

# Wigston Neighbourhood Mental Health Café

Drop in support for when you're struggling  
to cope

Provided by Age UK Leicester Shire & Rutland

Fridays 1pm - 4pm

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

Email: [nmhcafe@ageukleics.org.uk](mailto:nmhcafe@ageukleics.org.uk)

Phone: 07734 960 243

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

Neighbourhood  
Mental Health  
Cafés

