

## Measham Information Booklet – March 2022

This booklet has details of activities and sources of support in the Measham area.

**DISCLAIMER: all information is fact checked where possible and is accurate at the time of publication.**

Whilst every effort has been made to ensure this information is correct, we can take no responsibility for any errors or omissions, neither do we necessarily recommend any of the organisations listed. It does support the social prescribing initiative that is in place at Measham Medical Unit.

You may be asked to take a lateral flow test/ show proof of vaccination for some groups – please check with the organiser.

<b>Measham based activities</b>			
<b>Service</b>	<b>Location</b>	<b>Contact Details</b>	<b>Additional information</b>
Age UK	Measham	Temperance Hall, High Street Measham, DE12 7HZ <a href="mailto:ageukmeasham@outlook.com">ageukmeasham@outlook.com</a>	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) <a href="mailto:sabina@chilternmusictherapy.co.uk">sabina@chilternmusictherapy.co.uk</a>	This singing group provides a supportive and inclusive environment with no previous musical experience necessary. We welcome adults who have age-related illnesses such as Alzheimer's or Dementia, within a 5-mile radius of Measham.  Session times: Tuesdays (fortnightly) 13:45 – 15:00.  There is a voluntary contribution of £3 (carers attend for free).
Gardening Group	Measham and Appleby Magna	Contact Linda on 07452 991949 for more information	The group meets on a Monday from 10am -12 noon. We look after sites in Measham (at St Laurence Church, and the Leisure Centre/Library complex) plus tend an allotment in Appleby Magna.

			<p>Gardening provides outdoor exercise, contributing to individual mental and physical good health. Members also have the satisfaction of seeing the difference they make to Measham's 'green' environment. There is the opportunity, in a friendly, sociable group, to learn more about gardening and plants and also to grow vegetables and fruit for individual and community benefit.</p> <p>The Group has a small supply of basic equipment for members' use.</p> <p>We usually visit the Age UK Cafe on Measham High St to finish the session with a restorative 'cuppa' (at own cost).</p>
Measham Baptist Church	Chapel Street, Measham, DE12 7JD	<a href="http://www.meashambaptistchurch.com">www.meashambaptistchurch.com</a>	Please see website for activities
Measham Leisure Centre	22 High St, Measham, Swadlincote DE12 7HR	<a href="https://www.nwleics.gov.uk/pages/meashamlc">https://www.nwleics.gov.uk/pages/meashamlc</a> Enquiries - 01530 274061	<p>Measham Leisure Centre reopened on Saturday 12<sup>th</sup> February 2022 and facilities are now available both indoors and outdoors.</p> <p>Fitness classes are available from Monday to Sunday. Please check the website or contact the leisure centre for details of times, prices and how to book.</p> <p><b>Walking football</b> is held on Tuesday, Wed and Friday from 11.30am-12.30pm <b>Forever fit 50+</b> - Thursday 11.30- 12.30 <b>Seated aerobics</b> is on hold but it is hoped that it will restart soon <b>Steady steps</b> currently being held at St Lawrences church hall but will return to the leisure centre for the next cycle.</p>

<p>Measham Library</p>	<p>6 High Street, Measham, DE12 7HR</p>	<p><a href="https://www.leicestershire.gov.uk/leisure-and-community/libraries/find-a-library/measham-library">https://www.leicestershire.gov.uk/leisure-and-community/libraries/find-a-library/measham-library</a></p> <p>Contact - 0116 3053709 during opening hours</p> <p><a href="https://www.facebook.com/MeashamCommunityLibrary/">https://www.facebook.com/MeashamCommunityLibrary/</a></p>	<p>Opening hours at present are:          Tuesday 10.00-19.00          Thursday 10.00 -13.00          Friday 10.00 – 17.00          Saturday 10.00 -13.00</p> <p>A variety of groups are usually held at the library. These include:  <b>Art Group for Mental Health</b> is a closed group with limited numbers, which usually takes place on Thursday afternoons. This group is not taking any new members at the moment.</p> <p><b>Knit &amp; Natter.</b> 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. The fee is £3.00 which includes tea/coffee and biscuits.</p> <p><b>Rhyme Time</b> (Fridays from 10.30 – 11.30). This is a drop-in, open group for mums and tots held in the Children’s area.</p> <p><b>Book Club.</b> Takes place on Friday mornings from 10.00 – 12.00. The group is currently full but the library is hoping to add an additional group. Please contact the library for details or to register an interest.</p> <p><b>More than Books</b> - monthly talks are held, usually on the third Tuesday of each month (evening). Topics include flower arranging, bee keeping and sausage making; entrance fee £3. Please contact the library for details.</p> <p>The seated public area with newspapers will be reinstated at some point so anyone can come in and catch up with the local news.</p> <p>*See separate entry for the Stroke and Disability Club</p>
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Measham Youth Centre (Youth Club)	19, Bosworth Road Measham DE12 7LG	<a href="http://meashamyouthcentre.co.uk/">http://meashamyouthcentre.co.uk/</a> <a href="https://www.facebook.com/meashamyouthclub/">https://www.facebook.com/meashamyouthclub/</a>	Please see links
Saint Lawrence Church	St. Laurence Church, High Street, Measham, DE12 7HZ	<a href="https://www.stlaurencechurchmeasham.org.uk/">https://www.stlaurencechurchmeasham.org.uk/</a>	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	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.
The Conservation Volunteers TCV	Meets at: Millennium Green, Wilkes Ave, Measham DE12 7HU	Ben Woolley - <a href="https://www.tcv.org.uk/">https://www.tcv.org.uk/</a>  Ben: 07740 899 718 or <a href="mailto:ben.woolley@tcv.org.uk">ben.woolley@tcv.org.uk</a>  <a href="https://www.tcv.org.uk/midlands/tcv-national-forest/">https://www.tcv.org.uk/midlands/tcv-national-forest/</a>	The group is 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.  Experienced leaders guide you through a range of practical projects, giving you the opportunity to tackle physical jobs in the outdoors – improving your strength and stamina, boosting your practical skills and confidence and benefitting your local green spaces.  Weekly sessions – Thursday 10.00am – 12.00 noon
Wellbeing Walks (longer)	The walks start from various locations in	Contact Val or Ian on 07956 299700 or email <a href="mailto:ian53220@gmail.com">ian53220@gmail.com</a>	Well-being walks offer an opportunity for exercise and fresh air, connecting with the outdoors and other like-minded people.

	the area.		<p>The longer walks take place on Thursdays at 10.30 and lasts for around 1.5</p> <p>We always aim for a cafe stop when possible.</p> <p>There is a three-monthly programme available on request and posters can be found in Measham Community Library, Chemist, Age Concern, Measham Medical Unit and Measham Leisure Centre.</p> <p>Regularly updates can be found on Measham Community Facebook Page</p>
Wellbeing Walks (short)	Meets at Pegs Close Car Park, Measham	Liz – 07922 106446	<p>A gentle short walk for approx. 30 mins – 45 minutes with the opportunity to socialise followed by a coffee and chat at Age UK.</p> <p>Tuesdays and Thursdays at 10am.</p>
<b>Surrounding villages</b>			
Ashby U3A	Congregational Church, Kilwardby Street, Ashby de la Zouch, LE65 2FQ	<a href="http://www.ashbyu3a.co.uk/">http://www.ashbyu3a.co.uk/</a> Secretary – Anne Donegan <a href="mailto:secretary@ashbyu3a.co.uk">secretary@ashbyu3a.co.uk</a> 01283 760348	<p>Monthly meetings take place at 2 pm on the fourth Tuesday of the month at the Congregational Church, Kilwardby St, Ashby. Further details be found on the website:  <a href="https://www.ashbyu3a.co.uk/generic.php?file=meeting_ctrl.csv">https://www.ashbyu3a.co.uk/generic.php?file=meeting_ctrl.csv</a></p> <p>The Ashby U3A website contains information on a variety of groups; please contact the group leaders for further information:  <a href="https://www.ashbyu3a.co.uk/groups.php">https://www.ashbyu3a.co.uk/groups.php</a></p>
Phoenix Children's Foundation	Packington	The Stables, Babelake Street, Packington, Ashby-de-la-Zouch, Leicestershire, LE65 1WD <a href="http://www.phoenixcharity.org">www.phoenixcharity.org</a>	To enhance the quality of life for children and their families living with illness, disability or lack of opportunity by;

01530 382 116  
[info@phoenixcharity.org](mailto:info@phoenixcharity.org)

- 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

We are an outdoor enrichment-based facility offering a host of pre-arranged activities including:

- Monday Mental Health Adult Group
- Day schemes for Special Needs & Disabled Children
- Half Term & Summer SEND Clubs
- Dementia Picnics/Afternoon Tea

### **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.

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## **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

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## **Leicestershire Adult Learning Courses – GoLearn!**

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

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## **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](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](mailto: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](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 many areas including Leicestershire & Derbyshire. They provide leisure and 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 currently on offer are:

- [Personal Assistant Support Service](#)
- [Volunteer Befriending Service](#)
- [Activities & Events](#)
- [Digital Inclusion Service](#)

Telephone: 01530 832926

Email: [hello@enrych.org.uk](mailto:hello@enrych.org.uk)

### **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.

### **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 new and existing service users in the North West Leicestershire area:

Counselling service

Befriending Service

Drop-in weekly Support Cafés

Pen Pals

Long Covid Support

Complementary Therapy

Tablet Loan Scheme

Online Groups using Zoom: Tuesday Quiz, Wellbeing Wednesdays and Friday Coffee and Chat

If you, or someone you know, could benefit from one or more of our services please contact us by phone or email for further information:

Telephone: 07935 800 658

Email: [info@hospicehope.org.uk](mailto: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](http://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.