

LEICESTER LIFE LINKS

OCTOBER - DECEMBER

# NEWSLETTER 2023

## IN THE COMMUNITY

BLABY DISTRICT COST OF  
LIVING EVENTS

DROP INS

THYTHORN PRIMARY COST OF  
LIVING EVENT

BLABY MIND MATTERS

O&W COMMUNITY SAFETY  
PARTNERSHIP

STONEY STANTON  
COMMUNITIES INFORMATIVE  
EVENT

## OUR MERGER

**humankind**<sup>®</sup>



RICHMOND FELLOWSHIP AND  
HUMANKIND HAVE  
ANNOUNCED THAT WE ARE  
MERGING TO FORM A SINGLE  
CHARITY TO BETTER SUPPORT  
EVEN MORE PEOPLE FACING  
MULTIPLE DISADVANTAGES.



## WHAT A YEAR!

WE ARE ONE YEAR INTO OUR NEW COUNTY CONTRACT AND WE  
WANTED TO SHARE WITH YOU SOME OF THE THINGS WE HAVE  
BEEN UP TO IN OUR YEAR.

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](http://www.rflifelinks.co.uk)

**Email:** [Leicestershire.lifelinks@richmondfellowship.org.uk](mailto: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.



2nd October 2023

# HEALTH AND WELLBEING EVENT

OUR ONE YEAR CELEBRATION OF SUPPORTING THE COUNTY

## OVERVIEW

We took to the Kings Centre to celebrate our one year supporting Oadby and Wigston, Blaby District and Harborough District. For our Health and Wellbeing event we invited the general public as well as support services in the local area including: Helping Hands, GamCare, Home Start Horizons, Recovery College and many more services as well as having some professionals pop down to see us!



## PARTNERSHIPS

Coming out of the event we were able to arrange to meet and connect with people that we may not have been able to previously. This allowed for us to discuss and develop partnerships to aid and support people in the local area. This included discussing potential workshop ideas as well as new ideas with groups of individuals that we may not have been able to reach before.



## WHAT A YEAR

During this year we have:

Taken 396 phone calls

Received 488 email/postage referrals

Held 284 peer support groups

Held 132 face to face and online workshops

We have held 52 drop ins in 3 locations

Supported people on a 1:1 basis in 15 community locations

# COMMUNITY

Oct - Dec



## OADBY AND WIGSTON COMMUNITY SAFETY PARTNERSHIP

Emily and I attended Oadby and Wigston's Community Safety Partnership/Winter Wellbeing event where 20+ stands were available to help and support the local community of Oadby and Wigston. With around 280 people coming to the event we were able to spread the word about mental health generally and raise awareness about the support people can access if required - Brooke, Recovery Worker.

## BLABY MIND MATTERS

Tylar has attended Blaby Mind Matters to raise awareness about Leicester Life Links for attendees to access as well as facilitating mental health workshops to introduce the attendees to self-help tools and techniques looking at gratitude, positive psychology and mindfulness.



SAPCOTE

WHETSTONE

ENDERBY

Leicester Life Links attended 3/4 Cost of Living events hosted by Blaby District Council at Sapcote, Whetstone and Enderby highlighting support that can be accessed throughout the district to the residents of Blaby District. It was great to connect with the council as well as local support services to see what can be offered and also providing invaluable opportunities for signposting and navigating individuals to.

# COMMUNITY

Oct - Dec



## STONEY STANTON COMMUNITIES INFORMATIVE EVENT

The purpose of the event was to reach smaller communities that otherwise may be unaware of services in their area and how to get support they need. This was really positive for people in the community and Leicester Life links to be able to see other services that are available in that area. This event led to some positive discussions on how we can support smaller community's moving forward - Emily, Service Manager

## THYTHORN PRIMARY COST OF LIVING

Leicester Life Links were invited to Thythorn Primary School for a cost of living event. We promoted support services which are available to those living in the Oadby and Wigston Borough for mental health and wellbeing support to the parents. We were able to connect with the local area co-ordinator to find out what was happening in the Wigston area.



## INVOLVEMENT CENTRE

Leicester Life Links have regular drop-in sessions in the community where the service can be accessed easily, take referrals, and offer information, advice and navigation to appropriate support services. This also gives the service an opportunity to promote community events/workshops that we are attending or facilitating.



## THE HUB CLUB



## THE WELL

# BLACK HISTORY MONTH

## THE HISTORY OF BLACK MENTAL HEALTH

written by: Maya

In the spirit of Black History Month, I found it fitting to delve a bit into the history of mental health among the ethnic minority group and its development to present day – because we can't speak about Black History and where we've come from without addressing the mental hurdles as well. Therefore, in that same spirit, talk about some helpful tips to stay healthy and aware this month!

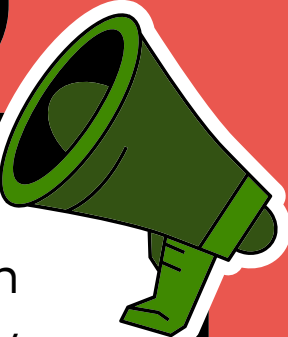

In the early 1800s, medical expert and director, John Gault made what he could have only hoped to be ground breaking discovery in mental health by declaring that Black folks were simply immune to mental health issues (if only that were true) due to their lack of ability to engage in commerce. John believed that only those who experienced the trials and tribulations of civil affairs and trade could suffer mentally and therefore their enslavement was a barrier to this kind of illness.

To read the full blog head over to our website for more...





# ATTENTION



We have exciting news: we're merging with Humankind Charity to form a single charity supporting people facing multiple disadvantages. People's needs don't fit into neat boxes. By coming together, we can do so much more. We will reach a greater number of people through a new integrated mental health, housing and drug and alcohol support offer.

Both charities are working hard to make sure the support people currently receive from Humankind and Richmond Fellowship is not disrupted.

Our organisations have a lot in common. We believe everyone deserves a fair chance to live a life they value. The merger builds on a rich shared heritage - complementary values, strengths and missions and over a hundred years combined experience supporting people. Coming together means we can innovate, adapt and influence to help more people in a changing world.

# PEER SUPPORT GROUPS

## MONDAY

Managing Anxiety: 11:00 - 12:00  
1st Floor, 60 Charles Street,  
Leicester, LE1 1FB

Mature Minds: 14:30 - 15:30,  
Wigston Library, Bull Head  
Street, Wigston, LE18 1PA

## TUESDAY

Creative Links: 13:00 - 14:00  
1st Floor, 60 Charles Street,  
Leicester, LE1 1FB

Peer-Led

## WEDNESDAY

Hearing Voices: 11:00 - 12:00  
1st Floor, 60 Charles Street,  
Leicester, LE1 1FB

Walk and Talk: 14:00 - 15:00  
Various Locations - check  
schedule

## THURSDAY

Maintaining Wellbeing: 12:00 -  
13:00, 1st Floor, 60 Charles  
Street, Leicester, LE1 1FB

Walk and Talk: 13:00 - 14:00,  
Welland Park, Market  
Harborough, LE17 9DN

## CONTACT US:

0800 0234 575

[Leicestershire.Lifelinks@richmondfellowship.org.uk](mailto:Leicestershire.Lifelinks@richmondfellowship.org.uk)

[www.rflifelinks.co.uk/peer-support-groups/](http://www.rflifelinks.co.uk/peer-support-groups/)

# **PEER SUPPORT GROUPS FEEDBACK**

**SEE WHAT OUR PEER SUPPORT GROUP ATTENDEES HAVE  
TO SAY ABOUT THE GROUPS...**

**'I LIKE CREATIVE LINKS FOR THE COMPANY, CHATS AND  
A CHANCE TO PRACTICE COLOURING'**

**'I LIKE CREATIVE LINKS FOR A FRIENDLY, CALM, SAFE  
AND WELCOMING ENVIRONMENT'**

**'HEARING VOICES ALLOWS ME TO EXPRESS HOW I AM  
FEELING ABOUT MY VOICES AND LISTENING TO OTHERS  
IN A SIMILAR SITUATION'**

**HEARING VOICES HELPS ME TO KNOW THAT I AM NOT  
ALONE**

**I ENJOY THE OLDER ADULTS GROUP BECAUSE I LIKE THE  
DIFFERENT ACTIVITIES AS WELL AS MEETING NEW  
PEOPLE**

**I ENJOY THE OLDER ADULTS GROUP FOR THE FRIENDSHIP**

# January Workshops

Leicester Life Links is a Mental Health and Wellbeing Support Service hosting free workshops to enhance wellbeing. Please feel free to come along or give us a call on 0800 0234 575

## Winter Wellbeing

Thursday 4th January, 14:30 - 15:30

The Wellbeing Hub, Lutterworth Sports Centre,  
Coventry Road, Lutterworth, LE17 4RB

## Identity

Friday 12th January, 13:00 - 14:00

Online Via Teams:

Meeting ID: 323 335 148 400 Passcode: C7cYtM

## Managing Emotions

Wednesday 17th January, 15:30 - 16:30

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

# LEICESTER LIFE LINKS

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01

SELF-COMPASSION  
WEDNESDAY 14TH FEBRUARY - 12:30 - 13:30  
ONLINE VIA TEAMS:  
MEETING ID: 370 396 709 839  
PASSCODE: 8JMQPQ

02

ASSERTIVE COMMUNICATION  
TUESDAY 20TH FEBRUARY - 10:30 - 11:30  
BRAUNSTONE CIVIC CENTRE, 209 KINGSWAY,  
LEICESTER LE3 2PP

03

BODY IMAGE  
THURSDAY 22ND FEBRUARY, 14:30 - 15:30  
LUTTERWORTH SPORTS CENTRE, COVENTRY  
ROAD, LUTTERWORTH, LE17 4RB

04

CONTACT DETAILS  
0800 0234 575  
[WWW.RFLIFELINKS.CO.UK](http://WWW.RFLIFELINKS.CO.UK)  
[LEICESTERSHIRE.LIFELINKS@RICHMONDFELLOWSHIP.ORG.UK](mailto:LEICESTERSHIRE.LIFELINKS@RICHMONDFELLOWSHIP.ORG.UK)

# MARCH WORKSHOPS

Leicester Life Links



## SAFETY PLANNING

Friday 1st March, 12:30 - 13:30  
Online Via Teams:  
Meeting ID: 344 137 436 624  
Passcode: TRZfvn

## POSITIVE PSYCHOLOGY

Friday 22nd March, 10:00 -  
11:00,  
Braunstone Civic Centre, 209  
Kingsway, Leicester, LE3 2PP

## PANIC

Thursday 14th March, 14:30 -  
15:30  
The Wellbeing Hub, Lutterworth  
Sports Centre, Coventry Road,  
LE17 4RB

## CONTACT DETAILS

0800 0234 575  
[www.rflifelinks.co.uk](http://www.rflifelinks.co.uk)  
[Leicestershire.LifeLinks@RichmondFellowship.org.uk](mailto:Leicestershire.LifeLinks@RichmondFellowship.org.uk)

# WE ARE ATTENDING...

## COMMUNITY MARKET PLACE EVENT

22<sup>nd</sup> FEBRUARY 2024  
10AM – 1PM

Join us for this free multi service event where you can access support and information from a range of different local charities, services and organisations.

30 different services available covering a variety of topics including:

- Warm Homes
- Local Parish and District services
- Wellbeing support
- Community engagement and volunteering information
- Adaptation, disability and living well information

Free event – tea and coffee available  
Broughton Astley Village Hall,  
Station Road,  
LE9 6PR

For further information, please contact  
John Baraclough (Local Area Coordinator) on  
07732824556

Leicester Life Links - mental  
health and wellbeing recovery  
support service

# CONTACT US



0800 0234 575



[Leicestershire.LifeLinks@RichmondFellowship.org.uk](mailto:Leicestershire.LifeLinks@RichmondFellowship.org.uk)



@rfleiclifelinks



[www.rflifelinks.co.uk/](http://www.rflifelinks.co.uk/)



1st Floor, 60 Charles Street,  
Leicester, LE1 1FB



**MONDAY TO FRIDAY**

from 9:00 am to 5:00 pm

