



LEICESTER LIFE LINKS



April - June 2023 OFFICIAL NEWSLETTER

Freephone Information Line (Mon-Fri 9am-5pm) : 0800 0234 575

Website: www.rflifelinks.co.uk

Email: Leicestershire.lifelinks@richmondfellowship.org.uk

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@RFLEICLIFELINKS



TO READ OUR LATEST BLOGS



Richmond Fellowship Leicester Life Links is a Mental Health, Wellbeing and Recovery Service covering the following areas: **Oadby and Wigston, Blaby and Harborough Districts.**

To enquire about our services please see our contact details:

Freephone Information Line (Mon-Fri 9am-5pm) : 0800 0234 575

Website: www.rflifelinks.co.uk

Email: Leicestershire.lifelinks@richmondfellowship.org.uk

Information, Advice & Navigation: To support you with a range of different issues, not limited to mental health support. Please call, email or use the 'contact us' form on our website. You can also find this information on our 'self-help' tab on our website.

You can self-refer or refer clients by calling our information line or downloading the form from our website. Note: Life Links do not offer counselling support.

1:1 Community Recovery Support: We work with individuals in a person-centred and strengths-based approach. We work with people experiencing mental ill-health to create individual support plans and teach them practical self-help techniques to empower them to meet their goals.

Group Community Recovery Support: This is similar to our 1:1 support but is run in small groups (in person). We will work with individuals, focusing on goals such as 'Managing Anxiety' during (up to) 8 weekly sessions.

Referrals not required for below, please visit our website, email or call us for further information:

Peer Support Groups: Peer groups for individuals with lived mental ill-health experiences to give and receive support on a number of topics/issues.

Recovery Education Workshops: Psychoeducational workshops to increase awareness of specific mental health and wellbeing topics with practical tools for individuals to use outside of the workshop. Also available to be delivered to external partners.

Drop Ins: A space where members of the general public can come along and have a chat with a member of staff or volunteer about the service, your support needs and relevant signposting.



WHAT WE HAVE BEEN UP TO...

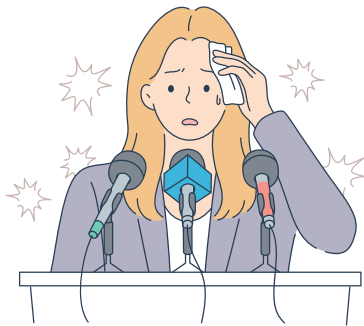
APRIL

STRESS AWARENESS MONTH

NEW BLOG UPDATE

STRESS MANAGEMENT

WORKSHOPS



MAY

MENTAL HEALTH AWARENESS

WEEK 2023

HEALTH AND WELLBEING EVENT

UNDERSTANDING ANXIETY

WORKSHOPS

BLOG UPDATE



JUNE

PRIDE AWARENESS MONTH

VOLUNTEERS WEEK 2023

LGBTQ+ AWARENESS
WORKSHOPS

**RECOVERY COLLEGE 10 YEAR
CELEBRATION EVENT**

REFUGEE EVENT

A PLACE TO GROW EVENT

RELAUNCH OF THE
INVOLVEMENT CENTRE

#VolunteersWeek

BLOG UPDATES

STRESS AWARENESS MONTH 2023

Stress Awareness Month began in 1992 and has continued to raise awareness and shed light on this epidemic throughout April. Stress is something that everyone experiences at one point or another in their life and, in some cultures, including work, it has become normalised to some degree.



MENTAL HEALTH AWARENESS MONTH (MHAW) 2023

MHAW occurs every year bringing together the UK to take time to focus on our mental health and the mental health of those around us. With the awareness week starting in 2001, it has only gained momentum in bringing awareness to this still stigmatised topic.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

WELLBEING DURING RAMADAN 2023

Ramadan is the ninth month of the Islamic calendar. This precious month is cherished by Muslim's all over the world where they fast, pray, self-reflect & give charity. Muslims believe that Ramadan is the month when the first verses of the Holy Book the Quran were revealed to the Prophet Muhammad (PBUH) more than 1,400 years ago.



To read the full blogs, please go to the website - www.rflifelinks.co.uk, and click on the 'News' tab.

STRESS AWARENESS MONTH

Stress Awareness Month occurs annually in April to bring to light the impact stress has on our daily lives through many different routes. To further promote this month we did:

April Stress Awareness Month Workshops

Monday 3rd April 2023 | 13:00-14:00

Life Links office, 60 Charles Street, Leicester, LE1 1FB

Tuesday 11th April 2023 | 15:30-16:30

Barnabas Centre, 7 St Paul's Close, Oadby, LE2 4LZ

Tuesday 18th April 2023 | 15:30-16:30

Braunstone Civic Centre, 209 Kingsway, Braunstone Town, Leicester, LE3 2PP

Friday 21st April 2023 | 12:30-13:30

The Symington Building, Adam and Eve St, Market Harborough, LE16 7LT

Tuesday 25th April 2023 | 17:30-18:30

Huncote Leisure Centre, Sports Field Lane, Leicester, LE9 3BN

Friday 28th April 2023 | 13:00-14:00

Elliot Hall, 14 Albion Street, South Wigston, Leicester LE18 4SA

Workshops in the community to raise awareness around the topic of stress whilst also looking at ways to better manage stress. This included: action oriented and acceptance oriented approaches to stress.

We took to social media to increase awareness about stress and ways to practice stress management. See our Instagram posts or head over to our page: [@rfleiclifelinks](https://www.instagram.com/rfleiclifelinks)



Stress Management

SELF ACCEPTANCE

Self acceptance is the complete acceptance of oneself, embracing who you are regardless of past behaviours or choices. Self acceptance mediates the relationship between mindfulness and perceived stress. Mindfulness based interventions are associated with reduced stress.

TRY A MINDFULNESS MEDITATION

Sit in a comfortable place and begin **breathing**. Notice physical sensations of air filling your lungs, and then slowing leaving. When your **mind wanders** - which it will - simply notice your thoughts, and turn your **attention back to breathing**.

GROUNDING TECHNIQUES

Grounding is a coping strategy that helps to reduce distressing thoughts and feelings and brings you back to the present moment.

COME TO YOUR SENSES

5-4-3-2-1 techniques

Name 5 things you can see

- 4 things you can hear
- 3 things you can taste
- 2 things you can smell
- 1 things you can taste

We focused our peer support groups on stress identification and stress management. Our peer groups looked at: practising meditation, crocheting and identifying early warning signs of stress related illness.

MENTAL HEALTH AWARENESS WEEK 2023



MENTAL HEALTH AWARENESS WEEK
15-21ST MAY

Leicester Life Links are proud to be offering four workshops to the general public for Mental Health Awareness Week 2023.

This year's theme is anxiety and our one-hour workshops will cover the basics of anxiety and will provide attendees with a few tools and techniques to help better manage symptoms of anxiety.

Leicester Monday 15th May 2023 11-12pm LCB Depot 31 Rutland Street LE1 1RE	Market Harborough Thursday 18th May 2023 3-4pm Symington Building Adam and Eve St LE16 7LT
Blaby Thursday 18th May 2023 5:30-6:30pm Blaby Drop-in Centre Welford Road LE8 4FT	Wigston Friday 19th May 2023 1-2pm Freer Centre 242 Leicester Road LE18 1HQ

Leicester Life Links are a mental health and wellbeing recovery support service supporting adults in Leicestershire.

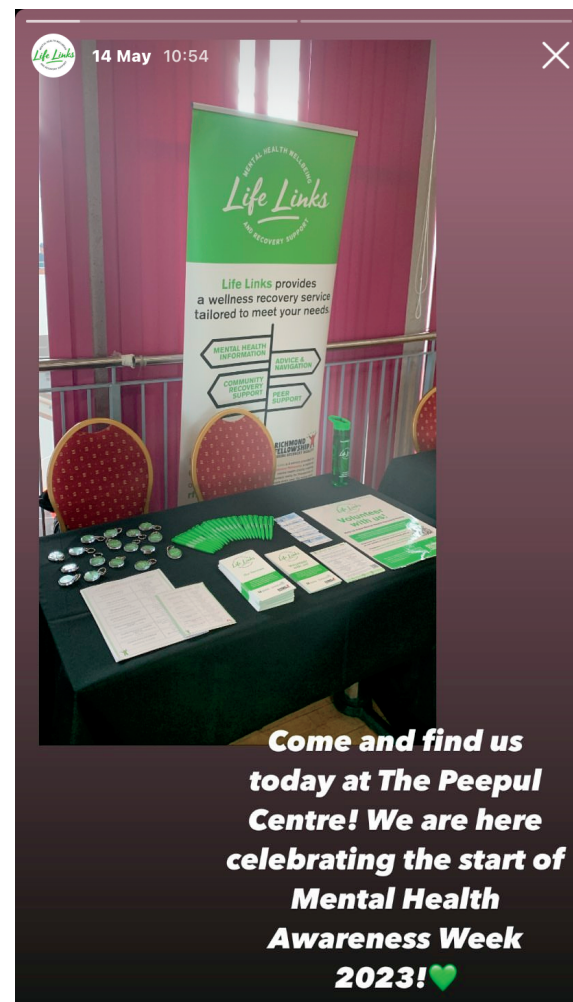
Life Links workshops are free, and individuals can confirm their place on the website or call the service for more information! Adults are welcome to also turn-up on the day!



During Mental Health Awareness Week 2023 we were able to get out into the community to host 4 'Understanding Anxiety' workshops. During these sessions we went through a brief overview of what anxiety is, and then went on to focus on simple techniques to alleviate anxiety like grounding. We also focused our peer support groups topics on anxiety for example: our older adults group discussed anxieties which are more prominent in older people e.g. accessing pensions.

It was a pleasure to be invited to The Peepul Centre's Health and Wellbeing Event to kick start Mental Health Awareness Week 2023! It was great to speak to member's of the public and other organisations about our service and to raise awareness of mental health with the aim of reducing stigma. The presentations that were given by professionals working within LLR were interesting and provided knowledge around what else is happening to support individuals general health and wellbeing. Thank you for a great day, we look forward to attending again next year! -

Ellie



Come and find us today at The Peepul Centre! We are here celebrating the start of Mental Health Awareness Week 2023! ❤️

PRIDE 2023

1st - 30th June



Pride Month
June 2023

LGBTQ+
AWARENESS WORKSHOPS

With Leicester Life Links

Thursday 1st June 2023 | 2-3pm
Leicester Life Links Office
60 Charles Street
Leicester
LE1 1FB

Monday 5th June 2023 | 3-4pm
Symington Building
Adam & Eve St
Market Harborough
LE16 7AG

Tuesday 6th June 2023 | 12-1pm
Parish Council Centre,
Desford Rd,
Narborough,
LE19 2EL

Monday 12th June 2023 | 5:30-6:30pm
Park House
Stamford Street
Glenfield
LE3 8DL

Thursday 15th June 2023 | 3:30-4:30pm
Barnabas Centre
St Paul's Close
Oadby
LE2 4NX

Monday 19th June 2023 | 10:30-11:30am
Meeting Room 1,
Wigston Library,
Bull Head Street,
Wigston Magna,
LE18 1PA

Educate yourself!

T: 0800 0234 575 @rflifelinks www.rflifelinks.co.uk

June is pride month where we looked at raising awareness around mental health in the LGBTQ+ community. We took to the community to help better educate around this topic whilst also taking the time to reflect upon our own identities, how we could support a loved one through expressing their identity and ways to increase healthy communication around this important topic.

We focused our Walk and Talk peer support group on raising awareness about the LGBTQ+ community. Emily, one of our Walk and Talk facilitators, created a quiz testing and informing our attendees about the Pride community, whilst enjoying a walk around Abbey Park.



#VolunteersWeek



During Volunteers' Week 2023 we invited all our volunteers along to a Celebration Lunch. This allowed us to show our appreciation for our volunteers' hard work, dedication and commitment to the service. This allowed the team to come together and speak on a more personal level which sometimes we do not get to do.

We also used volunteering as a topic for our Older Adults peer support group. During this session we changed the attendees perception of what volunteering can look like, how they can get involved and what opportunities are out there as well as the mental health and wellbeing benefits

Leicester Life Links are happy to announce, Chloe has completed over 100 hour of volunteering with the service.



RECOVERY COLLEGE 10 YEAR CELEBRATION EVENT



We went to celebrate the invaluable work that Leicestershire Recovery College offer. We were able to connect with students face to face who have accessed our Recovery College courses and also connect with other organisations in supporting the local community. We also witnessed the brilliant EAGA Gospel Choir who kicked off the celebrations - Brooke.

REFUGEE EVENT

This event promoted the work the Red Cross do with supporting the asylum seekers and refugee community. The event encouraged people to reflect and embrace the cultures and lives of refugees. Everybody was encouraged to come and have a chat about services available. Therefore, we were promoting our Mental Health and Wellbeing Service. We were able to talk to people considering mental health support, understand their needs and therefore offer the most beneficial support - Emily



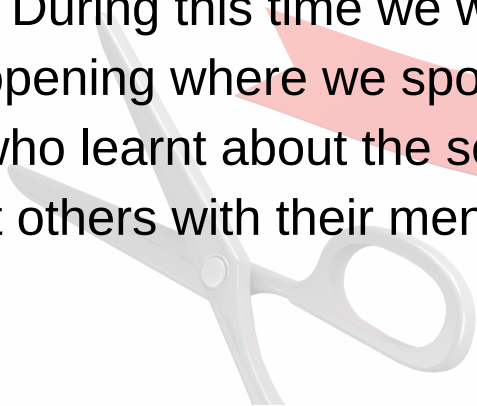


A Place To Grow, was a lovely outdoor event where we promoted our service and connected with others. It was a well maintained setting and was inviting to the general public. We were able to spread awareness of mental health support in the area for those in need or for those who might want to share it. The band was great, and the organisers were very welcoming -
Josh

Involvement Centre & Cafe



Steve and I went along to the 'Relaunch of the Involvement Centre' located in the Bradgate Unit. During this time we were welcomed back after a long 3 years to their opening where we spoke to many different professionals and people who learnt about the service and how we can work together to support others with their mental health. - Brooke.



PEER SUPPORT GROUPS



Managing Anxiety

Every Monday 11:00-12:00
LCB Depot, 31 Rutland Street,
LE1 1RE

Creative Links

Every Tuesday 13:00-14:00
LCB Depot, 31 Rutland Street,
LE1 1RE



Hearing Voices

Every Wednesday 11:00-12:00
LCB Depot, 31 Rutland Street,
LE1 1RE



Walk and Talk

Every Wednesday
14:00-15:00
(Call us to find out the
meeting point)



Maintaining Wellbeing Group

Every Thursday 12:00-13:00
Life Links Office, 60 Charles
Street, LE1 1FB



Older Adults

Every Friday 11:00-12:00
Life Links Office, 60 Charles Street,
LE1 1FB



Market Harborough Walking Group

Third Thursday of the month at 1pm
Welland Park Cafe, Welland Park
Road, Market Harborough, LE16 9DN

OUR APRIL - JUNE WORD SEARCH

M P I X M Z L I F E L I N K S F Q N D D U T M O B
 H P I H M P L V M E N T A L H E A L T H O R E B R
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 M N M J N N N G L Y Y L Z I U F N B R U W R W P Z
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 Q H L X O X K U S S E R T S I V N D K J X E Q Y D
 Y O N Q J N W B B H D S Q N E A N O L O Y P P O F
 V S Z T U D A J D L O W D L T I Y Y B X G Q M I N
 G D W H G G E D K K C Y V K Q U I N L H K K I D F
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 F W X M O R T O D D X A B G J P U X I L L M W X L
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LIFELINKS

PRIDE

ANXIETY

MENTALHEALTH

COMMUNITY

STRESS

WORKSHOPS

EVENTS

PEERSUPPORT

VOLUNTEERS

CELEBRATION

IDENTITY

JULY WORKSHOPS

Throughout July we will be hosting a variety of workshops. See below the all the details for them.

01

Procrastination

Tuesday 11th July
11:30 - 12:30
Blaby District Council
Offices, Desford Rd,
Leicester LE19 2EP



02

Panic

Friday 14th July
13:00 - 14:00
Online Teams - Meeting
ID: 347 717 991 936
Passcode: xURw2W



03

Self-compassion

Monday 17th July
15:00 - 16:00
St. Paul's Church, Hamble
Road, Oadby, LE2 4NX



04

Managing Emotions

Thursday 20th July
15:00 - 16:00
The Symington Building,
Adam And Eve Street,
Market Harborough LE16 7LT



05

Understanding Anxiety

Monday 24th July
10:30 - 11:30,
Wigston Library, Bull
Head Street, Leicester,
LE18 1PA



Contact

If you would like any
other information
please give us a call on:
0800 0234 575

