

Public Health Directory of Services for Leicestershire



Welcome to the Public Health Directory of Services for Leicestershire

The County Council has statutory responsibilities for public health services as set out in the Health and Social Care Act 2012 and a duty to improve public health. The council must take such steps to improve the health of people, tackling the priorities for health in our local area.

The council also has responsibility for a range of public health services previously provided by the NHS including most sexual health services and services to address drug or alcohol misuse.

Public Health in Leicestershire has moved towards a social model of public health and away from a more traditional lifestyle behaviour change model. This has led to several services with a strong emphasis on community capacity building as the basis of prevention.

This directory sets out the services we commission or provide in response to these duties, in support of the council's target operating model for prevention and early help services. We hope it provides an easy source of information on our services.



A handwritten signature in black ink, appearing to read 'Mike Sandys', with a horizontal line underneath.

Mike Sandys
Director of Public Health



A note from Mrs Louise Richardson, Lead Member for Health at Leicestershire County Council.

I have the privilege of being the Lead Member for Health at Leicestershire County Council. My role is to provide the strategic overview for Health, working alongside the Director for Public Health and the fantastic team of consultants and officers, reporting into Cabinet.

My background is in Health and Education, having spent time working in Pathology and specialising in Clinical Chemistry and then moving into education becoming a Business Manager at a city high school.

We are at a very interesting, and sometimes challenging, time with the formation of the Integrated Care System and the collaborative working alongside the NHS, UHL, LPT, District Councils, neighbourhoods, and the voluntary community sector, as well as all the other parameters of public health that are exceptionally important in keeping our communities healthier for longer and improving health inequalities for all.

I am a member of Cabinet, I chair the Health and Wellbeing Board, I am a member of the ICB (Integrated Care Board) and the Health and Wellbeing Partnership. I also sit on the Foster Panel, and I am a trustee of SACRE for the council which fall under the Children and Families portfolio. I also run my own charity.



Mrs Louise Richardson
Lead Member for Health and Wellbeing



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LCC Public Health Delivered Services

Healthy Tots

Healthy Tots is a health promotion programme offered to early years settings in Leicestershire, supporting settings to enhance and showcase their activities and effort in providing a healthy environment for their children and staff.



Focussing on four core health themes:

- Healthy Eating
- Physical activity
- Emotional health and wellbeing
- Oral health

Benefits of becoming a Healthy Tots setting include:

- Ongoing individual and tailored support for settings
- Free training sessions and courses to improve the skills within your team across a variety of health topics for infant wellbeing
- Resources on physical activity, emotional health and wellbeing, oral health, and healthy eating
- Healthy Tots certificate and licensed use of branding for two years
- Healthy Tots award pack including Healthy Tots poster and Rosette
- Healthy Tots email signature
- Feature on our website
- An article celebrating the settings achievement

Contact Details:

Email: Healthytots@leics.gov.uk

Website: www.leicestershirehealthytots.org.uk

Healthy Schools

Public Health have developed an **accreditation scheme** that uses a Whole School Approach to define a comprehensive set of criteria for schools to review, monitor and improve their health and wellbeing offer.

The accreditation scheme is designed to provide schools with external verification that showcases their commitment to supporting the health and wellbeing needs of the school community, across six themes:

- School Staff Wellbeing & CPD
- Drug, Alcohol and Tobacco Education (DATE)
- Food in Schools
- PSHE & R(S)E
- Emotional Health & Wellbeing
- Physical Activity

Programmes & Training

As part of the Leicestershire Healthy Schools Programme, Public Health have created a range of **programmes** and **training** to offer targeted support to all schools to help them meet the health and wellbeing needs of the school community. For more information visit:

Contact Details:

Email: HealthySchools@leics.gov.uk

Website: www.leicestershirehealthyschools.org.uk



Oral Health Promotion

What does the service offer?

- Supervised tooth brushing training for staff in early years settings
- Oral health promotion training for frontline staff
- Oral health resource library
- Supporting communities in promoting national oral health campaigns
- Annual oral health survey

The service provides support to professionals to promote oral health and prevent tooth decay.

The service can be accessed by using the contact details provided.

Contact Details:

Tel: **0116 305 0705**

Email: publichealthoh@leics.gov.uk



Oral Health
Leicestershire

Quit Ready Leicestershire

What does the service offer?

We offer free stop smoking support and advice to anyone wanting to give up smoking. We provide behavioural support and up to 12 weeks free pharmacotherapy which includes nicotine replacement therapy and E-Cigs.

How to access or refer to the service?

Service users can contact the service directly.

Contact Details:

Tel: **0345 646 6666**

Text: "ready" to **66777**

Email: Quitready@leics.gov.uk

Website: www.quitready.co.uk



QuitReady
Leicestershire & Rutland



Weight Management Service

Leicestershire Weight Management Service offers several programmes to assist adults and children to reach and maintain a healthy weight. Leicestershire County Council (LCC) support people in a variety of settings to reach a wider audience.

Adult Weight Management Service

What does the service offer?

A digital weight management service for clients with a BMI over 25 (23 if from a BAME background). The level and type of support offered is dependent on eligibility criteria following an initial assessment.

How to access or refer to the service?

The service can be accessed by users directly or through a referral.

Contact Details:

Please contact Weight Management:
Call **0116 305 0730** or
visit www.leicestershirewms.co.uk to self-refer



Weight Management
Leicestershire

Pregnancy Service

What does the service offer?

Tailored support for women before, during and post pregnancy. A Nutritionist led programme, offering personalised nutrition advice to help make healthier food and activity choices to improve overall health throughout pregnancy and beyond

How to access or refer to the service?

The service can be accessed through a midwife referral



Weight Management
in Pregnancy
Leicestershire

Men's Weight Management

What does the service offer?

A Nutritionist led Weight Management service which helps men to regain control of their health through getting fitter and losing weight. Helping to develop confidence to make healthier decisions with long-term benefits. The programme is delivered locally in partnership with Active Leicestershire in group sessions and focuses on healthy eating, meal preparation & planning, and physical activity.

How to access or refer to the service?

The service can be accessed by users directly or through a referral.

Contact Details:

Please contact Weight Management:
Call **0116 305 0730** or
visit www.leicestershirewms.co.uk to self-refer



Men's Weight Management
Mental wellbeing, exercise and nutrition

Healthy4Me Programme

What does the service offer?

A weight management service for adults with learning disabilities with a BMI over 25. An 8-week course aimed to encourage making healthy changes to diet and lifestyle. Partnered with Active Together.

How to access or refer to the service?

The service can be accessed by users directly or through a referral.

Contact Details:

Weight Management:
0116 305 0730 or
visit www.leicestershirewms.co.uk
to self-refer

Services may contact the
Weight Management Service directly
to discuss arranging a course:
WeightManagement@leics.gov.uk



Healthy Eating
Healthy Activity

HEHA Children's Weight Management Service

What does the service offer?

Healthy Eating Healthy Activity (HEHA) is a weight management group programme for overweight children and their families. Using a 'whole family approach' the service offers a nutritionist led programme to children aged 4-17 years with a BMI above 91st – 98th centile.

How to access or refer to the service?

The service can be accessed by users directly or through a referral.

Contact Details:

Weight Management:
0116 305 0730 or
WeightManagement@leics.gov.uk



Healthy4Me

Cooks 4 Life

What does the service offer?

A free family healthy cooking programme delivered in schools aimed at helping children learn basic cookery skills for life led by a Nutritionist. The programme supports parents to encourage their children to eat a variety of foods and learn together about cooking and healthier eating.

How to access or refer to the service?

Schools may contact the
Weight Management
Service directly to discuss
arranging a course:
WeightManagement@leics.gov.uk

Contact Details:

Weight Management:
0116 305 0730 or
WeightManagement@leics.gov.uk



Cooks4Life

First Contact Plus

What does the service offer?

The service aims to improve health and wellbeing locally by providing access for Leicestershire residents aged 16+ to assessment, advice, information, and appropriate support through a single point of contact.

First Contact Plus will:

- co-ordinate a range of preventative interventions
- be a single point of access for both the public and professionals
- deliver a client centred and holistic approach based on need, through triage

The service will also provide a comprehensive source of information on a range of health and well-being topics including:

- Smoking cessation
- Substance misuse (alcohol & drugs)
- Healthy weight
- Healthy eating
- Physical activity
- Sexual health
- Healthy housing
- Living independently
- Families & relationships
- Money matters, debt & benefits
- Feeling safe
- Work, learning & volunteering
- Falls

How to access or refer to the service?

Visit the First Contact Plus website to make an online referral and for further information which can be found in the Partner Resource Area. Self-referrals can also be made via the 'make a referral' button on the website.

Contact Details:

Tel: **0116 305 4286**

Email: firstcontact@leics.gov.uk

Website: www.firstcontactplus.org.uk



Community Infection Prevention and Control Service (CIPCS)

Aim of the Service

To reduce infection in the community by supporting care providers across Leicestershire and Rutland to make improvements in Infection Prevention and Control (IPC) practice via:

- Proactive IPC support for care homes; yearly IPC visit to care homes; ad hoc visits to providers where there are IPC concerns
- Infection outbreak management - provision of expert IPC advice and support during an infection outbreak; attendance at UKHSA Outbreak Control meetings
- Undertake Post Infection Reviews where these occur in local authority contracted services
- Contribute to the local surveillance of current and emergent infectious diseases e.g., Influenza; MRSA; Multi-drug resistant organisms
- Work with stakeholders to support the delivery of training and education to care homes
- Undertake audit e.g., catheter management, IPC policies
- Support the Local Authority Health Protection Team where IPC advice is needed for non-care home outbreaks e.g., schools, hostels, supported living

Partnership Working

The team works in partnership with health and social care colleagues across the system including: -

- Liaison with partner IPC teams such as UHL, Integrated Care Board, LPT, EMAS, DHU, and Leicester City Local Authority IPC Service
- Weekly liaison meetings with UK Health Security Agency (UKHSA)
- Information Sharing meetings with Care Quality Commission, NHS, Leicestershire Police, County, Rutland, and City local authorities to discuss how providers of concern can be supported to make improvements
- Joint inspections of providers with Local Authority Quality and Contracts officers

Contact Details:

Service Contact Details – Monday- Friday 9-5pm (excluding Bank Holidays)

Email: infection@leics.gov.uk

Tel: **0116 305 5121**



Health Protection Team

The team provides support to settings with enquiries in health protection related matters. Primarily supporting care homes with COVID-19 outbreak management.

Also ensuring vaccination and screening programmes which are led by the Integrated Care Board (ICB), continue to prioritise key areas such as our vulnerable residents and areas of deprivation.

The drafting of the Health Protection plan, which incorporates a work plan highlighting current and further work required by the Health Protection team and partner organisations.

Contact Details:

Email: healthprotection@leics.gov.uk

Tel: 0116 305 0740

Local Area Co-ordination

What does the service offer?

Local Area Co-ordination is focused on helping isolated, excluded, and vulnerable people to stay strong and in control, by fostering an inclusive, friendly, supportive community around them.

Local Area Co-ordination builds the resources, networks, and resilience of those who need help before they hit crisis, with the aim of diverting people from formal services and supporting people to have a good life as part of their local community.

How to access or refer to the service?

Individuals can introduce themselves to their Local Area Co-ordinator.

Alternatively, health or social care professionals, family or friends can make the initial contact.

Contact Details:

Tel: 0116 305 0705

Email: Simon.dalby@leics.gov.uk

Website: www.leicestershire.gov.uk/local-area-co-ordinators

Local Area Co-ordination Areas

Northwest Leicestershire / Team Leader – Vicky Utting

Charnwood / Team Leader – Milo Poli

Melton / Team Leader – Mary Sawu

Harborough / Team Leader – John Baraclough

Blaby / Team Leader – Jennifer Fielding

Oadby & Wigston / Team Leader – Louise Monk

Hinckley & Bosworth / Team Leader – John Coghlan



Community Recovery Team

In response to the COVID-19 Pandemic, Leicestershire County Council produced an Outbreak Response plan. Within this, The Community Recovery Team was formed, and they hold a key role in supporting the communities of Leicestershire whilst working in close collaboration with existing offers and individuals to build resilience to the effects of the pandemic.

The Community Recovery team hold a key role in supporting communities and individuals with early intervention to help reduce the likelihood of problems accruing or worsening, we are both reactive and proactive, offering advice and guidance and use a community centred approach. Initially supporting key Public Health responsibilities and wider work such as recovery across the county. We support individuals and communities in areas such as Loneliness, isolation and supporting individuals with their wellbeing.

The team have been working hard to embed themselves within local communities, by engaging with residents, Parish Councils, and community-based groups. By attending Parish meetings, supporting groups to reopen after the effects of COVID-19 by offering information, advice, and guidance as well as empowering people to volunteer.

We can identify those people who are perhaps struggling with a range of issues including loneliness, bereavement, debt, housing, addictions, or simply concerned about the rising cost of living and requesting information on how to heat their homes efficiently. The Team have supported Community groups to apply for funding and this has greatly supported their efforts to continue or even start up.

The Community Recovery team can support with:

- Spending time to recognise individuals' goals and aspirations to enable them to live their best lives.
- Working alongside people and their families to be resilient and maintain their independence.
- Working alongside organisations and services to create opportunities for local people.
- Helping exciting community groups to flourish and support the creation of new possibilities
- Identifying local amenities to enhance community connection.
- Support will be person centred and tailor made to meet the needs of the individual and community.
- Providing health messages through our volunteers
- All communication and interaction will be kept in strict confidence
- We do have a duty to raise any safety situations or concerns

Contact Details:

For further information or help, please contact the team
at CommunityRecoveryTeam@leics.gov.uk

Warm Homes Service

What does the service offer?

The Warm Homes Service aims to alleviate fuel poverty and to help local households stay healthy and maintain affordable warmth.

Warm Homes Support Officers can give advice on:

- Improving energy efficiency in the home
- Signpost/refer to grants available for energy efficiency measures
- Heating and Hot water controls
- Debt management and
- energy bill discounts
- Behaviour change
- Draughtproofing
- Dealing with damp
- And much more ...

The service also facilitates some government funding for energy efficiency measures. The service operates throughout the year providing residents with advice via telephone. A comprehensive Warm Homes advice booklet is available online covering a range of topics.

How to access or refer to this service?

Individuals or professionals can make a referral via the First Contact Plus website www.firstcontactplus.org.uk, "make a referral" button at the top of the page.

Or call the service direct on **0116 305 2524**

Or email the service direct warmhomesinfo@leics.gov.uk

Contact Details:

Tel: **0116 305 2524**

Email: warmhomesinfo@leics.gov.uk

Website: www.leicestershire.gov.uk/home-energy-grants



Physical Activity

HEHA (Healthy Eating Healthy Activity) – Leicestershire Weight Management Service



What does the service offer?

A weight management service for overweight children and their families.

Using a 'whole family approach', the service offers a dietetic led (healthy weight pathway) service to children aged 4-16 years with a BMI above the 91st/98th centile.

How to access or refer to the service?

The service can be accessed by users directly or through a referral.

Contact Details:

Please contact the triage service on **0116 222 7145**.

Physical Activity Referral

What does the service offer?

A tailored physical activity programme for inactive patients with medical conditions, who would benefit from increased monitored physical activity.

How to access or refer to the service?

Inclusion and exclusion criteria are applicable, and participants require a referral from a Healthcare Professional. Currently referrals can be made by health professionals and sent to a district or borough council (see website for additional information) however a transition is planned for all referrals to go through First Contact Plus.

Contact Details:

Email: a.harris@active-together.org

Website: active-together.org/activer referral

Tel: **01509 564879**

Steady Steps

What does the service offer?

A falls prevention programme for those aged over 65, who are unsteady on their feet (have previously fallen or are worried about falling) and would like to improve their balance. The 24-week exercise programme comprises of tailored seated and standing exercises including balance & endurance, dynamic balance, floor exercises (if appropriate), strength exercises using bands/balls/light weights and techniques for getting down and up from the floor.

How to access or refer to the service?

Inclusion and exclusion criteria are applicable with participants able to self-refer. There is a list of courses available, and participants should contact the relevant district / borough coordinator.

Contact Details:

Email: I.baginskis@lrsport.org

Tel: **01509 564875**

Website: active-together.org/steadysteps

Active Together

What does the service offer?

Making Your Move to become physically active is important, but we know it can be difficult to get started, to continue and to keep going. Active Together and Local Partners are here to provide you with some of the need-to-know information about physical activity and support you to 'Make Your Move' towards a healthier and happier lifestyle.



Programmes that we deliver / promote are:

- Referral Programmes
- Steady Steps
- Back Pain
- Cancer
- Cardiopulmonary
- Supported Physical Activity
- Targeted Programmes
- Active Pregnancy
- Workplace Health
- Early Years Physical Activity
- Campaigns
- Twilight Games / Twilight Tots
- Inclusive Physical Activity
- School Sport & Physical Activity
- Health Care Clinical Champion Training
- Moving As Medicine
- Satellite Clubs
- Daily Boost
- Universal & Self Care Programmes
- Beginners Walking / Running
- Outdoor / Green Space
- Digital & Virtual Physical Activity Offer
- Get Active Search (local opportunities)
- Leisure Offer
- Funding & Organisation Support
- Training

For more information on activities, local news and events please contact us.

Contact Details:

Email: info@active-together.org

Website: www.active-together.org

Tel: **01509 564888**

Healthy Together Programme

Public Health Nursing 0-11 years



What does the service offer?

- Confidential advice, care and support to all families with babies and young children up to 11 years old
- Mandated health assessments for 0-5 and baseline health assessments for targeted interventions for 5-11 year olds
- Advice and support on child, parenting and adult matters (via telephone, advice clinics, text service health for kids and health for under 5s)
- Central point of contact for services available to parents and their families
- Monitoring and promotion of the physical and emotional health of mothers, babies and their families.

This includes giving advice and support on:

- General health
- Nutrition
- Behavioural difficulties
- Child development, including specialist developmental needs
- Postnatal depression and emotional wellbeing
- Domestic violence
- Social issues e.g. housing and finance
- Infant feeding promotion and management
- including specialist breastfeeding advice and
- Child protection/safeguarding to ensure the safety and wellbeing of all children.
- This includes joint working with families and other agencies and professionals e.g. midwives, children's centres, GPs and social workers, etc.

Public Health Nurses provide support and help at the following levels:

Community level

Universal support for families at key stages:

- 28 to 36 weeks pregnant
- 10 to 14 days old
- 6 to 8 weeks old
- 3 to 4 months old
- 1 year old
- 2 ½ years old
- NCMP

Pending contacts

- 3 ½ years old for vulnerable families.
- School health entrance (Reception age)
- Year 6 health and wellbeing

Universal antenatal four-week education programme is a digital offer (Bumps to Babies) in partnership with midwives and Children and Families Wellbeing centres.

Universal plus offers extra support when families need it.

Universal Partnership Plus offers support over a period of time with working together with other agencies.

How to access or refer to the service?

The service can be accessed via the family's:

- GP
- Early Help and Wellbeing Service
- Any other healthcare professional involved in the family's care
- Direct contact and/or self-referral
- Schools

Contact Details:

Louise Martin, Family Service Manager

louise.martin40@nhs.net

Lisa Massey, Family Service Manager

lisa.massey4@nhs.net

Alex Yeomason, Family Service Manager (School Nursing)

catherine.yeomanson@nhs.net

Teen Health 11-19 Service

Public Health and Children & Family Wellbeing Service



What does the service offer?

- preventive early intervention public health programmes for young people from secondary school age to young adults (11-19, and up to 25 years for young people with SEND)
- based within schools and the community, the programme supports children and young people to grow up to be healthy, stay safe and be able to achieve their potential
- provides a central, accessible point of contact for children, young people and their families
- offers year-round public health provision (not only during school term time)
- promotion and support of children and young people's physical, emotional and social needs
- Signposting and links to targeted and specialist services as needed
- online digital resource and support
- universal contact at secondary
- The service operates Monday to Friday between 9am and 5pm, excluding bank holidays

How to access or refer to the service?

The service can be accessed via online referral through the Early Help Front Door at teenhealth@leics.gov.uk by:

- Teacher or school staff
- Direct contact and/or self-referral by child, young person, or parent/carer
- Any other professional involved in the family's care
- Consent of the young person/family is required for the service to be involved prior to any referral.

Contact details

Joanne White
Team and Partnerships Manager
Teen Health 11-19 Service
Leicestershire County Council, Glenfield LE3
8RD

0116 305 8727

Joanne.White@Leics.gov.uk

For more information on the Teen Health service:

www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19

For information on teenage health:

www.healthforteens.co.uk

LCC Public Health Commissioned Services

Domestic Abuse and Violence

LLR Domestic Abuse and Sexual Violence Support Services (previously UAVA)

From 1st April 2022, there is a range of specialist domestic abuse and sexual violence services across LLR (previously known as the consortium 'UAVA'; United Against Violence and Abuse), with individual services having individual areas of responsibility.

The main provider services across LLR are as follows:

- Living Without Abuse: <https://lwa.org.uk>
- Free from Violence and Abuse: Freeva: www.Freeva.org.uk
- Women's Aid Leicestershire Ltd: www.wa-leicester.org.uk

Access to help and support for domestic abuse and/or sexual violence is via the Helpline and Engagement Service. This service will undertake an initial assessment followed by support and advice. The types of ongoing support available include: 1-2-1 support, group work (both face to face and via digital platforms), access to refuge accommodation, access to dispersed accommodation.

More information on the services available from Living Without Abuse (LWA), Women's Aid Leicestershire Limited (WALL), and Free from Violence and Abuse (FreeVa) is available on the individual websites.



Contact Details:

The local **Domestic Abuse Helpline** Number is: **0808 802 0028**. The number is freephone, hidden from bills and normally open 8am to 8pm, 7 days a week & 10am to 4pm on Bank Holidays.

The Helpline is the only number for both members of the public and practitioners / professionals. This number can be provided to victims, used to enquire about the progress of any referrals, support in making referrals and find out about all the help available locally.

***** In an emergency where there is an imminent risk to life and/or serious injury, always telephone 999*****

Sexual Health

There are a range of services across Leicestershire to support individuals to maintain good sexual health.

Contraception & Emergency Contraception & C-Card

- Information, advice, and provision of a range of free contraceptive options can be accessed via some GPs or the local Sexual Health Service.
- For individuals aged 24 and under, some pharmacies across Leicestershire and Rutland will provide the morning-after-pill free of charge. Alternatively, individuals can access emergency contraception from their GP, the local Sexual Health Service, or via the online sexual health service.
- C-Card provides free and easy access to condoms and lube in a wide range of venues. To register call **0300 124 0102**, or find a local access point via <https://leicestersexualhealth.nhs.uk/clinic-and-service-finder>

Sexually Transmitted Infection (STI) Screening and Treatment Services:

- Getting tested for sexually transmitted infections (STIs) is free, easy, and confidential. This includes testing and treatment for Chlamydia, Gonorrhoea, HIV and Syphilis. Individuals can access testing via the local Sexual Health Service or by ordering an STI testing kit online.

Sexual Health Service (provided by Midlands Partnership NHS foundation trust)

As well as contraception and STI testing and treatment, the sexual health service offers:

- Face to face, telephone, video, and online services
- Free Pregnancy Testing
- Testing, information and advice on HIV, PrEP (Pre-Exposure Prophylaxis) and PEP (Post Exposure Prophylaxis) information, advice, and assessment for individuals who think they have been exposed to HIV.
- Information, advice, and provision of a range of free contraceptive options including condoms.
- Psychosexual Counselling: A service for those aged 16+ referred via their GP for the management of difficulties such as lack/loss of libido and sexual performance.
- Emergency Contraception.
- Referral and support to access termination of pregnancy services.
- Information and support to access Juniper Lodge which is a free and discreet service to anyone aged 18 years and over that has been subject to a sexual assault.

Contact details

To arrange an appointment please call on **0300 124 0102** or online via <https://leicestersexualhealth.nhs.uk/online-appointment-booking-information>



Access online sexual health services, including STI testing delivered through the post with results sent to you direct from www.sh24.org.uk



Juniper Lodge provides a free and discreet service to anyone aged 18 years and over, male or female that has been subject to a sexual assault. www.juniperlodge.org.uk **0116 273 3330**



Substance Misuse

Turning Point deliver the Integrated Substance Misuse Treatment and Recovery Service. They work with anyone who is affected by drugs or alcohol regardless of age.

Further information is available via www.turning-point.co.uk/services/leicestershire or by calling **0330 303 6000**



The offer includes:

- Alcohol awareness training
- **My Turning Point** - www.turning-point.co.uk/services/leicestershireDigital This digital platform provides access to a range of guided and self-help sessions to help with your drug and alcohol use, as well as emotional health and other wellbeing issues. The platform also provides a direct referral into the treatment service for those who require it.
- **Treatment and recovery support for adults** - a variety of treatment options are available to meet individual need.
- **Young People's Service** - The Young People's team works with all under 18s and those aged up to 25 where required. They can help an individual to find out the facts about drugs and alcohol and make changes where needed. They also support young people affected by someone else's substance use.
- **Support for vulnerable groups** - This includes victims of domestic abuse, criminal justice cohort and sex workers.
- **Dual diagnosis support** - Support for individuals who have both substance misuse and mental health issues. This service is funded by the Integrated Care Board (ICB).
- **Family and friends support** - Support for family and friends affected by someone else's drug or alcohol misuse even if the individual with a drug or alcohol problem isn't accessing treatment.
- **Inpatient and community detox services** - following an initial assessment, access to inpatient or community detox is available for individuals needing clinical support to help reduce/stop their drinking or drug misuse. In addition to clinical support, recovery is supported through group work and peer support.
- **Residential rehabilitation services** - Rehabilitation services offer individuals therapeutic support in an abstinent living environment. This provides individuals with an opportunity to rebuild their lives and to move towards achieving their goals and ambitions while remaining substance-free.
- **Recovery support** – Supporting individuals to improve their health and wellbeing and to reach their full potential.

Homelessness

Support for individuals who are homeless or on the verge of becoming homeless is provided by Falcon Support Services and Nottingham Community Housing Association.

The service provides a referral hub and outreach support to help individuals maintain their own tenancy, and to gain the skills needed to live independently.

Support:

Support can include:

- Setting up and maintaining a tenancy
- Developing domestic or life skills
- Debt, budgeting, and benefits
- Assist with filling in forms
- Supporting to engage with local community resources
- Advice and advocacy
- Accessing healthcare and reducing health inequalities
- Accessing education, employment, volunteering
- Improve social support networks
- Accessing cultural and religious organizations
- Advice on repairs and home maintenance
- Reducing substance misuse issues
- Improving mental health
- Safeguarding vulnerable individuals
- Signposting and working in partnership with other services
- Access to the Public Health departments wider offer

Short-term support is available via drop-in sessions at various locations across Leicestershire.

Further information can be found via www.falconsupportservices.org.uk/tenancy-support-services:

Contact details

The service can be contacted in the following ways:

01509 642382

referralhub@falconsupportservices.org.uk

Completion of a referral form which can be found via

www.falconsupportservices.org.uk/tenancy-support-services



NHS Health Checks

The Healthcare Public Health team are responsible for commissioning NHS Health Checks for eligible people living in Leicestershire and Rutland. The NHS Health Check programme aims to improve the health and wellbeing of adults aged 40-74 years through the promotion of early awareness, assessment, and management of the major risk factors for CVD (cardiovascular disease) – risk factors that are associated with premature death, disability, and health inequalities. The check is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia and is carried out every 5 years.



Mental Health Services

DistrACT App

What does the service offer?

The distrACT app (aged 17+) is free to download on to smartphones and tablets. It provides trusted information and links to support for people who self-harm and may feel suicidal.



No sign-up is required, and the app does not collect any personal data.

The app can be downloaded from the [Apple Store](#) and [Google Store](#).

The app offers total privacy and can be used offline to:

- Find out about self-harm and suicidal thoughts
- Discover self-help techniques and safer alternatives to self-harms
- Explore the 'chill-zone' with links to resources that can make you feel better, such as films, books, and online videos
- Access details about available services and support - all in one place
- Know what to do in a crisis or emergency

Harmless All-Age Specialist Self-Harm Service

This is a specialist community self-harm service for all that live in Leicester, Leicestershire, or Rutland. The service provides support for anybody that currently self-harms, has thoughts of self-harm, or has been affected by self-harm in some way. The service also provides support to friends and families who may know somebody who is self-harming.

The service accepts both professional referrals and self-referrals.

Contact Details:

For further information or to make referral,

visit the [Harmless website](#)

Tel: **01158 800280**

Email: info@harmless.org.uk



The Tomorrow Project

This is a confidential suicide bereavement service set up to support individuals and communities affected by suicide. The service offers 1:1 support for children and adults living in Leicester, Leicestershire & Rutland. The service accepts both professional referrals and self-referrals.

Contact Details:

To find out more about this service,

please visit [The Tomorrow Project's website](#) for more information.

Text: **07594 008 356**

Email: info@tomorrowproject.org.uk



Mensoar

Delivered by Three Eggs Training Ltd, the Mensoar programme provides a digital peer support platform for men (aged 18+) living in Leicestershire & Rutland. The service provides a wellbeing hub, bi-monthly webinars (ManTalk) and online, localised weekly peer-support groups for men.

Contact Details:

For further information, visit the [Mensoar website](#).

Or contact Mensoar by emailing: hello@mensoar.co.uk



