

Neighbourhood Mental Health Cafés

For times when you're struggling to
cope

Leicester, Leicestershire and Rutland



Neighbourhood
Mental Health
Cafés



Loughborough University Neighbourhood MH Café
Thursdays, 6pm to 10pm

Loughborough Neighbourhood MH Café
Mondays and Fridays,
5pm - 10pm
(latest arrival 9.30pm)

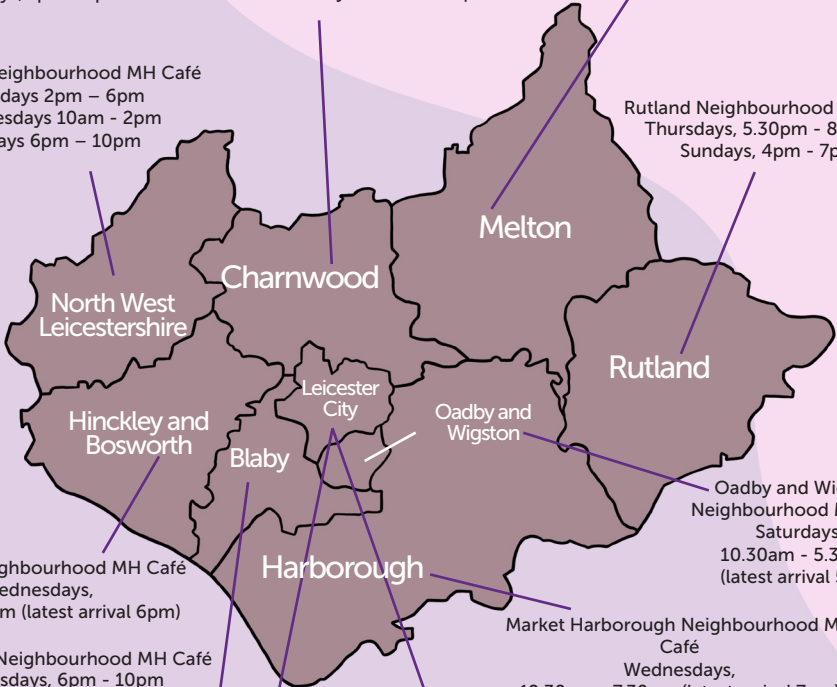
Syston Neighbourhood MH Café
Thursdays, 12 noon - 3pm

Melton Neighbourhood MH Café
Wednesdays 2pm - 6pm
Fridays 6pm - 10pm

Measham Neighbourhood MH Café
Tuesdays, 4pm - 7pm
Fridays, 1pm - 4pm

Coalville Neighbourhood MH Café
Mondays 2pm - 6pm
Wednesdays 10am - 2pm
Fridays 6pm - 10pm

Rutland Neighbourhood MH Café
Thursdays, 5.30pm - 8.30pm
Sundays, 4pm - 7pm



North West Leicestershire

Charnwood

Melton

Rutland

Hinckley and Bosworth

Blaby

Leicester City

Oadby and Wigston

Harborough

Hinckley Neighbourhood MH Café
Wednesdays,
1pm - 6.30pm (latest arrival 6pm)

Earl Shilton Neighbourhood MH Café
Wednesdays, 6pm - 10pm

Lutterworth Neighbourhood MH Café
Wednesdays, 5pm - 9pm and
Fridays, 9am - 1pm

Enderby Neighbourhood MH Café
Thursdays, 4.30pm - 8.30pm

Saffron Neighbourhood MH Café
Mondays, 10am - 4pm

Eyres Monsell Neighbourhood MH Café
Wednesdays, 10am - 2pm

Thurnby lodge Neighbourhood MH Café
Fridays, 10am - 2pm

Highfields Neighbourhood MH Café
Wednesdays, 2pm - 6pm
Fridays 2pm - 6pm

New Parks Neighbourhood MH Café
Thursdays, 12 noon - 6pm
Saturdays, 11am - 5pm

Oadby and Wigston Neighbourhood MH Café
Saturdays,
10.30am - 5.30pm
(latest arrival 5pm)

Market Harborough Neighbourhood MH Café
Wednesdays,
12.30pm - 7.30pm (latest arrival 7pm)

DeMontfort Student Union Neighbourhood MH Café
Tuesdays, 10am - 2pm

Leicester University Neighbourhood MH Café
Mondays, 10am - 2pm

Aylestone Neighbourhood MH Café
Mondays, 6pm - 10pm

West End Neighbourhood MH Café
Fridays, 6pm - 10pm

Leicester City Neighbourhood Mental Health Café
Tuesdays,
9.30am - 4.30pm

The Peepul Neighbourhood Mental Health Café
Wednesdays,
2pm - 7pm

City Neighbourhood Mental Health Cafés

Aylestone Neighbourhood Mental Health Café - provided by Mental Health Matters

Aylestone Baptist Church, Lutterworth Road, Leicester, LE2 8PE
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

DeMontfort Student Union Neighbourhood Mental Health Café - provided by Mental Health Matters

DeMontfort University Students Union, Mill Lane, Leicester, LE2 7DR
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

Eyres Monsell Neighbourhood Mental Health Café - provided by Mental Health Matters

Eyres Monsell Community Centre, Hillsborough Road, Leicester, LE2 9PQ
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

Highfields Neighbourhood Mental Health Café - provided by Jamila's Legacy

Merlyn Vaz Centre, 1 Spinney Hill Road, Leicester, LE5 3GH
African Caribbean Centre, Maidstone Road, Leicester, LE2 0UA
Email: info@jamilaslegacy.co.uk / admin@jamilaslegacy.co.uk

Leicester City Neighbourhood Mental Health Café - provided by Turning Point

David Wilson Foundation Centre, St Martin's House, 7 Peacock Lane, Leicester, LE1 5PZ
Email: leicestershire.helpline@turning-point.co.uk

Leicester University Neighbourhood Mental Health Café - provided by Mental Health Matters

Leicester University Students Union, Percy Gee Building, University Road
Leicester, LE1 7RH
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

New Parks Neighbourhood Mental Health Café - provided by Team Hub CIC

Team Hub CIC, New Parks Community Centre, St Oswald Road, Leicester
LE3 6RJ
Phone: 0116 2221072 Email: teamtroupersttda@gmail.com

The Peepul Neighbourhood Mental Health Café - provided by the Peepul Centre

Peepul Centre, Orchardson Avenue, Leicester, LE4 6DP
Phone: 0116 261 6000

Saffron Neighbourhood Mental Health Café - provided by Saffron Lane Neighbourhood Council
Address Saff Caff, Heathcott Road, Leicester, LE2 6LS
Phone: 07393 036 131 Email: saffcaff@srcentre.org.uk

Thurnby Lodge Neighbourhood Mental Health Café - provided by Mental Health Matters
Thurnby Lodge Community Centre, Thurncourt Road, Leicester, LE5 2NG
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

West End Neighbourhood Mental Health Café - provided by Mental Health Matters
Robert Memorial Hall, 147 Narborough Road, Leicester, LE3 0PD
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

County Neighbourhood Mental Health Cafés

Coalville Neighbourhood Mental Health Café - provided by Marlene Reid Community Action
Marlene Reid Community Action, 85 Belvoir Road, Coalville, LE67 3PH
Phone: 01530 510515

Earl Shilton Neighbourhood Mental Health Café - provided by Mental Health Matters
Earl Shilton Community House, Peggs Close, Earl Shilton, Leicester, LE9 7BP
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

Enderby Neighbourhood Mental Health Café - provided by Beacon Care and Advice CIC
Enderby Adult Learning Centre, Townsend Road, Enderby, Leicestershire, LE19 4PG
Phone: 0755 1940 068 (texts preferred during café hours)

Hinckley Neighbourhood Mental Health Café - provided by Turning Point
Hinckley Baptist Church, Baptist Walk, Hinckley, Leicester, LE10 1PR
Email: leicestershire.helpline@turning-point.co.uk

Loughborough Neighbourhood Mental Health Café - provided by Turning Point
Loughborough Wellbeing Centre, Asha House, 63 Woodgate, Loughborough LE11 2TZ
Email: leicestershire.helpline@turning-point.co.uk

Loughborough University Neighbourhood Mental Health Café - provided by Mental Health Matters
Student Services, Bridgeman Building, Loughborough University, Epinal Way, Loughborough, Leicestershire, LE11 3TU
Phone: 07816 350 215 Email: mhm.leicestercafes@nhs.net

Lutterworth Neighbourhood Mental Health Café - provided by Beacon Care and Advice CIC
The Wellbeing Hub, Lutterworth Leisure Centre, Coventry Road, Leicester, LE17 4RB
Phone: 0755 1940 068 (texts preferred during café hours)

Market Harborough Neighbourhood Mental Health Café - provided by Turning Point
The Symington Building, Adam & Eve Street, Market Harborough, Leicester, LE16 7LT
Email: leicestershire.helpline@turning-point.co.uk

Measham Neighbourhood Mental Health Café - provided by Age UK Leicester Shire & Rutland
Age UK Measham, 40 High Street, Measham, Swadlincote, DE12 7HZ
Phone: 07731 019 489 Email: nmhcafe@ageukleics.org.uk

Melton Neighbourhood Mental Health Café - provided by Sunny Skies CIC
Melton Mowbray Country Park Café, Wymondham Way, Melton Mowbray, Leicestershire LE13 1HX
Phone: 07486 594 363

Oadby and Wigston Neighbourhood Mental Health Café - provided by Turning Point
40 Bell Street, Wigston, Leicestershire, LE18 1AD
Email: leicestershire.helpline@turning-point.co.uk

Rutland Neighbourhood Mental Health Café - provided by Pepper's - A Safe Place
Pepper's - A Safe Place, 2A High Street, Oakham, LE15 6AL
Email: nmc@peppersasafeplace.co.uk

Syston Neighbourhood Mental Health Café - provided by Rural Community Council
Syston Community Centre, School Street, Syston, LE7 1HN
Phone: 07752 183 044 Email: tracey@ruralcc.org.uk

Information on the Neighbourhood Mental Health Cafés may be subject to change. For up to date information on days, times and locations, as well as large print, other languages and easy read visit:

www.leicspart.nhs.uk/services/neighbourhood-mh-cafes

Neighbourhood Mental Health Cafés offer local support for people who need immediate help with their mental health.

The cafés are drop-in centres for anyone to come and talk to us about their mental health in confidence - no appointment needed. They are run by partners on behalf of the NHS.

We have supportive, trained staff who can listen and provide the practical support you need.

If you need urgent mental health support, call our free 24/7 Mental Health Central Access Point on 0808 800 3302. Always call 999 if there is a physical threat to life.

www.leicspart.nhs.uk/mental-health



