

# Public Health Directory of Services for Leicestershire



# Welcome to the Public Health Directory of Services for Leicestershire

The County Council has statutory responsibilities for public health services as set out in the Health and Social Care Act 2012 and a duty to improve public health. The council must take such steps to improve the health of people, tackling the priorities for health in our local area.

The council also has responsibility for a range of public health services previously provided by the NHS including most sexual health services and services to address drug or alcohol misuse.

Public Health in Leicestershire has moved towards a social model of public health and away from a more traditional lifestyle behaviour change model. This has led to several services with a strong emphasis on community capacity building as the basis of prevention.

This directory sets out the services we commission or provide in response to these duties, in support of the council's target operating model for prevention and early help services. We hope it provides an easy source of information on our services.



A handwritten signature in black ink, appearing to read 'Mike Sandys', with a long horizontal line extending from the end of the signature.

**Mike Sandys**  
Director of Public Health



***A note from Mrs Louise Richardson, Lead Member for Health at Leicestershire County Council.***

I have the privilege of being the Lead Member for Health at Leicestershire County Council. My role is to provide the strategic overview for Health, working alongside the Director for Public Health and the fantastic team of consultants and officers, reporting into Cabinet.

My background is in Health and Education, having spent time working in Pathology and specialising in Clinical Chemistry and then moving into education becoming a Business Manager at a city high school.

We are at a very interesting, and sometimes challenging, time with the formation of the Integrated Care System and the collaborative working alongside the NHS, UHL, LPT, District Councils, neighbourhoods, and the voluntary community sector, as well as all the other parameters of public health that are exceptionally important in keeping our communities healthier for longer and improving health inequalities for all.

I am a member of Cabinet, I chair the Health and Wellbeing Board, I am a member of the ICB (Integrated Care Board) and the Health and Wellbeing Partnership. I also sit on the Foster Panel, and I am a trustee of SACRE for the council which fall under the Children and Families portfolio. I also run my own charity.



A handwritten signature in black ink that reads "Louise Richardson". The signature is fluid and cursive.

**Mrs Louise Richardson**  
Lead Member for Health and Wellbeing

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# LCC Public Health Delivered Services

## First Contact Plus

### What does the service offer?

The service aims to improve health and wellbeing locally by providing access for Leicestershire residents aged 16+ to assessment, advice, information, and appropriate support through a single point of contact.

### First Contact Plus will:

- co-ordinate a range of preventative interventions
- be a single point of access for both the public and professionals
- deliver a client centred and holistic approach based on need, through triage

**The service will also provide a comprehensive source of information on a range of health and well-being topics including:**

- Smoking cessation
- Substance misuse (alcohol & drugs)
- Healthy weight
- Healthy eating
- Physical activity
- Sexual health
- Healthy housing
- Living independently
- Families & relationships
- Money matters, debt & benefits
- Feeling safe
- Work, learning & volunteering
- Falls

### How to access or refer to the service?

Visit the First Contact Plus website to make an online referral and for further information which can be found in the Partner Resource Area. Self-referrals can also be made via the 'make a referral' button on the website.

### Who can access or refer to the service?

| Any Leicestershire residents aged 16+

### Contact Details:

Tel: **0116 305 4286**

Email: [firstcontact@leics.gov.uk](mailto:firstcontact@leics.gov.uk)

Website: [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk)



# Local Area Co-ordination

## What does the service offer?

Local Area Co-ordination is focused on helping isolated, excluded, and vulnerable people to stay strong and in control, by fostering an inclusive, friendly, supportive community around them.

Local Area Co-ordination builds the resources, networks, and resilience of those who need help before they hit crisis, with the aim of diverting people from formal services and supporting people to have a good life as part of their local community.

## How to access or refer to the service?

Individuals can introduce themselves to their Local Area Co-ordinator.

## Who can access or refer to this service?

Anybody who is over the age of 18 and lives within the districts below

Alternatively, health or social care professionals, family or friends can make the initial contact.



### Contact Details:

Tel: **07526 928565**

Email: [Kerry.smith2@leics.gov.uk](mailto:Kerry.smith2@leics.gov.uk)

Website: [www.leicestershire.gov.uk/local-area-co-ordinators](http://www.leicestershire.gov.uk/local-area-co-ordinators)

## Local Area Co-ordination Areas

We cover a large number of areas across Leicestershire, please access our website or this direct link [www.leicestershire.gov.uk/sites/default/files/2023-09/LAC-contact-details.pdf](http://www.leicestershire.gov.uk/sites/default/files/2023-09/LAC-contact-details.pdf) to find out more details and contact details



# Health Inequalities Team

The Health Inequalities Team hold a key role in supporting communities and individuals with early intervention to help reduce the likelihood of problems accruing or worsening, we are both reactive and proactive, offering advice and guidance and use a community centred approach. We support individuals and communities in areas such as Loneliness, isolation and supporting individuals with their wellbeing.

We can identify those people who are perhaps struggling with a range of issues including loneliness, bereavement, debt, housing, addictions, or simply concerned about the rising cost of living and requesting information on how to heat their homes efficiently. The Team have supported Community groups to apply for funding and this has greatly supported their efforts to continue or even start up.

## The Health Inequalities team can support with:

- Spending time to recognise individuals' goals and aspirations to enable them to live their best lives.
- Working alongside people and their families to be resilient and maintain their independence.
- Working alongside organisations and services to create opportunities for local people.
- Helping exciting community groups to flourish and support the creation of new possibilities
- Identifying local amenities to enhance community connection.
- Support will be person centred and tailor made to meet the needs of the individual and community. We are empowering our residents to become a health champion to become a voice in their
- community to help keep people informed of national assets and information on health-related campaigns to help make a difference.
- All communication and interaction will be kept in strict confidence
- We do have a duty to raise any safety situations or concerns

## Who is eligible for this service?

| Adults 18+, please contact to check eligibility

## Contact Details:

For further information or help, please contact the team  
at [healthinequalitiesteam@leics.gov.uk](mailto:healthinequalitiesteam@leics.gov.uk)

# Quit Ready Leicestershire

Cigarette smoking during childhood and adolescence causes significant health problems among young people including respiratory illnesses and potential effects on lung growth and function. Both smoking and vaping can lead to Nicotine dependency and can affect brain development in young people.

Stopping smoking at a young age has lots of benefits right away, and it can help you avoid smoking-related diseases later in life.

Our service offers **free** local support to smokers aged 12 years and over through individual, face to face or telephone consultations.

At QuitReady we have dedicated Young Person Stop Smoking Specialists who will offer behavioural support to empower Young People to make changes to their smoking and/or vaping behaviour. Alongside behavioural support, they will also be offered Nicotine Replacement Therapy (Nicotine Patches, Nicotine Gum, Nicotine Lozenges) to support them to quit.

Our YP Specialist will work alongside and in partnership with educational settings to raise awareness of the risks of smoking, second-hand smoking and vaping in Young People.

Smoking in pregnancy carries serious health risks. Carbon monoxide in tobacco smoke reduces the amount of oxygen getting to the placenta and baby, which can lead to women going into labour early as well as increasing the chance of miscarriage, stillbirth and sudden infant death.

Following the rollout of the Saving Babies Lives Care Bundle, all pregnant women are offered electronic checks to test their exposure to carbon monoxide, which is a harmful chemical present in cigarette smoke.

Our pregnancy stop smoking specialists offer home visits to support pregnant smokers and their families to quit smoking by providing them behavioural support over a 12 week period, as well as providing them with Nicotine Replacement Therapy and e-cigs over a 12 weeks course.

## What does the service offer?

We offer free stop smoking support and advice to anyone wanting to give up smoking. We provide behavioural support and up to 12 weeks free pharmacotherapy which includes nicotine replacement therapy and E-Cigs.

## How to access or refer to the service?

Service users can contact the service directly.

### Contact Details:

Tel: **0345 646 6666**

Email: [Quitready@leics.gov.uk](mailto:Quitready@leics.gov.uk)

Website: [www.quitready.co.uk](http://www.quitready.co.uk)





# Weight Management Service

Leicestershire Weight Management Service offers several programmes to assist adults and children to reach and maintain a healthy weight. Leicestershire County Council (LCC) support people in a variety of settings to reach a wider audience.

## Adult Weight Management Service

### What does the service offer?

A digital weight management service for clients with a BMI over 25 (23 if from a BAME background). The level and type of support offered is dependent on eligibility criteria following an initial assessment.

### Who is eligible for the service?

For clients with a BMI over 25 (23 if from a BAME background). The level and type of

support offered is dependent on eligibility criteria following an initial assessment.

### How to access or refer to the service?

The service can be accessed by users directly or through a referral.

### Contact Details:

Please contact Weight Management:  
Call **0116 305 0730** or  
visit [www.leicestershirowms.co.uk](http://www.leicestershirowms.co.uk) to self-refer



## Pregnancy Service

### What does the service offer?

Tailored support for women before, during and post pregnancy. A Nutritionist led programme, offering personalised nutrition advice to help make healthier food and activity choices to improve overall health throughout pregnancy and beyond

### How to access or refer to the service?

The service can be accessed through a midwife referral

### Who is eligible for the service?

For clients with a BMI of 25 and above, midwife referral only



## Men's Weight Management

### What does the service offer?

A Nutritionist led Weight Management service which helps men to regain control of their health through getting fitter and losing weight. Helping to develop confidence to make healthier decisions with long-term benefits. The programme is delivered locally in partnership with Active Together in group sessions and focuses on healthy eating, meal preparation & planning, and physical activity.

### Who is eligible for the service?

For male with a BMI over 25 (23 if from a BAME background)

### How to access or refer to the service?

The service can be accessed by users directly or through a referral.

### Contact Details:

Please contact Weight Management:  
Call **0116 305 0730** or  
visit [www.leicestershirowms.co.uk](http://www.leicestershirowms.co.uk) to self-refer



### Healthy4Me Programme

#### What does the service offer?

A weight management service for adults with learning disabilities with a BMI over 25. An 8-week course aimed to encourage making healthy changes to diet and lifestyle. Partnered with Active Together.

#### How to access or refer to the service?

The service can be accessed by users directly or through a referral.

#### Who is eligible?

For adults with learning disabilities with a BMI over 25

#### Contact Details:

Weight Management:  
**0116 305 0730** or  
visit [www.leicestershirewms.co.uk](http://www.leicestershirewms.co.uk)  
to self-refer

Services may contact the  
Weight Management Service directly  
to discuss arranging a course:  
[WeightManagement@leics.gov.uk](mailto:WeightManagement@leics.gov.uk)



### HEHA Children's Weight Management Service

#### What does the service offer?

Healthy Eating Healthy Activity (HEHA) is a healthy lifestyle programme for overweight children and their families. Using a 'whole family approach' the service offers a 'Nutritionist' led programme to children aged 4-17 years with a BMI above 91<sup>st</sup> – 98<sup>th</sup> centile.

#### How to access or refer to the service?

The service can be accessed by users directly or through a referral.

#### Who is eligible?

For children aged 4-17 years

#### Contact Details:

Weight Management:  
**0116 305 0730** or  
[WeightManagement@leics.gov.uk](mailto:WeightManagement@leics.gov.uk)



### Cooks 4 Life

#### What does the service offer?

A free family healthy cooking programme delivered in schools aimed at helping children learn basic cookery skills for life led by a Nutritionist. The programme supports parents to encourage their children to eat a variety of foods and learn together about cooking and healthier eating.

#### How to access or refer to the service?

Schools may contact the Weight Management Service directly to discuss arranging a course:  
[WeightManagement@leics.gov.uk](mailto:WeightManagement@leics.gov.uk)

#### Who is eligible?

For children aged 4-17 years

#### Contact Details:

Weight Management:  
**0116 305 0730** or  
[WeightManagement@leics.gov.uk](mailto:WeightManagement@leics.gov.uk)



# Teen Health 11-19 Service

## Public Health and Children & Family Wellbeing Service



### What does the service offer?

- preventive early intervention public health programmes for young people from secondary school age to young adults (11-19, and up to 25 years for young people with SEND)
- based within schools and the community, the programme supports children and young people to grow up to be healthy, stay safe and be able to achieve their potential
- provides a central, accessible point of contact for children, young people and their families
- offers year-round public health provision (not only during school term time)
- promotion and support of children and young people's physical, emotional and social needs
- Signposting and links to targeted and specialist services as needed
- online digital resource and support
- The service operates Monday to Friday between 9am and 5pm, excluding bank holidays

### How to access or refer to the service?

The service can be accessed via online referral through the Early Help Front Door at [teenhealth@leics.gov.uk](mailto:teenhealth@leics.gov.uk) by:

### Who can access this service

- Teacher or school staff
- Direct contact and/or self-referral by child, young person, or parent/carer
- Any other professional involved in the family's care
- Consent of the young person/family is required for the service to be involved prior to any referral.

### Contact details

Joanne White  
Team and Partnerships Manager  
Teen Health 11-19 Service  
Leicestershire County Council,  
Glenfield LE3 8RD

**0116 305 8727**

**[Joanne.White@Leics.gov.uk](mailto:Joanne.White@Leics.gov.uk)**

For more information on the Teen Health service:

**[www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19](http://www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19)**

For information on teenage health:

**[www.healthforteens.co.uk](http://www.healthforteens.co.uk)**

# Healthy Tots

Healthy Tots is a health promotion programme offered to early years settings in Leicestershire, supporting settings to enhance and showcase their activities and effort in providing a healthy environment for their children and staff.



## Focussing on four core health themes:

- Healthy Eating
- Physical activity
- Emotional health and wellbeing
- Oral health

## Benefits of becoming a Healthy Tots setting include:

- Ongoing individual and tailored support for settings
- Free training sessions and courses to improve the skills within your team across a variety of health topics for infant wellbeing
- Resources on physical activity, emotional health and wellbeing, oral health, and healthy eating
- Healthy Tots certificate and licensed use of branding for two years
- Healthy Tots award pack including Healthy Tots poster and Rosette
- Healthy Tots email signature
- Feature on our website
- An article celebrating the settings achievement

## Who can access or refer to this service?

| Any early years providing within Leicestershire

## How to access or refer to the service?

| You can access the service by emailing or sending message through the contact us section on website

## Contact Details:

Email: [Healthytots@leics.gov.uk](mailto:Healthytots@leics.gov.uk)

Website: [www.leicestershirehealthytots.org.uk](http://www.leicestershirehealthytots.org.uk)

# Healthy Schools

Healthy Schools is a programme delivered to schools across Leicestershire and Rutland using a whole school approach, where schools review, monitor and improve their health and wellbeing offer against a set of criteria.



There are a number of themes that schools are expected to showcase their commitment to supporting the health and wellbeing needs of the school community, these include

- School Staff Wellbeing & CPD
- Drug, Alcohol and Tobacco Education (DATE)
- Food in Schools
- PSHE & R(S)E
- Emotional Health & Wellbeing
- Physical Activity

## How to access or refer to the service?

You can access the service by emailing or sending message through the contact us section on website

## Who is eligible for this service?

Any primary and secondary schools in Leicestershire

## Training

As part of the Leicestershire Healthy Schools programme, there is a range of training available for schools to access and support them. For more information visit:

### Contact Details:

Email: [HealthySchools@leics.gov.uk](mailto:HealthySchools@leics.gov.uk)

Website: [www.leicestershirehealthyschools.org.uk](http://www.leicestershirehealthyschools.org.uk)

# Healthy Workplaces

## What does the service offer?

The Healthy Workplaces Leicestershire programme helps organisations of all sizes across the county to become healthier places to work. The tailored programme has been designed in collaboration with, and for Leicestershire businesses, helping to ensure that the support that is most needed by the county's workforce is available to them and their organisations.



## Products

There are both free and chargeable Products and support that workplaces can access to, from the Healthy Workplaces team. These include:

### Free:

- Workplace Health Needs Assessment
- Healthy Workplaces Leicestershire Accreditation

### Chargeable:

- Mental Health First Aid Training
- Healthy Conversation Skills for Managers Training
- Wellbeing Strategy and Policy Writing
- Health MOTs
- Healthy Workplace Champions Training

## Who is eligible for this service?

| Any workplace across LLR

## How to access or refer to the service?

| You can access the service by emailing or sending through the contact us section on website

### Contact details

Tel: **0116 305 7641**

Email: **[healthyworkplaces@leics.gov.uk](mailto:healthyworkplaces@leics.gov.uk)**

Website: **[www.healthyworkplacesleicestershire.co.uk](http://www.healthyworkplacesleicestershire.co.uk)**



# Start a Conversation (SAC)

## What does the service offer?

SAC is a mental health and suicide prevention awareness campaign for Leicester, Leicestershire & Rutland. It provides an online hub of information, services, advice, and training with an aim to raise awareness of mental health and suicide locally whilst reducing stigma and normalising conversations. For more information about the campaign and how to pledge or become a champion please visit:

## How to access or refer to the service?

You can access the service by emailing or sending message through the contact us section on website

## Who is eligible for this service?

Any workplace across LLR

## Contact details

Tel: 0116 305 7641

Email: [startaconversation@leics.gov.uk](mailto:startaconversation@leics.gov.uk)

Website: [www.startaconversation.co.uk](http://www.startaconversation.co.uk)



# Oral Health Promotion

## What does the service offer?

- Supervised tooth brushing training for staff in early years settings
- Oral health promotion training for frontline staff
- Oral health resource library
- Supporting communities in promoting national oral health campaigns
- Annual oral health survey

The service provides support to professionals to promote oral health and prevent tooth decay. The service can be accessed by using the contact details provided.

## Who is eligible?

The service provides support to professionals, anyone who works for a nursery/early years setting in Leicestershire.

## How to access or refer to the service?

### Contact Details:

Tel: 0116 305 0705 Email: [publichealthoh@leics.gov.uk](mailto:publichealthoh@leics.gov.uk)



# Time4Leicestershire

Time4Leicestershire is a local skill sharing initiative, where people swap time and skills, not money.

The Time4Leicestershire timebank scheme is an online marketplace of skills and is hosted by the Public Health team at Leicestershire County Council. It's just one of many ways to help people across the county feel more connected to their local community.

We know that being connected within your community can have a significant positive impact on your health and emotional wellbeing. Time4Leicestershire can help you to meet new people, positively contribute to your local community and give you the opportunity, in turn, to learn skills to support with practical things such as gardening, helping somebody with IT, basic DIY, trying a new sport or hobby, arts and crafts and all kinds of other things.

The Time4Leicestershire platform is an online marketplace of skills. For every hour you share with another member, you earn 1 credit. The minimum amount of time you can exchange is 15 minutes, and there is no minimum time commitment, you share time as and when you need or when someone requests your skill. Businesses and organisations can participate too, by asking for support with community projects or offering their expertise.

## How to access or refer up to the service?

Find out more and sign up on [www.time4leicestershire.org.uk](http://www.time4leicestershire.org.uk). Once registered, you can post offers and requests for the skills that you have or need!

## Who is eligible for this service?

Currently adults 18+ living or working in Leicestershire please contact [time4leicestershire@leics.gov.uk](mailto:time4leicestershire@leics.gov.uk) to see if the scheme is up and running in your area and how to get involved

## Contact Details:

For further information or help, please contact [time4leicestershire@leics.gov.uk](mailto:time4leicestershire@leics.gov.uk)



# Warm Homes Service

## What does the service offer?

The Warm Homes Service aims to alleviate fuel poverty and to help local households stay healthy and maintain affordable warmth.

### Warm Homes Support Officers can give advice on:

- Improving energy efficiency in the home
- Signpost/refer to grants available for energy efficiency measures
- Heating and Hot water controls
- Debt management
- Energy bill discounts
- Behaviour change
- Draught proofing
- Dealing with damp
- And much more ...

The service also facilitates funding for energy efficiency measures and delivers projects in collaboration with District Council partners as part of the Green Living Leicestershire partnership.

The service operates throughout the year providing residents with advice via telephone.

A comprehensive Warm Homes advice booklet is available online covering a range of topics. Sign up to the Warm Homes newsletter to receive occasional updates of new schemes or initiatives that support energy efficiency improvements and affordable warmth at home.

For more information and a range of resources visit:

[www.leicestershire.gov.uk/home-energy-grants](http://www.leicestershire.gov.uk/home-energy-grants)

[www.firstcontactplus.org.uk/our-services/your-home/](http://www.firstcontactplus.org.uk/our-services/your-home/)

## Who is eligible for the service?

If you are a resident of Leicestershire and are over the age of 18 you are eligible for advice from the Warm Homes Service.

## How to access or refer to this service?

Individuals or professionals can make a referral via the First Contact Plus website [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk), “make a referral” button at the top of the page.

### Contact Details:

Tel: **0116 305 2524**

Email: [warmhomesinfo@leics.gov.uk](mailto:warmhomesinfo@leics.gov.uk)

Website: [www.leicestershire.gov.uk/home-energy-grants](http://www.leicestershire.gov.uk/home-energy-grants)



# Physical Activity

## Public Offer - Let's Get Moving

Active Together and local partners are here to help residents of Leicestershire to get moving a little more in their own way.

For those that would like support to become more active:

### Available Programmes:

- **Specialist Programmes**
  - Exercise Referral
  - Steady Steps (Falls Prevention)
  - Escape Pain
  - Cardio-Pulmonary Rehabilitation
  - Steady Steps +
- **Other Programmes**
  - Walk Together
  - Run Together
  - Local physical activity offer: community classes, leisure centre activities, active at home and much more...

### Eligibility / Access to Service:

Available to residents of Leicestershire (Leicester & Rutland) via Self-referral / Signposting. Due to the wide range of physical activity programmes available and variation of some of this in each area, local physical activity service will support individuals to find an appropriate activity.

For those that just want further information and inspiration:

| [www.active-together.org/letsgetmoving](http://www.active-together.org/letsgetmoving)

- Active Menopause
- Active Pregnancy / Active Mums Club
- Get Active Search Finder
- Active Apps
- Parks & Open Spaces
- Let's Get Moving Champions
- Active by Age
- Campaigns: This Girl Can, We Are Undefeatable
- Leisure Facilities
- Events
- And much more...

### Eligibility / Access to Service:

Self help resources for residents living in and professionals working in Leicestershire (Leicester & Rutland).



# Partner Offer

Active Together and local partners aim to help organisations and individuals support more people to be active and move more.

| [www.active-together.org/partners](http://www.active-together.org/partners)

- Physical Activity Training
- Physical Activity Guidelines
- Let's Get Moving Supporters Hub
- Funding & Advice
- Health Hub
- Guidance Documents: Active Medicine, Active Tots, Active Schools, Business of Sport
- Insight Hub
- Jobs finder
- And much more...

For further information on the Public or Partner offer contact:

| Email: [info@active-together.org](mailto:info@active-together.org)

| Website: [www.active-together.org](http://www.active-together.org)

| Phone: 01509 467500




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# Active Mums Club

Leicestershire's one stop shop for physical activity for pre and post-natal women offers a broad range of physical activity opportunities, advice and social communities for women to be involved with during the perinatal phase of their life.

Open to work with new partners to add value to existing programmes.

## Eligibility / How to access or refer to the service?

The Active Mums Club is available for all pregnant and post natal women in Leicestershire who are looking to remain active or get active during this point in their life, in a safe and informed way.

The open website is for residents and professionals to obtain the latest and safest advice, and by joining the club, members will receive a monthly newsletter highlighting the latest opportunities available in their communities.

## Contact Details:

| Email: [l.plummer@active-together.org](mailto:l.plummer@active-together.org)

| Website: [activemumsclub.org](http://activemumsclub.org)

# Active Referral

## What does the service offer?

A tailored physical activity programme for inactive participants with stable and controlled medical conditions. Programmes typically take place in a leisure centre under the guidance of a exercise referral instructor.

## How to access or refer to the service?

Inclusion and exclusion criteria are applicable, and participants require a referral from a Healthcare Professional. Currently referrals can be made either via prism or Active Referral editable pdf.

## Who is eligible?

Currently inactive (typically doing less than 30 minutes of physical activity each week)

16+

Living with one or more stable and controlled long term health conditions

Compliant with medication

Some schemes under this umbrella may subject to further eligibility criteria that will be discussed once the person contacts their local physical activity team

## Contact Details:

Email: [a.harris@active-together.org](mailto:a.harris@active-together.org)

Website: [active-together.org/activer referral](https://active-together.org/activer referral)

Tel: **01509 467483**

# Steady Steps

## What does the service offer?

A community falls programme for those aged over 65, who are unsteady on their feet (have previously fallen 3 or less times in 12 months or are worried about falling are worried about falling) and would like to improve their balance. The 24-week exercise programme comprises of tailored seated and standing exercises including balance & endurance, dynamic balance, floor exercises (if appropriate), strength exercises using bands/balls/light weights and techniques for getting down and up from the floor.

## How to access or refer to the service?

Inclusion and exclusion criteria are applicable with participants able to self-refer. There is a list of courses available, and participants should contact the relevant district / borough coordinator.

## Contact Details:

Email: [l.baginskis@active-together.org](mailto:l.baginskis@active-together.org)

Website: [active-together.org/steadysteps](https://active-together.org/steadysteps)

Tel: **01509 467472**



# Community Infection Prevention and Control Service (CIPCS)

## Aim of the Service

To reduce infection in the community by supporting care providers across Leicestershire and Rutland to make improvements in Infection Prevention and Control (IPC) practice via:

- Proactive IPC support for care homes; yearly IPC visit to care homes; ad hoc visits to providers where there are IPC concerns
- Infection outbreak management - provision of expert IPC advice and support during an infection outbreak; attendance at UKHSA Outbreak Control meetings
- Undertake Post Infection Reviews where these occur in local authority contracted services
- Contribute to the local surveillance of current and emergent infectious diseases e.g., Influenza; MRSA; Multi-drug resistant organisms
- Work with stakeholders to support the delivery of training and education to care homes
- Undertake audit e.g., catheter management, IPC policies
- Support the Local Authority Health Protection Team where IPC advice is needed for non-care home outbreaks e.g., schools, hostels, supported living

## Partnership Working

The team works in partnership with health and social care colleagues across the system including: -

- Liaison with partner IPC teams such as UHL, Integrated Care Board, LPT, EMAS, DHU, and Leicester City Local Authority IPC Service
- Weekly liaison meetings with UK Health Security Agency (UKHSA)
- Information Sharing meetings with Care Quality Commission, NHS, Leicestershire Police, County, Rutland, and City local authorities to discuss how providers of concern can be supported to make improvements
- Joint inspections of providers with Local Authority Quality and Contracts officers

## Who is eligible?

The service provides specialist IPC advice to Adult Social care providers, care staff, service users and Local Authority staff in Leicestershire County & Rutland.

## Contact Details:

Service Contact Details – Monday- Friday 9-5pm (excluding Bank Holidays)

Email: [infection@leics.gov.uk](mailto:infection@leics.gov.uk)

Tel: [0116 305 5121](tel:01163055121)



# LCC Public Health Commissioned Services

## Sexual Health

There are a range of services across Leicestershire to support individuals to maintain good sexual health.

### Contraception & Emergency Contraception & C-Card

- Information, advice, and provision of a range of free contraceptive options can be accessed via some GPs or the local Sexual Health Service.
- For individuals aged 24 and under, some pharmacies across Leicestershire and Rutland will provide the morning-after-pill free of charge. Alternatively, individuals can access emergency contraception from their GP, the local Sexual Health Service, or via the online sexual health service.
- C-Card provides free and easy access to condoms and lube in a wide range of venues. To register call **0300 124 0102**, or find a local access point via <https://leicestersexualhealth.nhs.uk/clinic-and-service-finder>

### Sexually Transmitted Infection (STI) Screening and Treatment Services:

- Getting tested for sexually transmitted infections (STIs) is free, easy, and confidential. This includes testing and treatment for Chlamydia, Gonorrhoea, HIV and Syphilis. Individuals can access testing via the local Sexual Health Service or by ordering an STI testing kit online.

### Sexual Health Service (provided by Midlands Partnership NHS foundation trust)

As well as contraception and STI testing and treatment, the sexual health service offers:

- Face to face, telephone, video, and online services
- Free Pregnancy Testing
- Testing, information and advice on HIV, PrEP (Pre-Exposure Prophylaxis) and PEP (Post Exposure Prophylaxis) information, advice, and assessment for individuals who think they have been exposed to HIV.
- Information, advice, and provision of a range of free contraceptive options including condoms.
- Psychosexual Counselling: A service for those aged 16+ referred via their GP for the management of difficulties such as lack/loss of libido and sexual performance.
- Emergency Contraception.
- Referral and support to access termination of pregnancy services.
- Information and support to access Juniper Lodge which is a free and discreet service to anyone aged 18 years and over that has been subject to a sexual assault.

### Who is eligible for this service?

All ages

### How to access or refer to the services?

#### Contact details

To arrange an appointment please call on **0300 124 0102** or online via

<https://leicestersexualhealth.nhs.uk/online-appointment-booking-information>



### Who is eligible for this service?

16+ for the services only, all ages can access information

### How to access or refer to the service?

Access online sexual health services, including STI testing delivered through the post with results sent to you direct from

[www.sh24.org.uk](http://www.sh24.org.uk)



### Who is eligible for this service?

Juniper Lodge provides a free and discreet service to anyone aged 18 years and over, male or female that has been subject to a sexual assault.

### How to access or refer to the service?

[www.juniperlodge.org.uk](http://www.juniperlodge.org.uk)

0116 273 3330



# Substance Misuse

## Who is eligible for this service?

Turning Point deliver the Integrated Substance Misuse Treatment and Recovery Service. They work with anyone who is affected by drugs or alcohol regardless of age.

## How to access or refer to the service?

Further information, including how to refer is available via

[www.turning-point.co.uk/services/leicestershire](http://www.turning-point.co.uk/services/leicestershire)

or by calling **0330 303 6000**

The offer includes:

- Alcohol awareness training
- My Turning Point - [www.turning-point.co.uk/services/leicestershire](http://www.turning-point.co.uk/services/leicestershire)Digital This digital platform provides access to a range of guided and self-help sessions to help with your drug and alcohol use, as well as emotional health and other wellbeing issues. The platform also provides a direct referral into the treatment service for those who require it.
- Treatment and recovery support for adults - a variety of treatment options are available to meet individual need.
- Young People's Service - The Young People's team works with all under 18s and those aged up to 25 where required. They can help an individual to find out the facts about drugs and alcohol and make changes where needed. They also support young people affected by someone else's substance use.
- Support for vulnerable groups - This includes victims of domestic abuse, criminal justice cohort and sex workers.
- Dual diagnosis support - Support for individuals who have both substance misuse and mental health issues. This service is funded by the Integrated Care Board (ICB).
- Family and friends support - Support for family and friends affected by someone else's drug or alcohol misuse even if the individual with a drug or alcohol problem isn't accessing treatment.
- Inpatient and community detox services - following an initial assessment, access to inpatient or community detox is available for individuals needing clinical support to help reduce/stop their drinking or drug misuse. In addition to clinical support, recovery is supported through group work and peer support.
- Residential rehabilitation services - Rehabilitation services offer individuals therapeutic support in an abstinent living environment. This provides individuals with an opportunity to rebuild their lives and to move towards achieving their goals and ambitions while remaining substance-free.
- Recovery support – Supporting individuals to improve their health and wellbeing and to reach their full potential.

## Leicestershire & Rutland | Turning Point

Turning Point Leicestershire & Rutland is the integrated substance use service in Leicestershire and Rutland Counties, including delivering treatment in HMP Leicester.



# Services Supporting Public Health Nursing 0-11



## What does the service offer?

- Confidential advice, care and support to all families with babies and young children up to 11 years old
- Mandated health assessments for 0-5 and baseline health assessments for targeted interventions for 5-11 year olds
- Advice and support on child, parenting and adult matters (via telephone, advice clinics, text service health for kids and health for under 5s)
- Central point of contact for services available to parents and their families
- Monitoring and promotion of the physical and emotional health of mothers, babies and their families.

## This includes giving advice and support on:

- General health
- Nutrition
- Behavioural difficulties
- Child development, including specialist developmental needs
- Postnatal depression and emotional wellbeing
- Domestic violence
- Social issues e.g. housing and finance
- Infant feeding promotion and management
- including specialist breastfeeding advice and
- Child protection/safeguarding to ensure the safety and wellbeing of all children.
- This includes joint working with families and other agencies and professionals e.g. midwives, children's centres, GPs and social workers, etc.

## Public Health Nurses provide support and help at the following levels:

### Community level

#### Universal support for families at key stages:

- 28 to 36 weeks pregnant
- 10 to 14 days old
- 6 to 8 weeks old
- 3 to 4 months old
- 1 year old
- 2 ½ years old
- NCMP

#### Pending contacts

- 3 ½ years old for vulnerable families.
- School health entrance (Reception age)
- Year 6 health and wellbeing

Universal antenatal four-week education programme is a digital offer (Bumps to Babies) in partnership with midwives and Children and Families Wellbeing centres.

**Universal plus** offers extra support when families need it.

**Universal Partnership Plus** offers support over a period of time with working together with other agencies.

### Who is eligible for this service?

Young parents up to the age of 21 who live in Leicestershire.

### How to access or refer to the service?

The service can be accessed via the family's:

- GP
- Early Help and Wellbeing Service
- Any other healthcare professional involved in the family's care
- Direct contact and/or self-referral
- Schools

### Contact Details:

Louise Martin, Family Service Manager  
[louise.martin40@nhs.net](mailto:louise.martin40@nhs.net)

Alex Yeomason, Family Service Manager (School Nursing)  
[catherine.yeomanson@nhs.net](mailto:catherine.yeomanson@nhs.net)

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## Teen Baby Action Group and Baby Box Programme

Young Parent Support from the Children and Family Wellbeing Service

### The Baby Box Project

All pregnant young mothers from 24 weeks gestation are offered a baby box. The Baby Box contain a whole range of baby-related gifts, including a Moses basket mattress, blanket, muslin cloth and material for bath time as well as information about local support services. The boxes are delivered in person and this is used as an opportunity to engage young people with local services.

After the initial contact, staff maintain a relationship with the teenager and carry out a follow-up call after birth. This provides a second opportunity to support the new young mum into other support services. Approximately 100 boxes are handed out each year. The evaluation of the project suggests the boxes ease concerns parents to be might have, as well as making them more aware of what support was available.



### **TBAG - Teenage Parents and Babies Action Groups**

This is a co-ordinated approach to supporting young parents in the county.

Groups of professionals from CFWS, Health and Education come together every 6-8 weeks to discuss young parents and create bespoke packages of support that aim to help and support young parents and carers on their parenting journey.

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### **0-2 Pathway Groups**

These groups meet in all localities from ante-natal to a child's first birthday.

Parents are offered a place at a weekly session with parents who are going to have their babies at the same time as you. Parents go through the journey together, supported by a member of staff who will provide information, advice and guidance for navigating the first year of parenthood.

Groups will cover a range of topics and activities including baby massage, early communication, tummy time, home safety, messy play, sensory play and many more.

#### **Who is eligible?**

| This service is for parents and their children starting at the antenatal stage, as soon as you have found out you are pregnant and need additional support.

#### **How to access the service?**

| Referrals are accepted via Midwifery service and Health Visiting service.

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### **Young Parent Groups**

These groups provide young parents the opportunity to come together to socialise with their children, gain support and explore future goals.

#### **Who is eligible?**

| Any young parent up to the age of 21 living in Leicestershire.

#### **How can they access they service?**

| Referrals are accepted via the Midwifery services and Health visiting service.

# NHS Health Checks



The Healthcare Public Health team are responsible for commissioning NHS Health Checks for eligible people living in Leicestershire and Rutland. The NHS Health Check programme aims to improve the health and wellbeing of adults aged 40-74 years through the promotion of early awareness, assessment, and management of the major risk factors for CVD (cardiovascular disease) – risk factors that are associated with premature death, disability, and health inequalities. The check is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia and is carried out every 5 years.

## Who is eligible for an NHS Health Check?

The NHS Health Check is for people aged 40 to 74 who do not have any of the following pre-existing conditions:

- heart disease
- chronic kidney disease
- diabetes
- high blood pressure (hypertension)
- atrial fibrillation
- transient ischaemic attack
- inherited high cholesterol (familial hypercholesterolemia)
- heart failure
- peripheral arterial disease
- stroke
- currently being prescribed statins to lower cholesterol
- previous checks have found that you have a 20% or higher risk of getting cardiovascular disease over the next 10 years

## How to get an NHS Health Check?

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP once every five years.

For further information on NHS Health Checks, use the following link:

[www.nhs.uk/conditions/nhs-health-check/](http://www.nhs.uk/conditions/nhs-health-check/)

# Mental Health Services

## DistrACT App

### What does the service offer?

The distrACT app (aged 17+) is free to download on to smartphones and tablets. It provides trusted information and links to support for people who self-harm and may feel suicidal.

### Who is eligible?

| Anybody 17 or over

### How to access or refer to the service?

| No sign-up is required, and the app does not collect any personal data.



No sign-up is required, and the app does not collect any personal data.  
The app can be downloaded from the [Apple Store](#) and [Google Store](#).

**The app offers total privacy and can be used offline to:**

- Find out about self-harm and suicidal thoughts
- Discover self-help techniques and safer alternatives to self-harms
- Explore the 'chill-zone' with links to resources that can make you feel better, such as films, books, and online videos
- Access details about available services and support - all in one place
- Know what to do in a crisis or emergency

## Harmless All-Age Specialist Self-Harm Service

This is a specialist community self-harm service for all that live in Leicester, Leicestershire, or Rutland. The service provides support for anybody that currently self-harms, has thoughts of self-harm, or has been affected by self-harm in some way. The service also provides support to friends and families who may know somebody who is self-harming.

The service accepts both professional referrals and self-referrals.

### Who is eligible for this service?

This service works with people who do or are at risk of self-harm or of any age if they are at risk of harming themselves.

### How to access or refer to the service?

Harmless self harm service

Online referral via <https://harmless.org.uk/self-harm-form-leicestershire/>

Tel: **01158 800280** Email [info@harmless.org.uk](mailto:info@harmless.org.uk)



## The Tomorrow Project

This is a confidential suicide bereavement service set up to support individuals and communities affected by suicide. The service offers 1:1 support for children and adults living in Leicester, Leicestershire & Rutland. The service accepts both professional referrals and self-referrals.

### Who is eligible for this service?

This service will support everyone who might be struggling following a suicide, of any age and with any relationship to the person they lost, including friends and colleagues, first responders, health professionals, acquaintances or passers-by – everyone and anyone can be affected.

### How to access or refer to the service?

Online referral via <https://harmless.org.uk/bereavement-form-leicestershire/>

Text: 07594 008 356 Email: [info@tomorrowproject.org.uk](mailto:info@tomorrowproject.org.uk)



# Domestic Abuse and Violence

LLR Domestic Abuse and Sexual Violence Support Services (previously UAVA)

From 1<sup>st</sup> April 2022, there is a range of specialist domestic abuse and sexual violence services across LLR (previously known as the consortium 'UAVA'; United Against Violence and Abuse), with individual services having individual areas of responsibility.

**The main provider services across LLR are as follows:**

- Living Without Abuse: <https://lwa.org.uk>
- Free from Violence and Abuse: Freeva: [www.Freeva.org.uk](http://www.Freeva.org.uk)
- Women's Aid Leicestershire Ltd: [www.wa-leicester.org.uk](http://www.wa-leicester.org.uk)

Access to help and support for domestic abuse and/or sexual violence is via the Helpline and Engagement Service. This service will undertake an initial assessment followed by support and advice. The types of ongoing support available include: 1-2-1 support, group work (both face to face and via digital platforms), access to refuge accommodation, access to dispersed accommodation.

More information on the services available from Living Without Abuse (LWA), Women's Aid Leicestershire Limited (WALL), and Free from Violence and Abuse (FreeVa) is available on the individual websites.

## Who is eligible for this service?

The service is available for all adult survivors of domestic abuse, both women and men, who live anywhere in Leicestershire, Leicester city or Rutland

## How to access or refer to the service

The local **Domestic Abuse Helpline** Number is: **0808 802 0028**. The number is freephone, hidden from bills and normally open 8am to 8pm, 7 days a week & 10am to 4pm on Bank Holidays.

The Helpline is the only number for both members of the public and practitioners / professionals. This number can be provided to victims, used to enquire about the progress of any referrals, support in making referrals and find out about all the help available locally.

**\*\*\* In an emergency where there is an imminent risk to life and/or serious injury, always telephone 999\*\*\***



