

NEWSLETTER 2024

IN THE COMMUNITY

BROUGHTON ASTLEY
COMMUNITY OPEN DAY
KIBWORTH PRIMARY SCHOOL
INVOLVEMENT CENTRE
THE HUB CLUB
THE WELL

AWARENESS EVENTS

JANUARY BLUES 2024
TIME TO TALK DAY 2024
WORLD BIPOLAR DAY 2024
UPCOMING:
STRESS AWARENESS MONTH
MENTAL HEALTH AWARENESS
WEEK 2024 - THEME
RELEASED

VOLUNTEERS

Find out what our volunteers have contributed to
Leicester Life Links throughout this quarter.



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.



JANUARY BLUES

WRITTEN BY ROBERTO

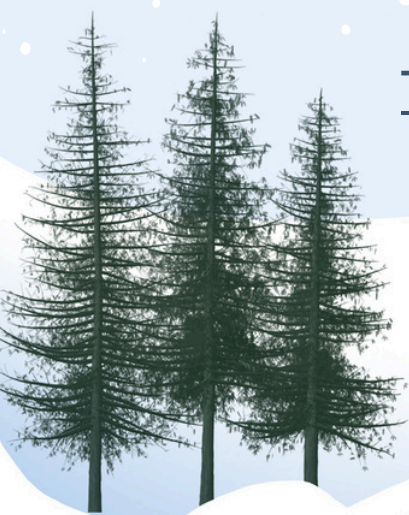
Turning Blue Skies Brighter: Your Guide to Overcoming the January Blues

As the sparkle of the holiday season fades and the reality of a new year sets in, many of us might find ourselves facing the January blues. Feelings of sadness, low energy, and disinterest post-holiday can affect anyone. However, as we embrace this new chapter, it's crucial to prioritise our mental health and wellbeing. To start the new year, we wanted to provide a guide on how to beat the January blues and start 2024 on a positive note.

Understanding the January Blues

The January blues isn't an official medical condition, but the feelings are real and can significantly impact your mental health. Factors like the cold, dreary weather, the return to routine after festive celebrations, and the pressure of new year's resolutions can contribute to this temporary downturn in mood.

[To read more go to our website](#)



TIME TO TALK DAY 2024

IT'S A CHANCE FOR ALL OF US TO BE MORE OPEN ABOUT OUR MENTAL HEALTH AND TALK ABOUT HOW WE REALLY FEEL.

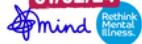
"NOT TOO BAD"

SOMETIMES MEANS
I FEEL LOST AND ALONE

Have a conversation about mental health

time to
talk day
01/02/24

#TimeToTalk



5 TIME TO TALK TALKING TIPS

1. Ask questions and listen
2. Think about a time and a place
3. Don't try to fix it
4. Treat them the same
5. Be patient

Time to Talk day is an annual campaign ran by Mind and Rethink UK with Co-op to encourage individuals to talk about mental health. The aim of the campaign is to increase people's confidence about talking about mental health and speak openly about it to help save lives and improve people's quality of life.

6 WAYS TO REDUCE STIGMA

1. Show people reliable information
2. Get more involved in your treatment
3. Contact an advocate
4. Know your rights
5. Talk about your experience
6. Get involved in a campaign

SUPPORT SERVICES:

- Mental Health P3, Mental Health Matters, Leicester Life Links or Nottingham Community Housing Association & Neighbourhood Mental Health Cafes
- Violence and Abuse FREEVA, Living Without Abuse, Quetzal, First Step
- Bereavement CRUSE, Laura Centre, Mind
- Substance Misuse Turning Point, Last Orders Project
- Counselling/Therapy VitaMinds, Leicester Counselling Centre, The Olive Trust
- Information and Advice Community Advice and Law Service, Citizen's Advice, LAMP
- Carer's The Carer's Centre, VASL & Leicester Carer's Support Service

VOLUNTEERS

Jan - Mar



Our volunteers have dedicated 319.5 Hours this quarter to Leicester Life Links including supporting and facilitating 16 of our peer support groups.

Volunteers

At Leicester Life Links, our volunteers are integral to our service. Our volunteers can take shifts on the information line, processing referrals, taking phone calls and discussing individual's support needs. Further, our volunteers can help to facilitate our peer support groups and our courses to help with the flow of support.

Thank you!

From Leicester Life Links we would like to say a huge thank you to all of our volunteers who have contributed to the service this quarter including:

Steve, Emily, Russell, Rajbir, Maya, Aarya and Oriana.

CALLING ALL UNIVERSITY STUDENTS

Are you looking for a placement year focussing on mental health?

We are looking for recovery worker placements and counselling placements.

What we can offer:

Counselling and Recovery Worker Placements:

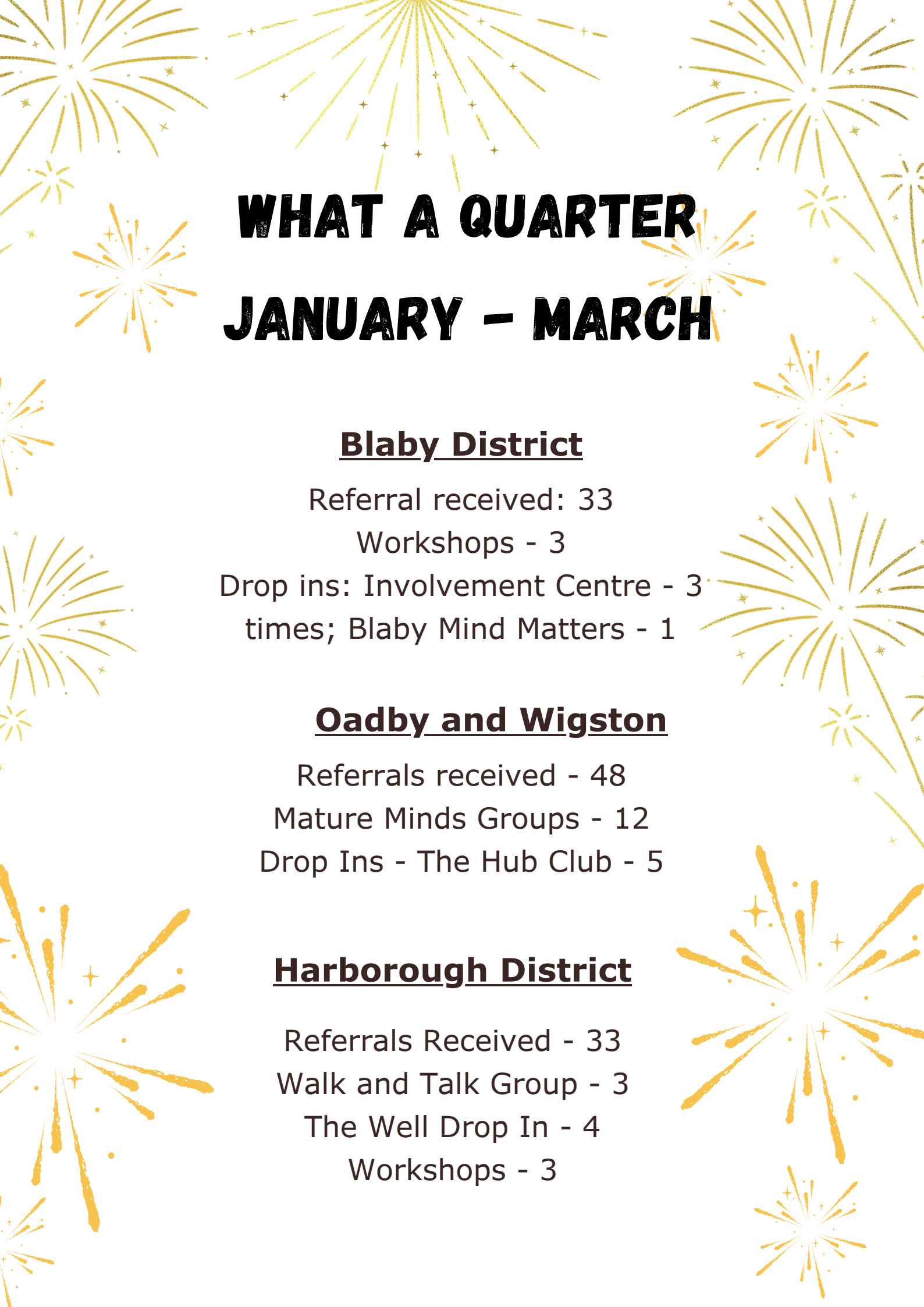
- 1:1 Caseload of individuals with varying mental health needs

Recovery Worker Placements:

- Information Phone Line
- Peer Support Group Facilitation
- Mental Health Course Facilitation
- Workshop Facilitation
- Events and Drop ins
- Supervisions

To get in touch please send your CV and the volunteer job application form to:

VolunteeringinLLR@richmondfellowship.org.uk

The background of the entire page is filled with stylized yellow fireworks of various sizes and shapes, radiating from different points, creating a celebratory and festive atmosphere.

WHAT A QUARTER

JANUARY - MARCH

Blaby District

Referral received: 33

Workshops - 3

Drop ins: Involvement Centre - 3
times; Blaby Mind Matters - 1

Oadby and Wigston

Referrals received - 48

Mature Minds Groups - 12

Drop Ins - The Hub Club - 5

Harborough District

Referrals Received - 33

Walk and Talk Group - 3

The Well Drop In - 4

Workshops - 3

LIFE LINKS IN THE COMMUNITY

Blaby, Oadby & Wigston and Harborough

Making support easier for people to access

INVOLVEMENT CENTRE

A drop in session for people to come about ask about the service, ask about information and advice and for any navigation to alternative local services that are available.

Next Dates: 16/04/2024, 21/05/2024, 18/06/2024

THE HUB CLUB

A drop in session for people to come about ask about the service, ask about information and advice and for any navigation to alternative local services that are available.

Next Dates: 18/04/24, 02/05/24, 16/05/24, 30/05/2024

THE WELL

A drop in session for people to come about ask about the service, ask about information and advice and for any navigation to alternative local services that are available.

Next Dates: 11/04/2024, 09/04/2024, 13/06/2024

BROUGHTON ASTLEY

The Broughton Astley Community Market Place Event was a wonderful, well-put together event with local support services who can support Broughton Astley. We were able to raise awareness about the our support service and offer the service to the locals who were interested as well as them now knowing about us they can recommend the service to friends or family members who are in need of support.

KIBWORTH PRIMARY SCHOOL

The Kibworth Primary School event was put together to help support parents. A safe space was created for parents to come and talk about their wellbeing and get advice and support from a range of services. This also helped raise awareness of support in the area and helped us build connections with other local services so that we can continue to work collaboratively within the community.

WORLD BIPOLAR DAY 2024



Bipolar Disorder is a mental health condition that affects millions of individuals worldwide. To be specific, around 1.3 million people in the UK (roughly the population of New Hampshire) are affected by bipolar disorder. So, each year on March 30th, World Bipolar Day is observed to promote global understanding of bipolar disorder and combat stigma around it. This day holds significance as it coincides with the birthday of Vincent Van Gogh, who is believed to have suffered from bipolar disorder. The main objective of World Bipolar Day is to eradicate stigma, foster understanding, and encourage individuals to seek help and support through education, advocacy, or support.

Understanding Bipolar Disorder:

Bipolar disorder, once referred to as manic depression, is a mood disorder distinguished by extreme shifts in mood, energy levels, and activity levels. Individuals grappling with bipolar disorder endure episodes of mania, during which they experience excessive excitement, impulsivity, and euphoria, and episodes of depression, characterized by profound feelings of sadness, hopelessness, and diminished energy. These oscillations in mood can profoundly affect multiple facets of life, encompassing work, relationships, and daily functioning.

GROUP MENTAL HEALTH COURSES



MANAGING ANXIETY

- Session 1: Anxiety Psychoeducation
- Session 2: Analysing Thoughts
- Session 3: Challenging Thoughts
- Session 4: Mindfulness and Grounding
- Session 5: Relaxation and Tension Scaling
- Session 6: Managing Worry
- Session 7: Reflection Session



MANAGING DEPRESSION

- Session 1: Depression Psychoeducation and Behavioural Activation Pt.1
- Session 2: Behavioural Activation Pt.2 and Values
- Session 3: Analysing our Thoughts
- Session 4: Challenging our Thoughts
- Session 5: Positive Psychology
- Session 6: Self-Compassion
- Session 7: Self care
- Session 8: Reflection and Closing



IMPROVING SELF ESTEEM AND CONFIDENCE

- Session 1: Self-Esteem Psychoeducation
- Session 2: Thought Challenging
- Session 3: Challenging Our Thoughts
- Session 4: Exploring Your Positive Self
- Session 5: Self-Compassion
- Session 6: Reflection and Closing

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

THURSDAY

Managing Depression: 12:00 -
13:00, 1st Floor, 60 Charles
Street, Leicester, LE1 1FB

CONTACT US:

0800 0234 575

Leicestershire.Lifelinks@richmondfellowship.org.uk

www.rflifelinks.co.uk/peer-support-groups/

UPCOMING

Apr - Jun



STRESS AWARENESS MONTH

April 2024

MENTAL HEALTH AWARENESS WEEK 2024

May 13th - 17th 2024

Theme - Movement



VOLUNTEERS

VOLUNTEERS WEEK 2024

June 1st - 7th

Leicester Life Links - mental
health and wellbeing
recovery support service

CONTACT US



0800 0234 575



Leicestershire.LifeLinks@RichmondFellowship.org.uk



@rflifelinks



www.rflifelinks.co.uk/



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



MONDAY TO FRIDAY
from 9:00 am to 5:00 pm

