

Neighbourhood

Mental Health

Cafés

and the struggling to go the s

Leicester, Leicestershire and Rutland

## Oadby Neighbourhood Mental Health Café

Drop in support for when you're struggling to cope

## Provided by Age UK Leicester Shire & Rutland

Mondays, 10am - 1pm Trinity Methodist Church, Harborough Road, Oadby, Leicester, LE2 5AB

Email: nmhcafe@ageukleics.org.uk Phone: 07734 960 243 www.ageukleics.org.uk

