

# Local Support Services

## Kibworth & Fleckney

There is always a service out there for you no matter what the situation. Here are the details for some great support services available – Winter 2023.

### Wellbeing Services

- Central Access Point (CAP) : 0808 800 3302 – Local NHS mental health support for Leicester, Leicestershire and Rutland. Available 24 hours a day, 7 days per week
- Life Links: 0800 0234 575 – Local charity focusing on practical coping solutions for low mood and anxiety
- Samaritans: 116 123 – available 24hr/ 365 days a year
- Mind: 0300 123 3393

### Warm Homes

The Warm Homes service can signpost residents on a low income to access local offers available via District and Borough Councils, the Lightbulb Housing Service, or other third-party charitable organisations. They give impartial advice and support residents to reduce household bills and stay warm.

General enquiries - [warmhomesinfo@leics.gov.uk](mailto:warmhomesinfo@leics.gov.uk)

[www.leicestershire.gov.uk/home-energy-grants](http://www.leicestershire.gov.uk/home-energy-grants)

0116 305 2524



### Utilities

- 105 Power Cut- Call 105 free of charge and it will put you through to your local network operator to give you help and advice
- GAS Services- National Grid: 0845 835 1111
- Trusted Traders – Age UK (vetted services)- 0800 599 9435

## Support Hubs

Harborough Hub - Homeless or at risk of becoming homeless. The Harborough Hub can also support you with Tenancy Support, Advocacy, Care and Mental Health Services, Employability, Harm Reduction Support, Recovery After Care, Benefit Support and Signposting to other organisations tailored to the needs of the individual

01858 374949

[harboroughhub@falconsupportservices.org.uk](mailto:harboroughhub@falconsupportservices.org.uk)

Helping Hands – Support includes benefits, welfare rights, money management, housing issues, advocacy, legal advice, family law, mental health support, education, training and employment

0116 278 2001

[www.helpinghandsadvice.co.uk](http://www.helpinghandsadvice.co.uk)

Sessions held on the Third Thursday of each month at The Well in Kibworth.

## Leicestershire and National Support Services

- LCC Adult Social Care- 0116 305 0004
- Citizens Advice – 0300 330 2111 General Advice / 0116 464 7239 Debt Advice
- Age UK General Contact – 0116 299 2233
- Silverline - 0800 470 8090
- 24hr confidential line for advice, information and friendship for older people
- Leicestershire Domestic Abuse support – 0808 802 0028

## First Contact Plus

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

[firstcontactplus.org.uk/](http://firstcontactplus.org.uk/)



## GP Surgeries & Social Prescribers

0116 2793308 – Kibworth Medical Centre  
0116 2792422 – Old School Surgery Kibworth  
0116 2403139 – Fleckney Medical Centre

Referrals can be made through GP / reception or Health Care

Or via - [cchpcn.healthandwellbeing@nhs.net](mailto:cchpcn.healthandwellbeing@nhs.net)

South Leicestershire Medical Group

Professionals - Gemma Finan & Jenny Friend



## Local Area Coordinator

Local Area Coordination uses a person centred approach to help connect people together to be part of their community, as well as finding out what support and services are available locally.

Amy Kirk & Sarah McKenzie – Local Area Coordinators Kibworth & Fleckney



[Amy.Kirk@leics.gov.uk](mailto:Amy.Kirk@leics.gov.uk) 07526927358

[Sarah.McKenzie@leics.gov.uk](mailto:Sarah.McKenzie@leics.gov.uk) 07723824024

## Harborough District Council

Contact details and general information can be accessed at

[www.harborough.gov.uk/contact](http://www.harborough.gov.uk/contact)

Cost of living information can be accessed at

[www.harborough.gov.uk/cost-of-living](http://www.harborough.gov.uk/cost-of-living)



## Family Hubs Leicestershire - Leicestershire County Council

Families and young people across Leicestershire can now access a range of services and advice in the Family Hubs. Working with partner organisations, the staff and volunteers are there to support you ensuring you have access to the right help and guidance.

Market Harborough Children & Family Wellbeing Centre – 0116 305 5320

[www.familyhubsleicestershire.org.uk](http://www.familyhubsleicestershire.org.uk)

## Food & Hygiene banks



The Well Foodbank (Trussell Trust) working in partnership with Leicester South Foodbank to help people experiencing food poverty in Kibworth, Fleckney, Great Glen and surrounding villages. Referrals for this can be made via registered professional services such as: Citizens Advice, Local Borough and District Council and GP Surgeries. Delivery is available dependent on circumstance.

## Neighbourhood Cafes

The Market Harborough Neighbourhood Café is open to anyone, over the age of 18 years old, who feels they would benefit from some mental health support, whether they are feeling lonely, anxious, or are finding it hard to manage difficult feelings. Open 12.30 – 7pm every Wednesday at the Symington Building, Market Harborough. If you do not wish to attend in person you can call 0808 800 3302

## Voluntary Action South Leicestershire

VASL is a local, volunteer-involving charity providing services to improve the lives of people in our community. These include advice and support for unpaid carers, befriending and events for older people who are lonely and isolated, volunteer transport for medical appointments, and activities and support to increase wellbeing.

Voluntary Action South Leicestershire (VASL)  
01858 433232  
[admin@vasl.org.uk](mailto:admin@vasl.org.uk)



## Eco-Village Community Fridge

Harborough Eco Village - The Community Fridge can be accessed 9am - 4pm Tuesday to Saturday and until 8pm on Thursdays.

Local support information has been created in partnership with all listed services to help raise awareness of support and information that is available to you locally and within your district.