PARKING

This lovely large ancient woodland can be traced back to at least the 13th century and perhaps even as far as the Domesday Book (1085-86) where it may have been one of the woods listed under the ownership of the Manor of Groby. There is an abundance of tree, plant, fungi and bird species, with a diverse range of habitats and archaeological features. The extensive path network which links to nearby woods and the National Forest provides a wealth of opportunities to explore for walkers of all abilities, horse riders and cyclists.

Martinshaw Wood is located 8 km north-west of Leicester, sandwiched between the villages of Groby and Ratby which are close by. Together with Pear Tree Wood and Burroughs Wood, also owned by the Trust, the woods form the south-eastern boundary of the National Forest, and together add up to 158 hectares (390 acres) – the largest continuous area of woodland in Leicestershire and the National Forest.

