

# Support Directory Leicester



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# Food Support Services in Leicester



## Council Support

### Household Support Fund

The Household Support Fund, funded by the Department of Work and Pensions, aims to help households in most need with food, energy vouchers or essential kitchen equipment.

### In exceptional circumstances, you could apply for support with housing costs including:

- food
- energy bills (including heating, cooking, lighting and water)

### You will need a professional referral for the following:

- essential kitchen equipment (cookers, fridge freezers, microwaves and washing machines)
- you can apply separately for support with housing costs.

A referrer can also complete an application on your behalf for support with food and energy bills.

### Discretionary awards are usually only paid for a short period, to give you time to get over a temporary lack of income, while you look for:

- different accommodation
- find a lodger to share your bills or;
- get financial advice to help with your debts or budgeting.

To find out more visit

<https://www.leicester.gov.uk/your-community/benefits-and-other-support/discretionary-payments/>

## Community support grant

The community support grant is available to support vulnerable people experiencing financial hardship who meet our criteria. Applicants will need to demonstrate that they are in financial hardship brought about by a one-off and sudden misfortune.

### Crisis applications

The community support grants scheme for crisis applications can help with the following:

- vouchers for gas and electricity for customers with a prepayment meter and responsibility for a utility supply in Leicester
- vouchers for food.

### Eligibility

### In order to be considered, you will need to meet ALL of the following criteria:

- You have no funds for your immediate daily essentials such as food, gas and electricity.
- You must be over 16.
- You must be a resident of Leicester.
- You need to have suffered a sudden and unexpected financial misfortune.
- You need to be able to demonstrate your circumstances and will be required to provide evidence (recent bank statements) to support this.

**To make a claim for crisis support, you should email your name and contact number to [C19support@leicester.gov.uk](mailto:C19support@leicester.gov.uk).**

# Food Support Services in Leicester



## Food Banks

### **Leicester South Foodbank (main Location)**

The Kings Centre, 56 Bull Head Street, Wigston,  
LE18 1PA

07912 194783

[info@leicestersouth.foodbank.org.uk](mailto:info@leicestersouth.foodbank.org.uk)

**Open Monday 4 pm to 5 pm and Thursday 1 pm  
to 2 pm**

### **Leicester South Foodbank**

Holy Trinity Church, Turner Street, LE1 6WY

**Open Wednesday 11.30 am to 1.30 pm**

### **Syston Hub**

The Methodist Church, High Street, LE7 1GP

**Open Thursday 2 pm to 3.30 pm**

### **Centre Project**

1 Alfred Place, Leicester, LE1 1EB

**Open Monday 10.30 am to 1 pm**

### **Chroma Church**

15 Putney Rd W, Freemen's Common, LE2 7TD

**Open Tuesday and Saturday 9.30 am to 11.30  
am and Thursday 6 pm to 7 pm**

### **Goldhill Play association**

Windley Road Leicester LE2 6TA

**Open Monday to Friday 10 am to 3 pm**

### **St Johns Church**

4A Clarendon Park Rd, Leicester, LE2 3AD

07912194783 or 07773 054894

**Open Friday 6 pm to 7 pm**

### **The Well Kibworth**

47 High Street, Kibworth, Leicester LE8 0HS,

**Open Monday to Friday 10.30 am to 11.30 am**

### **Coleman Community Association**

Coleman lodge, The Wayne Way, Leicester LE5 4PP

**Open Sunday 11 am to 12 pm**

### **Belgrave St Peters Foodbank**

Belgrave St Peter's CE School, Thurcaston Road  
LE4 5PG

**Open Monday 8.45 am to 9.30 am**

### **Peace Centre Food Bank**

The Peace Centre, Thurncourt Road, Thurnby Lodge,  
LE5 2NG

07999271536

[info@peacecentrefoodbank.co.uk](mailto:info@peacecentrefoodbank.co.uk)

**Open Wednesday 10.30 am to 11.30 am**

### **Food bank and holiday lunchbox scheme**

Christ the King Church, Beaumont Way, LE4 1DS  
07584017093

**Open Monday to Wednesday 10 am to 12 pm**

### **New Parks Community Mission food bank**

4 Frolesworth Road, Leicester, LE3 6LP

07419 918591

[Newparkscommunitymission@gmail.com](mailto:Newparkscommunitymission@gmail.com)

**Open Monday to Friday 8 am to 5 pm**

### **New Parks Food Bank**

New Parks Church, Battersbee Road, LE3 9LD

07587 156979

**Open Thursday 1 pm to 4 pm**

### **The Baraka Foodbank**

39a Abingdon Road, Leicester, LE2 1HA

0116 28 55 888

[admin@somdev-services.com](mailto:admin@somdev-services.com)

**Open Wednesday 10 am to 12 pm**

# Food Support Services in Leicester



## **Manor House Foodbank**

Manor House Community Centre, Haddenham  
Road, Leicester, LE3 2BG  
07790 809490/ 0116 222 1021  
foodbank@mosaicchurch.org.uk  
**Open Wednesday 5.30 pm to 7 pm**  
**Friday 10.30am to 12.30pm**

## **Pantries**

### **E2 Food Pantry**

Beaumont Lodge Neighbourhood Centre, 250  
Astill Lodge Road, LE4 1EF  
0116 2128491 me2@e2online.co.uk  
**Open Friday 2 pm to 4 pm**

## **Community Groups**

### **Alice Hawkins Community Projects CIC**

Fosse Neighbourhood Centre LE3 5HG  
woodgatecommunityfood@gmail.com  
**Open Saturday 11 am to 12.30 pm**

### **Open Hands**

Charity offering a range of help to local people in  
need, including Hot meal on Tuesday evenings,  
Food, Clothing, Furniture and Household goods .  
Open Hands Compassion Centre, 19 Lower  
Willow Street, LE1 2HP  
**0116 3261857**  
admin@openhandsleicester.org.uk

## **The Conservation Volunteers**

Offers a range of opportunities for people to get  
involved in practical conservation work,  
including supporting individual and community  
group food growing programmes to promote the  
growing of food and encourage healthy and  
sustainable eating.  
The Conservation Volunteers, Evington House,  
Beech Room, Evington Park, Evington, LE5 6DE  
**0116 271 0178 Leicestershire@tcv.org.uk**

## **Manor House Lunch Club**

Lunch club for senior citizens every Tuesday  
12.00 noon until 1.00pm.  
Manor House Community Centre, Haddenham  
Road, Leicester, LE3 2BG  
**0116 222 1021 office@mhcc.org.uk**

## **Saffron Acres**

Saffron Acres is a community food growing  
project based at Saffron Resource Centre.  
432 Saffron Lane, LE2 6SB  
**0116 2837212**  
sarah.field@srcentre.org.uk

## **Triangle**

Triangle at Holy Trinity Church offers a hot meal  
for homeless or vulnerably housed people every  
Friday evening from 6.15pm  
2 Upper King Street, Leicester, LE1 6XE  
**0116 254 8981 office@htl.church**

# Food Support Services in Leicester



## **St Joseph's Table - Parish Cafe**

St. Joseph's Catholic Church, Parish House, 12  
Goodwood Road, Leicester, LE5 6SG  
0116 2415159

**Open Tuesday and Wednesday 10.30 am to  
3.30pm**

## **As Salaam Trust- The Peace Centre**

The Peace Centre, Thurncourt Road, LE5 2NG  
07999271536/ 0116 2417100

**Contact for further information**

## **Midland Langar Seva Society**

Meals provided to homeless people and those in  
need 5 nights a week at Leicester Market  
between 7 pm and 8 pm.

**Market Place, Leicester, LE1 5HB**

## **Lulus Kitchen**

1-10 Odeon Arcade, Leicester, LE1 5HJ

## **Community Shops and Fridges**

### **Kings food for change**

Kings Coffee House (HTL Church), 2 Upper King  
Street Leicester, LE1 6XE

0116 473 5405

hello@kingscoffeeleicester.com

**Open Monday to Friday 8 am to 3pm**

**Saturday 10 am to 2 pm**

## **Open Hands Food Store**

Open Hands Compassion Centre, 19 Lower  
Willow Street, LE1 2HP

0116 3261857

admin@openhandsleicester.org.uk

**Open Tuesday and Thursday 10 am to 12 pm**

## **National Organisations**

**Too good to go** - The Too Good To Go app lets  
customers buy and collect Magic Bags of this  
food - at a great price - directly from businesses.

<https://www.toogoodtogo.com/en-gb>

**OLIO** - Olio is a mobile app for food-sharing,  
aiming to reduce food waste. It does this by  
connecting those with surplus food to those in  
need. <https://olioapp.com/en/>

## **Trussell Trust Helpline - 0800 915 4604**

Open Monday to Friday, 9am – 5pm

## **Salvation Army**

Run food banks year-round from many of their  
churches and community centres.

**OddBox** - Fighting food waste

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

## **The Trussell Trust**

Search the Trussell trust website to find your  
local centre.

<https://www.trusselltrust.org/>

# Furniture Support in Leicester



## Council Support

Households in Crisis  
Households in crisis can continue to apply for a Community Support Grant by contacting C19support on:  
**c19support@leicester.gov.uk or by phone on 0116 454 1019.**

Leicester City Council provide a Community Support Grant scheme to support vulnerable people experiencing financial difficulties and who meets the policy criteria.  
Full details can be found at the community support grant page -  
**<https://www.leicester.gov.uk/your-community/benefits-and-other-support/community-support-grant/>**

## Charity Shops

### **LOROS Charity Stores**

#### **Uppingham Store**

59/63 Uppingham Road, Leicester, LE5 3TA  
0116 473 7427

**Open Monday to Saturday 9.30 am to 4.30 pm  
and Sunday 10 am to 4 pm**

#### **Glenfield Store**

Enterprise House, 1 Station Road, Glenfield  
LE3 8BT  
0116 473 6048

**Open Monday to Saturday 9.30 am to 4.30 pm**

#### **British Heart Foundation - Leicester Furniture & Electrical Store**

66-68 Charles St, Leicester, UK, LE1 1FB  
0116 214 5238

**Open Monday to Saturday 9 am to 5 pm  
Sunday 10 am to 4 pm**

## **Age UK Leicester**

#### **Oadby Furniture Shop**

60 The Parade, Oadby, LE2 5BF  
01162 717989

**Open Monday to Saturday 9 am to 4:30 pm**

#### **Birstall Furniture Shop**

105 Sibson Road, Birstall, LE4 4NB  
01162 674876

**Open Monday to Saturday 9 am to 4.30 pm**

#### **Leicester Shire & Rutland - Reuse Shop**

Household Waste Recycling Centre, 5 Gypsum Close, Leicester, LE4 9AB  
01162 461533

**Open Monday to Friday 9 am to 5pm,  
Saturday and Sunday 8.30 am to 4.30 pm**

#### **Gladstone Street Warehouse**

Unit 1, Gladstone Street, Leicester, LE1 2BN  
01162 517633

**Open Thursday to Saturday 9 am to 4.30 pm**

#### **Emmaus**

The Emporium Stockwell Head, Hinckley LE10 1RG  
01455 637587

**Open Monday to Saturday 9 am to 5 pm  
(Thursday open to 7 pm)**

#### **The Salvation Army Donation Centre**

**174 Narborough Road, Leicester, LE3 0BU  
0116 296 3599**

**Open Monday to Saturday 9 am to 5 pm (Tuesday  
opens at 9.30 am)**

#### **The Air Ambulance Service Store**

12-16 Leicester Rd Wigston, LE18 1DR  
0116 288 0193

**Open Monday to Saturday 9 am to 5 pm and  
Sunday 10 am to 4 pm**

# Furniture Support in Leicester



## **Sue Ryder London Road Superstore**

60 London Rd, Leicester, LE2 0QD  
0116 255 4376

**Open Monday to Saturday 9 am to 5.30 pm**  
**Sunday 10 am to 4 pm**

## **Sue Ryder Loseby Lane Vintage and Retro**

14 Loseby Lane, Leicester, LE1 5DR  
01162 629 522

**Open Monday to Saturday 9.30 am to 4.30 pm**  
**Sunday 10 am to 4 pm**

## **Open Hands - Furniture Project**

The Furniture Project was launched in January 2010 after a 'gap' was identified in the provision of affordable furniture items to those on low income. The project aims to meet this need, providing reduced cost furniture to those with genuine need, operating on a referral-basis. Referred eligible clients are invited to appointments where they have access to a catalogue of reduced cost furniture items.

**For more information contact -**

**Admin@openhandsleicester.org.uk**

## **Facebook Groups**

There are several groups on Facebook that offer free or low cost furniture.

These include:

**Leicester Community Group**

**People Helping People**

**Helping people that need help**

## **Second Hand Furniture Websites**

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

## Resources

### **Reuse Network**

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

## Charities

### **Glasspool Trust**

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

### **Buttle UK**

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

### **Family Fund**

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

# Cost of Living Support in Leicester



## Council Support

### Help with fuel costs - Fuel arrears voucher scheme

You can book an appointment with an experienced debt adviser who can provide advice and assistance to help you manage fuel arrears and any other bills you may be struggling to pay. The free support will include help to maximise your income and reduce your outgoings, negotiating affordable payment plans with your suppliers, provide one off grants to eligible applicants, and identify options to help you resolve all your outstanding bills.

**Please visit [cals.uk.net](https://cals.uk.net) for more information or contact book an appointment with an adviser on 0116 242 1120 or by email [enquiries@advice-cals.org.uk](mailto:enquiries@advice-cals.org.uk).**

### Leicester Energy advice

Leicester Energy Action provides advice, training, outreach sessions and education for young people. The advice service aims to support people with energy debt, safeguarding, and keeping their homes warm - currently through a professional referral.

They can provide the following support:

- Managing energy debt/negotiating with suppliers
- Damp/mould in properties
- Energy efficiency/health impacts
- Support to access existing retrofit schemes
- Support to access government support/tackling digital exclusion
- Long-term solutions/short-term remedies

**To find out more visit:**

**<https://www.leicester.gov.uk/your-community/benefits-and-other-support/leicester-energy-advice/>**

**Citizens Advice - 0808 2787970**

**Money Advice Service - 0300 500 5000**

**National Debt Line - or call 0808 808 4000**

### Christians Against Poverty

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

**Money Advice service** free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

## Debt Support Charities

### Citizen's Advice Leicestershire

The Money Advice Service provides specialist advice for Leicestershire County residents with debt. This can be a single debt or multiple debts. The Money Advice Service can:

- Support you to understand your options
- Help with processes such as bankruptcy and Debt Relief Orders
- Support you to negotiate with creditors

**To book an appointment call Call 0116 464 7239 or visit**

**<https://citizensadviceleicestershire.org/leicestershire/advice/money-advice/>**

### Trinity Monday Advice Leicester

Trinity Money Advice Leicester (TMAL) is run by a group of dedicated and trained volunteers out of Holy Trinity Church for anyone facing significant financial challenges.

Trinity Hall, 7 Trinity Lane, Leicester, LE1 6WP

**0116 319 2636/07512 677 072**

**[contact@trinitymoneyadvice.org.uk](mailto:contact@trinitymoneyadvice.org.uk)**



### **Debt Support Trust**

Debt Support Trust is a registered money advice charity providing telephone and internet based debt advice including

- Credit and store card debt
- Debt and divorce debt management plans
- Individual Voluntary Arrangement (also known as an IVA)
- Bankruptcy

**0800 085 0226**

**contact@debtsupporttrust.org.uk**

**http://www.debtsupporttrust.org.uk**

### **The Zinithiya Trust**

Provide information, advice and practical support to alleviate poverty and abuse.

12 Bishop Street, Leicester, LE1 6AF

0116 254 5168 zinithiya.trust@gmail.com

**Office Open Monday to Friday 9.30 am to 4 pm**

### **P3 (People, Potential, Possibilities)**

Community-based support service works with people who need help with their housing situation and/or other needs.

Voluntary Action Leicester, 9 Newarke Street, Leicester, LE1 5SN

**0116 255 3228 leicesterfs@p3charity.org**

### **The Centre Project**

Delivers a drop-in advice service offering help with money and debt, benefits, energy bills and welfare grant applications.

1 Alfred Place, Leicester, LE1 1EB

**0116 255 4013/ 0116 255 2520**

**info@centreproject.org**

### **Saffron Resource Centre**

Helping to improve the life chances of residents of the Saffron Lane estate and surrounding areas by providing a range of social welfare, health and recreational services to help residents achieve financial and social inclusion and reach their potential.

432 Saffron Lane, Leicester, LE2 6SB

**0116 283 7212 info@srcentre.org.uk**

**https://srcentre.org.uk/about-us/**

### **Community Advice and Law Service (CALs)**

Debt, housing, welfare benefits, advice, form filling, immigration and note-taking services.

Epic House, Charles Street, Leicester, LE1 3SH

**0116 242 1120 enquiries@advice-cals.org.uk**

### **Information & Advice Services - Age UK Leicester**

Provide free, independent and confidential information and advice for people over 50, including practical help, suggesting ways to solve difficulties and giving you the details of others who may be able to help.

- Age Well Centre, 113 Princess Road East, Leicester, LE1 7LA
- Clarence House Resource Centre 46 Humberstone Gate, Leicester, LE1 3PJ
- Leicester Royal Infirmary, Ground Floor - Windsor Building, Infirmary Square, Leicester, LE1 5WW

**Main Contact 0116 299 2278 Open Monday to Friday 11 am to 4 pm**

### **Credit Unions**

#### **Clockwise Credit Union**

1 St.Nicholas Pl, Leicester LE1 5LB

03301755792

hello@clockwise.coop

**Open Monday, Wednesday and Friday 10 am to 2 pm**

#### **Leicester Caribbean Credit Union**

35 Lincoln Street, Leicester, LE2 0JU

0116 2983225

**Open Monday 6 pm to 7.30 pm and Thursday 10.30 am to 2 pm**

## **Employment Support**

### **Leicester Employment Hub**

Economic Regeneration Team, 3rd Floor, 115  
Charles Street, LE1 1FZ

**0116 454 0079**

**employmenthub@leicester.gov.uk**

### **Shaw Trust - Work and Health Programme**

Programme funded by the Department of Work  
and Pensions aimed at improving employment  
outcomes for people with health conditions or  
disabilities.

5 Horsefair Street, Leicester, LE1 5BN

**0800 389 0211 support@shaw-trust.org.uk**

### **Remploy**

Remploy is an organisation delivering a range of  
programmes and services providing employment  
and skills support for disabled people and those  
with health conditions, as well as providing  
training services to employers enabling them to  
become more disability confident.

18c Meridian East, Meridian Business Park, LE19  
1WZ

**0300 456 8045 leicester@mail.remply.co.uk**

### **Focus**

Focus is a Leicester-based charity that aims to  
inspire and empower young people to become  
more actively involved in their communities.

73 Churchgate, Leicester, LE1 3AN

**0116 251 0369 admin@focus-charity.co.uk**

### **Juniper Training**

Juniper Provide a free training programme for 16-  
18 year olds to gain skills and qualifications to  
progress into Apprenticeship, Employment or  
Further Training.

2nd Floor Eastgate House, 19- 23 Humberstone  
Road, Leicester, LE5 3GJ

**07432 593832/ 0116 262 1801**

### **Futures for you**

Employment, volunteering and training support.

82 Charles Street, Leicester, LE1 1FB

**0116 261 5907**

### **Leicestershire Education Business Company**

Helping young people prepare for working life.

30 Frog Island, Off North Bridge Place, LE3 5AG

**0116 2407000**

### **Work Pays**

78-80 Burleys way, LE1 3BD

0800 1979 826 enquiries@workpays.co.uk

**https://www.workpays.co.uk/**

### **Fuel and Energy Support**

#### **Energy Projects Plus**

Free and impartial advice to help you save  
money on your energy bills.

0800 043 0151

**https://www.epplus.org.uk/**

#### **British Gas Energy Trust**

**https://britishgasenergytrust.org.uk/**

#### **Scottish Power Hardship Fund**

**https://www.scottishpower.co.uk/support-  
centre/help-paying-your-bill/hardship-fund**

#### **E.On Energy Fund**

**https://www.eonenergyfund.com/**

#### **Support from Banks**

Most banks offer help for those struggling during  
the current cost of living surge, with most stating  
that they plan to ramp up their guidance and  
support services.

#### **National Debt services**

##### **Turn2us**

Turn2us is a national charity providing practical  
help to people who are struggling financially.

**0808 802 2000 www.turn2us.org.uk**

##### **National Debtline**

National Debtline is a debt advice charity run by  
the Money Advice Trust. We are a free and  
confidential debt advice service for people in  
England, Wales and Scotland.

**0808 808 4000 www.nationaldebtline.org**

# Welcoming Spaces in Leicester



## Welcoming Spaces

Libraries are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

### **Aylestone Library**

2 Knighton Lane East, LE2 6LU  
0116 233 3040

**Open Monday to Friday 8 am to 7 pm, Saturday and Sunday 8 am to 1 pm (staffing times vary)**

### **Beaumont Leys Library**

Beaumont Way, LE4 1DS  
0116 299 5460

**Open Monday to Thursday 9 am to 6.30 pm, Friday 9 am to 5 pm and Saturday 9.30 am to 1 pm**

### **Belgrave Library**

39 Cossington Street, LE4 6JD  
0116 299 5500

**Open Monday to Friday 10 am to 7 pm, Saturday 10 am to 4 pm and Sunday 12 pm to 4 pm**

### **Braunstone Library**

The BRITE Centre, 130 Braunstone Avenue, LE3 1LE  
0116 299 5476

**Open Monday to Friday 9 am to 5 pm (Tuesday and Thursday until 7 pm) Saturday 10 am to 4 pm**

### **Evington Library**

200 Evington Lane, LE5 6DH  
0116 221 1286

**Open Monday to Friday 8 am to 8 pm and Saturday 10 am 4 pm (staffing times vary)**

### **Eyres Monsell Library**

Hillsborough Road, LE2 9PQ  
0116 278 7294

**Open Monday to Friday 9 am to 5 pm**

### **Fosse Library**

Mantle Road LE3 5HG  
0116 225 4995

**Open Monday 9 am to 6 pm, Tuesday 10 am to 5pm, Wednesday 10 am to 6pm, Thursday 10 am to 5 pm, Friday and Saturday 10 am to 4 pm**

### **Hamilton Library**

20 Maidenwell Avenue, LE5 1BL  
0116 221 2790

**Open Monday 10 am to 2 pm, Tuesday, Wednesday, Friday 10 am to 5 pm, Thursday 2 pm to 7 pm Saturday 10 am to 4 pm, Sunday 12 pm to 4 pm**

### **Highfields Library**

98 Melbourne Road, LE2 0DS  
0116 2995494

**Open Monday to Friday 9 am to 6 pm and Saturday 10 am to 4 pm**

# Welcoming Spaces in Leicester



## **Knighton Library**

167-9 Clarendon Park Road, LE2 3AJ  
0116 299 5477

**Open Monday to Friday 8 am to 8 pm, Saturday 10 am to 4 pm (staffing times vary)**

## **Leicester Central Library**

Bishop Street, LE1 6AA  
0116 299 5401

**Open Monday to Friday 9.30 am to 7 pm (Friday until 5 pm), Saturday 9 am to 4 pm**

## **New Parks Library**

321 Aikman Avenue, LE3 9PW  
0116 229 8200

**Open Monday to Friday 10 am to 5 pm (Wednesday until 7 pm), Saturday 10 am to 1 pm**

## **Pork Pie Library and Community Centre**

Southfields Drive (Pork Pie Island) LE2 6QS  
0116 299 5480

**Open Monday to Friday 10 am to 5 pm (Wednesday until 7 pm), Saturday 10 am to 1 pm**

## **Rushey Mead Library**

Lockerbie Walk, LE4 7YJ  
0116 266 5112

**Open Monday 10 am to 6 pm, Tuesday and Thursday 1 pm to 6.30, Friday 10 am to 5 pm and Saturday 10 am to 1 pm**

## **St Barnabas Library**

2 French Road, LE5 4AH  
0116 299 5450

**Open Monday to Friday 9.30 am to 7 pm (Monday and Friday until 5 pm) Saturday 10 am to 4 pm**

## **St Matthews Library**

10 Malabar Road, LE1 2PD  
0116 222 1045

**Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 4 pm**

## **Westcotes Library**

38-40 Narborough Road, LE3 0BQ  
0116 299 5510

**Open Monday to Wednesday 10 am to 7 pm, Thursday and Friday 10 am to 5 pm, Saturday 10 am to 4 pm, Sunday 12 pm to 4 pm**

## **Community Hubs and Organisations**

### **Utilita Energy Hub (Leicester)**

An Energy Hub that has a community room along with a kids table where they can play some games on the available tablets or do some colouring in. They serve hot drinks and run Energy Efficiency workshops, to show how you can save money on your household bills.

Leicester, Leicestershire LE1 1FB

**Open Monday to Saturday 9 am to 5.30 pm**

# Welcoming Spaces in Leicester



## **Tudor Community Centre**

Bewcastle Grove, Leicester, LE4 2JU

**Open Monday to Friday 9 am to 4.30 pm**

## **Rupal Rajani**

Belgrave Neighbourhood Co-Operative Housing  
Association, Leicestershire LE4 7SG

Delivering a wide range of activities

**For more information call the Member**

**Engagement Officer - Rupal Rajani on 07936  
028730**

## **Social Warm Space**

Based at the Braunstone Civic Centre, Kingsway,  
LE3 2PP. Open to everyone, offering friendship,  
refreshments and a place to sit and have a chat,  
play games, quizzes, arts/crafts, or just a space to  
sit and read a paper if you wish.

**Braunstone Town Council, Leicester, LE3 2PP**

**Open Friday 10 am to 1 pm**

## **Warm welcome space**

St. James The Great Church, Leicester, LE4 4DN

**Open Tuesday 12.30 pm to 4.30 pm**

## **A Place to Grow**

Community drop-in with free drinks and cake,  
friendship, gardening, crafts - or just enjoy sitting  
quietly.

Leicester Road, Oadby, Leicester LE2 5BD

**Open Every Wednesday 10 am to 12 pm with a  
free soup and bread lunch every first Wednesday  
of the month 11.30 am to 12.30 pm**

## **Birstall Methodist Church Coffee Shop**

All welcome, dog friendly and child friendly,  
40 Wanlip Lane, Birstall, Leicester LE4 4JS

**Open Monday to Friday 9.30 am to 12.30 pm**

## **ReNew Café**

Free wellbeing activities, coffee and tea and cake  
available (and a children's corner), it's a good place  
to come, chat, do some craft by yourself or just be.  
You'll find a warm welcome in a warm space.

St Peter's Church Centre, Leicester, LE3 8DP

**Open Thursday 9.30 am to 12 pm**

## **Eyres Monsell Community Centre**

Hillsborough Road, Leicester LE2 9PQ

**Open Monday to Friday 9 am to 5 pm**

## **Leicester South Food Bank**

Lunch club and get together for chat and or games  
or just make new friends

The Kings Centre, 56 Bull Head Street, LE18 1PA

**Friday 1 pm to 3 pm**

## **Renew Stoneygate**

Chat with others, enjoy simple activities, or take  
time to be quiet. Hot drinks and snacks available.

Stoneygate Baptist Church, Leicester, LE2 3ND

**Open Monday 10 am to 12 pm**

## **Oak Centre**

Offer a Warm Space and Lunch

Bendbow Rise, Leicestershire LE3 1QA

**Open Monday 10 am to 2 pm**

# Welcoming Spaces in Leicester



## **St Matthews Community Centre**

Warm welcome session and adult activity tables every Tuesday

10 Malabar Road, Leicester, LE1 2PD

**Open Tuesdays 10.30 am to 12.30**

## **Fosse Neighbourhood Centre**

Mantle Road, Leicester, Leicestershire LE3 5HG

**Warm Space Open Tuesday 10 am to 5 pm**

## **Martyrs Church**

Come along for good conversation in a welcoming, warm place. Free drinks and light refreshments provided.

Westcotes Drive, Leicester, LE3 0QT

0116 255 5921

**Open for community drop-in Wednesday 12 pm to 2 pm**

## **Holy Apostles**

Welcoming Space providing hot drinks, refreshments and board games.

Holy Apostles Church Hall, LE3 1AD

**Open Thursday 10 am to 12 pm**

## **Elim Church Leicester**

Caters for all ages, and welcome families. There is a pre-school play area, games, colouring and craft available for older children.

Elim Pentecostal Church, Harrow Road /

Narborough Road, Leicester LE3 0JY

0116 2540583

**Free lunch available and friendship group**

**Wednesday 2 pm to 4 pm**

## **Little Blue Church**

A community drop-in with free drinks and light refreshments, an opportunity to meet with friends, make new friends or just sit and enjoy some quiet time in a warm welcoming space.

330 Abbey Lane

Leicester, Leicestershire LE4 2AB

**Open Wednesday 10.30 am to 12.30 pm**

## **St Chad's Church**

Open in Church for hot drinks and light refreshments Board games and jigsaws available.

St Chad's Church, LE5 4LG

**Thursday 10 am to 12 pm**

## **St Luke's Church**

On the 1st, 3rd and 5th Thursday's of the month St Luke's invite you to visit for Tea, Coffee, Hot Chocolate and Cake. All are very welcome to come with old friends or to make new ones.

Packwood Road, Leicester, LE4 2ER

**Thursday 9 am to 12 pm**

# Riverside

## Digital Inclusion

### Support in Leicester



#### National Organisations

##### **Job Centre Support**

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

**Your work coach will be able to help support you to access further information**

##### **Social Tariffs**

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

**Visit [www.ofcom.org.uk](http://www.ofcom.org.uk) and search social tariffs to find out more.**

##### **The Department for Education**

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

**[www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills](http://www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills)**

##### **Get Online @ Home**

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

**<https://www.getonlineathome.org>**

##### **Family Fund**

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

**[www.familyfund.org.uk](http://www.familyfund.org.uk)**

##### **The Charity Excellence**

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

**[www.charityexcellence.co.uk](http://www.charityexcellence.co.uk)**

##### **The National Data Bank**

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

**[www.goodthingsfoundation.org](http://www.goodthingsfoundation.org)**

##### **National Device Bank**

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

**<https://www.onlinecentresnetwork.org>**

# Digital Inclusion Support in Leicester



## Libraries

Libraries across North Lakes offer a range of different services and support including computer access, printing, group activities and wellbeing support.

### **Aylestone Library**

2 Knighton Lane East, LE2 6LU  
0116 233 3040

**Open Monday to Friday 8 am to 7 pm, Saturday and Sunday 8 am to 1 pm (staffing times vary)**

### **Beaumont Leys Library**

Beaumont Way, LE4 1DS  
0116 299 5460

**Open Monday to Thursday 9 am to 6.30 pm, Friday 9 am to 5 pm and Saturday 9.30 am to 1 pm**

### **Belgrave Library**

39 Cossington Street, LE4 6JD  
0116 299 5500

**Open Monday to Friday 10 am to 7 pm, Saturday 10 am to 4 pm and Sunday 12 pm to 4 pm**

### **Braunstone Library**

The BRITE Centre, 130 Braunstone Avenue, LE3 1LE  
0116 299 5476

**Open Monday to Friday 9 am to 5 pm (Tuesday and Thursday until 7 pm) Saturday 10 am to 4 pm**

### **Evington Library**

200 Evington Lane, LE5 6DH  
0116 221 1286

**Open Monday to Friday 8 am to 8 pm and Saturday 10 am 4 pm (staffing times vary)**

### **Eyres Monsell Library**

Hillsborough Road, LE2 9PQ  
0116 278 7294

**Open Monday to Friday 9 am to 5 pm**

### **Fosse Library**

Mantle Road LE3 5HG  
0116 225 4995

**Open Monday 9 am to 6 pm, Tuesday 10 am to 5pm, Wednesday 10 am to 6pm, Thursday 10 am to 5 pm, Friday and Saturday 10 am to 4 pm**

### **Hamilton Library**

20 Maidenwell Avenue, LE5 1BL  
0116 221 2790

**Open Monday 10 am to 2 pm, Tuesday, Wednesday, Friday 10 am to 5 pm, Thursday 2 pm to 7 pm Saturday 10 am to 4 pm, Sunday 12 pm to 4 pm**

### **Highfields Library**

98 Melbourne Road, LE2 0DS  
0116 2995494

**Open Monday to Friday 9 am to 6 pm and Saturday 10 am to 4 pm**

### **Knighton Library**

167-9 Clarendon Park Road, LE2 3AJ  
0116 299 5477

**Open Monday to Friday 8 am to 8 pm, Saturday 10 am to 4 pm (staffing times vary)**

### **Leicester Central Library**

Bishop Street, LE1 6AA  
0116 299 5401

**Open Monday to Friday 9.30 am to 7 pm (Friday until 5 pm), Saturday 9 am to 4 pm**

### **New Parks Library**

321 Aikman Avenue, LE3 9PW  
0116 229 8200

**Open Monday to Friday 10 am to 5 pm (Wednesday until 7 pm), Saturday 10 am to 1 pm**



# Digital Inclusion Support in Leicester



## **LPork Pie Library and Community Centre**

Southfields Drive (Pork Pie Island) LE2 6QS  
0116 299 5480

**Open Monday to Friday 10 am to 5 pm  
(Wednesday until 7 pm), Saturday 10 am to 1 pm**

## **Rushey Mead Library**

Lockerbie Walk, LE4 7YJ  
0116 266 5112

**Open Monday 10 am to 6 pm , Tuesday and  
Thursday 1 pm to 6.30, Friday 10 am to 5 pm and  
Saturday 10 am to 1 pm**

## **St Barnabas Library**

2 French Road, LE5 4AH  
0116 299 5450

**Open Monday to Friday 9.30 am to 7 pm (Monday  
and Friday until 5 pm) Saturday 10 am to 4 pm**

## **St Matthews Library**

10 Malabar Road, LE1 2PD  
0116 222 1045

**Open Monday to Friday 9 am to 8 pm, Saturday  
and Sunday 10 am to 4 pm**

## **Westcotes Library**

38-40 Narborough Road, LE3 0BQ  
0116 299 5510

**Open Monday to Wednesday 10 am to 7 pm,  
Thursday and Friday 10 am to 5 pm, Saturday 10  
am to 4 pm, Sunday 12 pm to 4 pm**

## **Community Groups and Centres**

### **Alpha Tutorials College**

Offers IT Skills and ESOL sessions  
308 Melton Road, Leicester, LE4 7SL,

**0116 2669800**

**enquiries@alphatutorials.org**

## **Bright Learning Centre**

Bright Learning Centre is vocational training provider committed helping people reach their full potential and to achieve their career goals. We believe age and language is no barrier to success.

120b Melton Road, Leicester, LE4 5ED  
129 Evington Road, Leicester, LE2 1QJ

**0116 210 10 70**

**info@brightlearningcentre.co.uk**

## **Bangladesh Youth and Cultural Shomiti**

BYCS is a charitable organisation providing lifelong learning and community development activities for people living in Leicester helping them to take advantage of the opportunities of society today.

### **Main Office & UK Online Centre**

30-32 Biddulph Street, Leicester, LE2 1BF  
**0116 275 5855**

### **Bangladesh Action Resource Centre**

61 Myrtle Road, Leicester, LE2 1FU  
**0116 275 5844**

**learn4life@bycs.org.uk**

## **E2 Community Hub**

Deliver several courses and skills based learning  
2 - 4 Home Farm Square, Leicester, LE4 0RU

**0116 2359481 me2@e2online.co.uk**

## **Reaching People**

Can provide refurb equipment

1st Floor, 42 Tower Street, Leicester, LE1 6WT

**0116 255 2071 admin@reachingpeople.co.uk**

# Digital Inclusion Support in Leicester



## Learning

### **Learn My Way**

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

**[www.learnmyway.com](http://www.learnmyway.com)**

### **Barclays Digital Wings**

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

**<https://digital.wings.uk.barclays/>**

### **FutureLearn**

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

**[www.futurelearn.com](http://www.futurelearn.com)**

# Youth Provision in Leicester



## Early Help Service

There are times when children, young people and families need extra help. Someone might offer this to you, but other times you might want to ask for it.

## What is early help?

Early help is a way of getting extra support when your family needs it, but getting it as soon as difficulties start, rather than waiting until things get worse. It's for children and young people of any age. Help can come from all kinds of services and organisations who work together to support your family. You might be using some of these services already, but we want to make sure they are providing the right support for you and your family's needs.

## Why would I seek early help?

It could be that you're worried about your child's health, development or behaviour, or perhaps because you are caring for a disabled child. Maybe your child is affected by domestic abuse, drugs or alcohol. Perhaps your child is a carer for other people.

## Who do I ask?

Have a chat with a teacher, health professional or support worker – they can help you look at what types of support are available and who might be able to help. You can also make the request for an Early Help Assessment yourself.

Your local children, young people and families centre also has lots of services and support for families with children, some especially for children with extra needs.

## What sort of services or help do I get?

It depends on what you need and might include services you already get. We will agree it with you and make sure it all joins up. Here's just a few examples:

- Education and Early Learning
- Schools, Stay and play, Talking Toddlers, Peekaboo, Bookstart Corner, Let's get cooking
- Family and young people support
- Youth support, Parenting groups, Drop-in sessions, Domestic violence support, Groups for male carers/dads, Behaviour
- Advice and welfare
- Education welfare Housing advice Benefits advice Adult learning
- Health
- Health visitor, midwifery, school nurse, drop in clinics, GPs

## To find out more visit

<https://families.leicester.gov.uk/family-information/family-support/early-help-service/>

## Children's Centres

There are 12 children's centres across the city all offering activities, courses, information and support to families.

[childrencentres@leicester.gov.uk](mailto:childrencentres@leicester.gov.uk)

**The centres are open Monday to Friday between 8.30 am and 5 pm (4.30 pm on Friday)**

## St Matthews Children's Centre

34 Vancouver Road, Leicester, LE1 2GA  
**0116 454 3800**

## Highfields Children's Centre

20 Barnard Close, Leicester, LE2 0UZ  
**0116 454 3810**

# Riverside

## Youth Provision in Leicester



### **Belgrave Children's Centre**

Cossington Street, Leicester, LE4 6JD  
**0116 454 3320**

### **Woodbridge Children's Centre**

54A Woodbridge Road, Leicester, LE4 7RG  
**0116 454 3330**

### **Beaumont Leys and Stocking Farm Children's Centre**

20 Home Farm Walk, Leicester, LE4 0RW  
**0116 454 6660**

### **Bewcastle Children's Centre**

Bewcastle Grove, Mowmacre Hill, LE4 2JY  
**0116 454 6670**

### **Saffron Children's Centre**

The Crossway, Leicester, LE2 6QW  
**0116 454 3380**

### **Eyres Monsell Children's Centre**

Hillsborough Road, Leicester, LE2 9PT  
**0116 454 3390**

### **Thurnby Lodge Children's Centre**

Dudley Avenue, Leicester, LE5 2EG  
**0116 454 3850**

### **Netherhall Children's Centre**

New Romney Crescent, Leicester, LE5 1NG  
**0116 454 3860**

### **Braunstone Children's Centre**

Gallards Hill, Leicester, LE3 1QR  
**0116 454 3890**

### **New Parks Children's Centre**

Pindar Road, Leicester, LE3 9RN  
**0116 454 3900**

### **SEN Services and Groups**

#### **Vista (The Royal Leicestershire, Rutland and Wycliffe Society for the Blind)**

Skills for life - Supporting children and young people through their first steps into adulthood and beyond. The support includes practical, emotional and social skills.

0116 249 8839 [info@vistablind.org.uk](mailto:info@vistablind.org.uk)

<http://www.vistablind.org.uk/how-we-can-help/help-children-and-young-people/>

#### **Contact - for families with disabled children**

National charity providing factsheets, video clips, leaflets, telephone advice and support for parents and carers about mental and physical wellbeing and a variety of matters affecting families with disabled children.

0808 808 3555 [info@contact.org.uk](mailto:info@contact.org.uk)

**Helpline Open Monday to Friday 9.30 am to 5 pm**

#### **Menphys Fusion Club**

Sports and leisure club for disabled children/young people aged over 11 years.

Activities include: table top activities, arts & crafts, sports (football, basketball, cricket, uni-hoc), music and a coffee bar area.

Barley Croft Community Centre, Malham Close, Beaumont Leys, Leicester, LE4 0UT

**01455 323020** [info@menphys.org.uk](mailto:info@menphys.org.uk)

#### **Leicester Disabled Integrated Sports Club (D.I.S.C)**

Leicester Disabled Integrated Sports Club provides disabled children, young people and adults the chance to take part various activities.

Aylestone Leisure Centre, 2 Knighton Lane East, Leicester, LE2 6LU

**0116 2120115**

# Riverside

## Youth Provision in Leicester



### **ADHD Solutions CIC**

ADHD Solutions aims to improve the life chances of people with Attention Deficit Hyperactivity Disorder (ADHD)

St Gabriel's Community Centre, Kerrysdale Avenue, Leicester, Leicestershire, LE4 7GH  
0116 261 0711

[Info@adhdsolutions.org](mailto:Info@adhdsolutions.org)

**Open Monday to Friday 9 am to 5 pm**

### **Kingfisher Youth Centre**

This session at Kingfisher Youth Club is ran specifically for disabled children/young people. Activities on offer include: sports, pool, table tennis, music, cooking, board games, arts/crafts, group discussions and more.

Boulder Lane, Leicester, LE2 6LE

**07590 444 377**

### **Spectrum**

Support group for parents and carers of children, young people and adults on the Autism Spectrum or on the Autism diagnosis pathway.

**07745 891834**

[spectrumautismgroup@yahoo.com](mailto:spectrumautismgroup@yahoo.com)

### **Leicester Wheels For All**

The Wheels for All initiative is a nationally recognised programme that embraces all children and adults with disabilities and differing needs, to engage in cycling activity providing fun and stimulating cycling across the UK

Saffron Lane Athletics Stadium, Saffron Lane, Leicester, LE2 7NQ

[leicesterwfa@gmail.com](mailto:leicesterwfa@gmail.com)

### **DC Multisports**

Inclusive Multi Sports Club

St Matthews Sports Hall, Malabar Road, LE1 2PD

**0774 004 727**

### **Youth Groups and Clubs**

#### **The Spark Arts for Children**

Registered charity offering children the opportunity to discover and enjoy the arts as audiences, as learners and as creators.

LCB Depot, 31 Rutland Street, Leicester, Leicestershire, LE1 1RE

**0116 261 6893**

[admin@thesparkarts.co.uk](mailto:admin@thesparkarts.co.uk)

#### **After 18**

After18 is a charity which specialises in supporting unaccompanied asylum-seeking children and young refugees aged 13 to 25 to adjust to living in the UK, rebuild their lives and prepare for their future.

**Referrals 07851 022 125**

**General enquiries 07851 411964**

[mail@after18.org.uk](mailto:mail@after18.org.uk)

#### **Freedom Youth Club**

1 Alfred Place, Leicester, LE1 1EB

0116 2554013

**Open Tuesday and Friday 5.30 pm to 7.30 pm**

#### **Leicester City Youth Service**

St. Oswalds Road, New Parks, Leicester, LE3 6RJ

**Open Wednesday 4.45 pm to 6.45 pm**

#### **Eyres Monsell Club For Young People**

Eyres Monsell Club For Young People provides a multi activity session for young people from 8+. Activities include art, sport, dance, games, music, computer games and media.

0116 277 9190

[Louise.Wylie@eyresmonsellcyp.co.uk](mailto:Louise.Wylie@eyresmonsellcyp.co.uk)

**Daily activities to find out more visit**

**<https://www.eyresmonsellcyp.co.uk/>**

# Youth Provision in Leicester



## **Young Creators group at Leicester Museum and Art Gallery**

Free weekly meet-ups for young people age 16-25 offering a range of opportunities to get creative and get involved with the Leicester Museum and Gallery.

0116 454 4574 or 0116 225 4900

[manjit.garcha@leicester.gov.uk](mailto:manjit.garcha@leicester.gov.uk)

**Sessions take place every Wednesday 4.30 pm to 6.30 pm. Please email Manjit Garcha if you would like to attend.**

## **Mental Health support**

### **Child and Adolescent Mental Health Service (CAMHS)**

CAMHS helps children and young people who have been referred by another healthcare professional. Referrals are made if it is thought that the child or young person has emotional and/or behavioural difficulties at a level which requires specialist support.

[www.leicspart.nhs.uk/service/child-and-adolescent-mental-health-services-camhs/](http://www.leicspart.nhs.uk/service/child-and-adolescent-mental-health-services-camhs/)

### **Young Minds Website and 24/7 text line**

Young Minds provide young people with tools to look after their mental health. The website is full of advice and information on what to do if you're struggling with how you feel.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Young Minds Textline: Text YM to 85258**

### **Kooth – Online Counselling and Support (11-25)**

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

**Access through [www.Kooth.com](http://www.Kooth.com)**

**0203 984 9337 [contact@kooth.com](mailto:contact@kooth.com)**

## **National Services**

### **National Citizenship Service**

Delivers a range of experiences for young people across the UK.

<https://wearencs.com/> 0800 197 8010

### **Duke of Edinburgh**

Delivers a range of experiences for young people across the UK.

<https://www.dofe.org/>

### **Virtual KEEN**

Inclusive online activities for young people

[www.keenuk.org/virtualkeen](http://www.keenuk.org/virtualkeen)

# Riverside

## Family Support in Leicester



### Family Support

#### **Mother and Toddler - Early Years at Wesley Hall**

Hold a busy and welcoming, action-packed session with you and your toddler in mind on Wednesday mornings.

76 Hartington Road, Leicester, LE2 0GN

**0116 2626000** [ar@activewesleyhall.org.uk](mailto:ar@activewesleyhall.org.uk)

#### **Kids and Co.**

Parent and toddler group

Quaker Meeting House, 16 Queens Road, LE2 1WP

0116 2705003

**Mondays 9.30 am to 11.30 am.**

#### **Knighton Nippers**

Group for parents, carers, grandparents and children from 0 – 5.

Knighton Free Church, Brinsmead Road, Leicester, LE2 3WB

0116 270 4101

**Tuesday 10am to 11.30 am (term times)**

#### **Mothers Union**

The Martyrs Mothers Union meets on the 3rd Wednesday of the month in the church hall at 2.30pm. Everyone is welcome.

Church of the Martyrs, Westcotes Drive, LE3 0QT

**0116 255 5921**

### Period and Hygiene Product Support

Many food banks, pantries and community centres will have access to free sanitary products.

**Bloody Good Period** Give period products to those who can't afford them and provide reproductive health education to those less likely to access it.  
[hello@bloodygoodperiod.com](mailto:hello@bloodygoodperiod.com)

#### **Morrisons - Package for Sandy**

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for '**Sandy**' or a '**period product pack**'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

**Freedom4Girls** provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK

<https://www.freedom4girls.co.uk/request-products/>

### Additional Support

#### **Baby basics**

Baby Basics Leicester is a volunteer-led charity aiming to support families who are struggling to meet the financial and practical burden of looking after a new baby or young child. We provide much needed essentials and equipment for free on a referral basis. A referral can be made by any health professional or charity who has identified a mother who is struggling to provide the essential equipment for herself, new baby or existing children.

Unit C, Chantry House, Grange Business Park, Enderby Road, Whetstone, LE8 6EP

**07933 570378**

[babybasicsleicester@gmail.com](mailto:babybasicsleicester@gmail.com)

#### **Growbaby Leicester**

20-24 Talbot Lane LE14LR

<https://www.leicestervineyard.org/growbaby>

#### **Baskets of Joy Leicester**

LE2 7SR

[basketsofjoyleicester@outlook.com](mailto:basketsofjoyleicester@outlook.com)

# Older People Support in Leicester



## National Support

**Age UK Advice Line** - 0800 678 1602

### **Tax Help for Older People**

01308 488066 [taxvol@taxvol.org.uk](mailto:taxvol@taxvol.org.uk)

**Dementia UK** - 0800 888 6678

**Re-engage** Group and one-to-one social activities will help older people connect with others.

**0800 716543**

**The Silver Line** - 0800 4 70 80 90

### **Friends of the Elderly**

Grants to older people living on low incomes.

**0330 332 1110** [hello@fote.org.uk](mailto:hello@fote.org.uk)

### **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088** [chatterbox@omega.uk.net](mailto:chatterbox@omega.uk.net)

A Letter from Louise pen pal befriending

**01743 245 088** [aletterfromlouise@omega.uk.net](mailto:aletterfromlouise@omega.uk.net)

**Hourglass** - Support and information for older people and those concerned about an older person facing abuse or exploitation.

**08088088141**

### **Age UK Leicester**

Deliver daily activities at Clarence House.

Clarence House 46 Humberstone Gate, LE1 3PJ

**0116 299 2233** [enquiries@ageukleics.org.uk](mailto:enquiries@ageukleics.org.uk)

### **Age UK Centre**

Deliver daily activities at the Age UK Centre Kings Walk, Earl Shilton. Leicester LE9 7NL

**01455 847666**

## Morning Coffees and Lunch Clubs

### **Leicester Chinese Elderly Lunch Club**

Provision of a lunch club service for older people from the Chinese community or other oriental origins.

Leicester Secular Centre, 75 Humberstone Gate, LE1 1WB

0773 0217837 [leicesterelderlyclub@yahoo.co.uk](mailto:leicesterelderlyclub@yahoo.co.uk)

**Open Wednesday (contact for times)**

### **East West Community Centre Luncheon club**

Freshly cooked vegetarian meals served at 12.30 pm on Tuesday and Wednesday. (Cost from £4.75)

10 Wilberforce Road, Leicester, LE3 0GT

**0116 255 0575** [eastwestproject@gmail.com](mailto:eastwestproject@gmail.com)

### **Manor House Lunch Club**

If you are thinking of coming for a meal for the first time it would be helpful to contact the centre by the Monday before to ensure enough food is purchased, however you are welcome to drop in for a look around.

Manor House Community Centre, Haddenham Road, Leicester, LE3 2BG

0116 222 1021 [office@mhcc.org.uk](mailto:office@mhcc.org.uk)

**Tuesday 12 pm to 1 pm**

### **St Peters Highfields**

Church and community centre in the heart of Highfields offering a lunch club for those feeling isolated.

St Peters Centre, St. Peters Road, LE2 1DA

0116 255 3095

[welcome@stpetershighfields.co.uk](mailto:welcome@stpetershighfields.co.uk)

**Wednesday and Friday 12.30 pm to 1.30 pm**

### **Asian Lunch Club - Age UK**

Contact for further information

**0116 2992273**





# Riverside Older People Support in Leicester



## Woodgate Resource Centre

Social club offering a venue for various gatherings and social events in the local area. Activities include:

- Senior Citizens Club
- Lunch Club Monday
- Senior Keep Fit

36 Woodgate, Leicester, LE3 5GE

**0116 2530717**

**woodgateresidents@hotmail.com**

## Leicester Shalom Club

Leicester Progressive Jewish Congregation  
Synagogue, 24 Avenue Road, Leicester, LE2 3EA  
0116 271 5603 [tonynelson32000@yahoo.co.uk](mailto:tonynelson32000@yahoo.co.uk)

**Monday (Contact for further details)**

## Hindu Community Centre Lunch Club

Provision of a lunch club service for Hindu Punjabi older people.

Geeta Bhavan, 70 Clarendon Park Road, LE2 3AD  
0116 270 7756 or 0116 235 0667

**Thursday (contact for further information)**

## Groups

### B-inspired

B-inspired is a local charity that provides a range of services for Braunstone Residents.

We offer a range of services and operate from a number of buildings. Locations include

**Neighbourhood Support Base**, Gallards Hill,  
Braunstone, Leicester, LE3 1QR

**The Braunstone Grove**, Cort Crescent,  
Braunstone, Leicester, LE3 1QH

**Business Box Managed Office space facility**,  
Oswin Road, Leicester, LE3 1HR

**If you are in need of support, please call: 0116  
279 5020**

## The Centre Project

The Centre Project provides many opportunities for people to access a wide range of activities in the local community during the day.

1 Alfred Place, Leicester, LE1 1EB

0116 255 4013

[info@centreproject.org](mailto:info@centreproject.org)

**<https://www.centreproject.org/>**

## Aylestone Baptist Church

Family run church and are actively involved in our community. As well as services we have a variety of clubs and activities.

Lutterworth Road, Leicester, LE2 8PE

**0116 2832527**

**[minister@aylestonebaptistchurch.org.uk](mailto:minister@aylestonebaptistchurch.org.uk)**

## Leicester Western Ward Linking Lives

Leicester Western Ward Linking Lives is a befriending service aimed at those over 60 who find themselves requiring some extra friendship and support. Volunteers are matched with older people who would like a weekly visitor.

Care of 22 Triumph Road, Leicester, LE3 8FR

**07465 431585**

**[sarah.leicslinkinglives@outlook.com](mailto:sarah.leicslinkinglives@outlook.com)**

# Mental Health and Wellbeing Support in Leicester



## National Support - Anxiety and Depression Support

### **Calm**

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year  
**0800 58 58 58**

### **Samaritans**

Contact us if you're having a difficult time or if you're worried about someone else.  
**jo@samaritans.org or call 116 123**

### **Shout free 24-hour text help**

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

**It's a place to go if you're struggling to cope and you need immediate help.**

### **SANEline**

SANE is a charitable organisation that offers information and support for people struggling with their mental health. Their mental health helpline offers emotional support to anyone affected by mental illness, including families and carers. They can be contacted all year round between the hours of 4.30 pm and 10.30 pm on  
**0300 304 7000 [www.sane.org.uk/home](http://www.sane.org.uk/home)**

**Mental Health Matters - National Support**  
**0191 516 3500 [info@mh.org.uk](mailto:info@mh.org.uk)**

### **Depression UK**

<https://www.depressionuk.org/>

### **Hub of Hope**

<https://hubofhope.co.uk/>

## Addiction

**Gambling Support - [GamCare](#) - **0808 8020 133****

### **Alcoholic's Anonymous**

Further information about the local meetings or A.A. group can be obtained by contacting  
**National Helpline [0800 9177 650](tel:08009177650)**  
**[help@aamail.org](mailto:help@aamail.org)**

**Frank** - Advice, information and support for anyone concerned about drugs and substance misuse.

**Helpline: 0300 123 6600 24/7 Text 82111**

## Online Support

**Side by Side** - Minds online support community. A place to be heard, listen and share.  
**<https://sidebyside.mind.org.uk>**

**Togetherall** - A safe community to support your mental health, 24/7. Get support. Take control. Feel better.  
**<https://togetherall.com/en-gb>**

### **Papyrus Hopeline**

**0800 068 4141 – Support and advice for Young People under 35. open 24/7**

**Young Minds Parent Line** - Advice for parents and carers worried about a young person  
0808 802 5544

**Lines Open Monday to Friday 9.30 am to 4 pm**

**The Mix** - Advice and support for under 25s  
0808 808 4994

**Lines Open Monday to Friday 4 pm to 11 pm**

# Mental Health and Wellbeing Support in Leicester



## **REMIT - mental health project**

A community education project for adults in Leicester and Leicestershire who experience severe and enduring mental health problem. Services delivered across 4 centres:

### **Leicester Adult Education College**

Belvoir St, Leicester, LE1 6QL

**The BRITE Centre**, Braunstone Avenue, LE3 1LE

**Fosse Neighbourhood Centre**, Mantle Road, LE3 5HG

**Aylestone Leisure Centre**, 2 Knighton Lane East LE2 6LU

**To find out more contact 0116 454 1900**

## **The Peepul Neighbourhood Mental Health Café**

Drop-in neighbourhood mental health cafes for local people who would like immediate support.

0116 261 6000

Enquiries@peepulenterprise.com

**Open Wednesday 1 pm to 7 pm**

## **Bright Sparks arts in mental health group**

BrightSparks Arts C/O Tim Sayers, Leicestershire Partnership NHS Trust, Beaumont Leys Health Centre, Little Wood Close, Leicester, LE4 0UZ

**office@brightsparksarts.uk**

## **Turning Point Mental Health Cafés**

Turning Point delivers mental health across Leicester, Leicestershire and Rutland. These Cafes provide a safe and welcoming place for people to attend when they're experiencing mental health difficulties.

The David Wilson Foundation Centre, St Martins House, 7 Peacock Lane, Leicester, LE1 5PZ  
0808 800 3302

leicestershire.helpline@turning-point.co.uk

**Open Tuesday 9 am to 5 pm**

## **City Neighbourhood Mental Health Cafés**

Free mental health support in a welcoming, comfortable, non-judgmental, and non-clinical environment. Delivered across 4 sites.

07816 350 215

mhm.leicestercafes@nhs.net

### **Aylestone Baptist Church**

Lutterworth Road, Leicester LE2 8PE

**Monday 6 pm to 11 pm**

### **Robert Memorial Hall**

147 Narborough Road, Leicester LE3 0PD

**Fridays, 6 pm to 11 pm**

### **DeMontfort Student Union Neighbourhood**

Mental Health Café Mill Lane, Leicester LE2 7DR

### **Eyres Monsell Community Centre,**

Hillsborough Road, Leicester, LE2 9PQ

## **LAMP Leicestershire Action for Mental Health Project**

LAMP provides

- Peer Advocacy service to Informal/Voluntary patients on Acute Wards who do not qualify for IMHA
- Advocacy for people seeking access to Mental Health Services (for residents of Leicester City only). This is help to access mental health services through GPs or psychiatric services including consultant outpatient appointments and any involvement with the Community Mental Health Team (CMHT)

65 Regent Road, Leicester, LE1 6YF

**0116 255 6286 info@lampdirect.org.uk**

**http://www.lampadvocacy.co.uk/**

## **New Parks Neighbourhood Mental Health Café**

Drop-in neighbourhood mental health cafes for local people who would like immediate support.

0116 2221072 teamtroupersttda@gmail.com

**Open Thursday 12 pm to 6 pm and**

**Saturday 11 am to 5 pm**

# Mental Health and Wellbeing Support in Leicester



## **Leicester mental health and wellbeing service**

Information, advice, and guidance to empower people to improve and maintain their mental health and wellbeing.

Freephone **0808 178 0960**, Monday to Friday, 9 am to 5.30 pm

LeicesterMHWRSS@p3charity.org

**For more information visit**

**<https://www.p3charity.org/services/leicester-mental-health-and-wellbeing-service>**

## **BrightSparks Arts in Mental Health Group**

Mental health group using the arts to promote positive images of mental health, offering a variety of workshops and events.

Tim Sayers, Suite P1, Bridge Park Plaza,  
Thurmaston, Leicester, LE4 8PQ

07795 475 806 [office@brightsparksarts.uk](mailto:office@brightsparksarts.uk)

**<https://www.brightsparksarts.uk/>**

## **The Veterans' Mental Health Transition, Intervention and Liaison (TIL) Service**

Help for anyone who has served in the Armed Forces who is experiencing mental health issues.

**0300 323 0137** [mevs.mhm@nhs.net](mailto:mevs.mhm@nhs.net)

## **Leicester Community Connectors**

Community Connectors help Leicester residents improve their quality of life by connecting people with local services, facilities and activities, and providing them with personalised support.

**0116 4420 246 - Monday to Friday 9 am to 5 pm**  
[communityconnectors@mhm.org.uk](mailto:communityconnectors@mhm.org.uk)

## **Live Well Walk More**

Live Well Walk More provide health walks aimed at people who currently do little or no exercise, and for those who enjoy a short social walk to keep active.

**Pre-booking is required, please contact the Live Well team 0116 454 4000**

## **Better Outdoors: Wellbeing with Nature CIC**

Resources and support to connect people with the wider natural world, around various sites in the National Forest area of Leicestershire, including a 6-week wellbeing course for adult mental health.

**[info@betteroutdoors.org.uk](mailto:info@betteroutdoors.org.uk)**

## **The Carers Centre**

The Carers Centre LLR offers support to unpaid carers. If you are looking after someone who can't manage without your help due to their disability, physical or mental illness, frailty, addiction or long-term condition, then The Carers Centre can offer you support.

The Carers Centre C/O Voluntary Action Leicester,  
9 Newarke Street, Floor 2, Leicester, LE1 5SN

**0116 2510999**

**[enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)**

## **Adhar Project**

Adhar provides a range of preventative, community-based support opportunities for people with mental health needs and their carers, primarily but not exclusively targeted at the Asian and Black African/Caribbean communities living in the city of Leicester.

79 St. Peters Road, Leicester, LE2 1DH

**0116 220 0070** [admin.box@adharproject.org](mailto:admin.box@adharproject.org)

# Domestic Abuse Services in Leicester



## National Support - Domestic Abuse

**The Police** on 101 or in an emergency call 999  
if you can't talk, press 55.

**The National Domestic Abuse Helpline** – 0808  
2000 247

**Choices** – 0800 917 9948

### **The Mankind**

male victims of domestic violence  
**01823 334244** or <https://mankind.org.uk/>

### **Broken Rainbow**

Lesbian, Gay Bisexual and Transgender people  
suffering domestic violence  
**0300 999 5428**

**Refuge Helpline** - 0808 808 9999

**Rise** - Freedom from Abuse and Violence  
<https://www.riseuk.org.uk/>

### **Ask for ANI**

If you are experiencing domestic abuse and need  
immediate help, ask for 'ANI' in a participating  
pharmacy. 'ANI' stands for Action Needed  
Immediately.

### **Safe Spaces**

Safe Spaces are available in Boots, Morrisons,  
Superdrug and Well pharmacies, TSB banks and  
independent pharmacies across the UK.

**Refuge The freephone, 24-hour National  
Domestic Abuse Helpline 0808 2000 247**

**Bright Sky** If you are concerned about domestic  
abuse, we know it can be hard to find support.  
<https://uk.bright-sky.org/>

## Charities and Grants

### **Heinz, Anna and Carol Kroch Foundation**

Search by visiting  
<https://grants-search.turn2us.org.uk/>

**Smallwood Trust** - [www.smallwoodtrust.org.uk](http://www.smallwoodtrust.org.uk)

### **Skinner's Benevolent Trust** -

[www.skinner.org.uk/sbt](http://www.skinner.org.uk/sbt)

## Family Support

**NSPCC Helpline** - 0808 800 5000

**Childline** - 0800 1111

### **Family Action**

Provides grants to families in crisis, including those  
who have recently experienced domestic abuse.  
[https://www.family-action.org.uk/what-we-  
do/grants/welfare-grants/](https://www.family-action.org.uk/what-we-do/grants/welfare-grants/)

### **Dogs Trust Freedom Project**

Refuges for women leaving domestic abuse are often  
unable to take pets, including dogs. Dogs Trust offers  
free and confidential foster care while their owner is  
in a refuge.

[www.dogstrust.org.uk/help-advice/hope-project-  
freedom-project/freedom-project](http://www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project)

### **Cats Protection Paws Protect**

Cats Protection has a network of fosterers that  
provides a retreat for cats of people going into a  
refuge until the owner has a safe place to live and  
they can be reunited.

[www.cats.org.uk/what-we-do/paws-protect](http://www.cats.org.uk/what-we-do/paws-protect)

# Domestic Abuse Services in Leicester



## National Support - Domestic Abuse

### **Government Support -**

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

### **Support from a Job Centre**

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

### **Citizen's Advice**

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

### **Victim Support**

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

**Support line 08 08 16 89 111**

### **IKWRO Women's Rights Organisation**

Support for Middle Eastern, North African and Afghan survivors.

**0208906460**

**07846275246** Kurdish/Arabic and English Speakers

**07846310157** Farsi/Dari and English Speakers

**Jewish Women's Aid - 0808 801 0500**

### **Muslim Women's Network**

0800 999 5786 or 0303 999 5786

[info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)

### **SignHealth**

Support for Deaf and hard of hearing  
020 39472601 or text 07970 350 366

**da@signhealth.org.uk**

**ManKind Initiative helpline for male victims of domestic abuse - 01823 334244**

## Local Support

### **Leicester City Council**

Domestic and sexual abuse help and advice  
Leicester City Council offers a range of support and advice for those experiencing abuse, or who may be worried about other people.

**Call the local helpline: 0808 80 200 28**

The helpline is open:

Monday to Friday 8am to 8pm

Weekends and bank holidays 10am to 4pm

**Text support: 07715 994 962 (For text only, calls to this number are not answered)**

### **FreeVA (Free from Violence and Abuse)**

Helpline giving access to domestic abuse and sexual violence services in Leicester

**0808 80 200 28 – open Monday to Sunday from 8 am to 8 pm**

### **P3 (People, Potential, Possibilities)**

Domestic abuse support including signposting  
Voluntary Action Leicester, 9 Newarke Street,  
Leicester, LE1 5SN

**0116 255 3228 [leicesterfs@p3charity.org](mailto:leicesterfs@p3charity.org)**

### **Womens Aid Leicestershire**

Women's Aid Leicestershire Ltd is a unique service provider accompanying domestic abuse and sexual violence survivors on every step of their journey whilst also working to prevent future violence.

0808 80 20 028

**<https://www.wa-leicester.org.uk/>**



# Domestic Abuse Services in Leicester



## **First Step Leicester**

Free confidential services for male survivors of sexual abuse and rape (aged 13+), and their supporters.

Alliance House, 6 Bishop Street, LE1 6AF

07581 568 144/ 0116 254 8535

[contact@firststepleicester.org.uk](mailto:contact@firststepleicester.org.uk)

<https://firststepleicester.org.uk>

# Disability Support in Leicester



## Government Support

### Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

## Local Support

### WHM Work Connections

Community Interest Company owned and run by people with disabilities, offering support for adults with disabilities to develop skills, in particular those required to find and stay in a job.

Greenfields Skills Centre, Hawley Fields Farm, 60 Green Lane, Seagrave, Leicestershire, LE12 7LU

**01509 812 004** [whm@workconnections.co.uk](mailto:whm@workconnections.co.uk)

Fairfields Skills Centre, Homestead Farm, 1447 Melton Road, Queniborough, Leicestershire, LE7 3FP

**07961 249 821/ 0116 2640127**

[fairfields@workconnections.co.uk](mailto:fairfields@workconnections.co.uk)

### Altogether Now

Three year project to support SEND young people's access to education, employment and/or training.

42 Tower Street, Leicester, LE1 6WT

**07809 164 897** [annie@leicestershirecares.co.uk](mailto:annie@leicestershirecares.co.uk)

### Forever Savvy

Vocational training for adults with learning disabilities.

Horse Savvy, Church Farm, Stanton Lane, Potters Marston, Leicestershire, LE9 3JQ

K9 Savvy, Poplar House Farm, Station Road, Bagworth, Leicestershire, LE67 1BJ

Café Savvy, Bagworth Community Centre, Station Road, Bagworth, Leicestershire, LE67 1BH

<http://www.foreversavvy.co.uk/>

## Supported Employment

If you live in Leicester, are aged 18+ and have autism, a learning disability or both and want more information about support to find a job and stay in work.

**0116 454 0079**

[SupportedEmployment@leicester.gov.uk](mailto:SupportedEmployment@leicester.gov.uk)

## RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

**0303 123 9999**

## Disability Law Service

The mission of the Disability Law Service is to provide information, advice and assistance to those with disabilities and their carers.

Telephone advice is available within the following areas:

- Community Care Law
- Employment and Discrimination Law
- Welfare Benefits

**0207 791 9800** [advice@dls.org.uk](mailto:advice@dls.org.uk)

## Mosaic Shaping Disability Services

Activities and support for those with a disability.

2 Oak Spinney Park, Ratby Lane, Leicester Forest East, LE3 3AW

**Contact for more information 0116 2318720**

[enquiries@mosaic1898.co.uk](mailto:enquiries@mosaic1898.co.uk)

## Disability Sport

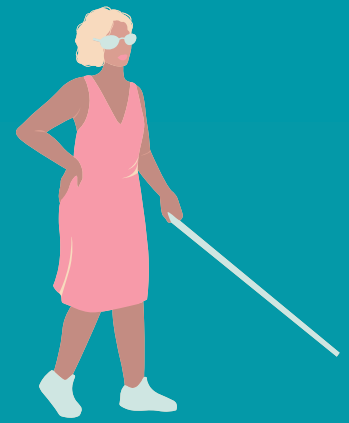
Disability sport, physical education and physical activity across Leicestershire, Leicester and Rutland.

01509 564867 [k.scott@LRSport.org](mailto:k.scott@LRSport.org)

<http://www.lrsport.org/disabilitysport>



# Disability Support in Leicester



## Supported Employment

If you live in Leicester, are aged 18+ and have autism, a learning disability or both and want more information about support to find a job and stay in work.

**0116 454 0079**

**SupportedEmployment@leicester.gov.uk**

## Leicestershire Learning Disabilities Partnership board

Group of people who meet and listen to what people with learning disabilities say. They talk about the things that are important to you and the people who support you. They also have local groups that meet regularly.

**07712 321 554**

**<https://www.betterlives.org.uk/>**

## The Learning Support Centre

The Learning Support Centre and Jotters provides specialist dyslexia and disability support services, which includes one to one specialist tuition, coaching, mentoring, note-taking, life skills, transcription services, assistive technology training, personal assistants and personal care, to meet the individual requirements.

Phoenix Yard, Jubilee Building, 5 Upper Brown Street, Leicester, LE1 5TE

**0116 254 8881**

**[info@learningsupportcentre.com](mailto:info@learningsupportcentre.com)**

## Cloud Nine Arts

Cloud Nine Arts is a creative arts day service opportunity for adults aged 18+ with learning disabilities and autism. Activities include dance, drama, music, arts and crafts and other creative art. Central Dance and Creative Arts Academy, 1 Darker Street, Leicester, LE1 4AQ

**contact for more information 07789 498094**

**[cloudnineartsuk@gmail.com](mailto:cloudnineartsuk@gmail.com)**

## Changing LivesUK

At Changing LivesUK we offer a tailored support service to assist individuals to manage living with a mental health illness or learning disability in order for them to reach their full potential. Each person should have the opportunity to take control of their life, have choices and build a sense of purpose. Peppercorn House office 7, 5 Upper King Street, Leicester, LE1 6XF

**0795 8555583 [info@changinglivesuk.org](mailto:info@changinglivesuk.org)**

## Be Inspired Project

Be Inspired Project is a culturally appropriate service for Adults with Learning Disabilities. We work in partnership with Adults with Learning Disabilities with interactive activities which include Independent living skills, Shopping/Outings, Cooking, Art & Craft, Socialising, Confidence building 112 Melbourne Road, Leicester, LE2 ODS  
Please contact us on 0116 262 1000 or email us at [info@ansaar.org](mailto:info@ansaar.org).

**Female Sessions run Mondays and Thursdays**

**9.30 am to 12.30pm and 1 pm to 3 pm**

**Male Sessions run Tuesdays 9.30 am to 12.30 pm**

## Adult LD Autism Service

Supporting those with autism and learning disabilities.

138 Winstanley Drive, Leicester, LE3 1PB

0116 2954528

**For more information visit**

**<https://www.leicspart.nhs.uk/services/referrals/?v=12895>**

## Ansaar

Ansaar provide day centre groups in partnership with adults who have learning disabilities and all carers particularly from Black and Minority Ethnic communities.

112 Melbourne Road, Leicester, LE2 ODS

**0116 262 1000 [info@ansaar.org](mailto:info@ansaar.org)**

# Disability Support in Leicester



## **RNID (Royal National Institute for Deaf People)**

National Charity supporting those who are Deaf or hard of hearing.

**0808 808 0123** [contact@rnid.org.uk](mailto:contact@rnid.org.uk)

## **Deaf Friends Group**

Coffee mornings for Deaf, Hard of Hearing, Deafened and Deafblind people from all communities.

Thurnby Lodge Community Centre, 100 Thurncourt Road, Leicester, LE5 2NG

0743 6830 944 (text only)

**Thursday 10 am to 12.30 pm**

## **Autism Space**

Webpage with clear, reliable, accessible advice and information about autism related topics and a directory of local support services. Visitors/people can expect topics such as:

- Understanding the autism diagnosis and assessment process
- Advice on support for autistic people in education and employment
- Mental health and emotional wellbeing support
- Sleep advice
- Self-help strategies
- Information about benefits and finances
- Support services for people and families
- And much more.

**Visit:** [www.leicspart.nhs.uk/autism-space/](http://www.leicspart.nhs.uk/autism-space/)

## **Leicester Deaf Centre**

12 Frog Island, Leicester, LE3 5BG

**To find out more visit**

<https://leicesterdeafcentre.org.uk/elementor-429/>

## **Action Deafness**

The Peepul Centre, Orchardson Avenue, LE4 6DP

**0116 253 3200** [enquiries@actiondeafness.org.uk](mailto:enquiries@actiondeafness.org.uk)

## **Leicester Disabled Integrated Sports Club (D.I.S.C)**

Leicester Disabled Integrated Sports Club provides disabled children, young people and adults the chance to take part various activities.

Aylestone Leisure Centre, 2 Knighton Lane East, Leicester, LE2 6LU

**Contact 0116 2120115 for more information**

## **Spectrum**

Support group for parents and carers of children, young people and adults on the Autism Spectrum or on the Autism diagnosis pathway.

**07745 891834**

[spectrumautismgroup@yahoo.com](mailto:spectrumautismgroup@yahoo.com)

# Migrant and Multi-Cultural Support in Leicester



## Local Support

### **Somali Development Services**

Somali Development Services is a community interest company (CIC) offering drop-in advice services, adult learning including ESOL and ICT classes, training, family support, health and social care support, advocacy, interpreting and translation service, help with forms and applications, welfare and benefits advice, childcare and youth support.

39a Abingdon Road, Leicester, LE2 1HA  
**0116 2855888/Whatsapp 07958166960**  
**admin@somdev-services.com**

### **Hamidiye Camii – Turkish Islamic Cultural Centre**

A place to worship and for community activities. Affiliated to the Federation of Muslim Organisations of Leicester.  
16 Great Central Street, Leicester, LE1 4JT  
**0116 2624465**

### **Pakistan Youth & Community Association**

Pakistan Youth & Community Association (PYCA) is a voluntary organisation based in Highfields supporting the educational, social, cultural and recreational needs of the Pakistani and other communities in Leicester.  
58 Earl Howe Street, Leicester, LE2 0DF  
**0116 254 8012 info@pyca.org.uk**

### **Sikh Community Centre**

106 East Park Road, Leicester, LE5 4QB  
**0116 2769297**  
**info@sikhcommunitycentre.org**

### **Adhar Project**

Adhar provides a range of preventative, community-based support opportunities for people with mental health needs and their carers, primarily but not exclusively targeted at the Asian and Black African/Caribbean communities living in the city of Leicester.

79 St. Peters Road, Leicester, LE2 1DH  
**Contact Adhar Project by phone on 0116 220 0070, email admin.box@adharproject.org**

### **Guru Nanak Community Centre**

The aim of the service is to provide support, care and assistance to Punjabi speaking Older service users who are frail, socially isolated and/or may have a physical disability.  
Manor House, Haddenham Road, LE3 2BG  
**0116 2221021 gngcentre@hotmail.com**

## Useful Links

**British Red Cross** - [RAMP@redcross.org.uk](mailto:RAMP@redcross.org.uk)

**SHAP** - [cdw@shap.org.uk](mailto:cdw@shap.org.uk)

**Oneworld Parish Nurse** - [rachelsutton.parnurse@mail.com](mailto:rachelsutton.parnurse@mail.com)

**Refugee Women Connect**  
[info@refugeewomenconnect.org.uk](mailto:info@refugeewomenconnect.org.uk)

**Migrant Help**  
[IAadminliverpool@migranthelpuk.org](mailto:IAadminliverpool@migranthelpuk.org)

**Cafe Laziz** - [cafelaziz@hotmail.com](mailto:cafelaziz@hotmail.com)

**Boloh Helpline**  
Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.  
**To find out more contact 0800 151 2605**

# Women's Groups Leicester



## Women's groups

### **Zinthyia Trust**

Registered charity offering support to women and families from disadvantaged backgrounds, providing advice on a wide range of issues, including for those who may have found their way into crime, sex work, long term unemployment or those that are homeless or victims of domestic violence or honour based violence.

12 Bishop Street, Leicester, LE1 6AF

**0116 254 5168** [Zinthyia.trust@gmail.com](mailto:Zinthyia.trust@gmail.com)

### **Shama Womens Centre**

Shama Women's Centre is a place for the women of Leicester to make friends, learn and reach their full potential. We aim to empower local women from different backgrounds to become socially, educationally and economically active.

They offer bereavement counselling, language support, certified courses, health and wellbeing options (with our women only gym, sauna, and yoga classes), childcare, information and guidance, domestic abuse support, carers support services, our Open Minds Community Programme for women.

39-45 Sparkenhoe Street, Leicester, LE2 0TD

**0116 251 4747**

[info@shamawomenscentre.co.uk](mailto:info@shamawomenscentre.co.uk)

### **Bethany Project Leicester**

Bethany Project is for vulnerable women who are pregnant or have children and other support needs. These needs may include drug and/or alcohol issues, mental health problems, learning difficulties or domestic violence.

**0116 254 0518**

### **Just For Ladies**

A club for ladies where you can have a go at different crafts or bring something you are working on yourself. Refreshments are served free of charge.

Laburnum Road Community Church, Laburnum Road, Leicester, LE5 1FS

0116 2764418 [info@laburnumlife.com](mailto:info@laburnumlife.com)

**Thursday 1.30 pm to 3:30 pm**

### **Belgrave Ladies Wellness Class**

Belgrave Neighbourhood Centre, Rothley Street, Leicester, LE4 6LF

0116 222 1004

**Tuesday 11.15 am to 12.15 pm**

### **Shama Womens Centre**

Shama Women's Centre is a place for the women of Leicester to make friends, learn and reach their full potential. We aim to empower local women from different backgrounds to become socially, educationally and economically active.

39-45 Sparkenhoe Street, Leicester, LE2 0TD

**0116 251 4747**

[info@shamawomenscentre.co.uk](mailto:info@shamawomenscentre.co.uk)

### **Khushie Group**

The Kushi Group provides a supportive environment for women experiencing mental health difficulties.

**To find out more contact 0116 261 6000**

# Riverside Men's Groups Leicester



## Men's Groups

### **Mens Den**

A club just for men who are over 18. Spend time chatting or playing dominoes, pool, darts or table tennis, while enjoying refreshments.

Laburnum Road Community Church, Laburnum Road, Leicester, LE5 1FS

0116 2764418

[info@laburnumlife.com](mailto:info@laburnumlife.com)

**Thursday 8 pm to 9.30 pm**

# LGBTQ+ Support in Leicester



## LGBTQ+ National Support

### **Corner House: Range of support opportunities for LGBTQ+ ages 11 to 17**

Offer a support group for LGBTQ+ young people aged 11-17, who want to socialise with other young people experiencing similar things to them. This is a weekly session currently running on Zoom, Tuesdays 4.30 pm to 6 pm.

**leahfewlass@wearecornerhouse.org**

### **Mermaid: Support for gender diverse young people and their families**

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

**www.mermaidsuk.org.uk**

**0808 801 0400 Monday to Friday 9 am –to 9 pm**

**Stonewall** - [www.stonewall.org.uk](http://www.stonewall.org.uk)

**LGBT Foundation** - <https://lgbt.foundation>

**0345 3 30 30 30 helpline@lgbt.foundation**

**Mind** - Mindline Trans+ - helpline for LGBT / non-binary people - **0300 330 5468**

**Mindout** - Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service Online Chat

**01273 234839 info@mindout.org.uk**

**Families and Friends of Lesbians and Gays (FFLAG)** - **0300 688 0368 info@fflag.org.uk**

**Galop** - Supports all LGBT+ people who've experienced hate crime, domestic abuse or sexual violence.

**0800 9995428 help@galop.org.uk**

## Local Support

### **Leicester LGBT Centre**

Floor 2 Voluntary Action Leicestershire

9 Newarke Street, Leicester, LE1 5SN

0116 254 7412

[info@leicesterlgbtcentre.org](mailto:info@leicesterlgbtcentre.org)

**For more information visit**

**<https://www.leicesterlgbtcentre.org/>**

# Additional Support in Leicester



## Sexual Violence Support

### **Silent Solution**

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

### **Jasmine House - Leicester rape crisis**

Free, confidential support services provided by women for women and girls who have experienced rape, sexual abuse and sexual violence.

Helpline (Monday to Friday, 10am - 4pm and Wednesday and Thursday evenings, 6pm - 8pm)  
Leicester Rape Crisis, Leicester, PO BOX 10158  
admin@jasminehouse.org.uk

**0116 255 8852 Helpline open Monday to Friday, 10 am to 4 pm, Wednesday and Thursday 6pm to 8 pm**

### **Quetzal**

Supporting women age 16+ in Leicester, Leicestershire and Rutland recovering from childhood sexual abuse.

help@quetzal.org.uk

**0333 101 4280 Helpline Open Monday to Friday 9 am to 5 pm**

### **Juniper Lodge sexual assault referral centre**

Service covering Leicester, Leicestershire and Rutland for people aged 18 and over who have been raped or sexually assaulted either recently or in the past, regardless of gender or gender identity.

**0116 2733 330**

**Juniper.lodge@leicestershire.pnn.police.uk**

## Hate Crime

Report a hate crime

You can report a hate crime online or call 101 to speak to the police.

Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

### **Stop Hate UK**

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

**0800 138 1625 Text: 07717 989 025**

**Text relay: 18001 0113 293 5100**

**Webchat at [www.stophateuk.org/talk-to-us](http://www.stophateuk.org/talk-to-us)**

### **Victim First**

Free, independent and confidential service for victims and witnesses of crime in Leicester, Leicestershire and Rutland.

Mansfield House, 74 Belgrave Gate, Leicester, LE1 3G

**0800 953 9595 support@victimfirst.pnn.gov.uk**