

Rutland Neighbourhood Mental Health Café

Drop in support for when you're
struggling to cope



Neighbourhood
Mental Health

Cafés



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A Safe Place

Loughborough University Neighbourhood MH Café
Thursdays, 6pm to 11pm

Loughborough Neighbourhood MH Café
Mondays and Fridays,
5pm - 10.30pm
(latest arrival 10pm)

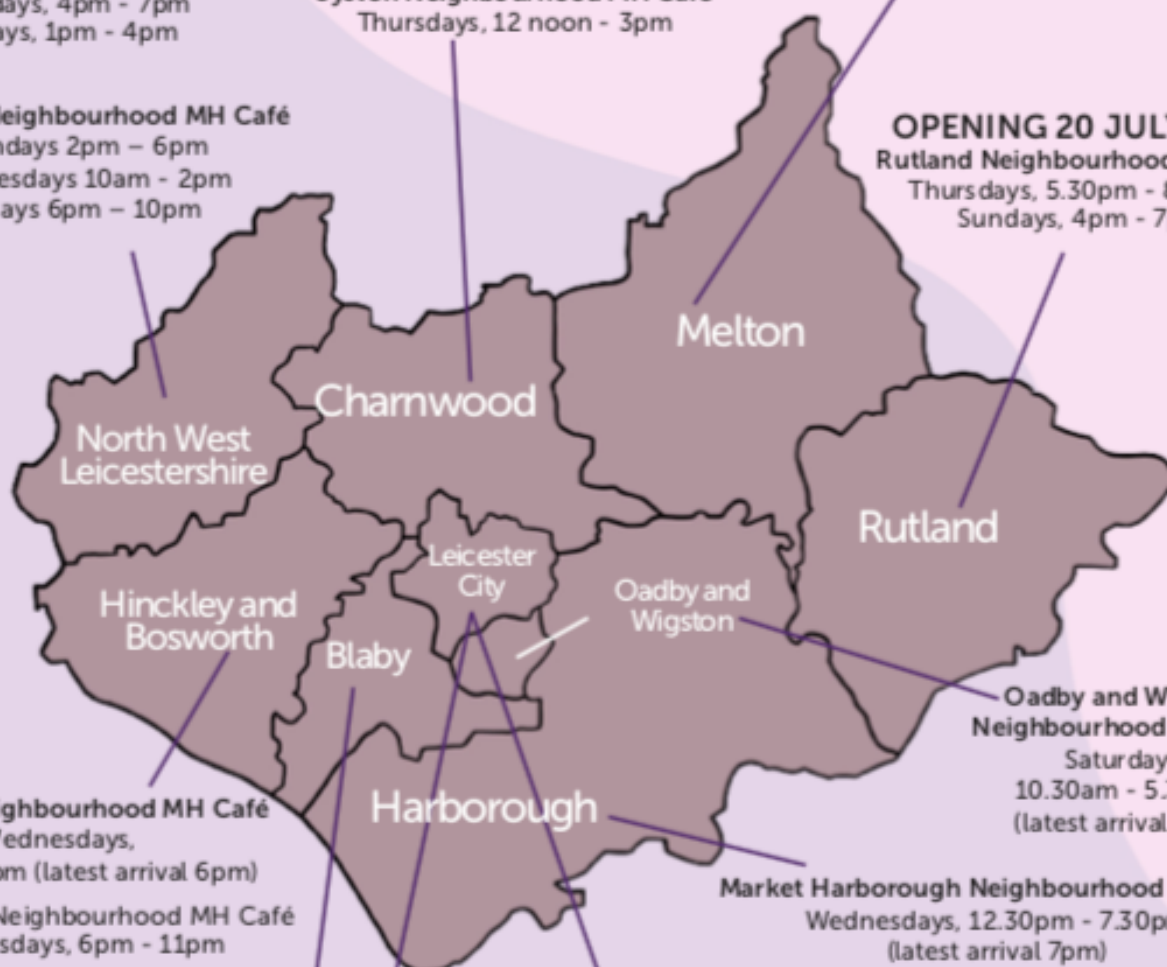
Melton Neighbourhood MH Café
Wednesdays 2pm - 6pm
Fridays 6pm - 10pm

OPENING 1 AUGUST 2023
Measham Neighbourhood MH Café
Tuesdays, 4pm - 7pm
Fridays, 1pm - 4pm

Syston Neighbourhood MH Café
Thursdays, 12 noon - 3pm

Coalville Neighbourhood MH Café
Mondays 2pm - 6pm
Wednesdays 10am - 2pm
Fridays 6pm - 10pm

OPENING 20 JULY 2023
Rutland Neighbourhood MH Café
Thursdays, 5.30pm - 8.30pm
Sundays, 4pm - 7pm



Hinckley Neighbourhood MH Café
Wednesdays,
1pm - 6.30pm (latest arrival 6pm)

Earl Shilton Neighbourhood MH Café
Wednesdays, 6pm - 11pm

Lutterworth Neighbourhood MH Café
Wednesdays, 5pm - 9pm and
Fridays, 9am - 1pm

Enderby Neighbourhood MH Café
Tuesdays, 4.30pm - 8.30pm

Oadby and Wigston Neighbourhood MH Café
Saturdays,
10.30am - 5.30pm
(latest arrival 5pm)

Market Harborough Neighbourhood MH Café
Wednesdays, 12.30pm - 7.30pm
(latest arrival 7pm)

De Montfort Student Union Neighbourhood MH Café
Tuesdays, 10am - 3pm

OPENING TBC

Saffron Neighbourhood MH Café
Mondays, 10am - 4pm

Eyres Monsell Neighbourhood MH Café
Wednesdays, 10am - 3pm

Thurnby lodge Neighbourhood MH Café
Fridays, 10am - 3pm

OPENING 19 JULY 2023
Highfields Neighbourhood MH Café
Wednesdays, 2pm - 6pm
Fridays 2pm - 6pm

New Parks Neighbourhood MH Café
Thursdays, 12 noon - 6pm
Saturdays, 11am - 5pm

Leicester University Neighbourhood MH Café
Mondays, 10am - 3pm

Aylestone Neighbourhood MH Café
Mondays, 6pm - 11pm

West End Neighbourhood MH Café
Fridays, 6pm - 11pm

Leicester City Neighbourhood MH Café
Tuesdays,
9.30am - 4.30pm

The Peepul Neighbourhood MH Café
Wednesdays,
2pm - 8pm

10 new Neighbourhood Mental Health Cafés are launching in 2023. Information may be subject to change, for up to date information on launches, days, times and locations scan the QR code or visit:

www.leicspart.nhs.uk/service/neighbourhood-mh-cafes



Rutland Neighbourhood Mental Health Café

Provided by Pepper's -
A Safe Place

Thursdays, 5.30pm - 8.30pm

Sundays, 4pm - 7pm

Pepper's - A Safe Place

2A High Street

Oakham

LE15 6AL

Email: nmc@peppersasafepace.co.uk

www.peppersasafepace.co.uk

(or scan the below QR Code)



What is a Neighbourhood Mental Health Café?

Neighbourhood Mental Health Cafés offer local support for people who need immediate help with their mental health.

The cafés are drop-in centres for anyone to come and talk to us about their mental health in confidence - no appointment needed. They are run by partners on behalf of the NHS.

We have supportive, trained staff who can listen and provide the practical support you need.

If you need urgent mental health support, call our free 24/7 Mental Health Central Access Point on 0808 800 3302. Always call 999 if there is a physical threat to life.

www.leicspart.nhs.uk/mental-health

