
RUTLAND JOINT STRATEGIC NEEDS ASSESSMENT 2024

MENTAL HEALTH AND DEMENTIA – ADULTS

APPENDIX

March 2024

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Every effort has been made to include the most up to date information available, as of March 2024.

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1. Current Mental Health Services (Adults)

Mental health services for adults in Rutland operate mostly across Leicester, Leicestershire and Rutland (LLR).

1.1. First point of contact

For **urgent mental health support**, people should contact the Mental Health Central Access Point, a 24/7 freephone, operated by Leicestershire Partnership Trust and Turning Point, NHS111 service or a Crisis Café.

1.1.1. Mental Health Central Access Point

Introduced in April 2020, a new contact point in Leicester, Leicestershire and Rutland to help people who want support with their mental health. The phone line is staffed by recovery workers from Turning Point, who explore a caller's needs and transfer them to an appropriate staff member from *Leicester Partnership NHS Trust (LPT)*; this could be a direct transfer or a call back. People should be called back within four hours for urgent care. As well as assessments and early interventions where needed, the service aims to reduce the pressure on other services, particularly emergency services.

1.1.2. Neighbourhood Mental Health Cafés

Mental Health Cafés are part of Leicestershire Partnership NHS Trust's local support for people who need immediate help with their mental health. The cafes are drop-in centres operated by supportive, trained staff (<https://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes/>).

There are 12 cafes operating across LLR, the following ones are in Rutland and East Leicestershire:

- Rutland Neighbourhood Mental Health Café – provided by Pepper's – A Safe Place
- Melton Neighbourhood Mental Health Café – provided by Sunny Skies CIC
- Market Harborough Neighbourhood Mental Health Café – provided by Turning Point
- Syston Neighbourhood Mental Health Café – provided by Rural Community Council
- Enderby Neighbourhood Mental Health Café – provided by Beacon Care and Advice
- Lutterworth Neighbourhood Mental Health Café – provided by Beacon Care and Advice CIC

For **non-urgent mental health support** patients can contact their general practice or NHS Talking Therapies, a self-referral, free confidential service provided by Vita Minds (Vita Health part of Spire Healthcare).

1.1.3. NHS Talking Therapies

Formerly known as IAPT (Improving Access to Psychological Services), NHS Talking Therapies are NHS-funded, evidence based, psychological therapies for depression and anxiety. It is commissioned and delivered at the local level, locally Vita Health Group provides this service to all adults (16-years

and over) who live and are registered with a GP in Leicester, Leicestershire and Rutland (<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland> . These services are free and confidential, after an assessment, may be face to face, online or in a group.

1.2. Leicestershire Partnership NHS Trust

LPT provides the following inpatient, outpatient and community services:

1.2.1. The Bradgate Mental Health Unit

(Glenfield Hospital Site, Groby Road, Leicester)

The Bradgate Mental Health Unit is an **acute mental health admissions unit** with seven acute admission wards and a ten-bedded male Psychiatric Intensive Care Unit (PICU). There is also a six-bedded female PICU, Griffin Ward, nearby at Herschel Prins Centre. Its multi-disciplinary care team, include consultant psychiatrists, psychology, occupational therapy, social care, and they will undertake a full assessment of patient's mental, physical and social needs.

The recovery-focused general psychiatry wards include:

- Ashby Ward – assessment and care for men in the acute stage of their illness.
- Aston Ward – female acute needs ward
- Beaumont Ward – acute inpatient assessment and care
- Bosworth Ward – male acute needs ward
- Heather Ward – female acute needs ward
- Thornton – male acute needs ward

The psychiatric intensive care wards include:

- Belvoir Ward – male ward
- Griffin Ward – female ward

The low-secure environment care is provided at the Phoenix Ward.

1.2.2. Adult Community Mental Health Teams

The responsibilities of our community mental health teams (CMHTs) and the assertive outreach service are to meet the needs of service users who require the intervention of a specialist mental health team.

There are eight community mental health teams providing a secondary care planned assessment and treatment service. This might involve psycho-social interventions, medical prescribing or, if eligibility criteria are met, social care commissioning of services.

The multi-disciplinary team (MDT) is made up of nursing and medical staff, occupational therapists,

psychologists and administration staff. The aim is to support with mental health needs, all aspects of daily life such as self-care, well-being and health promotion.

1.2.3. Forensic Mental Health Services

(Herschel Prins Centre, Glenfield Hospital Site, Groby Road, Leicester)

This is both an inpatient and a community service for people with a history of offending who also suffer from mental ill health. Care is provided by a multidisciplinary team and the ward provides qualified and unqualified nursing cover on all shifts. The ward has input from occupational therapists, and a therapeutic liaison worker who will be on duty to enable activities, groups and therapeutic interventions to take place, alongside psychology input.

1.2.4. Perinatal Mental Health Service

(Bradgate Mental Health Unit, Glenfield Hospital site)

A team of health professionals that provide personalised and specialist care to people living in Leicester, Leicestershire and Rutland who have moderate to severe mental health problems relating to pregnancy, childbirth and the first year following a child's birth (also known as the perinatal period). Offers various treatments either in homes, community locations, clinics or via video calls, including pre-conception advice and counselling, home visits, group therapy sessions, support clinics, nursery nurse sessions, counselling and talking therapies, and advice and support on medications. Patients need a referral for a GP or other healthcare professionals, referral criteria include:

- moderate to severe mental health conditions such as severe anxiety or depression
- history of serious mental health difficulties and who are planning a pregnancy or are pregnant
- family history of serious mental health difficulties such as bipolar disorder or postpartum psychosis.

Patients with moderate to severe difficulties related to birth trauma, baby loss, and tokophobia are referred to *Maternal MHS*.

1.2.5. Maternal Mental Health Service

(Prince Philip House, St Matthews Health & Community Centre, Malabar Road, Leicester)

Is a psychology-led, trauma-informed service, comprising a small multi-disciplinary team helping women and birthing people with moderate to severe difficulties related to birth trauma, baby loss, and tokophobia. This service is for those experiencing difficulties following a traumatic birth experience or baby loss, or if they are struggling with severe anxiety about their pregnancy or upcoming birth and would like additional support. Those with complex or severe mental health problems relating to pregnancy, childbirth and the first year following a child's birth, are referred to

the *Perinatal Mental Health Service*.

1.2.6. Psychosis Intervention & Early Recovery (PIER) Team

(PIER Team, Merlyn Vaz Health and Social Care Centre, Leicester)

The team offers support to people recovering from a psychotic episode. It can also help reduce the likelihood of experiencing further psychotic episodes in the future. The service is made up of a team of experienced professionals, including nurses, psychologists, psychiatrists, occupational therapists, and support workers. The service offers help to people aged 14 – 64 years who are experiencing first symptoms of psychosis, as well as providing help to their families.

1.2.7. Mental Health Liaison

(Farm Lodge, The Bradgate Unit, Glenfield Hospital)

The Liaison Psychiatry Service is a multidisciplinary team of liaison professionals providing assessment and treatment for people who experience mental health problems as a result of physical illness. The service is for the adult population of Leicester, Leicestershire and Rutland who are aged between 16 years and 65, including inpatient wards at UHL hospitals or as outpatients. The service provides a specialist **Chronic Fatigue Syndrome (CFS) service**.

1.2.8. Mental Health Services for Older People (MHSOP)

MHSOP provides inpatient, outpatient and memory services.

MHSOP Inpatients

Mental health services for older people inpatient service operating across two sites, The Evington Centre (*Leicester General Hospital site*) and the Bennion Centre (*Glenfield Hospital site*). The Evington Centre has two single sex wards and caters for patients with organic mental health problems (decreased mental function due to a medical or physical condition). The Bennion Centre has a female only ward and a mixed sex ward and caters for patients with a functional illness (decreased mental function which is not due to a medical or physical condition). Working closely with community intensive teams, community mental health teams and outreach services for older people with functional and organic mental health problems.

MHSOP Memory Service

The Memory Service for East Leicester, Rutland and East Leicestershire is based in Evington Centre, Leicester General Hospital site. The service provides diagnostic assessment and treatment for people with dementia within a clinic setting, care home or their own home. People of all ages with possible dementia can be referred.

The memory service provides assessment, diagnosis and treatment for people who are experiencing memory difficulties. The team includes psychiatrists and specialist memory service nurses.

MHSOP Outpatient Service

(The Neville Centre, Leicester General Hospital Site)

The MHSOP Outpatient Service provides assessment and treatment for people over 65 years with moderate/complex functional mental health issues, Clinics are held across Leicester, Leicestershire and Rutland. We support people over 65 years of age with depression, anxiety or psychotic illness.

MHSOP In-reach Team

(The Neville Centre, Leicester General Hospital Site)

The team sees patients who live in a care, residential or nursing home, and are experiencing difficulties due to their dementia and require specialist support and advice. The team also provide mental health assessment and specialist support to older patients with mental health problems who are current inpatients in one of our community hospitals, including:

- Patients demonstrating behaviour and psychological symptoms of dementia (BPSD) where there is concern that, without support, their behaviour could lead to hospital admission. This could be due to a risk of harm to self and/or others or the behaviour impacting on the ability of the care home to meet the patient's needs.
- Patients requiring intensive assessment and intervention to maintain placement in a care home.
- Management of withdrawal of anti-psychotic medication giving rise to behavioural changes which could impact on placement in care homes.
- Patients in a community hospital who need a mental health assessment.

1.2.9. Mental Health Wellbeing and Recovery Support Service (MHRSS)

This service is aimed at providing a first point of access for people who need mental health support. It is designed to be easy to access – people can contact the service direct without the need of seeing their GP – and it provides more than medical support, recognising that mental health issues are often caused by other stresses. This service is open to anyone aged 18+ living in Leicester, Leicestershire or Rutland who is experiencing emotional and mental health problems, as well as their carers.

There are four providers, and each one is covering a part of the city and/or county:

- LifeLinks (<http://www.rflifelinks.co.uk/contact>) - Blaby, Oadby & Wigston, Harborough
- NCHA (Care and Support <http://www.ncha.org.uk/talk-to-us>) – Melton and Charnwood
- MHM (Mental Health Matters <http://www.mhm.org.uk/leicestershire-and-rutland-mental-health-wellbeing-and-recovery-service>) – North West Leicestershire, Hinckley and Bosworth
- P3 (<https://www.p3charity.org>) – Rutland and Leicester City

1.2.10. Crisis Resolution and Home Treatment Team

(Bradgate Mental Health Unit, Glenfield Hospital Site)

The Crisis Resolution and Home Treatment Team provides a rapid assessment of people who are experiencing a mental health crisis. The service is for adults aged 18 and over who, without this service, would require hospital admission to an acute mental health ward, due to mental health crisis which impacts on the person's ability to cope with day-to-day activities.

1.2.11. Adult Eating Disorders Service

(The Bennion Centre, Glenfield Hospital Site, Groby Road)

Is an outpatient service for patients from Leicester, Leicestershire and Rutland and a regional inpatient service for the East Midlands for adults aged 18 and over who have eating disorders such as anorexia nervosa, bulimia nervosa, binge eating disorder and other diagnosable eating disorders.

1.2.12. Therapy Services for People with Personality Disorder (TSPPD)

(Gwendolen House, Leicester General Hospital Site)

The service provides psychotherapy programmes drawn from a number of different models of psychotherapy for people age 18+ who have been assessed for the group therapy service and discussed it with their referrer.

1.2.13. Severe and Enduring Mental Illness Rehabilitation

(Stewart House and The Willows Inpatient Units)

These are rehabilitation inpatient units providing care for patients who have severe and enduring mental illness. Stewart House has 30 beds, and the Willows has 38 beds on four wards. The multi-disciplinary team (MDT) is made up of nursing and medical staff, occupational therapists, psychologists, speech and language therapists, physiotherapists and administration and housekeeping staff.

1.2.14. Acute Recovery Team

Providing specialist care, including an ECT clinic and Clozapine clinic, blood tests and monitoring.

1.2.15. Clinical Neuropsychology

The Department of Clinical Neuropsychology is based at the Leicester General Hospital and serves both inpatients and outpatient who are having cognitive difficulties as a result of a neurological condition. Providing expert neuropsychological assessment and advice, intervention, rehabilitation, and training.

1.2.16. Leicestershire Psycho-oncology Service (LPOS)

(Hadley House, Leicester General Hospital)

The service aims to help with emotional difficulties people face following a diagnosis of cancer, including depression, persistent distress, severe anxiety, anger, suicidal thoughts, communication problems, adapting to lifestyle change, body image worries and low self-esteem. The service offers a range of treatments including, emotional support, face to face talking therapy, graded activity planning, cognitive behavioural therapy (CBT), antidepressants, group therapy, tailored information, relaxation programmes and telephone support. Patients are seen in hospital or in their own home.

1.2.17. Huntington's Disease Inpatient and Community Service

(Mill Lodge, The Rise, Narborough, Leicestershire)

A community inpatient unit for people with Huntington's disease for patients with severe and enduring mental health needs and require complex care due to physical, psychiatric, behavioural and psychological needs or rehabilitation. The community team is also based there.

1.2.18. Assertive Outreach (AO) Service

Assertive Outreach is a model of care which has proved effective for people with a serious mental illness. The service is provided within a multidisciplinary team approach (including nurses, occupational therapists, social workers, psychologists, doctors and support workers) where all staff can be involved in a person's care package. The service is predominantly delivered within people's homes. There is occasional contact via outpatient clinics and the service maintains contact with people during any hospital admission. The service offers a range of therapeutic interventions. It has been specifically set up to work in partnership with people with long-standing mental health needs which are 'psychotic' in nature.

1.2.19. Central Referral Hub/Unscheduled Care service

(The Neville Centre on the Leicester General Hospital site)

All referrals into Mental Health Services for Older People from across Leicester, Leicestershire and Rutland are received by the Central Referral Hub. People of all ages with probable dementia and adults over the age of 65 with depression, anxiety or psychotic illnesses.

1.2.20. Criminal Justice and Liaison Diversion

The service assesses people's mental health needs who have had any contact with the police or are involved in the criminal justice system whether they are a suspect or a witness. Patients are referred to the service by professionals in the criminal justice service or the police, and may include people who have had any contact with the criminal justice system or police for any reason, victim, suspect, defendant, witness or bystander, who it is felt would benefit from mental health intervention.

1.2.21. Employment Support Service

The service is delivered to adult patients (17 and above) open to community mental health teams, psychosis intervention and early recovery (PIER) and assertive outreach. Its aim is to provide information, advice, guidance and support to find paid work, as part of an individualised recovery plan. Help to find and maintain paid work using the Individual Placement and Support (IPS) model, proven to succeed with people with a lived experience of mental ill health. The Employment Support Service team have more than nine years' experience as the provision was delivered by *Aspiro*, on behalf of LPT, for eight of those years.

Currently operates employment clinics in nine locations across Leicester, Leicestershire and Rutland (LLR).

1.2.22. Homeless Mental Health Service

The Homeless Mental Health Service is a multi-disciplinary team offering engagement, mental health assessment and referral to mainstream mental health and support services – for people age 16 and over, who are homeless or staying in temporary accommodation. The team is made up of three full-time mental health practitioners, a part-time psychiatrist, part-time clinical psychologist and a part-time secretary.

1.2.23. Leicestershire Recovery College

(Mett Centre in Leicester City Centre)

Leicestershire Recovery College is an NHS college offering a range of recovery-focused educational courses and resources for people aged 18 and over who have lived experience of mental health challenges, along with their friends, family and Leicestershire Partnership NHS Trust staff. The Recovery College is based at the Mett Centre in Leicester City Centre, offering online courses, and classroom courses at venues across Leicestershire and Rutland. The courses are designed to contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and skills in order to become experts in their own self-care and achieve the things they want to in life.

1.2.24. Medical Psychology

(Leicester General Hospital, Gwendolen Road, Leicester)

The Medical Psychology Department is a service for adults who are having difficulties with managing the impact of medical/physical health problems on their psychological well-being or are finding that their mental health is having a direct impact on their physical health. The team of clinical psychologists offers specialist assessment and interventions to individuals to help manage their emotional stress of living with an acute or long-term physical health condition.

The service can offer assessment and treatment to adult patients from all medical specialities. Referrals can only be accepted from University Hospitals of Leicester (UHL) Consultants (or a

member of their team).

1.2.25. Mental Health Urgent Care Hub

(Bradgate Unit, Glenfield Hospital site)

A team of mental health practitioners with the expertise to treat people of all ages; this includes mental health nurses, support workers, and consultants. It is specifically for people with mental health needs that don't need any physical health support from an emergency department.

People are referred to the hub by emergency services, social care or health professionals.

1.2.26. Op Community

Op Community is a telephone line for the armed forces community (including veterans, reservists, serving personnel, families and the wider armed forces community) to offer support and guidance around navigating NHS services and advice regarding other services that can support with issues.

1.2.27. Outreach Team for Adult Learning Disabilities Service

(The Agnes Unit, Anstey Lane, Leicester)

The Outreach Team works with adults aged 18 years + with a diagnosed learning disability and their carers where the person with a learning disability has challenging behaviours that might mean they cannot continue to be supported in the community/at home. The team currently consists of eight qualified nurses, five healthcare support workers, an occupational therapist and a speech and language therapist, with support from psychiatry.

1.2.28. Psychological Awareness of Unusual Sensory Experiences (PAUSE)/At Risk Mental State (ARMS)

Planned to launch in Autumn 2023, initially in a targeted geographical area rather than across Leicester, Leicestershire and Rutland. The service will offer NICE-recommended psychological and psychosocial interventions to people aged 14 – 35 years who may be experiencing the early signs of psychosis. ARMS will support people for up to two years. Assessments and interventions will be provided within a multidisciplinary team approach and include NICE recommended Family and CBT interventions; social inclusion; education and peer interventions which aim to: reduce stigma; focus on helping people maintain their education, work and social links and goals to improve functioning and long terms outcomes; tailored to, and based in the local community; reducing the number of people who meet the threshold for diagnosis and need secondary care services and improving transition to PIER to facilitate early intervention where needed.

1.2.29. Reconnect

The service offers care to those aged 18 and above with identified vulnerabilities after a custody

service. It seeks to improve the continuity of care of vulnerable people leaving prisons or Immigration Removal Centres (IRC); it supports service users' transition to community-based services and safeguards health gains made whilst in prison/IRC, offers liaison, advocacy, signposting, and engagement with community-based health and support services. It helps to support a safe transition from prisons/IRC to community-based healthcare and support services.

The Reconnect service provides up to 12 weeks pre-release and six months post-release person centred support, including assertive outreach, digital guidance, system navigation, signposting to support from wider health and wellbeing services.

1.2.30. The Involvement Centre and Café

(Bradgate Mental Health Unit, Glenfield Hospital site)

The Involvement Centre is an information, IT and social resource, open to inpatients, outpatients, service users, carers and visitors.

1.2.31. Arts in Mental Health

The arts in mental health team deliver a range of artistic projects for mental health service users whilst supporting service users. Managing a range of arts in mental health projects on an open referral basis, including arts, music, comedy, literature and spoken word sessions. Serving people with severe and enduring mental health problems and particularly vulnerable or socially isolated service users. We are however open to all people with mental health problems.

1.2.32. The Mett Centre

(The Mett Centre, Unit 2, 20 Lee Street, Leicester)

The Mett Centre is a mental health day resource centre in Leicester city centre, offering recovery-focused support, through individualised programmes of meaningful activities, physical and mental health promotion, social inclusion and therapeutic interventions. The service is available to adults with complex and enduring mental health difficulties who have a Consultant Psychiatrist at Leicestershire Partnership NHS Trust and is particularly suitable for individuals who are isolated socially and may currently find it difficult accessing mainstream services.

1.3. PAVE Team (Pro-Active Vulnerability Engagement)

This is a partnership between police, mental health practitioners, and substance misuse practitioners providing targeted support for people who intensively use health and police services. The aim is to reduce the number of people with mental ill health being held inappropriately in police cells. The multi-disciplinary team includes police officers, mental health practitioners, and substance misuse Recovery Workers. In addition clinical support is available as required from a Consultant Psychiatrist.

1.4. Voluntary and Community Sector Services

In Rutland, voluntary and community based services include:

Norton Housing Support (<http://nortonhousingandsupport.org.uk/>) provides support and accommodation to adults with ongoing mental health needs and/or learning disabilities. Personal support includes assistance with budgeting, social inclusion, support to better manage and physical mental health, develop daily living skills, building confidence and self-esteem, emotional support and support in accessing other services.

The service partners with other local mental health services, including GPs CPNs, Crisis team, Remploy and other.

Leicestershire Action for Mental Health Project (LAMP) (<https://www.lampadvocacy.co.uk/>) provides independent mental health advocacy (IMHA). It involves supporting people at critical appointments, such as with GP, Mental Health Team or other consultations, where necessary challenging professionals on their behalf, if they are unable to do this alone, and supporting people in finding the right service for the circumstances, as well as referring to them. The service is for people with mental health problems and for carers of people with mental illness.

The Singing Café (<https://thesingingcafe.co.uk>) is a charity initiative run by Without Walls to address the needs of vulnerable members of Leicestershire population, seeking to address loneliness and mental health conditions. Can be found in Melton and Wigston.

The Carers Centre (<https://www.claspthecarerscentre.org.uk/>) aims to support unpaid carers across the diverse communities of Leicester, Leicestershire and Rutland. These include providing advice and information for those who provide unpaid care, group social activities, training and financial advice.

Living Without Abuse (<https://lwa.org.uk/>) offers information and advice to anyone experiencing domestic abuse and/or sexual violence. They provide support services to population of Leicester, Leicestershire or Rutland. The organisation is committed raising awareness of domestic abuse and sexual violence, working towards its prevention and eradication, and assisting those affected by this crime to determine their own lives.

Voluntary Action Leicester (VAL <https://valonline.org.uk/>) is an active part of the local voluntary, community and social enterprise (VCSE) sector, providing advice, support and training to charities and community groups across Leicestershire. They are a source of information on other voluntary initiatives for people with mental health across LLR.

1.5. Local Authority and Other Mental Health Services

The working age adults mental health care pathway supports recovery and reablement, aimed at maximising people's independence, and their ability to self-manage. Service provision includes;

1.5.1. Mental Health Reablement Teams

There are two teams covering Leicestershire; West Team and East Team. The service provides the first offer to the majority of people who are eligible for support for their mental health problems (excluding safeguarding, and urgent crisis/complex work). These teams provide short term solution focused support to promote recovery and increase independence. These teams are staffed by Mental Health Social Workers.

1.5.2. Community Mental Health Teams

There are six locality teams across the county, Blaby/Oadby & Wigston, Melton, Hinckley, North West Leicestershire, Charnwood, and Harborough. All teams include Social Workers, and Mental Health Social Workers, and most also include an Approved Mental Health Professional (AMHP). The teams provide a service to all service users in their locality. In addition to the locality based teams there are countywide services providing more specialised support and interventions.

1.5.3. Mental Health Wellbeing and Recovery Service

The mental health wellbeing and recovery service is commissioned jointly between, Leicestershire County Council, Leicester City Council, Rutland County Council, and the three CCG's. The service is currently provided by 3 different providers, providing coverage across all districts in the county (and Leicester City and Rutland); Richmond Fellowship (operating as Life Links), Mental Health Matters, and Voluntary Action South Leicestershire (VASL).

The service offers support networks focused on wellness and recovery, encouraging independence and developing own personal support networks. It offers flexibility to choose support based on own personal need. This can be face to face, providing information, advice and navigation services, one to one sessions, and group support sessions; online support including a directory of services, and a 24/7 chat feature allowing questions to be asked/answered; and community recovery support.

1.5.4. Specialist Substance Misuse Treatment Services

Specialist substance misuse services for Leicestershire and Leicester City are jointly commissioned by Leicestershire County Council (Public Health) and Leicester City Council (Adult Social Care). Additional funding for this service is provided by the Office of Police + Crime Commissioner (OPCC) and NHS England. The integrated substance misuse treatment service is currently provided by Turning Point. In addition to Senior Recovery Workers, Recovery Workers, and Support Workers, the service includes a Consultant Psychiatrist, and a Counselling Psychologist, and a Dual Diagnosis Senior Recovery Worker. There are close working arrangements with inpatient psychiatric wards, with fortnightly clinics run by the Turning Point Consultant Psychiatrist, and weekly clinics/drop-ins attended by the Dual Diagnosis Senior Recovery Worker. In addition there is a weekly Mental Health Drop-in session at the main service hub in the city centre, but available for any service user. Turning Point are commissioned separately to provide 1.2wte Recovery Workers to the Pro-Active

Vulnerability Engagement (PAVE) Team.

1.5.5. Local Authority Public Health Services

The Public Health Department approach involves finding ways to improve the mental wellbeing of the population in Leicestershire. The department does this in a number of ways; assessing population needs, and the supporting evidence base for interventions, direct commissioning/contracting of services, and working with other departments and partners to develop joint initiatives. The department leads the Leicestershire, Leicester City and Rutland wide Suicide Audit and Prevention Group. The role of the group is to lead on and co-ordinate strategies and actions to reduce the risks and burden of suicide locally. In addition to the suicide prevention work, currently the department commissions and/or contributes to a number of local initiatives aimed at improving mental wellbeing and supporting recovery;

First Contact + offers access to a range of low level preventative services through a single point of contact. This is an online service ensuring that people can access information, advice and support across a range of issues. This includes a range of health and wellbeing topics including mental health, and advice and support on topics that have the potential to impact on mental wellbeing, such as debt and benefits, and families and relationships. The service provides early identification of needs and brief opportunistic interventions, support for self-help, or referral to a service provider. As well as providing advice pages, and signposting to useful resources, there is an option to self-refer for further contact.

Local Area Co-ordinators (LAC's) is a community based intervention delivered in specific areas by Local Area Co-ordinators. Whilst the team work with other agencies such as GP surgeries, adult social care, and the police they are independent of these services and work directly with individuals and in communities to improve health and wellbeing. The team work on an asset-based model to increase individual and community capacity, preventing people reaching crisis, and thereby reducing demand on public services. Whilst not a specific mental health service, much of the work undertaken supports improving people's mental wellbeing and addresses issues that impact on individual mental health.

1.5.6. Getting Help in Neighbourhoods

This service is commissioned by the ICB and in partnership with Leicestershire County Council this service offers drop-in sessions offering a listening ear and short-term support based on the needs of the individual. It is available to anybody aged 18, the sessions are running across Leicester, Leicestershire and Rutland

1.5.7. Student Mental Health

The ICB is leading on a workstream focussing on the needs of the student population across the universities in Leicester and Leicestershire in conjunction with the university health and wellbeing

services.

1.5.8. Mental Health Practitioner/Facilitators

Is a Primary Care based service for patients with more severe and enduring mental illness such as schizophrenia and bipolar disorder.

1.5.9. Mental Health central Access Point

Is a 24/7 self-referral service for people in need of mental health support for themselves or others, commissioned by the ICB and staffed currently by Turning Point, this is an all-age service that provides signposting, assessment and intervention.

1.5.10. Place of Safety

This is the Section 136 (S136) suite at the Bradgate Mental Health Unit. This suite is used for emergency psychiatric assessment by an AMHP detained by police, under S136 of the MHA. S136 is used on an exceptional basis, although when it is appropriate to be used, it is preferable for the individual to be detained in a healthcare setting rather than a criminal justice setting.

1.5.11. Triage Car

Leicestershire Police and a mental health nurse from LPT respond to people with mental health problems in public places

1.5.12. Transition work

The ICB is leading on services and pathways for those aged 18-25

1.5.13. Upcoming service to Rutland: Women's Hub

Rutland are in the process of mobilising a women's hub to provide social, emotional and health support including sexual health, menopause and social prescribing.

1.6. Additional Dementia Services

Admiral Dementia Nurse Service – includes specialist dementia nurses who give practical and emotional support to family carers, as well as the person with dementia. Users of the service will be given the knowledge to understand dementia and its effects, the skills and tools to improve communication and emotional and psychological support to help carers carrying on in their caring roles. The service is available to people living in Rutland who have dementia, their carers, family members and friends. The service will work with family carers as their prime focus, promote best practice in person centred dementia care, pre diagnostic support, support through transitions in care and bereavement support.

Rutland Dementia Support Service, LeicesterShire & Rutland Age UK – Supports people who are

living in Rutland and who are awaiting or living with an early diagnosis with dementia. The service is available to all residents aged 18 and over in Rutland who have a suspected or formal diagnosis of dementia and who live within the Rutland County Council boundaries. The support is designed to enable people who are living with dementia and informal carers to live well, maintain their independence, and enable them to focus on their personal strengths and make the most of the support that is available in their local community. The service offers, personalised information and advice, emotional support as well as access to a range of group activities that promote wellbeing in an inclusive and welcoming social environment such as a monthly memory cage, a monthly coffee and chat, time in nature, a walk in the park and maintenance cognitive stimulation therapy.

Dementia Friendly Leicestershire, Care Choices – A practical guide to living with dementia in Leicester, Leicestershire and Rutland. The Dementia Friendly Leicestershire guide explores all aspects of living with dementia. The guide outlines Dementia support available locally in addition to providing a better understanding of the condition and how best to support those affected. The guide is available here: <https://www.carechoices.co.uk/publication/leicestershire-dementia-guide/>

The Hub of Hope, Chasing the Stigma – This mental health support signposting tool brings local, national, peer, community, charity, private and NHS mental health support and services together into one place.

Dementia carers Support Age UK - Dementia advisors support friends and family of those with dementia with information and advice about navigating local services and applying for benefits.