

ARMED FORCES COVENANT OUTREACH

Charnwood, Melton & Rushcliffe



Resource Library
(Charnwood)

ARMED FORCES
COVENANT

CHARNWOOD

SERVICE	CONTACT	INFO
Health		
<u>Physical Health</u>		
Charnwood Stroke Club	Web: www.stroke.org.uk Email: simon_watts@lineone.net	The Charnwood Stroke Club meets Tuesdays and Wednesdays (two groups) to provide a club for people with stroke in a friendly and social meeting place, which can also give the carer a break.
Coping with Cancer	Web: www.c-w-c.org.uk Tel: 0116 223 0055 Email: info@c-w-c.org.uk	The service provides practical and emotional support to anyone affected by cancer.
DAPA (Dementia Specific Sessions)	Web: www.charnwood.gov.uk Tel: 01509 632535 Email: active.together@charnwood.gov.uk Booking is required for this session, for more information or to book please contact Sam Chamberlain or Mathew Richardson on the above number.	The small friendly group incorporates the use of the gym equipment and facilities, with each session tailored specifically to the ability of the participants and delivered by a qualified exercise professional. These session takes place every Friday at Loughborough Leisure Centre at 11.30am and costs £3 per session. Participants must be accompanied by a friend or carer.
Hearing Link – Loughborough Hearing Club	Web: www.hearinglink.org Email: lbhohc@gmail.com •Text: Jack on 07531388613	A small self-help group of hearing impaired people and their partners. Meeting for talks, outings and general socialising. A good loop system is always on and we can use a speech-to-text system.
Leicester Sexual Health	Web: www.leicestersexualhealth.nhs.uk Tel: 0300 124 0102 or 0800 318 908	Leicester Sexual Health offers: <ul style="list-style-type: none"> • STI Screening and Treatment Services • Free Pregnancy Testing • Contraception advice. • Emergency Contraception • Psychosexual Counselling • Sexual Violence support

NHS Leicestershire Partnership	Web: www.leicspart.nhs.uk Email: LPTArmedForces@leicspart.nhs.uk Tel: 0116 225 6000 (24 hours)	LPT is committed to ensuring local veterans, reservists and military families living in Leicester, Leicestershire and Rutland are able to access support when they need it.
Trade Sexual Health	Web: www.tradesexualhealth.com Email: info@tradesexualhealth.com Tel: 0116 254 1747	Free, confidential health advice, information, services & support for the lesbian, gay, bisexual and trans communities of Leicester, Leicestershire & Rutland
Mental Health		
Homeless Mental Health Service	Web: www.leicspart.nhs.uk Email: homeless.mhs@nhs.net Tel: 0116 295 8442	Mental health assessment and treatment for the homeless.
LAMP Advocacy	Web: www.lampadvocacy.co.uk Tel: 0116 255 6286 Email: info@lampdirect.org.uk	Lamp offers a range of services designed to support individuals experiencing difficulties with their mental health, and those individuals or groups supporting them.
Let's Talk Wellbeing Service (IAPT)	Web: https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service- Tel: 01509 561 100	Providing help for people with anxiety, depression and other similar difficulties. Let's Talk – Wellbeing is available in many different places in the community. GP and self-referral.
Mental Health Matters	Web: www.mhm.org.uk Email: leicestershire.andrutlandmhm@nhs.net Tel: 0300 323 0189	Leicestershire and Rutland Mental Health, Wellbeing and Recovery Service. Our service helps anyone aged 18+ who is experiencing emotional and mental health problems, as well as their carers, by providing advice, information and support.
PTSD Resolution	Email: communitydevelopment@leicspart.nhs.uk Tel: 0116 225 2719	Resolution offers rapid, effective and local treatment to reduce trauma symptoms and help with readjustment to normal life. For treatment, call or email.
The Wellbeing Café Project	Facebook: Loughborough wellbeing Email: loughboroughwellbeing@gmail.com	A community interest project that runs wellbeing cafes around Charnwood. Loughborough Café – Wednesdays in the Schofield Centre 1.00 pm – 3.00 pm

Addictions (including drug/alcohol misuse, gambling)

Carpenters Arms	Web: www.carpenters-arms.org Email: hello@carpenters-arms.org Tel: 01509 767550 Armed Forces Champion Ben Martin	Residential program for males aged 18-65, support with misuse of drugs and alcohol plus any other addictions.
Turning Point	Web: www.wellbeing.turning-point.co.uk Email: LLreferrals@turning-point.co.uk Tel: 03303 036000 Armed Forces Contact Pam Hayton	Work with anyone who is affected by drugs or alcohol and wants support to make change. Offer a variety of treatment options.

Domestic Violence

Living Without Abuse / UAVA	Web: www.lwa.org.uk Outreach Services Tel: 08088 020028 Office Tel: 01509 550317	Provide support to anyone experiencing or fearing violence or abuse from a partner, ex- partner or family member.
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Bereavement

Cruse Bereavement Care	Web: www.cruse.org.uk Helpline: 0808 808 1677 Leicestershire 0116 288 4119 Email: leicester@cruse.org.uk	Cruse is here to support you after the death of someone close. Find out how get help for yourself or for a child by reading our articles, or contacting us for telephone, email, or face-to-face services.
The Laura Centre	Web: www.lauracentre.org.uk Tel: 0116 254 4341	Provides support for when a child dies or is bereaved.

Employment and Learning

Learning

Adult Learning Centre – Leicestershire County Council	Web: www.leicestershire.gov.uk Tel: 0800 988 0308 Email: adultlearning@leics.gov.uk Moira Centre : 0116 305 5629 Roundhill Academy : 0116 305 0573	Range of Go Learn courses for adults. Enrol at Moira Centre, Loughborough or Roundhill Academy, Thurmaston.
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Employment

VAL (Voluntary Action)	Web: www.valonline.org.uk Tel: 0116 257 5050	Offers volunteering support for voluntary groups and training. Improving the lives of people in Leicester and Leicestershire.
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Leicester)	(Monday to Friday 9am-5pm)	
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Finances and Benefits

Benefits and Pensions

<p>Clockwise Credit Union</p>	<p>Web: www.clockwise.coop Email: enquiries@clockwise.coop Tel: 0116 2423900</p> <p>Armed Forces Contact Joe Green</p>	<p>Provides a wide range of ethical financial products and services throughout Leicester, Leicestershire and Rutland. Loughborough – Charnwood Council Offices Monday 10.00 am – 1.00 pm Loughborough Library, Granby Street Thursday 10.00 am – 1.00 pm An adviser can also be made available at Syston Town Council offices as part of our outreach service which is held on Wednesday mornings from 9am until 1pm. This service is by appointment only and to book a meeting call 0116 242 3900. Please note there is a charge to use this service.</p>
<p>DWP - Jobcentre Plus (Department for Work & Pensions)</p>	<p>Web: www.charnwood.gov.uk Tel: 0800 169 0190 Armed Forces Champion Julie Jamieson</p>	<p>Charnwood Borough Council</p> <p>Monday-Thursday 9.00 am – 5.00 pm Friday 9.00 am – 4.00 pm</p> <p>Benefit enquiries / Universal Credit</p>

Debt Advice

<p>Citizen's Advice - Charnwood</p>	<p>Web: www.charnwoodcab.org.uk Tel:- 0344 411 1444 Armed Forces Champion:- Gill Dunn</p> <p>Arrive 30 minutes before closing time to ensure you will be seen.</p>	<p><u>Drop In</u> Monday, Tuesday, Wednesday 9.30 am – 12.30 pm Thursday 9.30 am – 12.30 pm & 4.00 pm – 6.00 pm <u>Shepshed</u> Wednesday 9.30 am – 1.00 pm Friday 9.30 am – 12.30 pm</p>
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		<p><u>System</u> 1st & 3rd Wednesday 10.00 am – 1.00 pm</p> <p>Advice on employment, family, consumer issues, money matters and debt and relationships. Impartial help and advice in confidence.</p>
Free Debt Advice	<p>Web: www.freeda.org.uk Email: info@freeda.org.uk Tel:- 0116 318 0404 Mobile Tel:- 07500 721275</p>	Debt advice for residents of Shepshed
PACE Advice (Proactive Community Endeavours)	<p>Web: www.paceuk.org.uk Tel: 01509 211194</p>	<p>Monday – Friday 10.00 am-4.00 pm for appointments and more information. Information, advice and guidance in debt matters. Support for people to plan better with money and save more. Help to get debt advice locally. Provide support, training and employment opportunities and provide facilities and equipment for recreational purposes to improve quality of life. Help for the homeless, the lonely, debt problems and those with drug or alcohol misuse.</p>

Housing & Homelessness

Housing

The Bridge	<p>Web:- www.thebridge-eastmidlands.org.uk Tel: 01509 260500 Armed Forces Champion Mark Chandler</p>	Provide sustainable housing support, advice and solutions for homeless and vulnerable people in Loughborough and Leicester.
Charnwood Borough Council – Housing Options	<p>Web: www.charnwood.gov.uk Email: housing@charnwood.gov.uk Tel: 01509 634567/ 0333 200 8811</p>	Information on applying for housing and all housing related issues including homelessness

Team		
P3 Charity	<p>Web: www.p3charity.org.uk Email: leicshpc@p3charity.org Tel: 0116 255 3228 Armed Forces Contact Fern Kenney</p>	<p>Leicestershire homelessness prevention coaching service. Supporting vulnerable people before crisis point to prevent homelessness</p>
Veterans Scraptoft War Memorial Homes	<p>For more information: Colonel R M L Colville TD DL Chairman, Leicester and Leicestershire War Memorial Homes Foundation White House Farm Main Street Barkby Leicester LE7 3 QG Tel: 0116 269 1280 / 07710 891818 Email: murray@thecolvilles.org</p>	<p>Scraptoft War Memorial Homes, that are for Leicestershire persons with a war pension, physical or mental illness. The rent being £25 per week.</p>
Homeless Support		
Emmaus Charity	<p>Web: www.emmaus.org.uk Tel: 0300 303 7555</p>	<p>We support people who have experienced homelessness and social exclusion by offering a home and meaningful work. Unlike a hostel, we are a community of people who live and work together, supporting ourselves and one another through our social enterprise. Emmaus is not a religious organisation and we welcome people from all faiths and backgrounds.</p>
Exaireo Trust	<p>Web: www.exaireo.org Email: info@exaireo.org Tel: 01509 266422</p> <p>Armed Forces Contact Chris Plummer</p>	<p>Supported accommodation for single adults. Access to healthcare and develop life skills. Substance misuse program.</p>
Falcon Support Services	<p>Web: www.falconsupportservices.org.uk</p>	<p>Drop-in:- Monday, Tuesday, Thursday and Friday 9.30am-1.30pm</p>

	<p>Email: falconsupportservices@falconsupportservices.org.uk Tel:- 01509 9642372 Armed Forces Contact Carmel Martin</p>	<p>Offer washing facilities, food parcels, meals and laundry. Advice with debt, housing benefit, mental health and substance misuse. Supported accommodation.</p>
One Roof – Leicester	<p>Web: www.oneroof.org.uk Tel: 0116 44 22 007 Email: info@oneroof.org.uk</p>	<p>One Roof Leicester provides accommodation and support to people who are homeless, destitute refugees and refused asylum seekers.</p>
Salvation Army	<p>Website:- www.salvationarmy.org.uk Email:- info@salvationarmy.org.uk Email:- marta.ager@salvationarmy.org.uk Tel:- 015099214152</p>	<p>Mondays, Tuesdays and Thursdays 10.30am-1.30pm 2nd Saturday 10.30am-1.30pm (coffee morning, various activities). Meet at Salvation Army, Burleigh Road, Loughborough Homelessness, help older people and isolation. Support to be job ready, general advice and refreshments.</p>
StreetLink	<p>Web: www.streetlink.org.uk</p>	<p>If you are concerned about someone you have seen sleeping rough in England or Wales, you can use this website to send an alert to StreetLink. The details you provide are sent to the local authority or outreach service for the area in which you have seen the person, to help them find the individual and connect them to support.</p>

Welfare & Community Services

Welfare

Adult Social Care	<p>Web: www.leicestershire.gov.uk First Response Duty Number: Tel:- 0116 305 0004 Out of Hours : 0116 255 1606</p>	<p>Report at risk adults, or abuse. Receive support and change of needs. Number for allocated social worker and general enquiries - Tel: 01509 266641</p>
Children's Centres	<p>Web: www.leicestershire.gov.uk Email: charnwoodcc@leics.gov.uk Tel: 0116 305 5247 (9.00am-5pm)</p>	<p>Support services for families with children under the age of 5 years.</p>
Children's Social	<p>Web: www.leicestershire.gov.uk</p>	<p>Safeguarding for children and young people.</p>

Care	Tel: 0116 305 0005	
Equality Action	Web: www.equalityaction.org.uk Email: contact@equalityaction.org.uk Tel: 01509 261651	Equality Action is a registered charity based in Loughborough, in the Borough of Charnwood, Leicestershire. It serves the communities in and around Loughborough on equality matters.
Family Information Directory	Web: www.leicestershire.gov.uk Email: family@leics.gov.uk Tel: 0116 305 6545	Provides information on many useful local organisations and activities where you live.
Home-Start Horizons	Web: www.homestarthorizons.org.uk Email: info@homestarthorizons.org.uk Tel: 0116 279 5062	Recruit and train volunteers with parenting experience to work with families. Development of children and health and welfare of families. Referrals can be made from professionals working with the family and self referrals. Support offered to families with at least one child under the age of 5 years.
Local Area Coordinators	Web: www.leicestershire.gov.uk Email: simon.dalby@leics.gov.uk Tel: 0116 305 0705	Improve the health and wellbeing of individuals and communities. The Local Area Co-ordinators will initially work closely with GP surgeries, adult social care teams and the police, in order to identify individuals who may benefit from support. What do Local Area Co-ordinators help with? <ul style="list-style-type: none"> • Individuals: thinking about how to make life better and looking at what you have to offer • Connecting with others: linking people together and being part of a community • Information: finding out about what's happening in your area and getting the right help from services • Taking action: making positive changes
Community Services		
Age UK – Men in Sheds	Web: www.menssheds.org.uk Contact: Martin Gladders E-mail: MenInSheds@ageukleics.org.uk Tel: 01509 211603	Men in Sheds Charnwood They're community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun. For gentlemen of an older age.
Charity Link	Web: www.charity-link.org	Charitable funding for vulnerable people and children within

	Tel: 0116 222 2200 Email: info@charity-link.org	Leicestershire.
CLASP (Carers of Leicestershire Action and Support Project)	Web: www.claspthecarerscentre.org.uk Email: enquiries@thecarerscentre.org.uk Tel: 0116 251 0999	Leicestershire based charity and dedicated to supporting family carers across the diverse population of Leicester, Leicestershire and Rutland who look after people with different needs.
John Storer House Community Centre	Web: www.johnstorercharnwood.org.uk Email: enquiries@johnstorercharnwood.org.uk Tel: 01509 631750 Armed Forces Champion Candy Barnes	John Storer Charnwood is an independent charity serving the communities of Charnwood with activities running throughout the day and evening and at weekends too. See website for full range of activities.
Leicester LGBT Centre	Web: www.leicesterlgbt.org Contact made via website.	Leicester Lesbian Gay Bisexual and Transgender Centre is a voluntary organisation established to support lesbian, gay, bisexual and transgender people in Leicester, Leicestershire and Rutland.
Mosaic 1898	Web: www.mosaic1898.co.uk Email: enquiries@mosaic1898.co.uk Tel: 0116 2318720	Provide a number of services such as a range of day options, Information and Advice Service, Supported Living, Care Agency, Self Directed Support Services in Leicester City, Leicestershire, Rutland, Wandsworth and Nottingham (City). In addition we provide Counselling, Social Groups, Meet and Eat (new service).
SOFA	Web: www.sofareuse.org Tel: 01509 262 557	SOFA is a registered charity whose mission is to: <ul style="list-style-type: none"> •Maximise the donation of furniture and electrical goods from the people of Leicestershire to promote re-use and thereby benefit the environment. •To help local people in need by selling furniture and electrical items at affordable prices. •Provide a real work environment for volunteers seeking to improve their life opportunities.
Transport Schemes Voluntary/Communi	John Storer House Web:	Provide transport for older people and in rural areas where transport services are limited.

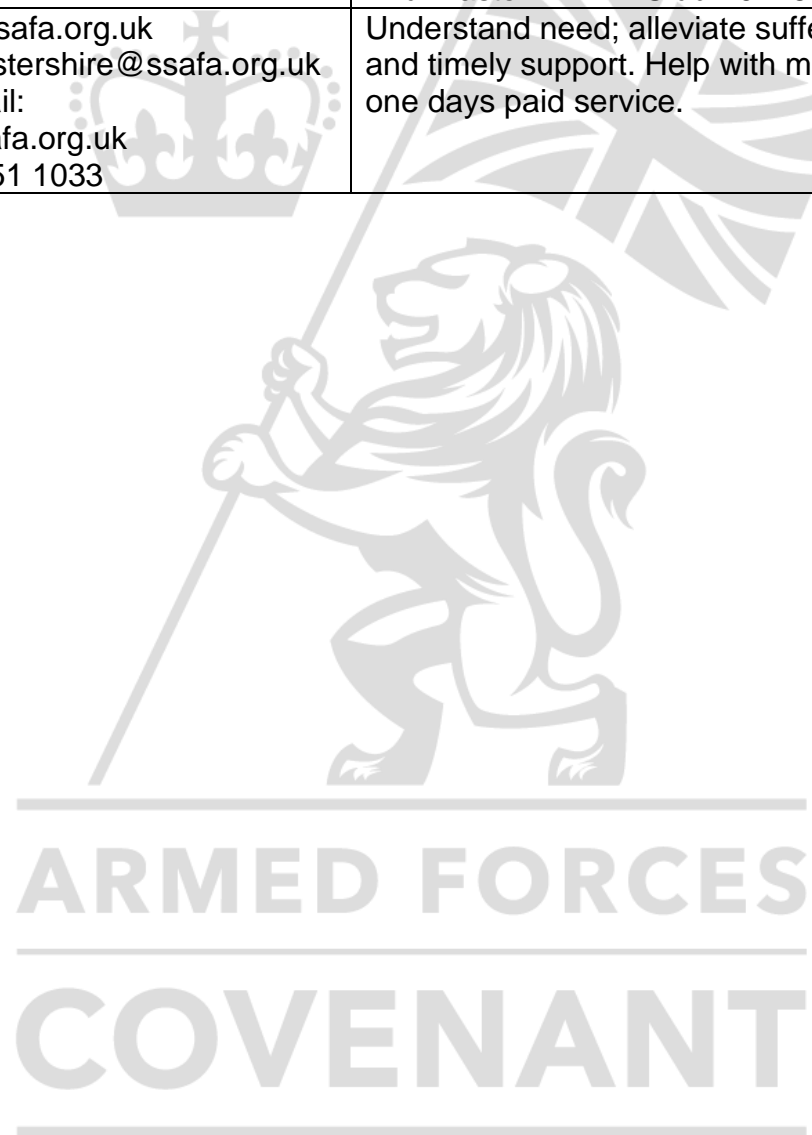
<p>ty/ Social Transport</p>	<p>www.johnstorercharnwood.org.uk Email: candida.barnes@johnstorercharnwood.org.uk Tel: 01509 631761 Royal Voluntary Service (Charnwood & Melton) Web: www.housingcare.org Email: leicsrutlandhub@royalvoluntaryservice.org.uk Tel:- 0116 266 7706</p> <p>Shepshed Special Community Bus Tel:- 01509650531</p> <p>Syston and District Volunteer Centre Website:- www.syston-vc.org Email:- info@syston-vc.org Tel:- 0116 260 7888 Social car scheme for health appointments, shopping, leisure etc.</p>	<p>Transport to daily activities, shopping, lunch clubs and days out etc. Social car door to door for health appointments, shopping and leisure etc. Minibus trips, aid socialisation and extend active participation in community life.</p>
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Armed Forces Specific Services

<p>Age UK – Joining Forces</p>	<p>Web: www.ageuk.org.uk/leics Tel: 0116 299 2233 Advice Line Tel: 0800 055 6112 (8am-7pm all year)</p>	<p>Coffee Mornings Befriending Make the most out of later life. With Joining Forces helping veterans born before 1950 and their families and carers through the Armed Forces Covenant and SSAFA.</p>
<p>Armed Forces & Veterans Breakfast Clubs</p>	<p>Web: www.afvbc.net</p>	<p>Loughborough – Toby Carvery 2nd Saturday 9.30 am – 11.30 am</p>

		<p>System – The Brook Café 2nd Monday 9.00 am – 11.00 am</p> <p>Breakfast and social interaction</p>
<p>Military Veterans Drop-In (Involvement Centre)</p>	<p>Email: involvementcentre@leicspart.nhs.uk Tel: 0116 225 2719</p>	<p>This service is for anyone who needs support to identify services and organisations that may have them. The drop-in is run by volunteers who have been through similar experiences themselves and want to support veterans and their families living in Leicester, Leicestershire and Rutland. Book an appointment or drop-in.</p> <p>Open every Friday 10.30 am – 2.30 pm</p>
<p>Royal Air Force Association (RAFA)</p>	<p>Web: www.rafa.org.uk Tel: 0800 018 2361 Leicestershire and Melton Mowbray</p>	<p>Offers advice and support, help with money matters, friendship, short breaks, independent living Melton Mowbray Thursday weekly coffee morning – 10.00 am – 12.00 noon</p>
<p>Royal British Legion – Drop In</p>	<p>Web: www.britishlegion.org.uk Email- info@britishlegion.org.uk Helpline Tel: 0808 802 8080 (7 days a week 8am-8pm)</p> <p>Must have served seven days to access their services.</p> <p>Contact Sue Grogan</p>	<p>Loughborough Library 1st Thursday 10.00 am – 12.00 noon</p> <p>John Storer House 4th Thursday 10.00am – 12.00 noon</p>
<p>Royal British Legion - Local Branches</p>	<p>Web: www.britishlegion.org.uk Email: Membership Support Officer - lmichael@britishlegion.org.uk</p>	<p><u>Local Branches</u> Anstey – Staddon Club – 2nd Monday Birstall – RBL Club - 0116 267 4817 - 2nd Thursday Loughborough – Army Reserve Centre – 1st Thursday Mountsorrel – Working Men’s Club – 2nd Thursday Quorn – Baptist Church – 2nd Wednesday Queniborough – RBL Club - 0116 260 5806 – 2nd Thursday</p>

		System – Conservative Club – 2 nd Tuesday Rothley – Email membership support for further details Thurmaston – RBL Club - 0116 269 2280 – 2 nd Wednesday
SSAFA (Soldiers, Sailors, Airmen & Families Association)	Web: www.ssafa.org.uk Email: Leicestershire@ssafa.org.uk General email: welfare@ssafa.org.uk Tel:- 0116 251 1033	Understand need; alleviate suffering and distress by providing effective and timely support. Help with money matters and debt. Having given one days paid service.



Parish and Town Council Community Armed Forces Champions

The below Town and Parish Councils have demonstrated their commitment to The Armed Forces Community by signing the Armed Forces Covenant. Some of these areas also have a designated Armed Forces Community Champion who can provide support and signposting.

Council	Nominated Armed Forces Community Champion	Contact details
Anstey Parish Council	Cllr Mandy Jordan	cldr.mandy.jordan@ansteypc.org
Mountsorrel Parish Council	Cllr S. Haywood	clerk@mountsorrelparishcouncil.co.uk
Newtown Linford Parish Council		clerk@newtownlinford.org.uk
Queniborough Parish Council	Cllr Charles Payne	clerk@queniboroughpc.org.uk
Quorn Parish Council		parishclerk@quorndon.org
Rothley Parish Council		
Shepshed Town Council	Cllr Peter Grainger	cldr.peter.grainger@shepshedtowncouncil.org
Thurcaston and Cropston Parish Council		tncparish@btconnect.com
Woodhouse Parish Council	Ann Irving	Ann.Irving@btinternet.com

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