

	Potential need: seeking advice and help with	Contact/referral details	On-line/other resources
Healthy Lifestyle services			
Smoking Cessation	Giving up or reducing smoking	Leicester Smoking Cessation Service – referrals via the Lifestyle Hub	https://gethealthyuk.com/Can-We-Help http://www.stopsmokingleic.co.uk/
Lifestyle Hub Includes: - The Active Lifestyle (exercise referral) Scheme - Weight Management Programmes for people with additional or complex health needs - Physical activities in the community - Smoking Cessation	Changing to a healthier lifestyle	Parkwood HealthCare – Get Healthy Leicester	http://psnc.org.uk/leicestershire-and-rutland-lpc/wp-content/uploads/sites/103/2015/11/Lifestyle-Referral-Hub-Referral-Info-for-Pharmacies.pdf https://gethealthyuk.com/Can-We-Help
Drugs and Alcohol			
Advice and access to treatment	Their own or others' problem substance misuse.	Turning Point 0330 303 6000	http://wellbeing.turning-point.co.uk/leicestershire/
Sexually transmitted infection and HIV			
Advice and access to treatment	Advice and testing	Call 0800 318 908 or 0300 124 0102 to book an appointment	http://www.leicestersexualhealth.nhs.uk/
Pregnancy			
Pregnancy	Next steps for a woman who thinks she might be pregnant	GP, practice nurse or... BPAS Leicester 03457304030; Leicester Medical Group, Thurmaston Health Centre, 573A Melton Road, Thurmaston, LE4 8EA	http://www.fpa.org.uk/sites/default/files/pregnant-and-dont-know-what-to-do.pdf http://www.leicestersexualhealth.nhs.uk/contraception-and-pregnancy/

Emergency Hormonal Contraception (EHC)	Accessing EHC		http://www.leicestersexualhealth.nhs.uk/under-24/pharmacies-emergency-contraception/
Termination	Advice re termination of a pregnancy		http://www.leicestersexualhealth.nhs.uk/contraception-and-pregnancy/pregnancy-testing/termination/
Contraceptive advice	Advice and contraception	Call 0800 318 908 or 0300 124 0102 to book an appointment	http://www.leicestersexualhealth.nhs.uk/contraception-and-pregnancy/
Teeth and mouth			
Emergency dental service	Urgent dental care	If you do not have a dentist or require urgent dental care, then please call 111.	http://www.dchs.nhs.uk/find_services_by_topic/id/48783
Healthy Teeth, Happy Smiles!	Oral health information for parents and parents to be	Public Health, Leicester City Council, City Hall, Charles Street, Leicester, LE1 1FZ Tel : 0116 454 2032 or email healthyteethhappysmiles@leicester.gov.uk	https://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/healthy-teeth-happy-smiles/ https://www.leicester.gov.uk/health-and-social-care/public-health/get-oral-health-advice/free-oral-health-resources/ http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx
Children and families			
Safeguarding	Leicester Safeguarding Children's Board		http://www.lcitylscb.org/ http://www.lcitylscb.org/information-for-children-and-young-people/ http://www.lcitylscb.org/information-for-parents-and-carers/

In need of care and support		Write to: Children's and Young People's Service, 1 Grey Friars, Leicester, LE1 5PH Call: 0116 454 1004	https://www.leicester.gov.uk/health-and-social-care/childrens-social-care/ https://www.healthforkids.co.uk/parents/
Child care/nursery	Access to child care/nursery locally – information and brokerage	Lorna Heircock - Brokerage Officer Call: 0116 454 1100 Email: family@leicester.gov.uk	http://families.leicester.gov.uk/free-early-education/2-years-old/who-is-eligible/
Young carers	Information and support	CareFree Young Carers' Services (Leicester's specialist young carers service) West Point Feldspar Close, Warren Park Enderby Leicester LE19 4SD Phone: 0116 2867182 Fax: 0116 2752481 Email: carefree@barnardos.org.uk	https://www.leicester.gov.uk/health-and-social-care/adult-social-care/support-for-carers/help-for-young-carers/ http://www.barnardos.org.uk/carefree.htm
Midwives	Support through pregnancy, birth and in the days following birth	Via GPs or if having problems finding a midwife, register at the online link.	http://www.leicestermaternity.nhs.uk/maternity-services/community-midwives/ https://www.leicestermaternity.nhs.uk/maternity-services/register-with-a-midwife/
Health Visitors	For advice and support for parents and carers of children 0 to 5 years old	Via GP or contact directly to find a health visitor – Call: 0300 3000 007	http://www.leicspart.nhs.uk/OurServicesAZ-HealthVisiting-Supportfromyourhealthvisitingteam.aspx
School Nurses		Via GP, child's teacher or school staff, any other healthcare professional involved in your	http://www.leicspart.nhs.uk/OurServicesAZ-SchoolNursing.aspx

		family care or contact directly to find a school nurse – Call: 0300 3000 007	
Mental health		Via a GP, Paediatrician, Educational Psychologist or Social Worker Call: 0116 2952900 Email: feedback@leicspart.nhs.uk	http://www.leicspart.nhs.uk/OurServicesAZ-ChildandAdolescentMentalHealthServiceCAMHS.aspx
Vaccination	Childhood vaccinations	Via GP or health visitor	http://www.nhs.uk/Conditions/vaccinations/Pages/childhood-vaccination-schedule.aspx
Adult health			
Safeguarding	Support for vulnerable adults	<ul style="list-style-type: none"> • Call: 0116 454 1004 (Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm) • Emergency number: 0116 255 1606 • Office address: Customer Services, 91 Granby Street, LE1 6FB 	https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/staying-safe-and-avoiding-harm/
Care services	Support and information		https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/ https://mysupportneeds.leicester.gov.uk/web/portal/pages/home
Carers	Get a carer's assessment, information and support		https://mysupportneeds.leicester.gov.uk/web/portal/pages/carersform https://www.leicester.gov.uk/health-and-social-care/adult-social-care/what-support-do-you-need/
Loneliness and isolation	Support and information		https://www.leicestergeingtogether.org.uk/about-us/our-partners/age-uk-leicestershire-rutland/

Sexually transmitted infections	Advice and testing	Call 0800 318 908 or 0300 124 0102 to book an appointment	http://www.leicestersexualhealth.nhs.uk/
Contraceptive advice	Advice and contraception	Call 0800 318 908 or 0300 124 0102 to book an appointment	http://www.leicestersexualhealth.nhs.uk/
Screening			
Vaccination	Flu and pneumococcal vaccination	Via GP	http://www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx
Vulnerable groups			
Asylum Seekers Health care	Healthcare services for asylum seekers	Inclusion Healthcare Social Enterprise CIC Charles Berry House 45 East Bond Street Leicester LE1 4SX Call: 0116 221 2780	http://inclusion-healthcare.co.uk/
Homeless Health Care	Healthcare services for those who are homeless	Inclusion Healthcare Social Enterprise CIC Charles Berry House 45 East Bond Street Leicester LE1 4SX Call: 0116 221 2780	http://inclusion-healthcare.co.uk/
Voluntary activities and volunteering			
VAL Directory	Finding opportunities for volunteering On line information about voluntary groups in Leicester, Leicestershire and Rutland		http://www.valonline.org.uk/ http://www.valonline.org.uk/groups/our-products/val-directory
Access to health care			
Dentist	Finding an NHS or private dentists		http://www.nhs.uk/pages/home.aspx
Optometrists	Finding an optometrist		http://www.nhs.uk/pages/home.aspx

Finding and registering with a GP	Finding a GP		http://www.nhs.uk/pages/home.aspx
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Draft 2 - 8 February 2017

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