**Oadby and Wigston Borough Updates**

If you have any information that you would like to be shared through this regular email update, please send information over to [eliza.deakins1@nhs.com](mailto:eliza.deakins1@nhs.com)

1. **Oadby & Wigston Neighbourhood Mental Health Café**

Please see flyers attached and share with your networks.

1. **LLR Suicide Prevention Strategy for 2024 – 2029**

Leicester City, Leicestershire and Rutland Councils have refreshed the LLR Suicide Prevention Strategy for 2024 – 2029.  Suicide is not inevitable, it can be preventable.  The strategy describes how organisations (such as councils, the police and NHS) plan to work together across LLR to prevent suicide over the next 5 years.

We want to hear your views on the draft Suicide Prevention Strategy for LLR.  Your views will be used to inform the final version of the strategy, and the corresponding action plan which will detail how the priorities will be achieved.

The consultation is open to everyone in Leicester City, Leicestershire and Rutland.

**The consultation is now live and will run until midnight on 22 December.**

Complete the questionnaire at:  [https://www.leicestershire.gov.uk/suicide-prevention-strategy](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.leicestershire.gov.uk%2Fsuicide-prevention-strategy&data=05%7C02%7Celiza.deakins1%40nhs.net%7Cd404b0bba3c14ab160dc08dcf743c183%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638657117631958356%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=UD3TeO4lgra9PtixgTqJvKZ19ggSTA%2BU5CWE%2BcWH6Nk%3D&reserved=0)

A paper copy of the questionnaire is available on request by calling 0116 305 0705 or emailing [phconsultations@leics.gov.uk.](mailto:phconsultations@leics.gov.uk)

Please cascade this information across relevant networks and encourage participation in the consultation.

1. **Specialist Covid-19 and flu vaccination clinics for people with learning disabilities**

Dedicated vaccination clinics are being provided for adults and children with a learning disability in Leicestershire, Leicester and Rutland (LLR). People with a learning disability are more likely to become very poorly if they catch Covid-19 or flu. Getting the protection from the vaccines is the best way to stay healthy, especially as we head into the winter months when viruses tend to spread more easily.  
  
The vaccination clinics are taking place at Emmanuel Church Hall, 47 Forest Rd, Loughborough LE11 3NW between 10am and 4pm on the following dates:

* Sunday, 27th October
* Thursday, 31st October
* Sunday, 3rd November
* Thursday, 7th November
* Sunday, 10th November
* Thursday, 14th November
* Sunday, 17th November

 Vaccinations will be available for the following eligible individuals:

* Covid-19 vaccinations are being offered to eligible individuals aged 12+ (under 12s who are eligible will be invited to the specialist University Hospitals of Leicester NHS Trust vaccination clinics).
* Covid-19 and flu vaccinations will be available to all over 16s.

The clinics have been designed to offer a calming, friendly and more supportive environment to people with a learning disability. Each appointment will be 20mins in duration and is staffed with health care professionals who specialise in learning disability support and care. There is also a drive-through option available for those that prefer it. Patients will be proactively contacted and booked into the clinic, however you can also call and book an appointment via:  0116 497 5700 option 1.  
  
For more information, visit: [https://leicesterleicestershireandrutland.icb.nhs.uk/your-health/vaccinations/latest-vaccination-news/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fleicesterleicestershireandrutland.icb.nhs.uk%2Fyour-health%2Fvaccinations%2Flatest-vaccination-news%2F&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619422466%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HpjSuZqQJGh2nBIjoR2K1JXW3kjRt90kjIJ%2FE9bmwzw%3D&reserved=0)

1. **FREE TRaining ON Self HArm – DELIVERED BY HARMLESS (VIA TEAMS)**

### This is a fully funded CPD course to build self-harm awareness, for frontline workers in Leicester/shire & Rutland. You must meet the following eligibility criteria for this funded course:

* Work in Leicestershire, Rutland or Leicester City, UK
* Be a school worker
* Support children and young people who self-harm
* Supporting children and young people at risk of self-harm

Dates:

* 21 January 2025 12:30 – 4:30pm – Focus on Schools [Event Brite](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F884093586717%3Faff%3Doddtdtcreator&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619482429%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=l6cOltCqbu6qozVI0vANhtdtuOggY%2FtTabqOk2MkgPY%3D&reserved=0)
* 11 March 2025 12:30 – 4:30pm [Event Brite](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F884095010977%3Faff%3Doddtdtcreator&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619508163%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=R%2Frm8QhgdlfDgnhKmI%2BCNOR4N%2FgYL4McLzAKFkColSM%3D&reserved=0)

1. **Healthwatch survey – accessing GP services as a gender-diverse individuaL**

We want to learn more about the experiences of trans, non-binary and other gender-diverse people (sometimes referred to as trans+) when they visit the GP. GPs are the gateway to accessing other care, whether gender-related or not, but trans and non-binary people can face challenges when navigating services. Our research aims to build an up-to-date picture of the healthcare landscape which trans, non-binary and other gender-diverse people individuals are currently navigating.

Complete the survey [here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.smartsurvey.co.uk%2Fs%2FHWLLTransGP%2F&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619560664%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=i2VHAFcz5UuVu0hJV%2FCoV8QZYl8D7iRTKnl%2BpeiWZO0%3D&reserved=0). Closes on 1 Dec 2024.

1. **NHS LAUNCHES TEN YEAR PLAN Engagement**

This week (Monday 21 October 2024), the Department of Health and Social Care has launched a period of engagement which will inform the NHS’ ten-year plan, due to be published in Spring 2025.

Staff, stakeholders and patients are invited to take part in a conversation about the future of the NHS.

Everyone can take part in a survey to share their views either as a patient, someone who works in health and care or representing an organisation.

Visit the website to share your views: [https://change.nhs.uk/en-GB/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fchange.nhs.uk%2Fen-GB%2F&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619627408%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=PhSyI7E6DABfgIoKY4ywdYBOIjx7X0B5qLRxjHHghro%3D&reserved=0)

1. **Adult Eating Disorder Inpatient Service Specification consultation**

Please note the Adult Eating Disorder Inpatient Service Specification consultation has been officially launched and this public consultation will run for 30 days from 21 October 2024 to 19 November 2024.

Please share with your networks and use the following link to access the survey [https://www.engage.england.nhs.uk/specialised-commissioning/adult-eating-disorder-inpatient-service/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.engage.england.nhs.uk%2Fspecialised-commissioning%2Fadult-eating-disorder-inpatient-service%2F&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619650844%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=DqoirDCcsISizZo%2FV1rDFMdh0q97Q4qcq%2FFECihOqrQ%3D&reserved=0)

1. **FREE BUS TRAVEL - ON SUPER SATURDAYS**

People across Leicestershire can take advantage of free bus travel on Saturdays from Saturday 19 October to November 30. The Free Fares scheme is available to both adults and children. Passengers should tell the driver where they are going, and if they are travelling to or from Leicestershire they can hop on board for free!

The scheme is being delivered on behalf of Leicestershire Buses to support the Council’s Bus Service Improvement Plan ambitions.

As the winter months and holiday season approaches, free Saturday bus travel will help people save money, encourage connectivity, and support combating loneliness and isolation. For more information on the scheme. Find out more at  [**https://orlo.uk/J7kpQ**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Forlo.uk%2FJ7kpQ&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619675779%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Urs07MTPFfGLcRed28MjMmW4hj8N15AHeHudiCoODqY%3D&reserved=0)

1. **Solihull Approach Parenting Courses**

A friendly reminder that we have partnered with the Solihull Approach to offer a range of expertly designed online courses for parents, carers and teenagers living in LLR and have had the courses accessed by over 1500 of our families across LLR and really want to keep sharing this fantastic resource with our families.

More information on all the courses are available at: [https://inourplace.co.uk/leicestershire/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Finourplace.co.uk%2Fleicestershire%2F&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619698675%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=C33o6QPypgAcfa8Imj1ylR6S%2Bm1R86IA6f6j25MXmKI%3D&reserved=0)

As with all of the courses, these are free to access for families across LLR and this course in particular to supporting CYP who are neurodiverse.  ‘This short specialist course is for parents, relatives or friends of children who have additional needs. Your child may be dyspraxic, dyslexic, very anxious, autistic, really dislike change, have ADHD, a learning disability, a physical disability or any other additional need.’

1. **SPORT ENGLAND GRANT OPPORtunity – the movement fund**

Sport England's new Movement Fund simplifies funding applications and will help those with the greatest need secure investment to support people to live active, healthy, lives. The fund, which is worth £160 million over the next four years, replaces the Small Grants Programme and Active Together fund, and will offer crowdfunding pledges, grants and resources to provide physical activity opportunities that can help us tackle long-lasting inequalities. If your organisation and project are eligible for funding, and your project aligns with our goals, you could receive up to £15,000.

Find out more about the fund here - [Apply for funding | Sport England](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sportengland.org%2Ffunding-and-campaigns%2Four-funds%2Fapply-funding&data=05%7C02%7Celiza.deakins1%40nhs.net%7C40df4512087242687a6608dcf50b1fa5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638654675619722451%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=sKaT9G4xIz1fHQqKmt9oftpUQbuoZzML13BmwB13Sqo%3D&reserved=0)

1. Leicester, Leicestershire & Rutland NHS Talking Therapies are running a **FREE** monthly webinar series.

Join us for our session on the 6th November 2024 where we will be exploring:

* What our values mean to us
* How to identity our values
* Bringing our values into our everyday

It can be difficult when our lives are busy and stressful to be sure that we’re living in line with our values. By identifying our values and making small changes to ensure we’re bringing them into our lives has a positive impact on our overall wellbeing

[Book your place here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.com%2Fe%2Fbeing-you-values-mental-health-tickets-1003470265577%3Faff%3Doddtdtcreator&data=05%7C02%7Celiza.deakins1%40nhs.net%7C48daacf2eea44713058408dcf3fc76ae%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638653512850680105%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=aeY0hRPjNxuV%2F85w%2Fx0TH03avsXmtUhytHEGbwDuvRQ%3D&reserved=0)

**8. Substance Use and Harm Reduction and Engagement conference**

We are hosting the Leicestershire and Rutland “Substance Use Harm Reduction and Engagement conference” on the 5th November at the NSPCC conference centre.

The event will be aimed at those who link in with Substance use, directly or indirectly and can be front facing roles or roles that influence pathways.

Please book on and share with any relevant contacts.

Bookings are to be made here:

[https://www.eventbrite.co.uk/e/substance-use-harm-reduction-and-engagement-conference-tickets-1006847206097?aff=oddtdtcreator](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fsubstance-use-harm-reduction-and-engagement-conference-tickets-1006847206097%3Faff%3Doddtdtcreator&data=05%7C02%7Celiza.deakins1%40nhs.net%7Cca7b8cc5d1764ff0e4a108dcedc4a0d3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638646675982508114%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HGid1HTSPj%2FdD06XixtDvxZwVApeFPx4iG2sTzWZs0Q%3D&reserved=0)