



**Leicester, Leicestershire  
and Rutland**

Health and Wellbeing Partnership



# World Mental Health Day

## “Mental health in the workplace”

### Thursday 10 October 2024



Better  
Mental  
Health  
For all



# **World Mental Health Day 2024 Events**

You Are Invited To:


# Health and Wellness Fair

In partnership with NHS &  
Leicester Central CPN

**At our fair, you can enjoy:**

- Health and community stalls covering important topics like bowel cancer awareness, mental health support, diabetes care, dementia and stroke prevention
- Speak with a local pharmacist
- Get a free blood pressure check
- Motivational talks, fitness lessons & well-being activities
- Enjoy **FREE** refreshments, face painting, mehndi and a bouncy castle for all!

**For more info call  
0116 262 6000.**

 76 Hartington Rd, Leicester LE2 0GN

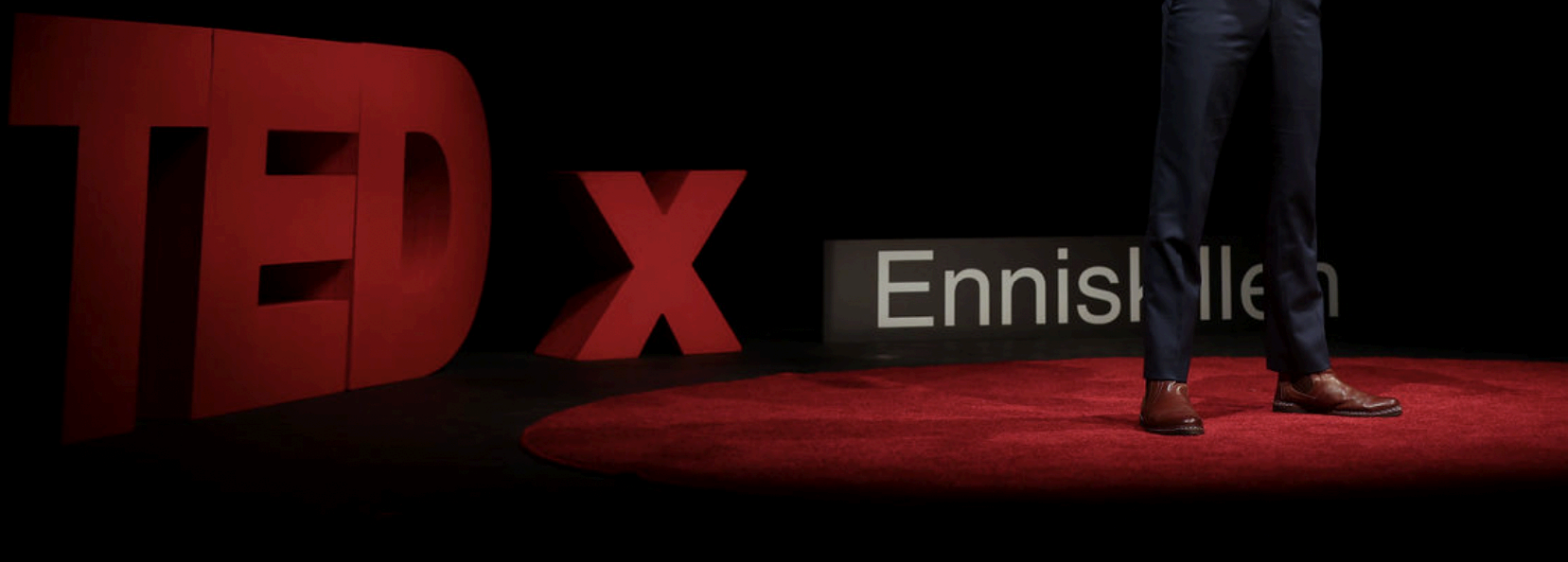


**5TH  
OCTOBER |  
11 AM -  
2.30 PM**

# Bridging Barriers with Men: the difference in communication

Wednesday 9 October

7pm - 8.30pm



Do you often have misunderstandings with the men or boys in your life, when you were only trying to help? Do you find that men and boys 'shut down' or 'blow up' during important conversations? Would you like to be able to support men and boys in a way that is both engaging and effective?

We've invited Men's Coach and TEDx Speaker Ryan Parke back to present the next in his series of ground breaking workshops following his sell out event in February.

At the event you will be able to learn a straightforward method of communicating with men of all ages that is based on the latest scientific findings and years of Ryan's coaching experience. Having received phenomenal feedback from teachers, parents, therapists, and NHS practitioners, his workshop will be useful to anyone who works with, lives with, or comes into contact with men or boys.

This event is being sponsored by LPT and Leicester City Council to raise awareness of male mental health and the different approaches we need to take. The webinar is 90 minutes long, and we welcome any delegates to stay on after the call to discuss this topic in more detail and/or get involved in our local plans.

[Book your place here](#)



# SAVE THE DATE

**SOCOPA Annual Health and Wellbeing Community Event!**

**DATE: TUESDAY 8TH OCT 2024**

**TIME: 11AM-2PM**

**VENUE: ST MATHEWS CENTRE**

**FOR MORE INFORMATION CONTACT:**  
[zamzam.yusuf@socopa.org.uk](mailto:zamzam.yusuf@socopa.org.uk)



**SOCOPA**

# WORLD MENTAL HEALTH DAY 2024



Thursday 10  
October 2024  
10am-3pm

The Menphys Hub,  
Bassett Street, Wigston,  
Leicestershire, LE18 4PE



## Practical sessions

10am-10.50am Keep Your Cool: Coping Strategies to Build Your Resilience- Turning Point Mental Health Service (FREE 'wellbeing toolkit' provided- includes resources such as fidget toys and mindfulness tools)

11am-11.50am Percussion Discussion (drumming group)- Vita Health Group

12:30pm-1.20pm Healthy Workplaces- Public Health

1.30pm-2.20pm- Mindful Movement and Self-Care- Buddhi to Buddhi (FREE Lush Cosmetics available)

## Information stalls 1pm-3pm

- Family Help
- Age UK- Dementia Support Team and the Menopause Awareness Raising Service
- Active Blaby and Oadby & Wigston
- The Bridge
- Turning Point Substance Use Service
- Men of Hope
- Perinatal and Maternal MH Teams
- Elliott Hall
- Menphys
- The People's Buddhi
- Local Area Co-Ordinators
- Voluntary Action Leicester
- Real Purpose
- Helping Hands
- Healthy Workplaces



# WORLD Mental Health DAY



Learn more about mental health and wellbeing support offers

Thursday 10 October 2024

11am - 5pm

Highcross Shopping Centre



RUOK?



**Information  
& advice  
for your  
mental health &  
wellbeing**



Thursday 10th October

11am - 2pm

Fosse Park Shopping Centre

Leicester LE19 1HY

(Outside New Look)



Leicester, Leicestershire  
and Rutland



**Information  
& advice  
for your  
mental health &  
wellbeing**



Thursday 10th October

1pm - 3pm

Loughborough Hospital

Hospital Way, Loughborough, LE11 5JY



Leicester, Leicestershire  
and Rutland



# 2024 World Mental Health Day At Adhar Mental Health Charity

## Venue:

**Church Of Our Lady**

**15 Peebles Way, Leicester LE4 7ZB**

**Thursday 10th of October 2024**

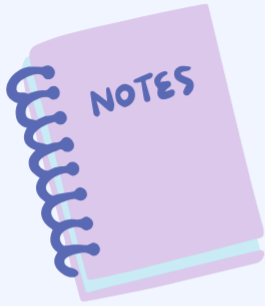
**10am until 2.30pm**

**Stalls from**



LEICESTERSHIRE & RUTLAND

Guest speakers  
Dance performance  
Refreshments  
Raffle



# Pathways to Wellness

## Hinckley Information Event

Come meet organisations who are raising awareness of their Mental Health / Wellbeing services



Friday 11th October  
12pm-4pm

**TURNING  
POINT**

inspired by possibility

CELEBRATING 60 YEARS



Pathways Centre  
Hinckley Baptist  
Church  
Baptist Walk  
LE10 1PR



# KNITTING GROUP - LET'S KNIT TOGETHER!



EVERY FRIDAY UNTIL CHRISTMAS



10:00AM-12:00PM



53 King Street, Melton,  
LE13 1XB

## Come and join us:

- Beginners & experienced knitters welcome
- Learn to knit with our craft tutor, or bring your own projects
- Improve existing skills & learn new stiches
- Chat with a new group of friends
- Enjoy a cuppa while you create



@peppers.asafespace  
www.peppersasafespace.com







**Pepper's**  
A Safe Place



# GARDENING

ENJOY NATURE

Enjoy a little time making things pretty with us in the centre of Melton.

Pepper's is helping to look after the market's planters and we need your help!



Gentle, and suitable for everyone, no gardening experience necessary.

Just turn up! A small group of us will be there to tidy, water, plant and chat!

**EVERY TWO WEEKS ON A THURSDAY @  
1:30pm (NEXT DATES ARE 26 SEPT, 10  
OCT, 24 OCT, 7 NOV)**

**@ THE STOCKYARD, MELTON  
MOWBRAY, LE13 1JY - SCALFORD ROAD  
ENTRANCE, GATE 2**

# What's On in October Melton Mowbray



<b>Tuesday 1st</b>	Music & drumming 11:15-12:15 Craft Café 12:30-14:30 Chair Yoga 15:15-16:15
<b>Wednesday 2nd</b>	Drop-in Session 11:00-13:00
<b>Thursday 3rd</b>	Art Workshop 10:30-12:30
<b>Friday 4th</b>	Knitting (beginners & experienced) 10:00-12:00
<b>Monday 7th</b>	Drop-in Session 11:00-13:00 Mindfulness and Meditation 13:00-14:00 Tai Chi 14:15-15:15
<b>Tuesday 8th</b>	Craft Café 12:30-14:30
<b>Wednesday 9th</b>	Drop-in Session 11:00-13:00
<b>Thursday 10th</b>	Art Workshop 10:30-12:30 Gardening at the Stockyard 13:30-14:30
<b>Friday 11th</b>	Knitting (beginners & experienced) 10:00-12:00
<b>Monday 14th</b>	Drop-in Session 11:00-13:00 Mindfulness and Meditation 13:00-14:00 Tai Chi 14:15-15:15
<b>Tuesday 15th</b>	Music & drumming 11:15-12:15 Craft Café 12:30-14:30 Chair Yoga 15:15-16:15
<b>Wednesday 16th</b>	Drop-in Session 11:00-13:00
<b>Thursday 17th</b>	Art Workshop 10:30-12:30
<b>Friday 18th</b>	Knitting (beginners & experienced) 10:00-12:00
<b>Monday 21st</b>	Drop-in Session 11:00-13:00 Mindfulness and Meditation 13:00-14:00 Tai Chi 14:15-15:15
<b>Tuesday 22nd</b>	Craft Café 12:30-14:30
<b>Wednesday 23rd</b>	Drop-in Session 11:00-13:00
<b>Thursday 24th</b>	Art Workshop 10:30-12:30 Gardening at the Stockyard 13:30-14:30
<b>Friday 25th</b>	Knitting (beginners & experienced) 10:00-12:00
<b>Monday 28th</b>	Drop-in Session 11:00-13:00 Mindfulness and Meditation 13:00-14:00 Tai Chi 14:15-15:15
<b>Tuesday 29th</b>	Music & drumming 11:15-12:15 Craft Café 12:30-14:30 Chair Yoga 15:15-16:15
<b>Wednesday 30th</b>	Drop-in Session 11:00-13:00
<b>Thursday 31st</b>	Art Workshop 10:30-12:30



Welcoming and friendly sessions open to all adults, free of charge. Take a break and look after your mental health this month at Pepper's - A Safe Place.

Based at 53 King Street, Melton Mowbray LE13 1XB  
[www.peppersasafeplace.co.uk](http://www.peppersasafeplace.co.uk)  
07714503556, [info@peppersasafeplace.co.uk](mailto:info@peppersasafeplace.co.uk)





# PEEPUL MENTAL WELLBEING COMMUNITY DAY

in partnership with the **NHS**

12 OCTOBER 2024

11am - 3pm  
@ The Peepul Centre,  
Orchardson Avenue,  
Leicester, LE4 6DP

## Programme

- 11am Stands & Refreshments
- 11.30am Speakers
- 1pm Stand Presentations
- 2pm Vegetarian Lunch

## Time to Prioritise Mental Health in The Workplace

Find Out How You Can Get The Right Support

### Speakers

Chair

**Dr Santosh Bhanot**

Director Health, Peepul Centre

Keynote by

**Dr Fabida Aria** FRCPsych

Executive Medical Director & Consultant Psychiatrist  
Birmingham & Solihull Mental Health  
NHS Foundation Trust

**Dr Nij Singh** FRCPsych

Consultant Psychiatrist  
Improving Mental Health in the Workplace

**Zee Survey** Z Fit

Fitness for Mental Health

### Professional Stands Supporting Mental Health

- Neighbourhood Mental Health Cafés
- Dementia
- Adult Care
- Belgrave & Spinney Hill PCN
- Suicide Prevention
- Substance Abuse
- Financial Problems
- Domestic Violence Support Groups
- Talking Therapies
- Wellness Activities



REGISTER ONLINE  
OR CALL PEEPUL HEALTH ON: **0116 261 6000**

## Healthwatch Leicester and Healthwatch Leicestershire to Support Workplace Mental Health at Mountsorrel Quarry

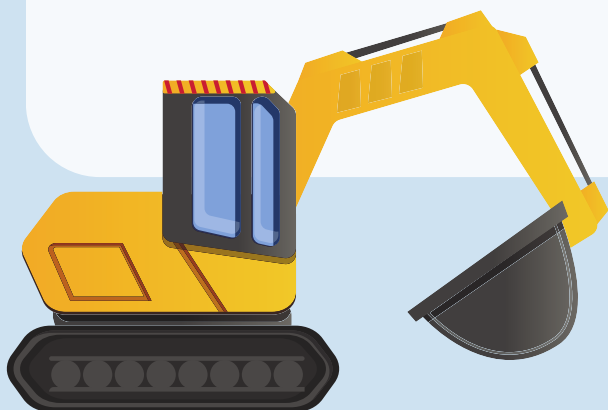
On World Mental Health Day, Thursday 10 October 2024, Healthwatch Leicester and Healthwatch Leicestershire (HWLL) will join staff at Mountsorrel Quarry to mark this year's theme, "It's time to prioritise mental health in the workplace." As the local health and social care champion, HWLL aims to raise awareness of the importance of mental health and wellbeing at work while offering information and signposting to local services.

Mental health is increasingly recognised as a crucial element of workplace well-being, benefiting not only individuals but also organisations and the wider community.

HWLL will spend time at Mountsorrel Quarry engaging with staff, listening to their views and providing information on local health and social care services. The team will be on hand to answer questions, share resources and offer guidance on accessing mental health support.

Harsha Kotecha, HWLL Chair said "This World Mental Health Day, we want to ensure that employees feel heard and empowered to access the services and the support available to them. Prioritising mental health is not only beneficial for individuals but is essential for the overall success of organisations and communities."

### This is a workplace only event





# World Mental Health Day

This year's World Mental Health Day is focusing on prioritising mental health in the workplace.

## What's your team doing this year?

We are inviting teams across LPT to check in with each other, host a coffee morning, plan your away day, organise a team walk, or even a bake off!

## Next steps:

- Book some time for your team in the diary to come together and start planning

#WMHD2024

#RUOKLLR

Thursday 10 October 2024





The background features abstract, organic shapes in shades of grey and blue. A large grey shape is in the upper left, and a blue shape is in the lower left. The text is centered in the white space between these shapes.

# Support & Signposting

# What do you need to know? Adult & Older People

**A. We have created these resources below for you to use and share.**

These are all hosted [here](#)

- Mental Health and Wellbeing Support booklet
- Carers Pack
- Neighbourhood Mental Health Cafés
- Traffic Light Poster
- Getting Help in Neighbourhoods
- Joy

**B. There is a lot of support from a range of organisations.**

[Talking therapies \(provided by VitaMinds\)](#)

This is the free, NHS funded Talking Therapies Service. It can help with all kinds of mental health needs. This winter, they have a new offer while people are waiting for their therapy. It is delivered by assistant psychologist.

[Joy](#)

Joy is a new social prescribing website for people living in Leicester, Leicestershire and Rutland. The aim of social prescribing is to improve your health, wellbeing and independence by linking you to groups, services and activities that suit your needs and interests, local to you.

[Neighbourhood Mental Health Cafés](#)

There are Neighbourhood Mental Health Cafés spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff, who are there to listen and provide the practical support you may need when you need it most.

If you're struggling with your mental health, we can help you make plans to enable you to feel safer, as well as explaining who you can turn to for help in your local community. Alongside emotional support, we'll also work with you to help you manage your own mental health so that you can start to feel more in control.

Everyone's different, so we'll give you a choice of ways you might like to receive support from us and you can decide what's best for you. For example, you may want:

- A safe and relaxing space where you can be yourself and take part in gentle activities
- One-to-one support with a member of our team to explore ways to cope and how to manage your mental health
- Practical advice and information about other services that might be helpful to you for longer-term support

[NHS 111, Option 2](#)

24/7 support is available over the phone, call NHS 111, selecting option 2 for mental health. This number is open 24 hours a day and is totally free and confidential.

[The Mental Health Wellbeing and Recovery Support Service](#)

A first point of access for people who need mental health support without the need to need to see a GP first. Covers topics such as finances, home and daily living needs, engaging in the community, employment and developing self-help and coping strategies.

# What do you need to know? Children & Young People

**A. We have created an [information page for you to use and share.](#)**

**B. There is a lot of support from a range of organisations.**

## [Children & Young People's Mental Health Directory](#)

This directory is full of local support services that are designed to help you overcome life challenges and to support any mental health issues you may have. The directory can help you find the right support for you. The directory has been co-created and co-designed with young people and commissioned by Leicester, Leicestershire and Rutland Integrated Care Board.

Scan the QR code for more information



## [My Self Referral](#)

My Self-referral is a website available to young people up to the age of 18 years in LLR who want advice and support for their mental health. It enables young people to self-care and access a broad range of advice, resources and services.

If the young person thinks they require further support that is not offered within the website, they can complete a self-referral form attached to the website, this will be reviewed by a mental health clinician whereby they may be offered a recommendation to access services that are appropriate to meet their needs and / or they may meet the criteria for an onward referral to another specialist service.

My Self-referral is not appropriate for young people who require urgent / crisis intervention, acute symptoms of mental health, experiencing thoughts, plans and intent of suicide, if the young person is experiencing such symptoms, they will need to contact the appropriate services i.e. MHCAP if they are at immediate risk to themselves to attend A/E department.

## [Tellmi](#)

Tellmi is a safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem, sharing your experiences with an online community helps you to feel better.

You can visit the Tellmi website or download the app from your phone's app store.

## [ChatAutism & Autism Space](#)

A confidential, secure and free text messaging service for diagnosed autistic people of all ages and their families and carers – as well as people who want advice around assessment and diagnosis. Text 07312 277097 for advice and support directly from a qualified health professional from Leicestershire Partnership NHS Trust's specialist autism team (SAT).

The service can help with things such as:

- support with understanding autism
- assessment and diagnosis advice.

For more information and support on Autism, [visit our Autism Space.](#)

## [Health For Teens](#)

Health for Teens introduces a new and different way for young people aged 11-19 to learn about their health.



# Support from Local Authority

Leicester City, Leicestershire County and Rutland County Council have created a wealth of information for residents on how to cope well this winter.

Leicester City Council Support - view support [here](#)  
Leicestershire County Council - view support [here](#)  
Rutland County Council - view support [here](#)



**Leicester**  
City Council



**Leicestershire**  
County Council



**Rutland**  
County Council