



Leicester, Leicestershire & Rutland  
**Signposting  
manual**

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## National Signposting

### Healthy Living

#### Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

#### Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

#### Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

#### Nutrition

<https://www.nhs.uk/live-well/eat-well/>

#### Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

#### Active10

<https://www.nhs.uk/oneyou/active10/home>

#### Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

#### Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

#### Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

## Smoking cessation

### **Quit Ready Leicestershire**

Free stop smoking support and advice to anyone wanting to give up smoking. Providing behavioural support and up to 12 weeks free pharmacotherapy which includes nicotine replacement therapy, Champix or Zyban and E-Cigarettes | 0345 646 6666 | text 'ready' to 66777 | [quitready@leics.gov.uk](mailto:quitready@leics.gov.uk) | [www.quitready.co.uk](http://www.quitready.co.uk).

### **Live Well Leicester**

Support to stop smoking. Our friendly team of hub advisors will help determine what free services are available to you, please contact to find out more | [livewell.leicester.gov.uk](http://livewell.leicester.gov.uk) | 0116 454 4000 | [livewell@leicester.gov.uk](mailto:livewell@leicester.gov.uk) | [livewell@leicester.gov.uk](mailto:livewell@leicester.gov.uk).

### **First Contact Plus- Smoking Cessation**

The service aims to improve health and wellbeing locally, by providing access for Leicestershire residents aged 16+ assessment, advice and appropriate support for smoking cessation | 0116 3054286 | [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk).

## Weight Management

### **Leicestershire Weight Management Service**

An adult weight management service for patients with a BMI of 30 or above | 0116 305 1510 | [www.leicestershirewms.co.uk](http://www.leicestershirewms.co.uk).

### **HEHA- Healthy Eating, Healthy Active**

A free 8 week weight management programme run by LCC Dietitians and physical activity leaders. \*this is a family programme for adults and children together \* | 0116 305 1510 | [www.leicestershirewms.co.uk](http://www.leicestershirewms.co.uk).

### **Live Well Leicester**

Help with managing weight and healthy eating, our friendly team of hub advisors will help determine what free services are available to you, please contact to find out more | [livewell.leicester.gov.uk](http://livewell.leicester.gov.uk) | 0116 454 4000 | [livewell@leicester.gov.uk](mailto:livewell@leicester.gov.uk) | *Support to manage alcohol intake also available, please contact to find out more.*

### **Harborough Local Sport Alliance/ Healthy eating**

Community activity programmes, exercise referral scheme and healthy eating advice available | <https://www.harboroughsport.org.uk/campaigns> | 01858 828282 | [activetogether@harborough.gov.uk](mailto:activetogether@harborough.gov.uk).

### **Family Lifestyle Club**

An 8 week programme for families keen to learn more about becoming fit, healthy and managing their weight | 0116 222 7154 | [FLIC@lincs.nhs.uk](mailto:FLIC@lincs.nhs.uk).

### **DHAL Diet, Health & Activity in Leicester**

DHAL is a 10 week weight management programme consisting of nutrition information and physical activity | 0116 222 7154.

### **LEAP Lifestyle, Eating and Activity Programme**

LEAP is a free 10 week weight management programme focussing on nutrition information. Topics covered include, balanced eating, portion sizes, how to read food labels, eating out the healthy way, emotional eating, why diets don't work and which exercises suit you and your needs best | 0116 222 7154.

### **First Contact Plus- Healthy Weight**

The service aims to improve health and wellbeing locally, by providing access for Leicestershire residents aged 16+ assessment, advice and appropriate support for weight management | 0116 3054286 | [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk).

## Physical activity

### **Live Well Leicester**

Support to increase levels of physical activity, including walking. Our friendly team of hub advisors will help determine what free services are available to you, please contact to find out more | [livewell.leicester.gov.uk](http://livewell.leicester.gov.uk) | [livewell@leicester.gov.uk](mailto:livewell@leicester.gov.uk) | 0116 454 4000.

### **Blaby District Local Sports Alliance**

The Blaby District Local Sports Alliance is an organisation who strives to promote and develop Sport and Physical Activity in the local Blaby District area | <https://www.sportblaby.org.uk/> | 0116 272 7703 | [leisure@blaby.gov.uk](mailto:leisure@blaby.gov.uk) | Website contains contact form & also 'active at home' information.

### **Active Charnwood Alliance**

The Active Charnwood Alliance (ACA) formerly known as the Charnwood Sport and Recreation Alliance (CSARA), is a constituted body whose aim is to make sport and recreation inclusive and provide opportunities for all within the Borough of Charnwood. The membership is representative of those involved in the development of sport and physical activity in the borough | <https://www.charnwoodsport.org.uk/> | [active.together@charnwood.gov.uk](mailto:active.together@charnwood.gov.uk) | 01509 632535 | Website contains contact form and also 'healthy at home' information.

### **First Contact Plus**

This service aims to improve the health and wellbeing of people locally, and can offer information on mental health support, smoking cessation, living independently, healthy weight/ healthy eating, physical activity and much more | Public Health, Anstey Frith Building, Glenfield, Leicester, LE3 8TB | 0116 305 4286 | [firstcontact@leics.gov.uk](mailto:firstcontact@leics.gov.uk) | [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk).

### **Harborough Local Sport Alliance**

Community activity programmes, exercise referral scheme and healthy eating advice available | <https://www.harboroughsport.org.uk/campaigns> | 01858 828282 | [activetogether@harborough.gov.uk](mailto:activetogether@harborough.gov.uk).

### **Hinckley and Bosworth Active together scheme**

This is a scheme to improve the well-being, health and fitness for all. Whatever your age or ability there will be something for you | [www.hinckley-bosworth.gov.uk/fitness](http://www.hinckley-bosworth.gov.uk/fitness) | 0116 454 1000.

### **Active Leicester**

Active Leicester encompasses all sports in the city. With seven leisure centres, with swimming pools and gyms, one climbing wall, one athletics track, one golf facility and football pitches. Call or email to enquire/ make a booking | [sports.services@leicester.gov.uk](mailto:sports.services@leicester.gov.uk) | [www.leicester.gov.uk/sports](http://www.leicester.gov.uk/sports) | 0116 454 1000.

### **Melton Sport and Health Alliance**

Melton Sport and Health Alliance (MSHA) is a group of partners in sport, physical activity, and health and well-being who work together collaboratively to provide opportunities for residents within the Melton Borough. Their aim is to 'inspire more people, to be more active, more often' | 01164 502502 | [sports@melton.gov.uk](mailto:sports@melton.gov.uk) | [www.meltonsportandhealth.gov.uk](http://www.meltonsportandhealth.gov.uk).

### **North West Leicestershire Sport and Physical Activity Alliance**

The North West Leicestershire Sport & Physical Activity Alliance is made up of many different partners including the District Council, National Governing Bodies, School Sports Partnership, Voluntary Action Leicester and Leicestershire Partnership NHS Trust. The aim is to assist and increase the provision and participation in sport and physical activity at all levels | 01530 454606 | [activetogether@nwleicestershire.gov.uk](mailto:activetogether@nwleicestershire.gov.uk) | [www.northwestleiclsa.org.uk](http://www.northwestleiclsa.org.uk).

### **Active Oadby and Wigston**

Advice and challenges for becoming more physically active. Including workplace challenges, taking more steps, or general wellness information | 0116 257672 | [active.together@oadby-wigston.gov.uk](mailto:active.together@oadby-wigston.gov.uk) | [www.activeoadbywigston.org.uk](http://www.activeoadbywigston.org.uk).

### **First Contact Plus- Physical Activity**

The service aims to improve health and wellbeing locally, by providing access for Leicestershire residents aged 16+ assessment, advice and appropriate support for physical activity | 0116 3054286 | [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk).

### **Active Rutland's Local Sports Alliance**

Rutland Local Sport Alliance (LSA) commonly known as Active Rutland acts as a key group in enabling key partners in sport, active recreation, health and physical activity in Rutland to work collectively to increase the opportunities for all activities in Rutland | 01572 720936 | [activerutland@rutland.gov.uk](mailto:activerutland@rutland.gov.uk) | [www.activerutland.org.uk](http://www.activerutland.org.uk).

### **Leicestershire & Rutland Sport**

Activity support for anyone of any age, to get active in their own way. Contact for more information | 01509 564888 | [info@LRSport.org](mailto:info@LRSport.org) | [www.lrsport.org](http://www.lrsport.org).

## Leisure Centres in Leicestershire, Leicester and Rutland

The Pavillion, Huncote | 0116 275 0246

Enderby Leisure Centre | 0116 275 0234

Loughborough Leisure Centre | 01509 611080

Soar Valley Leisure Centre | 01162 375 267

South Charnwood Leisure Centre | 01162 640 057

Harborough Leisure Centre | 01858 410 115

Lutterworth Leisure Centre | 01455 200 800

Hinckley Leisure Centre | 01455 610011

Markfield Community Sport Centre | 01530 242240

Sport in Desford | 01455 828786

Aylestone Leisure Centre | 0116 233 3040

Braunstone Leisure Centre | 0116 229 3229

Cossington Street Leisure Centre | 0116 233 3060

Evington Leisure Centre | 0116 299 5575

Leicester Leys Leisure Centre | 0116 233 3070

New Parks Leisure Centre | 0116 233 3080

St Margaret's Pastures Sports Centre | 0116 233 3095

Spence Street Leisure Centre | 0116 299 5584

Waterfield Leisure Centre | 01164 563550

Melton Sports Village | 01164 481 188

Hermitage Leisure Centre | 01530 811 215

Measham Leisure Centre | 01530 274061

Parklands Leisure Centre | 0116 272 0789

Wigston Pool and Fitness Centre | 0116 2885346

Catmose Sports Centre | 01572 820830

Uppingham School Sports Centre | 01572 820830

Inspire2tri | 01572 244224

## Mental Health

### **First Contact Plus- Mental Health**

The service aims to improve health and wellbeing locally, by providing access for Leicestershire residents aged 16+ assessment, advice and appropriate support for mental health | 0116 3054286 | [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk).

### **Turning point**

Group recovery support for counselling, relapse prevention, mindfulness and family support. Contact to self refer | 0330 303 6000 | [www.wellbeing.turning-point.co.uk/leicestershire](http://www.wellbeing.turning-point.co.uk/leicestershire).

### **Start a Conversation**

Start a conversation is a suicide prevention service, where people can access support in a non- judgemental environment | [www.startaconversation.co.uk](http://www.startaconversation.co.uk) | [mike.mchugh@leics.gov.uk](mailto:mike.mchugh@leics.gov.uk).

### **The Tomorrow Project- Suicide Bereavement**

The tomorrow project is a confidential suicide prevention project that has been set up to support individuals and communities to prevent suicide. The project currently delivers a suicide crisis service, a police-referral suicide bereavement service and self- referral | text or call 07954 008 356 | [www.tomorrowproject.org.uk](http://www.tomorrowproject.org.uk) | [info@tomorrowproject.org.uk](mailto:info@tomorrowproject.org.uk).

### **First Contact Plus**

This service aims to improve the health and wellbeing of people locally, and can offer information on mental health support, smoking cessation, living independently, healthy weight/ healthy eating, physical activity and much more | Public Health, Anstey Frith Building, Glenfield, Leicester, LE3 8TB | 0116 305 4286 | [firstcontact@leics.gov.uk](mailto:firstcontact@leics.gov.uk) | [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk).

### **Time 4 Leicestershire**

With the aim of improving mental health in communities and workplaces (also in schools and other settings), contact for more information | 0116 305 0705.

### **Mental Health Matters**

Free support for all mental health concerns in the Charnwood, North-West Leicestershire, Hinckley and Bosworth, Melton and Rutland areas. Self referral | [www.mentalhealthmatters.com](http://www.mentalhealthmatters.com) | 0330 323 0189 | [Leicestershire.andrutlandmhm@nhs.net](mailto:Leicestershire.andrutlandmhm@nhs.net).

### **Richmond Fellowship**

Free mental health support in the Blaby, Oadby and Wigston and Leicester City areas | [www.rflifelinks.co.uk](http://www.rflifelinks.co.uk) | [Leicestershire.lifelinks@richmondfellowship.org.uk](mailto:Leicestershire.lifelinks@richmondfellowship.org.uk)

### **Let's Talk Wellbeing - Leicester, Leicestershire and Rutland**

Let's Talk – Wellbeing, providing help for people with anxiety, depression and other similar difficulties. Let's Talk – Wellbeing is available in many different places in the community. If you are aged 16 or over and having difficulties such as feeling low, anxious or stressed and would like help from some short term talking therapy, you can discuss this with your GP who may arrange a referral to the Let's Talk – Wellbeing service | 01509 561100 | [letstalklcr@nottshc.nhs.uk](mailto:letstalklcr@nottshc.nhs.uk) | [www.letstalkwellbeing.co.uk](http://www.letstalkwellbeing.co.uk).