

Subject: Melton Borough mental health and wellbeing bulletin 25 March 2026

From: "TYLER, Morag (LEICESTERSHIRE PARTNERSHIP NHS TRUST)" <morag.tyler@nhs.net>

Date: 25/03/2026, 15:06

Dear all

Please find below useful information to share with your networks and service users as appropriate. If you have anything you would like me to include or know anyone who would like to join the distribution list, please let me know.

1) PEPPER'S - WHAT'S ON GUIDE APRIL 2026

Please find attached April's What's on Guide for Pepper's - A Safe Place in Melton.

If you want to come and see us, just drop me a line, and if you have any questions, please don't hesitate to reach out. Jenny, Melton Centre Manager Email: info@peppersasafeplace.co.uk

2) FREE ACCESS TO TELMI THERAPY

Are you aware that we provide free Therapy via the [Tellmi app](#)?

Thanks to NHS funding, people across Leicester, Leicestershire, and Rutland have free access to Tellmi's text-based therapy.

Tellmi Therapy is unique in that there are no eligibility criteria and no waiting lists. Our therapists use a solution-focused approach, helping people work towards their goals rather than focusing solely on their difficulties. This makes Tellmi Therapy suitable for anyone seeking support, whether they're struggling with specific challenges or simply want to build confidence and resilience.

To help share this support, we have therapy resource bundles available in the [Tellmi Shop](#).

3) YOUNG CARERS PACK DESIGNED BY YOUNG CARERS FOR YOUNG CARERS

The local NHS has launched a new pack to support young carers and their families in Leicester, Leicestershire and Rutland (LLR).

After working with staff and carers in September 2023, Leicestershire Partnership NHS Trust (LPT) signed up to the national Carers Trust Triangle of Care (TOC) programme, strengthening the partnership between service users, their carers and health professionals.

Following this commitment, LPT's Child and Adolescent Mental Health Service (CAMHS), the Youth Advisory Board, and young carers from Leicestershire Young Carers worked together to create the all new Young Carers Pack which is designed by young carers, for young carers.

The pack brings together practical guidance, local support information and real insights from people who understand all about the range and challenges of caring responsibilities for young people. It will help young carers – and family members and professionals – feel more informed, supported and connected.

The pack includes:

- A clear explanation of what a young carer is and the roles they may take on
- Key facts about young carers
- Tips and advice directly from young carers
- Information about local services and support across Leicester, Leicestershire and Rutland
- An animated video featuring a local young carer sharing her experiences
- A poem written by a young carer

To find out more, visit: <https://www.leicspart.nhs.uk/news/new-pack-to-help-young-carers-across-leicester-leicestershire-and-rutland/>.

4) TAP THE NHS APP TO STAY UP TO DATE WITH APPOINTMENTS

More than one in five people (21%) in the East Midlands have missed an NHS appointment because they forgot or arrived too late, according to a new survey. The local NHS is therefore urging people to turn on 'push alerts' from the NHS App so they get reminders about appointments and can rearrange any they can't make, helping to free up millions of appointments for others.

The NHS App is a simple and secure way to receive messages from your trusted health care providers. However, not everyone with

the NHS App has their notifications turned on to let them know when they have a new message. By turning on your notifications for the NHS App, you can receive alerts to let you know you have a message.

Watch a [step by step walk through video](#) below which shows you how to turn on notifications and view messages in the NHS App. Download the NHS App visit the NHS website: www.nhs.uk/nhs-app

To find out more visit: <https://www.england.nhs.uk/midlands/2026/03/02/nhs-urges-tap-the-nhs-app-as-1-in-5-in-east-midlands-miss-appointments/>

5) NHS LOOKING FOR PEOPLE WHO CAN ADD A PATIENT/CARER PERSPECTIVE

We are looking for people who can add a patient carer perspective. We need people to join our:

Recruitment panel - This involves interviewing candidates for jobs across our Trust. Training that will equip you with all the skills you need is provided.

Reader panel - Members review (by email) patient and carer facing information produced by us to make sure it is easy to understand.

You decide your level of commitment for both panels. Interested? Contact us for more information. Tel 0116 285 0818 Email lpt.patient.expereince@nhs.net

6) GAMBLING RELATED HARM - FREE AWARENESS TRAINING

FREE training to anyone working across Leicestershire & Rutland delivered by Chapter One. Anyone exposed to gambling products is potentially at risk of experiencing the associated harms. Gambling is often addictive and secretive, affects close family and friends and many may not consider it to be problematic, or may be unwilling to seek support due to the associated stigma.

Leicestershire County Council Public Health and Rutland County Council are working with Chapter One to deliver a training programme with 3 distinct offers:

- Gambling Related Harms Awareness Training, for those who work with adults
- Gambling Related Harms Awareness Training, for those who work with children & young people
- Train the trainer for those delivering/cascading training within their organisations together with ongoing support

The training will:

- Explain what gambling-related harm looks like in your day-to-day work
- Help you spot early signs and risk factors
- Build confidence to have supportive, non-judgemental conversations
- Show when and how to provide brief advice or refer for specialist support

Delivered online with practical takeaways you can use immediately. Leaflets attached.

LOTS OF DATES AVAILABLE Book your session at [Ticket Tailor](#).

Please contact hello@chapter-one.org to discuss an in-person session for your team/organisation.

7) DWP DISABILITY SERVICES ADVOCACY TEAM OFFER FREE AWARENESS SESSIONS ON DISABILITY SERVICES, INCLUDING BENEFITS AND GRANTS

The DWP Disability Services Advocacy Team is offering a series of free external awareness sessions for you and your organisation. These sessions provide detailed information on Disability Services, including benefits and grants, and are intended to support the development of your knowledge in these specialised areas.

The Disability Services Advocacy Team are here to support with raising awareness of the four Disability Services benefits and grants. These are:

- Personal Independence Payment (PIP)
- Disability Living Allowance Child (DLAc)
- Industrial Injuries Disablement Benefit (IIDB)
- Access to Work (AtW).

LOTS OF DATES and DIFFERENT TRAINING OFFERS AVAILABLE. Please see attachment.

If you need to contact the team, please email: disabilityservices.advocacyteam@dwp.gov.uk

8) THINK CARER – FREE UNPAID CARER AWARENESS TRAINING

Care for the Carers are offering free training for staff and volunteers in collaboration with local councils in Leicester, Leicestershire and Rutland. The 'Think Carer' unpaid carer awareness training has been developed to help people working with members of the public and local communities identify unpaid carers (family and friend carers, people supporting someone who couldn't manage without their help due to illness, disability, mental ill health, addiction or old age) and help carers access support available to them.

Training includes:

- The impact of Caring
- The importance of identifying and supporting carers
- Carers' rights
- Support available and the difference we can all make.

There is an in-person session on:

- Wednesday 20 May, 10am-12.30pm at The Forest Room, John Storer House, Loughborough, LE11 3HA.

There are also various online sessions available:

- Tuesday 21 April, 10am - 12.30pm
- Monday 8 June, 10am - 12.30pm
- Friday 7 August, 10am - 12.30pm
- Tuesday 6 October, 12.30pm - 3pm
- Wednesday 16 December, 12.30pm - 3pm

[Click here to book.](#)

9) UP TO 50% OFF LEICESTERSHIRE BUS TRAVEL THIS EASTER

Passengers can get up to 50% off bus travel in Leicestershire this Easter. A number of promotions will run from Monday, 30 March to Sunday, 12 April.

- Families and groups can enjoy up to 50 per cent off Group and Family Day Tickets across the commercial bus network when boarding in Leicestershire.
- Passengers using the FoxConnect on-demand service will get 10% off every journey.
- It's up to 5 for £5 on select routes across Leicestershire County Council's supported services network, where up to five passengers can get on board for £5.

Passengers are encouraged to check the ticketing options for the bus operator they choose to travel with.

The full list of participating operators, prices, and the ticket type the offer is valid for can be found on the [Choose How You Move website](#)

10) CHANGES TO URGENT CARE SERVICES IN RUTLAND

A new NHS Minor Illness and Injury Service will open in Rutland on 1 April 2026, improving access to timely care for urgent but non-life-threatening health needs. The service, delivered by DHU Healthcare, will be located at Rutland Memorial Hospital, Oakham, and will operate between 1pm–9pm, seven days a week. It will support patients registered with GP practices in Rutland and Leicestershire.

Patients will continue to be booked into the most appropriate service by contacting their GP practice or NHS 111.

What the service will offer. The service will be staffed by nurses, advanced nurse practitioners, and other clinicians, supported by a GP. It will provide:

- Booked appointments for minor illnesses, arranged via GP practices or NHS 111
- Walk-in access for minor injuries
- Improved access to X-rays, with extended availability aligned to service hours on Mondays, Wednesdays and Thursdays (11am–7pm) from 13th April 2026.

The new model replaces the Oakham Urgent Care Centre and Oakham Minor Injury Unit.

More information can be found at: <https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/find-the-right-service/need-help-fast/need-help-fast-rutland/>

11) FREE WEBINAR TO SUPPORT YOU TO BE 'RISK READY'

Communities across Leicester, Leicestershire and Rutland (LLR) are being offered free, expert support to become 'risk ready', as part of a new programme to help them tackle threats like flooding, power outages and disease outbreaks.

The 'Risk Ready Communities' programme has been launched by the Local Resilience Forum (LRF), in partnership with charity Groundwork Five Counties and Communities Prepared (a Groundwork South programme). Communities can access targeted support to identify and prepare for key risks, helping to reduce the impact of emergencies and speed up recovery. The programme is open to all residents, community groups, local councils and faith groups across LLR.

Interested groups will get access to free webinars, workshops and in-person events to help them strengthen their community resilience. Kristy Ball, Chair of the LRF's People and Communities Group, said: "Key risks like flooding and power cuts can strike anywhere at any time. The Risk Ready Communities programme offers tailored support to help communities mitigate the impact of emergencies, respond more effectively and recover faster. "It's important that everyone in the community is aware of the actions they can take in an emergency, and that we all look out for each other to make sure our communities are truly 'risk ready'."

An introductory webinar will take place on both Thursday 16 April, 11am-12pm and Tuesday 21 April, 6.30-7.30pm (same session, different times).

To find out more about the programme or to sign up, visit the website: www.llrresilienceforum.org.uk/risk-ready-communities

12) SUMMER IS HERE AT THE LEICESTERSHIRE RECOVERY COLLEGE!

During the Summer Term, we have over 30 courses that are available! These courses are taking place in 9 classroom venues across Leicester, Leicestershire, and Rutland, as well as a wide range of courses that are available online on Microsoft Teams.

Please find attached to this email is our brand-new prospectus for the Summer Term 2026 and a calendar version which includes a month-by-month guide that offers when each course is starting.

To keep up to date with the latest information about the college. Why not sign up to our marketing list? Or take a look at available resources on our webpage: <https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>

To book on to our available courses, or if you have any questions about the Leicestershire Recovery College. Please email LPT.RecoveryCollege@NHS.Net, or call 0116 295 1196 to speak with a member of staff from the college, or leave a voicemail message on our answer phone and we will be in contact with you as soon as possible.

13) FREE ONLINE WEBINAR, UNDERSTANDING PERSONALITY DISORDERS: CHALLENGES FOR PROFESSIONALS, DELIVERED BY PERSONALITY DISORDERS UK.

We would like to invite you to a free online webinar, *Understanding Personality Disorders: Challenges for Professionals*, delivered by Personality Disorders UK.

This session is designed for professionals working across the NHS, charities, housing associations, CICs, and frontline support services who are supporting individuals with personality disorders. Working in this area can be complex and, at times, emotionally demanding. This webinar offers a grounded and honest exploration of these challenges, drawing primarily on lived experience while also incorporating practical insights from evidence-based approaches such as Dialectical Behaviour Therapy and Mentalisation-Based approaches.

The session will explore:

- The realities of working with high-risk and crisis-driven behaviours
- The emotional impact on staff, including burnout and fatigue
- Communication and relational challenges
- System pressures and limitations
- Why traditional approaches may not always be effective

Event details

Date: Thursday 7 May 2026

Time: 18:00 to 19:00 (UK time)

Location: Online (Zoom)

Cost: Free

To register and receive the Zoom link, please use the following link:

<https://www.eventbrite.co.uk/e/understanding-personality-disorders-challenges-for-professionals-tickets-1985510791225?aff=ebdssbdestsearch>

This session aims to provide a reflective space for professionals, helping to build understanding, validation, and more effective ways of working in what is often one of the most challenging areas of mental health practice.

14) MELTON MOWBRAY LIONS COMMUNITY ALLOTMENT

If you want to grow but don't have the room at home, why not grow at our community allotment? Located at Lake Terrace, you can grow with other members of the local community.

If you want more information, call 0345 8332837 or visit our community hub (Bell Centre, Nottingham Street). If you're currently plantless, don't worry. We, once again, will be selling plants to help fund lifesaving prostate cancer testing.

Please see attached leaflet

15) KNOW THE SIGNS AND SYMPTOMS OF MENINGITIS

Following the outbreak of invasive meningococcal disease, a form of meningitis, in Kent, the local NHS is reminding people of the symptoms of meningitis and how you can protect yourself.

Meningitis is a serious condition where the protective layers (meninges) around the brain and spinal cord become inflamed. It has many causes, in the UK, most cases are due to bacteria or viruses. Some of the bacteria that cause meningitis can also lead to septicaemia (blood poisoning), and both conditions can result in sepsis, which is life-threatening.

Although anyone can get meningitis, it's most common in babies, young children, teenagers, and young adults. It needs to be treated quickly so it is important to know the signs and symptoms which can happen in any order and may not all be present.

Early symptoms – such as vomiting, fever, aches, muscle pain, cold hands and feet and headaches – can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. [Click here](#) for a full list of symptoms of meningitis, septicaemia and Sepsis.

Call 999 for an ambulance or go to [your nearest A&E](#) immediately if you think you or someone you look after could have meningitis, septicaemia or sepsis.

Call [NHS 111](#) for advice if you're not sure if it's anything serious or you think you may have been exposed to someone with meningitis.

Vaccinations offer some protection against certain causes of meningitis and septicaemia and are available as part of the NHS childhood vaccination schedule. To find out more, visit: <https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/vaccinations/>.

For more information, visit: [What is meningitis? Symptoms, risks and how to protect yourself – UK Health Security Agency](#)

Kind regards

Morag Tyler

Senior Project Manager - Neighbourhood Lead Melton

Leicester Partnership Trust | Mental Health ICS Team

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Normal working days Tuesday to Friday



Joy helps you to find activities, groups and support offers near you.
 From walking groups to debt advice, it's about what matters to you.
 Find out more at [LLRjoy.com](https://www.llrjoy.com)

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NHS.net Connect is the secure email, collaboration and directory service available for all NHS staff in England. NHS.net Connect is approved for exchanging patient data and other sensitive information with NHS.net Connect and other accredited email services.

For more information and to find out how you can switch visit [Joining NHS.net Connect - NHS.net Connect Support](#)

— What's on Guide - Pepper's Melton April 2026 A4 Colour.png —

What's On in April Melton Mowbray



A Safe Place

Wednesday 1st	Drop-in Session 11:00-13:00 Music & singing 13:15-14:15 Art Workshop 10:30-12:30
Thursday 2nd	
Monday 6th	CLOSED - EASTER MONDAY
Tuesday 7th	Chair Fitness 11:15-12:15 Craft Café 12:30-14:30
Wednesday 8th	Drop-in Session 11:00-13:00 Glass Fusion Workshop - 13:30-14:30 BOOKING ESSENTIAL
Thursday 9th	Art Workshop 10:30-12:30 Yoga Nidra 19:00-20:00
Monday 13th	Drop-in Session with Casey the therapy dog 11:00-13:00 Mindfulness and Meditation 13:00-14:00
Tuesday 14th	Chair Pilates 11:15-12:15 Craft Café 12:30-14:30 Chair Yoga 15:15-16:15
Wednesday 15th	Drop-in Session 11:00-13:00 Music & singing 13:15-14:15
Thursday 16th	Art Workshop 10:30-12:30
Monday 20th	Drop-in Session 11:00-13:00 Mindfulness and Meditation 13:00-14:00 Tai Chi 14:15-15:15
Tuesday 21st	Chair Fitness 11:15-12:15 Craft Café 12:30-14:30
Wednesday 22nd	Drop-in Session 11:00-13:00 Sing-a-long with Thomas Corden 13:30-14:30
Thursday 23rd	Art Workshop 10:30-12:30 Wellbeing Walk, plus tea & chat 13:00-15:00 (with Everyone Active)
Monday 27th	Drop-in Session with Casey the therapy dog 11:00-13:00 Mindfulness and Meditation 13:00-14:00
Tuesday 28th	Chair Pilates 11:15-12:15 Craft Café 12:30-14:30 Chair Yoga 15:15-16:15
Wednesday 29th	Drop-in Session 11:00-13:00 Music & singing 13:15-14:15
Thursday 30th	Art Workshop 10:30-12:30



Welcoming and friendly sessions open to all adults, free of charge.
Take a break and look after your mental health & wellbeing this month.

Based at 43 Nottingham Street, Melton Mowbray, LE13 1NN
www.peppersasafeplace.co.uk
07936 563080, melton@peppersasafeplace.co.uk

MENINGITIS + SEPTICAEMIA

Meningitis
now

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

EARLY TREATMENT CAN BE LIFE-SAVING.

Would you like to enhance your skills and help at the same time?

We are looking for people who can add a patient/carer perspective. We need people to join our:

Recruitment panel

This involves interviewing candidates for jobs across our Trust. Training that will equip you with all the skills you need is held every other month.

Reader panel

Members review (by email) patient and carer facing information produced by us to make sure it is easy to understand.

You decide your level of commitment for both panels.

Interested? Contact us for more information:



0116 295 0818



lpt_patient.experience@nhs.net





MELTON MOWBRAY LIONS

*For more information call 0345 833 2837 or drop into
The Community Hub - Bell Centre - Melton Mowbray*

Attachments:

What's on Guide - Pepper's Melton April 2026 A4 Colour.png	433 kB
Summer Term 2026 at a Glance.pdf	1.6 MB
Leicestershire Recovery College- Summer 2026 Prospectus.pdf	1.1 MB
Gambling Harm Training - Train the Trainer.pdf	637 kB
Gambling Harm Training - CYP.pdf	630 kB
Gambling Harm Training - Adults.pdf	630 kB
Meningitis and Septicaemia.png	1.1 MB
DWP training.pdf	338 kB
Patient Carer opportunity.png	530 kB
Allotment.jpg	69.7 kB