

VOLUNTARY AND COMMUNITY NEWSLETTER



9 February 2024 Issue 2



Health & wellbeing Roadshow

HEALTH AND WELLBEING ROADSHOW

Free event

Friday 23 February
12pm - 4pm

Whitwick and Coalville
Leisure Centre
Stephenson Way LE67 3FE

Scan the QR code to find activities and support offers near you



services.thejoyapp.com

- Suitable for all ages
- Free children's activities
- Taster sessions
- Free health screening
- Free advice from Adult and Children's services

For more information, contact Katie Hayes or Michael Lidwell:
katie.hayes@nwleicestershire.gov.uk michael.lidwell@everyoneactive.com

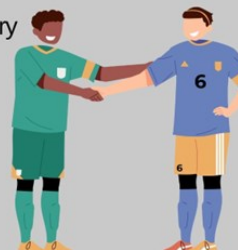


Male Mental Health Webinar

The Science of Male Mental Health

FREE WEBINAR
Thursday 29 February
7pm - 8.30pm

SCAN ME



Why sport, testosterone and life goals matter. [Click here](#) to book your place on The Science of Male Mental Health webinar.

Bra recycling for cancer research

Unwanted bras can now be recycled in three North West Leicestershire locations to raise money for vital breast cancer research.



North West Leicestershire District Council (NWLDC) is working with charity Against Breast Cancer and three district organisations to offer the collection bins for residents.

The three donation bins will be available at:

- Castle Donington Community Hub, DE74 2NR
- Measham Leisure Centre, DE12 7HR
- Whitwick and Coalville Leisure Centre, LE67 3FE

The materials from the bras recycled through the scheme are given a new lease of life, while Against Breast Cancer receives a donation of around 70p for every kilo collected, providing funds for breast cancer research.

For more information about the scheme visit www.againstbreastcancer.org.uk.

Do you have an event?

If you have an event or project you wish us to feature in the next newsletter email community.focus@nwleicestershire.gov.uk

New Group for mums

Michelle is a Mum and a mental health nurse. She wanted to create a local group of hope for Mums to come together to off load the mental strain of motherhood. A non-judgemental space. If you're struggling being on the journey of motherhood, she is creating this space to talk openly about the realities of that journey.



The first event is being held at: The Old School Room in Blackfordby on Thursday 7 March. Please confirm your attendance to Holdcrofthope@gmail.com

My Voice Matters



It is Children's Mental Health Week. The theme this year is 'My Voice Matters'. [My Voice Matters](#) is about empowering children and young people by providing them with the tools they need to express themselves. Want to know how to start a conversation? Visit the Health For Kids [website](#)

Safe & Well

What is Safe & Well?



Safe & Well is an alarm response service that provides reassurance or assistance in an emergency at home.

Safe & Well operates 24 hours a day, 365 days a year - ensuring help is always at hand at the touch of a button.

By pressing a button on a pendant, customers can call through a 'lifeline' alarm unit to a trained operator at our local Control Centre, at any time of the day or night.

The operator then takes the most appropriate action, whether it be contacting a family member, neighbour / key-holder or the emergency services.

The alarm unit works by connecting to the cellular network via a SIM card, just like a mobile phone.

To find out more please check out our [Safe & Well webpage](#). Alternatively you can contact us by calling 01530454817 or email safeandwell@nwleicestershire.gov.uk

Public Spaces Protection Order - Dog Control

Have your say - We are extending our Dog Control PSPO for three years. In order to continue with enforcement options in relation to dog fouling in North West Leicestershire we are consulting on the renewal of Public Spaces Protection Order (PSPO) for controlling dogs.

There are no proposals for changes to the order introduced in 2018.

The PSPO would cover:

- Dog Fouling
- Leads by order
- Exclusion
- Means to pick up
- Exemptions
- Fixed penalty notices

[View the current PSPO - Dog Control](#) and find out how to comment.

Measles vaccinations

Due to the recent rise in the number of measles cases the NHS are

encouraging people to check whether they, and particularly their children, are up to date with the MMR vaccine. This can be done via a child's red book, the NHS App, or by contacting their GP practice.



Measles is a highly infectious viral illness, so anyone with symptoms is advised to stay at home and phone their GP practice or NHS 111 for advice, rather than visiting the surgery or A&E, to prevent the illness spreading further.

Vaccines are our best line of defence against diseases like measles and help stop outbreaks occurring in the community.

Children are routinely offered the first dose of the MMR vaccine when aged one year and the second dose aged 3 years 4 months. However, it is never too late to catch up with the MMR vaccine, at any age. Two doses are required, which can be administered four weeks apart.

GP practices are providing vaccines to all patients who require either their first or second dose.

For the latest local information or to find a local clinic visit the [LLR Vaccination webpage](#).

Start a Conversation

Time to Talk Day 2024 took place on 1 February. It's run by Mind and Rethink Mental Illness and was delivered in partnership with Co-op for the third year running.

Time to Talk is the perfect opportunity to start a conversation about mental health, but you can keep the conversation going after 1 February.

If you are looking for support for yourself, or for somebody else, there is help available. Visit [Start a Conversation](#)



Funding

[NWL Community Grants](#)

Visit our [grants' page](#) to find out about

- [Small Grant](#)
- [Zero Carbon Grant](#)



[Monthly Funding Bulletin](#)



Leicestershire County Council continues to produce a really useful funding bulletin every month, with a list of grants and funding opportunities.

[National Lottery Heritage Grants](#)

The Heritage 2033



National Lottery

programme has opened for grants from £10,000 to £10million.

The Fund says that rather than defining heritage itself, it asks applicants to tell it what they think is important and should be preserved. This could be anything from historic buildings, the UK's industrial legacy and the natural environment, to collections, traditions, stories and more.

[The Prudence Trust](#) is **PRUDENCE TRUST**

delighted to offer a new funding opportunity to enable charities and CICs supporting young people's mental health to better understand the impact of their work and find out how they could improve. Application deadline: First stage: Friday 8 March 4pm

[Laughology's Happiness Fund](#) is for UK grassroots, neighbourhood-based community projects throughout the UK, and enables and supports projects that improve mental health and wellbeing, inclusion, and learning and skills development.



[The LLR Community Foundation](#)

manage a range of grant-giving funds for families, individuals, and local companies. The small grant programmes match our individual donor's passions and interests with the grassroots projects that work at making local life better within their communities.

