

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'.

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, which appears to read '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.

Contact Details:

Tel: **0116 305 4286**

Email: firstcontact@leics.gov.uk

Website: 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.

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

Website: www.leicestershire.gov.uk/local-area-co-ordinators

Local Area Co-ordination Areas

Northwest Leicestershire / Team Leader – Vicky Utting

Charnwood / Team Leader – Milo Poli

Melton / Team Leader – Mary Sawu

Harborough / Team Leader – John Baraclough

Blaby / Team Leader – TBC

Oadby & Wigston / Team Leader – Louise Monk

Hinckley & Bosworth / Team Leader – John Coghlan



Community Recovery Team

In response to the COVID-19 Pandemic, Leicestershire County Council produced an Outbreak Response plan. Within this, The Community Recovery Team was formed, and they hold a key role in supporting the communities of Leicestershire whilst working in close collaboration with existing offers and individuals to build resilience to the effects of the pandemic.

The Community Recovery 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. Initially supporting key Public Health responsibilities and wider work such as recovery across the county. We support individuals and communities in areas such as Loneliness, isolation and supporting individuals with their wellbeing.

COVID-19 has changed many things over the last couple of years. The County Council and Public Health produced an outbreak response plan to support individuals and communities to recover the effects COVID-19.

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 Community Recovery 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

Contact Details:

For further information or help, please contact the team
at CommunityRecoveryTeam@leics.gov.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

Contact Details:

Email: Healthytots@leics.gov.uk

Website: 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

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

Website: www.leicestershirehealthyschools.org.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
- universal contact at secondary
- 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 by:

- 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

For more information on the Teen Health service:

www.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19

For information on teenage health:

www.healthforteens.co.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

Contact details

Tel: **0116 305 7641**

Email: healthyworkplaces@leics.gov.uk

Website: 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:

Contact details

Tel: **0116 305 7641**

Email: startaconversation@leics.gov.uk

Website: 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.

Contact Details:

Tel: **0116 305 0705**

Email: publichealthoh@leics.gov.uk



Food Provision

Public Health work with our local District and Borough Councils in providing food provision support to the communities of Leicestershire.

What are the different food provisions?

Food banks: provide short-term food support to those struggling to access food

Food pantries: provides a longer-term option and acts as a distribution centre where hungry families can receive food

Community fridges: enables communities and businesses to come together to rescue food from going to landfill, just because it's close to its best before date

Contact details

For any queries regarding food banks, food pantries please contact your local District or Borough council.

Blaby

Mission Foodbank (Referral required)

Email: support@missionfoodbank.org

Tel: 0116 4824893

Website: www.facebook.com/missionfoodbank

Countesthorpe Foodbank (Referral required)

Email: info@lutterworthvillages.foodbank.org.uk

Tel: 01455 558797

Website: www.lutterworthvillages.foodbank.org.uk

Charnwood

Loughborough Foodbank (Referral required)

Tel: 07495 561408

Email: info@loughborougharea.foodbank.org.uk

Website: www.loughborougharea.foodbank.org.uk

PACE foodbank (Referral required)

Website: www.paceuk.org.uk/pace-food-bank

Aid Infinity (Referral required)

Tel: 01509 230629

Website: www.aidinfinity.org/page/contact

The Bridge (East Midlands)

Tel: 01509 260500

Shepshed Foodbank (Referral required)

Tel: 07594 639668

The Hub Café (Referral required)

Tel: 07912 194783, 07973 145019,
07773 054894

Email: info@leicestersouth.foodbank.org.uk

Website: www.leicestersouth.foodbank.org.uk

Soar Valley CFP (Referral required)

Tel: Syston - 07395 054771

Tel: Sileby - 07814 536648

Tel: Rothley - 07542 529520

Tel: Barrow upon Soar - 07395 902961

Tel: Thurmaston - 07789 250529

Email: soarvalleycfp@gmail.com

Website: www.facebook.com/people/Soar-Valley-Community-Food-Project/100064627127340/

YourStore (Referral required)

John Storer, Fearon Hall,
Mountsorrel, Shelthorpe

Website: www.yourstorecharnwood.org.uk

Cupboard on the Corner (Membership required)

Website: www.facebook.com/p/Cupboard-on-the-Corner-Community-Pantry-100072166128411

Shelthorpe Community Fridge

Salvation Army

| **Harborough**

Lutterworth & Villages (Referral required)
Tel: 01455 558797
Email: info@lutterworthvillages.foodbank.org.uk
Website: www.lutterworthvillages.foodbank.org.uk

The Well (Referral required)
Tel: 0116 279 0148
Email: admin@thewellkibworth.org
Website: www.thewellkibworth.org

Jubilee (Referral required)
Email: jubileefoodbankmh@gmail.com
Website: www.jubileefoodbankmh.uk

Eco Village Market Harborough
Email: beth.lambert@eco-village.co.uk

Houghton on the Hill (Referral required)
Email: houghtononthehillhub@gmail.com

| **Hinckley & Bosworth**

Hinckley Area Foodbanks (Referral required)
Tel: 01455 697390
Email: info@hinckleyarea.foodbank.org.uk
Website: www.hinckleyarea.foodbank.org.uk

Hinckley Community Fridge
Tel: 01455 637485

| **Melton**

Storehouse Melton (Referral required)
Tel: 01664 502502
Email: storehouse@meltonvineyard.org.uk
Website: www.storehousemelton.org.uk

Melton Learning Hub
(For MLH students & families)
Tel: 01664 564967
Email: sarah.cox@mlh.org.uk

Grantham Foodbank (Referral required)
Tel: 07816 872561
Email: gfbenquiry@hotmail.com
Website: www.grantham.foodbank.org.uk

| **North West Leicestershire**

Ashby Foodbank, Woodville Foodbank & Measham Foodbank (Referral required)
Tel: 07542 118 878
Email: info@ashby.foodbank.org.uk
Website: www.ashby.foodbank.org.uk/locations

EMHA (Agar Nook Residents only)

Coalville Foodbank (Referral required)
Email: info@coalville.foodbank.org.uk
Website: www.coalville.foodbank.org.uk

Kingsgate
Website: www.greenhillcommunitychurch.org.uk

Plenty2Cook & Plenty2Cook Market
Tel: 01530 510515
Website: www.mrc.uk.net/children-community/plenty2cook-food-market

Feed the Need
Website: www.ftncoalville.org

Ibstock Foodbank
Tel: 01530 262444 (food parcel)
Tel: 01530 260480 (foodbank)

Long Eaton Foodbank, Castle Donington Foodbank, Sawley Foodbank (Referral required)
Tel: 07950 547671
Email: info@longeatonsawley.foodbank.org.uk

Coalville Community Fridge
Tel: 0116 305 5328

Hermitage FM
Email: admin@hermitagefm.com

| Oadby & Wigston

Kings Centre (Referral required)

Tel: 07912 194783

Email: info@leicestersouth.foodbank.org.uk

Website: www.leicestersouth.foodbank.org.uk/

Oadby & Wigston Lions

Tel: 07818 603699

Email: owlionsclub@live.co.uk

Website: www.facebook.com/oadbywigston.lions

Salvation Army

Tel: 0116 2774114

Oadby Foodbank

Tel: 07723 121794

Email: info@oadbyfoodbank.org.uk

Wigston Community Fridge

Tel: 0116 305 5282

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

www.firstcontactplus.org.uk/our-services/your-home/

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, “make a referral” button at the top of the page.

Contact Details:

Tel: **0116 305 2524**

Email: warmhomesinfo@leics.gov.uk

Website: www.leicestershire.gov.uk/home-energy-grants



Quit Ready Leicestershire

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**

Text: **“ready” to 66777**

Email: Quitready@leics.gov.uk

Website: 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.

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.leicestershirewms.co.uk to self-refer



**Weight
Management**
Leicestershire

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



**Healthy Lifestyle
in Pregnancy**
Leicestershire

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.

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.leicestershirewms.co.uk to self-refer



**Men's Weight
Management**
Mental wellbeing, exercise and nutrition

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.

Contact Details:

Weight Management:
0116 305 0730 or
visit www.leicestershirowms.co.uk
to self-refer

Services may contact the
Weight Management Service directly
to discuss arranging a course:
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 91st – 98th centile.

How to access or refer to the service?

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

Contact Details:

Weight Management:
0116 305 0730 or
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

Contact Details:

Weight Management:
0116 305 0730 or
WeightManagement@leics.gov.uk



Physical Activity

- Let's Get Moving

Active Together

What does the service offer?

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

Programmes that we deliver / promote are:

- Supported Programmes
- Steady Steps
- Back Pain
- Cancer
- Cardiopulmonary
- Escape Pain
- Active Mums Club
- Early Years Physical Activity
- Campaigns
- Golden Games
- Inclusive Physical Activity
- School Sport & Physical Activity
- Clinical Champion Training
- Moving As Medicine
- Daily Boost
- Beginners Walking / Running
- Outdoor / Green Space
- Digital & Virtual Physical Activity Offer
- Get Active Search (local opportunities)
- Leisure Offer
- Funding & Organisation Support
- Training

For more information on activities, local news and events please contact us.

Contact Details:

Email: info@active-together.org

Website: www.active-together.org/letsgetmoving



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.

Contact Details:

Email: a.harris@active-together.org

Website: 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

Website: 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

Contact Details:

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

Email: infection@leics.gov.uk

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



Health Protection Team

The team provides support to settings with enquiries in health protection related matters. Primarily supporting care homes with COVID-19 outbreak management.

Also, ensuring vaccination programmes which is led on by the Integrated Care Board (ICB) and screening programmes led on by NHS England (NHS E), continue to prioritise key areas such as our vulnerable residents and areas of deprivation

The drafting of the Health Protection plan, which incorporates a work plan highlighting current and further work required by the Health Protection team and partner organisations.

Contact Details:

Email: healthprotection@leics.gov.uk

Tel: **0116 305 0740**

LCC Public Health Delivery Section

Health in All Policies

Across Leicestershire we are embedding Health in All Policies

Health in All Policies (HiAP) is an internationally recognised approach to reducing inequalities and inequities in health

HiAP aims to combine efforts across all departments and functions to tackle the complex issues that shape our health – the social, economic, environmental and commercial circumstances in which we are born, grow, live, work and age in.



How will Health in All Policies work in Leicestershire?

- Health Considerations are to be undertaken by all departments on all decision-making papers. This is to ensure that any decisions, actions and policies in all departments review the impact on health. This maximises the opportunity for good health outcomes and mitigates risk to health. With the aim of improving the health of our residents and reduce health inequities.
- Health Impact Assessments – a neutral objective tool to examine the potential impacts of a proposal on the health and wellbeing of our communities in Leicestershire for example, the impact on air quality, access and quality of local services, impact on community and social Influences.
- A tiered training approach has been developed to improve organisational understanding of the wider determinants of health and how every department has the potential to improve health outcomes. Raising organisational support for health considerations to be undertaken at every opportunity alongside recognising that all teams, functions and departments are crucial in reducing health inequalities.

What are the benefits of Health in All Policies?

Our approach will formalise health considerations and the health impact process across all functions at Leicestershire County Council.

Ensuing a common understanding of what shapes health and causes inequalities across the Council.

Creating a systematic approach to influencing the considerations, decisions and policies across all teams and functions to improve impact on health, maximising co-benefits and mitigating harms.

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.

Contact details

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

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



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

www.sh24.org.uk



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.

www.juniperlodge.org.uk

0116 273 3330



Substance Misuse

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.

Further information is available

via 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/leicestershireDigital 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.

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.

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

Lisa Massey, Family Service Manager

lisa.massey4@nhs.net

Alex Yeomason, Family Service Manager (School Nursing)

catherine.yeomanson@nhs.net

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.

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 plan and many more.

Young Parent Groups

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

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.



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.

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.

Contact Details:

For further information or to make referral,
visit the [Harmless website](#)

Tel: [01158 800280](tel:01158 800280)

Email: 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.

Contact Details:

To find out more about this service,
please visit [The Tomorrow Project's website](#) for more information.

Text: [07594 008 356](tel:07594 008 356)

Email: info@tomorrowproject.org.uk



Homelessness

Support for individuals who are homeless or at risk of becoming homeless is provided by Falcon Support Services and Nottingham Community Housing Association.

The service provides a referral hub and outreach support to help individuals maintain their own tenancy, and to gain the skills needed to live independently.

Support:

Support can include:

- setting up and maintaining a tenancy
- developing domestic or life skills
- debt, budgeting, and benefits
- support to engage with local community resources
- accessing health and wellbeing services
- accessing education, employment, and volunteering
- improving social support networks
- advice on repairs and home maintenance
- safeguarding vulnerable individuals

Drop in support is available via drop-in sessions at various locations across Leicestershire. Further information can be found via www.falconsupportservices.org.uk/tenancy-support-services:

Contact details

The service can be contacted in the following ways:

01509 642382

referralhub@falconsupportservices.org.uk



Domestic Abuse and Violence

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

From 1st 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
- Women's Aid Leicestershire Ltd: 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.



Contact Details:

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*****

Probation Health Trainers Service

The Probation Health Trainers Service supports offenders on community orders or licence to make changes to a healthier lifestyle but who are unlikely to make or maintain this without individual support. The service supports clients to access a comprehensive range of services aimed at improving their health and wellbeing, including accessing GP services and dental services. They work with clients on a one-to-one basis to assess their health and lifestyle risks, develop Personal Health Plans, and support them to sustain behaviour change to a healthier lifestyle.

The Probation Health Trainers Service is unique in that the health trainers are ex-offenders who have all successfully completed the nationally accredited Health Trainers training. Ex-offenders can become Health Champions and volunteers within the service and progress to complete training and become staff members.

The service is provided by Ingeus

Referral to the service is usually through the Probation Service and probation staff are able to make direct referral to the Ingeus. Alternatively, service users can refer themselves via the drop-in sessions that Ingeus hold at probation offices and hostels across Leicestershire.

