



Public Health Services Directory Leicestershire

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Key

Contact

Address

🔊 Text

Phone

🔘 Email

🌐 Web

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.

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.

Mike Sandys, Director of Public Health



Housing support

Warm Homes, Healthy Homes

What does the service offer?

Helps vulnerable people within Leicestershire to stay warm and healthy through a range of information, advice or a home energy assessment.

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 self-referral button on the website.



Contact details

- 0116 305 4286
- @ firstcontact@leics.gov.uk
- www.firstcontactplus.org.uk



Oral health

Oral health promotion and epidemiology service

What does the service offer?

- Oral health training in supervised tooth brushing for pre-school settings
- Oral health promotion training for frontline staff
- Oral health resource library
- Oral health promotion advice and displays at events
- Annual oral health survey.

How to access or refer to the service?

The service is provided by Community Dental Services CIC.

It largely exists to support other professionals to promote oral health and prevent tooth decay.

Professionals can access the service using the contact details provided.

Contact details

For further information contact:

- Community Dental Services CIC Blaby Civic Centre
 22-24 Leicester Road Blaby
 LE8 4GQ
- Tel: 0116 243 6460
- @ info@cds-cic.nhs.uk
- www.communitydentalservices.co.uk/ services/oral-health-promotion

Contents

Leicestershire offers a number of programmes to assist adults and children to maintain a healthy weight. Weightwatchers offer Leicestershire residents a free 12 week programme, whilst Leicestershire Nutrition and Dietetic service (LNDS) support people who have more complex needs, to lose weight, through its LEAP and FLIC programmes. Increasing levels of physical activity plays an important role in maintaining a healthy weight and an extensive range of "universal" activities suitable for every ability is available through local District and Borough Councils and leisure centres. In addition, District and Borough Councils also run a GP exercise referral programme, offering tailored physical activity programmes for patients with long term health conditions, such as cardiac, respiratory, mental health, to assist their long-term recovery and adoption of more healthier lifestyles.

LEAP

What does the service offer?

An adult weight management service for patients with a BMI of 30 or above or a BMI of 28 or above with co-morbidities.

How to access or refer to the service?

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

Please contact the triage service on

0116 222 7145

Contact details

- Leicestershire Nutrition & Dietetic Service (LNDS)
 Leicestershire Partnership Trust OSL House, East Link
 Meridian Business Park, Leics
 LE19 1XU
- 0116 222 7145
- www.lnds.nhs.uk



Weight management and physical activity

Family Lifestyle Club (FLIC)

What does the service offer?

A weight management service for overweight children and their families.

Using a 'whole family approach', the service offers a dietetic led (healthy weight pathway) service to children aged 4-16 years with a BMI above the 91st/98th centile.

How to access or refer to the service?

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

Please contact the triage service on

0116 222 7145

- Leicestershire Nutrition & Dietetic Service (LNDS)
 Leicestershire Partnership Trust OSL House, East Link
 Meridian Business Park, Leics
 LE19 1XU
- 0116 222 7145
- www.lnds.nhs.uk





Exercise referral

What does the service offer?

A tailored physical activity programme for inactive patients with medical conditions that would benefit from increased, monitored physical activity.

How to access or refer to the service?

Participants require a GP referral which should be sent to a district or borough council coordinator.



Contact details

For further information contact:

- A Krishana Mistry
- Assistant Sports Development Officer Leicester-Shire & Rutland Sport SportPark
 3 Oakwood Drive Loughborough Leicestershire, LE11 3QF
- 01509 564854
- @ k.mistry@lrsport.org
- www.lrsport.org.uk

Weight management and physical activity

Heartsmart

What does the service offer?

A tailored physical activity programme for inactive patients recovering from cardiac disease.

How to access or refer to the service?

Participants require a GP or hospital referral which should be sent to a district or borough council coordinator.



Contact details

For further information contact:

- A Krishana Mistry
- Assistant Sports Development Officer Leicester-Shire & Rutland Sport
 SportPark
 3 Oakwood Drive
 Loughborough
 Leicestershire, LE11 3QF
- 01509 564854
- @ k.mistry@lrsport.org
- www.lrsport.org.uk





Food Routes & Big Cook Little Cook

What does the service offer?

A programme targeting schools with higher levels of children who are overweight/obese. The service provides a 'journey through food', diet, health, cooking, food safety plus a follow up 6 week family cooking programme.

This is a 'pre- cursor' to the Family Lifestyle Club (see pg4 for details), and also compliments the work the FFLP are doing.

Contact details

- Paula Walton Project Lead
- Paula.Walton@Inds.nhs.uk
- www.lnds.nhs.uk

How to access or refer to the service?

Schools may contact the Leicestershire Nutrition & Dietetic Service directly or get in touch via Leicestershire Public Health's Healthy Schools programme (see pg19).

food route

Weight management and physical activity

Food for Life Partnership (FFLP)

What does the service offer?

- A health and education programme working with schools in Leicestershire to help to transform school meals and food education in schools and communities
- Promotion of a positive 'Food Culture' in schools to impact on the 'obesogenic environment
- Giving children, young people and their families the confidence, skills and knowledge they need to cook, grow and enjoy good quality affordable food
- Piloting the Early Years Catering mark with selected early years (& care home) settings

How to access or refer to the service?

Schools can sign up to FFLP through the website.



- A Raksha Mistry FFLP Programme manager
- RMistry@soilassociation.org
- www.foodforlife.org.uk





Leicester-Shire & Rutland Sport

What does the service offer?

Leicester-Shire & Rutland Sport are here to help you find a range of physical activity, sport and wellbeing opportunities across Leicestershire, Leicester and Rutland.

- Get active search engine
- Workforce education programme
- Campaign weeks
- Targeted physical activity programmes
- School sport / Team Leicestershire
- Volunteer opportunities
- Local sport alliances
- Funding advice

- Leicester-Shire & Rutland Sport Sportpark
 3 Oakwood Drive Loughborough Leicestershire, LE11 3QF
- 01509 564888
- @ info@lrsport.org
- www.lrsport.org.uk





Substance misuse

Turning Point

What does the service offer?

- Group work sessions
- Recovery worker support
- Counselling
- Relapse prevention
- Peer mentors
- Substitute prescribing
- Mindfulness
- Harm reduction services
- Needle exchange
- Close partnership working with housing and employment services
- Dedicated young people/young adult services
- Dedicated substance misuse service at HMP Leicester
- · Families and carers support
- Criminal Justice Pathway



Substance misuse

The Woodlands Hospital (Nottingham)

What does the service offer?

In-patient medically assisted withdrawal services (in-patient detox).

How to access or refer to the service?

Referrals from substance misuse services only.



Contact details

- 0330 303 6000
- O LLreferrals@turning-point.co.uk
- www.wellbeing.turning-point.co.uk/ leicestershire



How to access or refer to the service?

Please visit the website where you will find a link to our referral form.

- The Woodlands Highbury Hospital Highbury Road Bulwell Nottingham, NG6 9DR
- 0115 956 0850
- (a) the wood lands @nottshc.nhs.uk



Tobacco control

QuitReady 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, Champix or Zyban.

How to access or refer to the service?

Service users can contact the service directly.



Contact details

- Tel: 0345 646 6666
- meady" to 66777
- @ quitready@leics.gov.uk
- www.quitready.co.uk

Tobacco control

Trading Standards

What does the service offer?

Trading standards work to prevent the sale of illegal tobacco products and tobacco to anyone who is underage. This is done through education, information, surveillance and enforcement.

How to access or refer to the service?

To report any information on illegal or underage tobacco sales, call Crimestoppers anonymously on 0800 555 111.



- Leicestershire County Council Trading Standards
 County Hall
 Glenfield
 Leicester
 LE3 8RA
- 0116 305 8000
- O tradingstandards@leics.gov.uk
- www.leicestershire.gov.uk/trading-standards



Leicestershire and Rutland C-Card Scheme (Previously the Community Safer Sex Project)

What does the service offer?

• Supports the delivery of community based sexual health services to ensure easy access to free condoms and pregnancy testing services, relationship advice and signposting to other services for young people aged under 25 years.

How to access or refer to the service?

The C-card scheme starts from 1st August 2016. The new service builds on the previous community safer sex project and there will be a phased transition to convert the safer sex sites to the new C-card service. There will be C-card registration sites and new C-card distribution sites.

Details of these will be available on

www.leicestersexualhealth.nhs.uk

Registration sites will be open access and no referral is necessary. Young people who are registered for a C-card can then access a range of distribution sites for condom packs. Return to the registration site will be required periodically to renew the registration.

- St Peters Health Centre Sparkenhoe Street Leicester LE2 OTA
- Loughborough Health Centre Pinfold Gate
 Loughborough
 LE11 1DQ
- 0300 124 0102 / 0800 318908
- www.leicestersexualhealth.nhs.uk





Sexual Health Service (Provided by: Staffordshire & Stoke on Trent NHS Partnership Trust)

What does the service offer?

- Genito-urinary medicine, including sexually transmitted infection testing and treatment
- Contraceptive and reproductive health services
- Emergency hormonal contraception
- Specific young people's services for under 25's (Choices)
- Outreach and health promotion
- Psychosexual counselling

How to access or refer to the service?

An open access service, offering a mix of walk-in and pre-bookable appointments.

Operating from 2 hubs (St Peters Health Centre, Leicester and Loughborough Health Centre) with a range of sessional clinics held at locations across Leicester, Leicestershire and Rutland, including Market Harborough, Hinckley, Coalville and Melton Mowbray.

Psychosexual counselling requires a GP referral.

- St Peters Health Centre Sparkenhoe Street Leicester LE2 OTA
- Loughborough Health Centre Pinfold Gate
 Loughborough
 LE11 1DQ
- 0300 124 0102 / 0800 318908
- www.leicestersexualhealth.nhs.uk





Leicestershire AIDS Support Services (LASS)

LASS provide sexual health promotion and HIV prevention services for:

- · People living with and affected by HIV
- People of black African heritage

What does the service offer?

- Health promotion
- Outreach
- 1 to 1 support
- · Community based HIV testing
- Training for organisations relating to HIV issues and stigma

How to access or refer to the service?

Self-referral

Some drop in sessions held

Contact details

- The Michael Wood Centre 53 Regent Road Leicester LE1 6YF
- 0116 255 9995
- @ reception@lass.org.uk
- www.lass.org.uk



Sexual health

Trade Sexual Health

Trade Sexual Health provide sexual health promotion and HIV prevention services for men who have sex with men (MSM).

What does the service offer?

- Health promotion
- Outreach
- 1 to 1 support
- Community based HIV testing
- Training for organisations relating to sexual health issues, stigma and MSM

How to access or refer to the service?

Self-referral

- 2nd floor
 27 Bowling Green Street
 Leicester
 LE1 6AS
- 0116 254 1747
- @ info@tradesexualhealth.com
- www.tradesexualhealth.com





Sexual health services in General Practices

(additional to GP core services)

What does the service offer?

• Interuterine device and contraceptive implant fitting in primary care

How to access or refer to the service?

Available in some GP surgeries for their registered practice populations. Contact individual surgeries to find out what is available.



Contact details

Contact your local GP surgery

www.nhs.uk/service-search



Sexual health

Pharmacies

What does the service offer?

Many pharmacies offer free Emergency Hormonal Contraception (EHC) to those under 25

How to access or refer to the service?

To find your local pharmacy visit: Www.leicestersexualhealth.nhs.uk/under-24/ pharmacies-emergency-contraception/

EHC is also available from some school nurse clinics.

Contact details

www.leicestersexualhealth.nhs.uk





Healthy Together Programme Public Health Nursing (Health Visiting 0-5 years)

What does the service offer?

- Confidential advice, care and support to all families with babies and young children up to five years old
- Child health assessments
- Advice and support on child, parenting and adult matters (via telephone, advice clinics and text service)
- 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:
 - 1. General health
 - 2. Nutrition
 - 3. Behavioural difficulties
 - 4. Child development, including specialist
 - 5. developmental needs
 - 6. Postnatal depression and emotional wellbeing
 - 7. Domestic violence
 - 8. Social issues e.g. housing and finance
 - 9. Child protection
- Infant feeding promotion and management including specialist breastfeeding advice and support
- Child protection/safeguarding to ensure the safety and wellbeing of all children up to the age of five. This includes joint working with families and other agencies and professionals e.g. midwives, children's centres, GPs, school nurses and social workers, etc.



Health Visitors 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
- 2¹/₄ years old

Universal antenatal four week education programme in partnership with midwives and children 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
- · Children's centre staff
- Any other healthcare professional involved in the family's care
- Direct contact and/or self-referral

- @ theresa.farndon@leicspart.nhs.uk
- jane.sansom@leicspart.nhs.uk
 (Family Services Manager)
- Chat health text service (advice from health visitors) 07520 615382



Healthy Together Programme Public Health Nursing (School Nursing 5-19 years)

What does the service offer?

- A public health service for those aged 5 to 19 years
- A central, accessible point of contact for children, young people and their families
- Year round nurse-led public health provision
- Promotion and support of children and young people's physical, emotional and social needs
- Chat health SMS sevice
- Universal contact at reception, year 7, 9 and 11

How to access or refer to the service?

The service can be accessed via the child's:

- GP
- Teacher or school staff
- Any other healthcare professional involved in the family's care
- · Direct contact and/or self-referral



Contact details

- Sarah Fenwick
- School Nursing Service
 Families, Young People and Children's Services
 Leicestershire Partnership NHS Trust
 Bridge Park Plaza,
 Bridge Park Road
 Thurmaston
 Leicester LE4 8PQ
- 0116 225 6000 (access to all Leicestershire Partnership NHS Trust services)
- @ sarah.fenwick@leicspart.nhs.uk
- P Chat health text service 07520 615387

For more information on the school nursing service:

www.leicspart.nhs.uk/Library/ AboutYourSchoolNursingService.pdf

For information on children's health:
Www.healthforkids.co.uk

For information on teenage health:
Www.healthforteens.co.uk



Leicestershire Healthy Schools programme

What does the service offer?

Healthy schools play an important role in helping children and young people reach their full potential.

The Leicestershire Healthy Schools programme supports the links between health, behaviour and achievement by creating an environment in which children and young people can be healthy, happy and, as a result, do better in learning and in life to enable them to: renew Healthy School Status, achieve Enhanced Healthy School Status by achieving meaningful outcomes in relation to a Public Healthy Priority.

The programme is based on 4 core themes:

- Healthy eating
- Physical activity
- · Personal social health education
- · Emotional health & wellbeing

The Healthy Schools programme recognises and quality assures the schools' health & wellbeing related work and provides schools with a range of supporting resources and information.

Teenage Pregnancy

- Advice, support, resources and training for practitioners around issues connected to teenage pregnancy.
- Information for young people, parents and carers and signposting to relevant services.

Contact details

- Healthy Schools Team (Public Health)
- 0116 305 0705
- @ healthyschools@leics.gov.uk
- www.leicestershirehealthyschools.org.uk
- CalthySch @HealthySch

How to access or refer to the service?

Schools may self refer to participate in the programme.

98% of Leicestershire schools are currently participating in the programme.

Information, advice & training can be found online.

Leicestershire





Leicestershire Healthy Tots programme

What does the service offer?

Leicestershire Healthy Tots is a health promotion programme designed to create a healthy environment and encourage healthy living for underfives in early years settings.

The programme is based around 3 core themes:

- Healthy eating
- · Physical activity
- Emotional health & wellbeing

All setting have access to a range of resources including the Nutrition for Leicestershire Healthy Tots Guide, a Physical Activity Guide & resource cards.

How to access or refer to the service?

Early years settings may self-refer to participate in the programme.

Infection, prevention and control

Local Authority Community Infection Prevention Control

What does the service offer?

The community infection prevention team provides advice, support and training to local authority social care services, in order to improve their infection prevention control practices.

How to access or refer to the service?

The service can be accessed directly by any Leicester, Leicestershire or Rutland local authority delivered or commissioned social care service (including care and residential homes, domiciliary care etc).



Contact details

- A Public Health
- 0116 305 0705
- @ healthtots@leics.gov.uk
- www.leicestershirehealthytots.org.uk



Contact details

- 0116 305 4699 (via Business Support)
- Local Authority Community Infection
 Prevention and Control Service, Adults and Communities
 Leicestershire County Council, Room 600, County Hall, Glenfield,
 Leicestershire, LE3 8RL
- @ infection@leics.gov.uk

Local Authority Community Infection Prevention

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Mental health

talk²sort

What does the service offer?

talk²sort provide a mediation service for young people aged 11-19 years old and their families.

They offer support to resolve issues which are impacting on relationships or the home environment. Issues include poor communication, behaviour, verbal and physical aggression, mental health and emotional wellbeing.

It is a voluntary and confidential service supporting families to reduce the liklihood that young people will be excluded from the family home.

How to access or refer to the service?

Referral via school, GP, public health nurse or a self-referral.

Contact details

- A The Bridge
- 38 Leicester Road Loughborough Leicestershire LE11 2AG
- 01509 260500
- www.thebridge-eastmidlands.org.uk/talk2sort

Mental health

Mental Health First Aid Training

What does the service offer?

Mental Health First Aid Training for front line staff, delivered on a multi-partnership basis.

Delivery of a standard 2 day training programme as developed by Mental Health First Aid England, but tailored to local needs. The programme teaches attendees the signs that someone may be becoming mentally unwell and trains them to give initial care and support until specialist medical treatment is accessed.

The programme brings together partners from across the system to learn more about mental health.

How to access or refer to the service?

Interested organisations should contact Leicestershire County Council's Learning and Development Service.

- Corporate Learning and Development Service Leicestershire County Council County Hall Glenfield Leicestershire LE3 8TF
- 0116 305 4070
- @ madeleine.mcneil@leics.gov.uk





Mental health

Kooth

What does the service offer?

An on-line counselling service that provides vulnerable young people, who have emotional or mental health problems, with support.

How to access or refer to the service?

Self-referral via the website.

Contact details

www.kooth.com



Information and advice

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

Contact details

- Public Health
 Anstey Frith Building
 Glenfield
 Leicester
 LE3 8TB
- 0116 305 4286
- @ firstcontact@leics.gov.uk
- www.firstcontactplus.org.uk
- 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 self-referral button on the website.





Community support

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? (i.e. LPT?)

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

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

East

Senior Local Area Coordinator

- Anna Christie
- 07951 48623
- @ anna.christie@leics.gov.uk

Blaby

Blaby

@ jennifer.fielding@leics.gov.uk

Braunstone Town, Thorpe Astley and Leicester Forest East

- A Roo Peake
- 07889 537009
- @ roo.peake@leics.gov.uk

Enderby

- Sally Murgatroyd
- @ sally.murgatroyd@leics.gov.uk

Harborough

Lutterworth

- 🛆 Lynne Brydon-Graham
- 07889 806061
- Ø lynne.brydon-graham @leics.gov.uk

Market Harborough

Anna Christie

Melton

Asfordby & Melton Mary Sawu 07787 596898 mary.sawu@leics.gov.uk

Bottesford

Anna Christie

Contact details

- 8 Public Health
- 🖻 County Hall, Glenfield, Leicester, LE3 8RA
- 0116 305 0705
- @ simon.dalby@leics.gov.uk
- www.leicestershire.gov.uk/local-area-co-ordinators

Local Area Co-ordination

Long Clawson

- A Nicola Tate-Bohannon
- Onicola.tate-bohannon @leics.gov.uk

Melton

- 🖰 Shanti Patman
- 07535 657107
- @ shanti.patman@leics.gov.uk

Oadby & Wigston

Wigston Magna Anna Christie 0116 305 0705

South Wigston

Anna Christie



Community support

Local Area Co-ordination

West

Senior Local Area Coordinator

Vicky Utting07534 263203

Charnwood

Loughborough and Hastings

Milo Poli
07985 535945
milo.poli@leics.gov.uk

Syston

Michelle Mcweeney
07712 324226
michelle.mcweeney@leics.gov.uk

Thorpe Acre

➢ Vicky Utting☑ 0116 305 0705

Hinckley and Bosworth

Barwell and Earl Shilton

Kerry Smith
07947 949721
kerry.smith2@leics.gov.uk

Desford, Newbold Verdon and Thornton

A John Coghlan

07943 026977

@ john.coghlan@leics.gov.uk

Hinckley

🛆 Bev Haslam

07768 616041

O bev.haslam@leics.gov.uk

North West Leicestershire

Ashby

- Andrew Barson
- 07712 324253

@ andrew.barson@leics.gov.uk

Coalville

- A Lisa Manley
- 07966 111026
- @ lisa.manley@leics.gov.uk





Public Health Department Leicestershire County Council 0116 305 0705 | phi@leics.gov.uk