

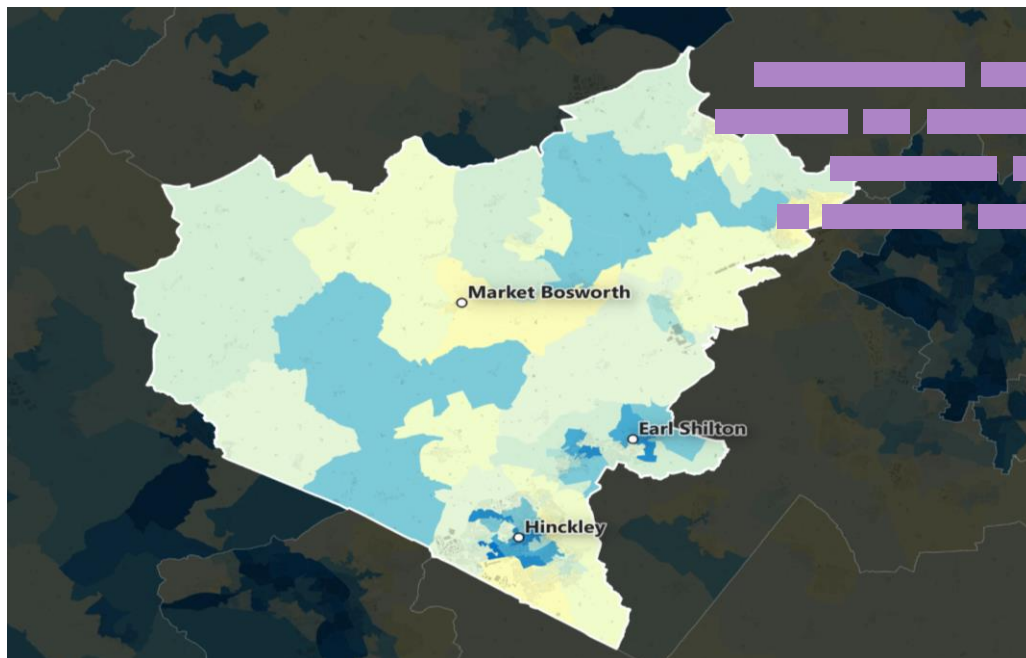
NEIGHBOURHOOD NEWSLETTER- MENTAL HEALTH HINCKLEY & BOSWORTH

ISSUE NO: 2 | MARCH 2024 |

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CONTENTS:

- NEIGHBOURHOOD LEADS UPDATE
- JOY
- MANCHAT Social Group
- CONSTRUCTION INDUSTRY SUPPORT
- RUN TALK RUN HINCKLEY
- CAMPFIRE SESSIONS WITH BETTER OUTDOORS GHIN PROJECT
- VITA HEALTH GROUP SLEEP WEBINAR & FLOOD/POWER OUTAGE SUPPORT
- YOUNG PEOPLE'S SUPPORT
- KEY DATES FOR THE DIARY - MARCH 2024

AN UPDATE FROM THE NEIGHBOURHOOD MENTAL HEALTH LEADS

The Neighbourhood Lead's in Hinckley & Bosworth, working on behalf of the ICS/NHS are pleased to share our March 2024 Newsletter with partners.

February was a busy month with some fabulous events & awareness raising around Mental Health, including a brilliant Voluntary Community Sector (VCS) forum, hosted by the [Rural Community Council](#) highlighting local support offers for residents.



Want to promote your activity/support?

Connecting with others Housing & money Being active New hobby



Joy is the website for people in Leicester, Leicestershire and Rutland to help them find the activities, groups and support they need. To add your offer, please scan and complete the form

www.tinyurl.com/mpdzw27b



Update on JOY: We hope that many of our partners and colleagues are already aware of JOY. Which is a web based, holistic, social prescribing platform that can be used by agencies & services to promote their offers of support for residents within Leicester, Leicestershire & Rutland. If you would like to advertise (for free) a service that you run or support within Hinckley & Bosworth, please do reach out to the Neighbourhood Leads who can offer support & guidance with this process. Further information via the digital link by clicking within the image above. We are hopeful that we will be formally launching JOY at the end of MARCH 2024.

Please note images shared via newsletter where possible are digitally linked to websites/further information. Please click on the image and if linked you will be redirected to the relevant website.

Support for Men

MAN CHAT

MEN'S SOCIAL GROUP

EVERY WEDNESDAY
2-3.30PM

Hinckley Library

Free Refreshments!

Helpline

UK 0345 605 1956
ROI 1800 939 122

Text HARDHAT to
UK 85258 or ROI 50808

Lighthouse are offering **FREE** support for workers within the construction industry that are struggling with any of the below concerns. This support can be via text, telephone or via self support applications. More info available by clicking either image and following the link to the Lighthouse website.

EMOTIONAL WELLBEING COVERING	PHYSICAL WELLBEING COVERING	FINANCIAL WELLBEING COVERING
STRESS	OCCUPATIONAL HEALTH	EMERGENCY FINANCIAL AID
ANXIETY	ACHES AND PAINS	STATE BENEFIT ENTITLEMENT
DEPRESSION	NUTRITION	BUDGETING
ANGER	WEIGHT MANAGEMENT	DEBT MANAGEMENT
SLEEP	CANCER SUPPORT	TAX, CIC AND LEGAL ADVICE
SUICIDAL THOUGHTS	ALCOHOL AND DRUG ADDICTION	RETIREMENT PLANNING



Run Talk Run Hinckley

To sign up, download Heylo here



Time Every Monday, 18:00 with Em

Venue Meeting outside of Tarro Lounge, The Crescent, Hinckley, LE10 0QQ

Description Meet new people and support your peers on a weekly gentle and non-competitive 5km jog. When you arrive, meet the other participants and say hello to the Leader. The leader then explains the logistics of the route, if you are feeling a little anxious, we get it, come as you are!

Socials @runtalkrun

This group is provided **FREE** by amazing volunteers and powered by mental health charity Sport in Mind for

[@runtalkrun](https://www.facebook.com/runtalkrun)
laura@runtalkrun.com
www.runtalkrun.com



UPCOMING DATES FOR OUR WEEKLY CAMPFIRE SESSIONS

1
MAR

10:00 AM - 2:00 PM

22
MAR

10:00 AM - 2:00 PM

8
MAR

10:00 AM - 2:00 PM

29
MAR

10:00 AM - 2:00 PM

15
MAR

10:00 AM - 2:00 PM

19
APR

10:00 AM - 2:00 PM

 BETTEROUTDOORS.ORG.UK
Burroughs Wood, LE6

Our Getting Help in Neighbourhoods (GHIN) NHS partners Better Outdoors are back at Ratby Burroughs Wood from Friday March 1st!

Join them for a walk, campfire food, crafts, chat and a space to breathe.

Better Outdoors invite residents to stay for as long as needed, but please do book spaces in advance- please click on the image to be linked to their website for more information & booking.



Leicester, Leicestershire
and Rutland
Talking Therapies

Have you been affected by
storms, flooding or power loss?
We are here to help you

We understand that having your life disrupted by extreme weather events and evacuation can be stressful.

Concerns about your family's health, the welfare of pets and the added financial worry of repairing your home can be very distressing.

If you are feeling anxious or depressed, you may benefit from professionally supported talking therapy.

Contact us
today - it is a FREE
and confidential
service.

 vitahealthgroup.co.uk
 0330 094 5595
 Text 'YOU' to 88802

Scan to
self refer



Services provided by
 **vita**
health group

FREE
WEBINAR

March 2024


Leicester, Leicestershire
and Rutland
Talking Therapies



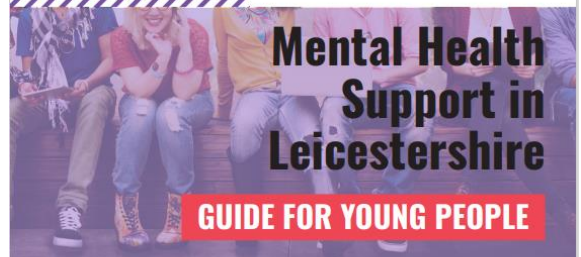
NHS Talking Therapies presents:
FREE monthly webinar series for
Health and voluntary care professionals

Wake up to Sleep

Date: 6th March 2024
Time: 1pm – 2pm
Sign up: [CLICK HERE](#)

Services provided by
 **vita**
health group

 **HEALTH4TEENS**



In this guide you will find information, advice and support on your feelings and mental health, from these Leicester, Leicestershire and Rutland services:

Health for Teens – www.healthforteens.co.uk

ChatHealth – www.chathealth.nhs.uk/start-a-chat

Kooth – www.kooth.com

My Self Referral – www.myselfreferral-llr.nhs.uk

Leicestershire Educational Psychology Service –
www.bit.ly/3XxsrqF

ALWAYS REMEMBER:

IT'S OKAY NOT TO BE OKAY, AND YOU ARE NOT ALONE.

KEY MARCH 2024 DATES FOR YOUR DIARY:

- 1st- Self Injury Awareness Day #SIAD
- 4th- Hinckley & Bosworth Community Health & Wellbeing, Mental Health Action Planning Meeting
- 4th- 8th- Pop Up Therapeutic Artwork display- Atkins Building
- 8th- International Women's Day #IWD
- 14th- University Mental Health Day #UniMentalHealthDay
- 15th- World Sleep Day #WorldSleepDay
- 20th- International Day of Happiness #InternationalDayOfHappiness
- 18-24th- Neurodiversity Celebration Week - #NeurodiversityCelebrationWeek
- 30th- World Bi-Polar Awareness Day #WorldBipolarDay