

NEIGHBOURHOOD NEWSLETTER- MENTAL HEALTH HINCKLEY & BOSWORTH

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AN UPDATE FROM THE NEIGHBOURHOOD MENTAL HEALTH LEADS

The Neighbourhood Lead's in Hinckley & Bosworth, working on behalf of the ICS/NHS are well aware that many of our partners will be receiving high volumes of emails and information from a multitude of partners & services on a daily basis.

Therefore unless there is an urgent need (short timeframe/urgent requirement to forward on) we, on a neighbourhood level will be trying to incorporate any news, information about services, details about support etc, within a monthly email so that we can continue to share with our partners a raft of vital community resources, beneficial to our residents.

If you would like to be added to our network distribution list, shared between Hinckley & Bosworth Borough Council & the NHS, or would like us to include any information about your service or a service you are working within a future issue of this newsletter, please do email us to make us aware.

joy

Update on JOY: We hope that many of our partners and colleagues are already aware of JOY. Which is a web based, holistic, social prescribing platform that can be used by agencies & services to promote their offers of support for residents within Leicester, Leicestershire & Rutland. If you would like to advertise (for free) a service that you run or support within Hinckley & Bosworth, please do reach out to the Neighbourhood Leads who can offer support & guidance with this process. Further information via the QR code within the image above. More information about an official launch date within Hinckley & Bosworth is tbc, we are just awaiting some training within our GP practices & for our Neighbourhood Community Mental Health Team.

Support for Veterans

The NHS is rolling out an expanded mental health support service for Armed Forces veterans, as a survey found that more than half find it difficult to speak up about mental health issues.

The health service has launched a new campaign to highlight its **Op COURAGE service**, which now includes enhanced specialist support for addictions.

The service also helps veterans to recognise and treat early signs of mental health problems, as well as more advanced mental health conditions and psychological trauma. It also provides support to armed forces families affected by mental health problems, including helping them to access local services.

Perinatal Mental Health Service

During pregnancy, following birth and up until 24 months, it is not unusual to feel down, tearful or anxious.

But, it is important to get help as soon as possible if your symptoms:

- Are more severe
- Last longer than two weeks
- Begin months after birth

Many people have and will face similar challenges, so you are not alone. With the right support, most people are able to make a full recovery.



The Perinatal Mental Health Service is a specialised team that can help. To get personalised, supportive and confidential help from the service, please speak to your GP, midwife, health visitor or obstetrician to be referred.

Neighbourhood Mental Health Cafés
For times when you're struggling to cope
Leicester, Leicestershire and Rutland

Neighbourhood Mental Health Cafés

healthwatch Leicester | healthwatch Leicestershire

Your voices matters: LGBTQ+ health survey

Share your experiences of local health and care services to help inform and improve healthcare for the LGBTQ+ community

Your views matter. Share your feedback.

Complete the survey
www.smartsurvey.co.uk/s/HWLGtBQ

www.healthwatchll.com
0116 257 4999 | enquiries@healthwatchll.com

Scan me

healthwatch Leicester | healthwatch Leicestershire

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Flooding - Mental Health Support Offer

NHS
Leicester, Leicestershire and Rutland
Talking Therapies

Have you been affected by flooding or evacuation?
We are here to help you

We understand that having your life disrupted by flooding or evacuation can be stressful. Concerns about your family's health, the welfare of pets and the added financial worry of repairing your home can be very distressing. If you are feeling anxious or depressed, you may benefit from professionally supported talking therapy.

Contact us today - it is a FREE and confidential service.

• vitahealthgroup.co.uk
• 0330 094 5595
• Text 'YOU' to 88802

Scan to self refer

Services provided by
vita health group

Why is Mental Health support vital following a traumatic community event?:

Experiencing a flood has significant impact on mental health. The English National Cohort Study of Flooding and Health was established by Public Health England (PHE) in 2014 to investigate the long-term impacts of flooding on mental health. This study found that people who had experienced flooding were more likely to have symptoms of post-traumatic stress disorder (PTSD), depression and anxiety disorders (such as general anxiety disorder, panic disorder) between 6 months to 3 years following the event.

KEY DATES FOR YOUR DIARY FEBRUARY 2024:

- 16th Feb – Hinckley Mental Health Roadshow- Hinckley Market - 0930-1230
- 21st Feb – Hinckley Mental Health Roadshow -Newbold Verdon Baptist Church – 1000-1200
- 28th Feb – Hinckley Mental Health Roadshow- George Ward Centre: 0900-1200
- 17th Feb – Diabetes Awareness Event – Places Gym Hinckley – 1000-1300
- 5th-11th Feb - Children’s mental health week
- 20th Feb – Wellbeing Connect (Social prescribing event) – St Marys Church – 1-3pm