

Highfields Mental Health Café

Drop in support for when you're
struggling to cope



Neighbourhood
Mental Health

Cafés



Jamila's Legacy CIC
Mental Health

Awareness | Resilience | Training

Loughborough University Neighbourhood MH Café
Thursdays, 6pm to 11pm

Loughborough Neighbourhood MH Café
Mondays and Fridays,
5pm - 10.30pm
(latest arrival 10pm)

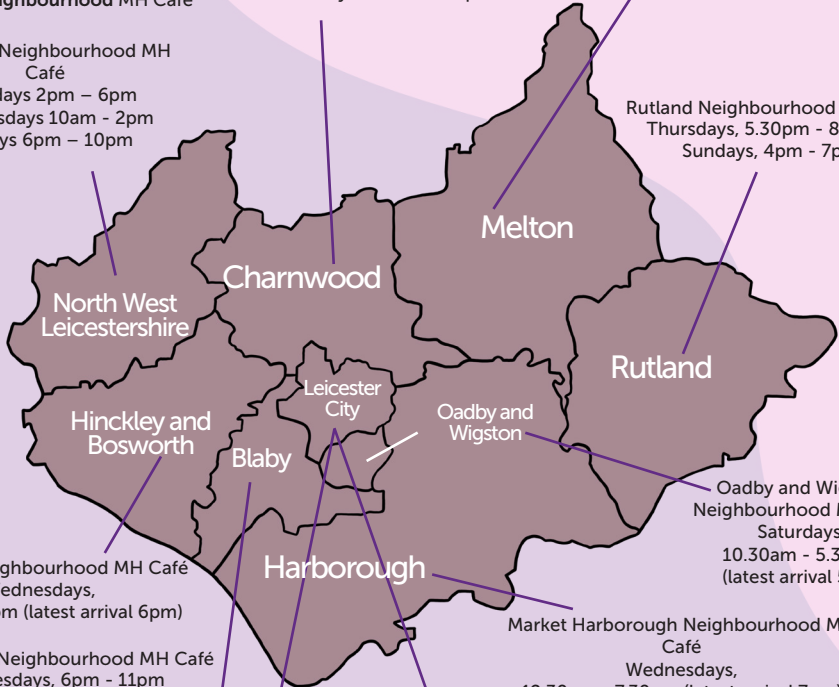
Syston Neighbourhood MH Café
Thursdays, 12 noon - 3pm

Melton Neighbourhood MH Café
Wednesdays 2pm - 6pm
Fridays 6pm - 10pm

Coming soon:
Measham Neighbourhood MH Café

Coalville Neighbourhood MH
Café
Mondays 2pm - 6pm
Wednesdays 10am - 2pm
Fridays 6pm - 10pm

Rutland Neighbourhood MH Café
Thursdays, 5.30pm - 8.30pm
Sundays, 4pm - 7pm



Hinckley Neighbourhood MH Café
Wednesdays,
1pm - 6.30pm (latest arrival 6pm)

Earl Shilton Neighbourhood MH Café
Wednesdays, 6pm - 11pm

Lutterworth Neighbourhood MH Café
Wednesdays, 5pm - 9pm and
Fridays, 9am - 1pm

Enderby Neighbourhood MH Café
Tuesdays, 4.30pm - 8.30pm

Saffron Neighbourhood MH Café
Mondays, 10am - 4pm

Eyres Monsell Neighbourhood MH Café
Wednesdays, 10am - 3pm

Thurnby lodge Neighbourhood MH Café
Fridays, 10am - 3pm

Highfields Neighbourhood MH Café
Wednesdays, 2pm - 6pm
Fridays 2pm - 6pm

New Parks Neighbourhood MH Café
Thursdays, 12 noon - 6pm
Saturdays, 11am - 5pm

Melton

Charnwood

North West
Leicestershire

Hinckley and
Bosworth

Blaby

Leicester
City

Oadby and
Wigston

Harborough

Rutland

Oadby and Wigston
Neighbourhood MH Café
Saturdays,
10.30am - 5.30pm
(latest arrival 5pm)

Market Harborough Neighbourhood MH
Café
Wednesdays,
12.30pm - 7.30pm (latest arrival 7pm)

DeMontfort Student Union Neighbourhood MH Café
Tuesdays, 10am - 3pm

Leicester University Neighbourhood MH Café
Mondays, 10am - 3pm

Aylestone Neighbourhood MH Café
Mondays, 6pm - 11pm

West End Neighbourhood MH Café
Fridays, 6pm - 11pm

Leicester City Neighbourhood Mental Health Café
Tuesdays,
9.30am - 4.30pm

The Peepul Neighbourhood Mental Health Café
Wednesdays,
2pm - 8pm

10 new Neighbourhood Mental Health Cafés are launching in 2023. Information may be subject to change, for up to date information on launches, days, times and locations scan the QR code or visit:

www.leicspart.nhs.uk/service/neighbourhood-mh-cafes



Highfields Neighbourhood Mental Health Café

Provided by Jamila's Legacy CIC

Wednesdays, 2pm - 6pm

Merlyn Vaz Centre
1 Spinney Hill Road
Leicester
LE5 3GH

Fridays, 2pm - 6pm

African Caribbean Centre
Maidstone Road
Leicester
LE2 0UA

Email:

info@jamilaslegacy.co.uk or
admin@jamilaslegacy.co.uk

Phone: 07821 849 336

www.jamilaslegacy.co.uk



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Mental Health

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What is a Neighbourhood Mental Health Café?

Neighbourhood Mental Health Cafés offer local support for people who need immediate help with their mental health.

The cafés are drop-in centres for anyone to come and talk to us about their mental health in confidence - no appointment needed. They are run by partners on behalf of the NHS.

We have supportive, trained staff who can listen and provide the practical support you need.

If you need urgent mental health support, call our free 24/7 Mental Health Central Access Point on 0808 800 3302. Always call 999 if there is a physical threat to life.

www.leicspart.nhs.uk/mental-health

