

Measham Information Booklet – July 2021

This booklet details sources of support around some key themes: emotional wellbeing, access to food, housing related/financial information and assured information on the Coronavirus COVID-19. It supports the social prescribing initiative that is in place at Measham Medical Unit.

**DISCLAIMER: all information is fact checked where possible and accurate at the time of sending.
If you notice any inaccuracies, please contact Sonia Lear – sonia.lear@leics.gov.uk**

Measham– face-to-face activities			
Service	Location	Contact Details	Additional information
Age UK	Measham	Temperance Hall, High Street Measham, DE12 7HZ ageukmeasham@outlook.com	Now open. Community hub with drop-in centre 5 days per week from 10.00-12.00 noon.
Carers' Support Clinic	Measham Medical Unit	01530 270933 or Reception at Measham Medical Unit	Confidential 1:1 appointment with local Carer Advisor This service is still on hold.
Dementia Singing Group (Silver Singers)	St. Laurence's Church Hall, High Street, Measham, DE12 7HZ	Sabina - 01442 780541 (Chiltern Music Therapy) sabina@chilternmusictherapy.co.uk	It is hoped that this group will restart on Tuesday 20 July 2021. Sessions will then be fortnightly. Open to adults within a 5-mile radius of Measham, including those with age-related illnesses such as Alzheimer's or Dementia. There is a voluntary contribution of £3
Gardening Group	Various sites in Measham/ Appleby Magna	Contact Linda on 07452 991949 for more information	Gardening Group has restarted. St Laurence Church, Measham (Monday 10.00am – noon) and Appleby Magna allotment (by arrangement with Linda). Refreshments at Age UK after Monday group. The purpose of the group is to enjoy the outdoors, learn more about gardening and growing vegetables. This is also a social group.

Measham Baptist Church	Chapel Street, Measham, DE12 7JD	www.meashambaptistchurch.com	Please see website for activities
Measham Leisure Centre	22 High St, Measham, Swadlincote DE12 7HR	https://www.nwleics.gov.uk/pages/meashamlc Enquiries - 01530 274061	Measham Leisure Centre continues to be a vaccination centre. The outdoor facilities are open and outdoor fitness classes are restarting. Walking football is being held on Tuesday, Wednesday and Friday from 11.30 – 12.30 A slower paced version of the game aimed at the over 50s All ages and fitness levels Steady Steps is on hold
Measham Library	6 High Street, Measham, DE12 7HR	https://www.leicestershire.gov.uk/leisure-and-community/libraries/find-a-library/measham-library Contact - 0116 3053709 https://www.facebook.com/MeashamCommunityLibrary/	Opening hours at present are: Tuesday 10.00-15.00 Thursday 10.00 -13.00 Friday 10.00 – 17.00 Saturday 10.00 -13.00. These hours will increase slightly once final restrictions are lifted (Tuesday 10.00 – 19.00). A variety of groups are usually held at the library. These include: Art Group for Mental Health is a closed group with limited numbers, usually run on Thursday afternoon. This group is currently on hold. Knit & Natter. There are 2 groups now running; Monday morning from 10.00 – 12.00 noon and Thursday evening from 19.00 to 21.00. It is more about the Natter than the Knit, and welcomes all abilities. No need to book.

			<p>Rhyme Time is a drop-in, open group for mums and tots usually on a Friday morning in the Children's area. This group is currently on hold.</p> <p>Once final restrictions are lifted, the seated public area with newspapers will be reinstated so anyone can come in and catch up with the local news.</p> <p>*See separate entry for the Stroke and Disability Club</p>
Measham Youth Centre (Youth Club)	19, Bosworth Road Measham DE12 7LG	http://meashamyouthcentre.co.uk/ https://www.facebook.com/meashamyouthclub/	There is a plan to open on 2 July 2021. Parents/carers are being asked to register their child in age groups – details on the facebook page
Saint Lawrence Church	St. Laurence Church, High Street, Measham, DE12 7HZ	https://www.stlaurencechurchmeasham.org.uk/	Please see website for activities
*Stroke and Disability Club	Measham Community Library, 6 High Street, Measham, DE12 7HR	For more details contact Nesta Rosser on 07807 376457	<p>Plans are in place to restart the group on 1 July 2021</p> <p>This is a social group for people and their carers who have suffered a stroke, have M.S, dementia or other disabilities. £3 charge per session which take place each Wednesday from 13.00 – 15.00.</p>
The Conservation Volunteers TCV	Meets at: Millennium Green, Wilkes Ave, Measham DE12 7HU	<p>Ben Woolley - https://www.tcv.org.uk/</p> <p>Ben: 07740 899 718 or ben.woolley@tcv.org.uk</p> <p>https://www.tcv.org.uk/midlands/tcv-national-forest/</p>	<p>The group is now up and running.</p> <p>They are working on the creation and maintenance of a community garden in Measham helping to connect people with green spaces through food growing and engaging with nature. This helps to improve both health and the environment at the same time.</p> <p>Experienced leaders guide you through a range of practical projects, giving you the opportunity to tackle physical jobs in the outdoors – improving</p>

			<p>your strength and stamina, boosting your practical skills and confidence and benefitting your local green spaces.</p> <p>Weekly sessions – Thursday 10.00am – 12.00 noon</p>
Wellbeing Walks (longer)	Meets at Measham Community Library	Janet - 07547 901513	<p>The group has restarted. Opportunity for exercise, fresh air, connecting with the outdoors and feeling part of a group.</p> <p>A longer walk on Thursdays at 10.30am for 1.5 hours followed by refreshments at the library.</p>
Wellbeing Walks (short)	Meets at Peggs Close Car Park, Measham	Liz – 07922 106446	<p>The Group has restarted. A gentle short walk for approx. 30 mins – 1 hour with the opportunity to socialise followed by a coffee and chat at Age UK.</p> <p>Tuesdays and Thursdays at 10am.</p>
Surrounding villages – Face-to-face activities (post-covid)			
Ashby U3A	Congregational Church, Kilwardby Street, Ashby de la Zouch, LE65 2FQ	http://www.ashbyu3a.co.uk/ <u>Secretary – Anne Donegan</u> secretary@ashbyu3a.co.uk 01283 760348	<p>Most activities are on hold pending the government's decision on 19 July. The website gives details of what is running, although it is subject to change due to restrictions/lack of leaders etc.</p>
Phoenix Children's Foundation	Packington	The Stables, Babelake Street, Packington, Ashby-de-la-Zouch, Leicestershire, LE65 1WD www.phoenixcharity.org 01530 382 116 info@phoenixcharity.org	<p>To enhance the quality of life for children and their families living with illness, disability or lack of opportunity by;</p> <ul style="list-style-type: none"> – Visiting special schools and care homes to provide petting opportunities – Provide equipment and/or grants for eligible applicants – Offer educational/therapeutic opportunities on and off site

On-Line/ virtual support/ activities – may change post COVID

Measham Parish Council

<https://www.meashamparishcouncil.gov.uk/>

Community Directory - <https://www.meashamparishcouncil.gov.uk/findmynearest.html>

Clerk: Dawn Roach

C/O Measham Leisure Centre

01530 589583

Leicestershire Communities

<https://www.leicestershirecommunities.org.uk/>

Leicestershire County Council is committed to working in partnership with communities to improve the lives of people living or working in Leicestershire. The Leicestershire Communities website is a resource which provides a range of useful information to help local people to actively participate in their communities. This includes individuals, i.e., residents who live in Leicestershire, as well as community groups who provide services for people in Leicestershire.

First Contact Plus

<http://www.firstcontactplus.org.uk/>

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place.

The initiative allows residents who require help with one or a number of issues to access a catalogue of information, advice, help and support.

Information and resources on housing, health, living independently, money advice, work, security and other topics that assist the county's residents can be found on this site.

First Contact Plus is delivered by Leicestershire County Council in partnership with GPs, the police, health organisations, voluntary groups and social care departments, district & borough councils who are helping adults across the county by working together to make access to services much easier.

Leicestershire County Council

<https://www.leicestershire.gov.uk/>

- **Mental health and wellbeing**

<https://www.leicestershire.gov.uk/taxonomy/term/10006>

- **Leisure and community**

<https://www.leicestershire.gov.uk/leisure-and-community>

- **Local Area Coordinators (Leisure and community - community safety)**

A model of support which focuses on identifying and supporting those who need help before they hit crisis and working towards building an inclusive supportive community around them'.

<https://www.leicestershirecommunities.org.uk/csi/local-area-coordination.html>

- **Coronavirus (COVID-19)**

<https://www.leicestershire.gov.uk/coronavirus-covid-19>

- **Leicestershire's Community Hub**

<https://www.leicestershire.gov.uk/coronavirus-covid-19/how-to-find-help>

Customer Service Centre on 0116 305 0004

Leicestershire Adult Learning Courses – GoLearn!

<https://www.leicestershire.gov.uk/education-and-children/adult-education>

Leicestershire Libraries

<https://www.leicestershire.gov.uk/leisure-and-community/libraries>

North West Leicestershire District Council – Community Focus

https://www.nwleics.gov.uk/pages/community_focus

The Community Focus team works with parish and town councils, community groups and organisations and other district council services to enhance communities and services in North West Leicestershire.

01530 454627 or email community.focus@nwleicestershire.gov.uk

North West Leicestershire District Council

<https://www.nwleics.gov.uk/>

Leisure Services

<https://www.nwleics.gov.uk/pages/leisure>

Health and Wellbeing

The Health and Wellbeing Team provides opportunities for the whole community to be more active and improve their health and wellbeing, specifically targeting those that are inactive and those who have or are at risk of health issues that can be improved through being active. In addition, our Health Improvement offer co-ordinates partners across the district in order to improve health generally through the delivery of the NWL Health and Wellbeing Strategy.

North West Leicestershire District Council - Support for Communities and Residents (COVID-19)

https://www.nwleics.gov.uk/pages/coronavirus_support_for_communities_and_residents

Customer services – 01530 454545

Voluntary Action Leicestershire

<https://valonline.org.uk/>

0116 257 5050

VAL provides advice, support and training to charities and community groups across Leicester and Leicestershire.

The Voluntary Sector Support Team is funded by Leicester City Council and Leicestershire County Council to support the local Voluntary, Community and Social Enterprise (VCSE) sector.

For Economic Growth funding (including funding for businesses and EU funding opportunities), please go to the [LLEP website](#).

For Funding specifically related to supporting organisations through the Covid -19 Pandemic please go to [Funding – Covid 19](#)

Enrych

<https://www.enrych.org.uk/>

Enrych is a registered charity working across Leicestershire & Derbyshire to provide leisure & learning opportunities and 1-2-1 PA support for adults living with physical and learning disabilities, poor mental health and those who are socially isolated. The services we currently offer are:

- [Personal Assistant Service](#)
- [Volunteer Befriending Service](#)
- [Digital inclusion Service](#)
- [Online Support Groups & Social Events](#)

NHS Leicestershire Partnership NHS Trust

<https://www.leicspart.nhs.uk/>

Community and mental health services for Leicester, Leicestershire and Rutland

Leicestershire Recovery College - <https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>

Leicestershire Recovery College, run by Leicestershire Partnership NHS Trust, offers recovery-focused courses and resources to support the mental wellbeing of people aged 18 and over who have experience of mental ill health.

Voluntary Action South Leicestershire

<https://vasl.org.uk/services/support-for-carers-leicestershire/>

VASL is a local charity providing services and support across Harborough District and Leicestershire.

They are based in Market Harborough, and also provide many services across Broughton Astley, Lutterworth, Kibworth and Fleckney. The **Support for Carers Leicestershire service** is delivered across Leicestershire county, and we have groups in Blaby, Charnwood, Hinckley and Bosworth, Oadby and Wigston, and North West Leicestershire - <https://www.supportforcarers.org/your-area/in/north-west-leicestershire>

The Marlene Reid Centre

<https://www.mrc.uk.net/>

MRC Community Action is a well-established non-profit community charity, based in the heart of Coalville to support the local people in and around North West Leicestershire through providing accessible community facilities, services and positive social involvement.

Leicester Musical Memory Box

www.leicestermusicalmemorybox.co.uk

Leicester Musical Memory Box is an independent not for profit organisation delivering fun and interactive sessions. They use singing, music and gentle seated exercises to help improve health and wellbeing whilst reducing loneliness and social isolation. Currently using zoom and facebook.

Hospice Hope

<https://www.hospicehope.org.uk/>

Hospice Hope works within North West Leicestershire to support individuals who have a condition that leads to a reduction in quality of life or who have been diagnosed with a life limiting condition as well as offering support to their partner or carer.

The charity is pleased to provide the following services, which are available to existing and new service users in the North West Leicestershire area:

- [Telephone /video counselling service](#)
- Tablet Loan Scheme
- [Hope House Befriending Service](#)
- Hope House Pen Pals
- Long Covid Support
- Online Groups using Zoom: [Crafting Mondays](#), [Wellbeing Wednesdays](#), [Drawing Classes](#) and [Thursday Talks](#) (please note that the art and craft based classes can also be accessed as postal packs for non Zoom users)
- Online Support Cafés using Zoom

Telephone: 07935 800 658 Email: info@hospicehope.org.uk

Royal Voluntary Services

<https://www.royalvoluntaryservice.org.uk/our-services/advice-and-support/coronavirus-support/>

During the coronavirus crisis, if you need help collecting shopping, medication or other essential supplies, please call 0808 196 3646 (8am to 8pm). To make a referral for a patient that requires support, please call the Winter Pressures Referral Support Team – Monday to Friday 9am-5pm on 029 2274 9703 (Ext 3392)

The Virtual Village Hall is a programme of themed online activities designed to enjoy at home.

<https://www.royalvoluntaryservice.org.uk/virtual-village-hall/>

Culture Leicestershire

www.cultureleicestershire.co.uk

Our activities build on the existing cultural assets hosted and supported by our colleagues within Leicestershire County Council's Museum, Heritage, Libraries, Collections and Learning services.