

# Information booklet

This booklet details sources of support around some key themes: Emotional wellbeing, physical wellbeing, Access to food, Housing related/financial information and assured information on the Coronavirus CV19.

**DISCLAIMER: all information is fact checked where possible and accurate at the time of sending.  
If you notice any inaccuracies, please contact [anna.christie@leics.gov.uk](mailto:anna.christie@leics.gov.uk)**

We will review and update this next week to reflect the changing support structures that are available.

## North West Leicestershire

	<u>FOOD</u>		
Area	Name	Group details	Contact details
Ashby	Ashby Foodbank	Trussel trust foodbank covering Ashby and outlying villages, open Tuesday mornings:- (9am to 10-30am) Wednesday mornings (9am to 10am). Friday afternoon (2pm to 3pm)	info@ashby.foodbank.org.uk or our mobile 07542 118878
Measham	Measham satellite foodbank	MEASHAM BAPTIST CHURCH Friday mornings 9am - 10am.	info@ashby.foodbank.org.uk or our mobile 07542 118878
Coalville	Coalville Foodbank The Trussell Trust,	Trussel trust food bank providing food parcels for those in crisis or with low incomes, referral needed (e-referral available) Opens: Tuesdays 10 am-12.30pm, Fridays 10am-12 noon	New Life Church, Margaret Street, Coalville, LE67 3LY

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			T: (01530) 838355, E: info@coalville.foodbank.org.uk
	<b>HOUSING</b>		
Area	Name	Group details	Contact details
NW leics	NWLDC Homelessness service	Supporting the homeless or anyone under imminent threat of homelessness is a critical service that is fully operational	<a href="mailto:housing.choices@nwleicestershire.gov.uk">housing.choices@nwleicestershire.gov.uk</a> or on our freephone number (0800 952 0079). You can still come to our council offices if contacting us by phone and email are not possible.
NW leics and Charnwood	Bridge Housing Support	Telephone support for housing advice	<a href="tel:01509502975">01509 502975</a>
	<b>WELLBEING- MENTAL HEALTH</b>		
Area	Name	Group details	Contact details
Charnwood, Hinckley and Bosworth, Melton, NWest Leics	Mental Health matters	Offering 12 weeks mental health support currently over the phone, self referrals accepted Website: <a href="https://www.mhm.org.uk/leicestershire-and-rutland-mental-health-wellbeing-and-recovery-service">https://www.mhm.org.uk/leicestershire-and-rutland-mental-health-wellbeing-and-recovery-service</a>	Phone: 0300 323 0189 Email: leicestershire.andrutlandmhm@nhs.net Opening Hours: 9am til 9pm, 7 days a week.
County	Let's talk well being	Counselling service Online referral form: <a href="http://3xmatc1p0cnc3crfv93ovogp-wpengine.netdna-ssl.com/wp-content/uploads/2018/10/Lets-Talk-Wellbeing-Leicester-County-Rutland-Leaflet.pdf">http://3xmatc1p0cnc3crfv93ovogp-wpengine.netdna-ssl.com/wp-content/uploads/2018/10/Lets-Talk-Wellbeing-Leicester-County-Rutland-Leaflet.pdf</a>	Contact details: <a href="https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service">https://www.nottinghamshirehealthcare.nhs.uk/leicestershire-county-and-rutland-service</a> 01509 561 100 Email: <a href="mailto:letstalkcr@nottshc.nhs.uk">letstalkcr@nottshc.nhs.uk</a>

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Ashby	The Haven	Counselling service based in Ashby, serving existing clients with telephone counselling.	01530 560921 Or by email: thehavencounselling@btconnect.com
NW Leics	Hospice Hope	Support cafes are closed but they are continuing to provide emotional support, advocacy, advice, information and practical support to anyone living with a life limiting condition. We can do this via telephone and online facilities as well as the option to provide face to face support via Skype and zoom.	Please contact us on 07935 800 658 or email info@hospicehope.co.uk
County	Relate	Offers telephone counselling services for every type of relationship county wide, may need referral but can be contacted by phone or email directly.	Contact 0116 2543011 or reception@relateleics.org
<b><u>WELLBEING- PHYSICAL HEALTH</u></b>			
Area	Name	Group details	Contact details
County	Everyone active	Everyone active home workouts whilst the gym is shut.	<a href="https://www.everyoneactive.com/promotion/home-workout-faqs/?fbclid=IwAR1AqbQvb6e_xyvM_Ak9Nj_U_hNoQDWMTTsocFMdcuilv4t0Sqq5V_0T5mU">https://www.everyoneactive.com/promotion/home-workout-faqs/?fbclid=IwAR1AqbQvb6e_xyvM_Ak9Nj_U_hNoQDWMTTsocFMdcuilv4t0Sqq5V_0T5mU</a>
<b><u>CORONA VIRUS SUPPORT</u></b>			
Area	Name	Group details	Contact details
NW leics	North West Leicestershire district council	Up to date Corona virus information and impact on services on their website. For information regarding support across the district contact the Community focus team	01530 454545 <a href="mailto:community.focus@nwleicestershire.gov.uk">community.focus@nwleicestershire.gov.uk</a> <a href="https://www.nwleics.gov.uk/pages/community_support_schemes">https://www.nwleics.gov.uk/pages/community_support_schemes</a>
Appleby Magna/ Parva	Appleby Magna Parish Council	Supporting residents around the villages	Contact: clerk@apmagpc.com

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Ashby	Ashby Roundtable and Ashby 41 club, and Ashby and Coalville Rotary groups	Providing support for pick ups, prescriptions and shopping during Corona virus outbreak	Ian- 07976 825365 Hugh- 07772 242135 Peter- 07887 777923
Ashby and Heather	Help the Elderly Ashby de la Zouch and Heather	Supporting elderly people in Ashby and Heather. Providing shopping runs and have donated items to give out for people struggling to get to shops/ pharmacies etc. specifically for older people and those on low income	Phillip Soar: 07804 405858 or email: <a href="mailto:ashbyelderly@outlook.com">ashbyelderly@outlook.com</a>  Facebook: <a href="https://www.facebook.com/AshbyElderly/?epa=SEARCH_BOX">https://www.facebook.com/AshbyElderly/?epa=SEARCH_BOX</a>
Blackfordby	Blackfordby coordinator	For Blackfordby residents only, help with an array of things including shopping, prescriptions, walking pets, phone calls etc.	Karen Heath, 10am-12pm week days, 01283 222575
Ashby	Ashby Rugby Football Club	If you need help with a shopping delivery, a prescription collecting, posting mail or just a lift somewhere then please get in touch. Even if you just fancy a chat and some company, You can call or message through Facebook and Phil will coordinate our effort.	Phil on 07723621601 Email: ashbydor@outlook.com Facebook: <a href="https://www.facebook.com/AshbyRugby/?_tn=%2Cd%2CP-R&amp;eid=ARB7h3DVHxVeqEbDOXarRPseO9c0z9FMIJtSbRZhhOwVmHAusMn1hM4STBSsfhZO0RgX7iilqNKHxvLW">https://www.facebook.com/AshbyRugby/?_tn=%2Cd%2CP-R&amp;eid=ARB7h3DVHxVeqEbDOXarRPseO9c0z9FMIJtSbRZhhOwVmHAusMn1hM4STBSsfhZO0RgX7iilqNKHxvLW</a>
Albert Village, Moira, Norris Hill and Spring Cottage	Ashby Woulds Town Council	Support for residents in the villages outside Ashby in the Woulds area.	Contact: clerk@aw-tc.co.uk

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Coalville	Marlene Reid Centre	Coordinating help around the Coalville area	01530 510515 support@mrc.uk.net
Agar Nook, Coalville	Agar Nook Community Centre	Supporting local residents around the estate	Contact: 01530 276000 or 07775 566532 or Rebecca.Cliff@emhhomes.org.uk
Hugglescote and Donington le Heath	Hugglescote and Donington le Heath Support Group	Supporting local residents in the villages	Contact: 07511 808253 or hovellj22@outlook.com
Donisthorpe	Donisthorpe Coronavirus Help Group	Offering help with shopping and telephone support, local resident's group	<a href="mailto:DCHG20@gmail.com">DCHG20@gmail.com</a> also contact through the Halfway House or Village shop 07483 089662
Measham	Measham Hardware store	Shopping deliveries and supplies delivered to people self isolating	26 High St, Measham, Swadlincote DE12 7HR 01530 270396
Whitwick	Whitwick Community Crisis team	If you need help due to isolating, with shopping meds pick up or need a phone call	<a href="mailto:clerk@whitwickpc.org">clerk@whitwickpc.org</a> <a href="mailto:woodstockinwhitwick02@gmail.com">woodstockinwhitwick02@gmail.com</a> 07407 766518
Oakthorpe	Oakthorpe Support Group	Supporting residents of Oakthorpe during the crisis, urgent supplies, pick-ups, posts, they have a food bank, activities for kids and families online	Caroline- 07740 481886 Amy- 07931 879137/01530 610125
Belton	Belton Volunteers Group	Supporting local residents in the village	Contact: 07752 429902 or 01530 224761 or nbmullen07@hotmail.co.uk
Osgathorpe	Osgathorpe Community Group	Supporting local residents in the village	Contact: nick@osgathorpe.plus.com

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Snarestone	Snarestone Tote Community Response Volunteers	Supporting local residents in the village	Contact: 07795 617465 or <a href="mailto:abbycarcher@aol.com">abbycarcher@aol.com</a>
Worthington, Griffydam, Newbold Coleorton	Worthington Parish Council	Supporting local residents in the village	Contact: 07855 565936 or <a href="mailto:clerk@worthingtonpc.org.uk">clerk@worthingtonpc.org.uk</a>
Staunton Harold, Callans Lane, Heath End, Burney Lane, Lount	Staunton Harold Action Group	Supporting local residents in the village	Contact: 07894 268124 or <a href="mailto:paularileys@aol.com">paularileys@aol.com</a> or <a href="mailto:melferrie46@gmail.com">melferrie46@gmail.com</a>
Coleorton	Coleorton	Supporting local residents in the village	Contact: <a href="mailto:parishclerk@coleorton.org.uk">parishclerk@coleorton.org.uk</a>
Thringstone	Charles Booth centre	Shopping, dog walks, urgent supplies, errands etc. In Thringstone area	<a href="mailto:hello@charlesboothcentre.org.uk">hello@charlesboothcentre.org.uk</a> or 01530 222337 9am-12pm weekdays
Villages in the North west from Appleby Magna, to Shacker-stone	NWL Community Spirit Can support residents in:	Supporting residents across an array of villages in the North West: Appleby Magna, Heather, Ibstock, Newton Burgoland, Ravenstone, Snarestone, Swebstone. (Can also support residents in Shackerstone, Hinckley & Bosworth Borough)	Contact: 07951 175007 or <a href="mailto:mdrichichi@gmail.com">mdrichichi@gmail.com</a>
Castle Donington Lockington, Hemington, Cavendish Bridge, Diseworth, Isley Walton, Long	Coronavirus Community Support	Supporting residents in the northern part of Leicestershire around Castle Donington, based at the volunteer centre	Contact: 01332 850526 or <a href="mailto:admin@cdvc.org.uk">admin@cdvc.org.uk</a>

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Whatton, Sawley Marina, Breedon on the Hill, Tonge, Wilson			
County	Age UK corona virus helpline	Age UK Leicester Shire & Rutland is committed to supporting older people throughout the period of isolation by providing a range of support services which may include telephone befriending, shopping, emergency food packs, may be dependent upon area.	Coronavirus Helpline 0116 299 2239 Mon- Fri 9-5pm
Leicester based, county and national service	My Solution Wellbeing	<p><b>New National Covid 19 Support Service</b></p> <p>New national Covid support service We have a new emergency national online service launched today!!!!</p> <p>Online Group, Keeping you safe with expert online advise all under one roof.</p> <p>We know the waiting time and queues are long and have experts by experience and qualified people to guide and support through this process!</p> <p>Support with – benefits, home schooling, mental health, finances T&amp;C's apply</p> <p><a href="http://www.mysolutionwellbeing.com">www.mysolutionwellbeing.com</a></p>	To join the private club call 0116 4030092 or email <a href="mailto:info@mysolutionwellbeing.com">info@mysolutionwellbeing.com</a> and we'll add you to this private service.

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