

## **The Making People Better Bus**

### **Why is there a big bus in the Carpark?**

Leicester, Leicestershire Rutland NHS Talking Therapies service (delivered by Vita Health) is an NHS-funded programme that effective psychological therapy (talking therapy) for people with common mental health problems, e.g. depression and anxiety. They provide free psychological treatment for residents of LLR above 16 years of age. This includes Cognitive Behaviour Therapy (CBT), Counselling and other evidence based psychological treatments. The NHS Talking Therapies service helps people learn practical skills to help themselves enabling them to cope with problems, function more effectively and live more rewarding lives. This free service is designed to support individuals by providing them with the tools they need to get things back on track.

There are many people who are experiencing mental ill health who either aren't aware of it, or don't know how to access support. That's where the bus comes in. On the Making People Better Bus mental health professionals from the NHS Talking Therapies service will be available to talk about mental health, discuss simple tips to improve mental health (including physical activity!), talk about what therapy is...and isn't (there's no couch by the way), and help people to complete a referral to the service. There will also be giveaways and refreshments. So please let people know we are here...and why not pop over to see for yourselves?

A list of their other stops are as follows:

<p><b>Monday 2 October 2023 – 9:00am to 5:00pm</b> Whitwick and Coalville Everyone Active Centre Stephenson way Coalville, LE67 3FE</p>	<p><b>Tuesday 3 October 2023 – 9:00am to 5:00pm</b> Waterfield Everyone Active Centre Dalby Road, Melton Mowbray LE13 0BG</p>
<p><b>Wednesday 4 October 2023 – 9:00am to 5:00pm</b> Harborough Everyone Active Centre Northampton Road, Market Harborough, LE16 9HF</p>	<p><b>Thursday 5 October 2023 – 9:00am to 1:00pm</b> Parklands Everyone Active Centre Washbrook Lane, Wigston Road, Oadby LE2 5QG</p>
<p><b>Thursday 5 October 2023 – 2:00pm to 5:00pm</b> Christ the King Church – Beaumont Way, Beaumont Leys, Leicester LE4 1DS</p>	<p><b>Friday 6 October 2023 – 9:00am to 5:00pm</b> Lutterworth Everyone Active Centre Coventry Road, Lutterworth, LE17 4RB</p>
<p><b>Saturday 7 October 2023 – 9:00am to 5:00pm</b> Enderby Everyone Active Centre Mill Lane, Enderby LE19 4LX</p>	
<p><b>Monday 9 October 2023 – 9:00am – 2:00pm</b> Leicestershire &amp; Rutland County Football Association Dog &amp; Gun Lane, Leicester LE8 6FA</p>	<p><b>Monday 9 October 2023 – 2:30pm – 5:00pm</b> LOROS Hospice Groby Rd, Leicester LE3 9QE</p>
<p><b>Tuesday, 10 October 9:00am – 5:00pm</b> Leicester City Centre Humberstone Gate between Primark and M&amp;S LE1 1WL</p>	<p><b>Wednesday, 11 October 9:00am – 1:00pm</b> Leicester Royal Infirmary - drop off - area outside of the small 1771 car park on the approach to paediatric ED</p>
<p><b>Wednesday, 11 October 1:30pm – 5:00pm</b> Glenfield Hospital LE3 9QP - GH area to the right of the main entrance (when facing the GH)</p>	<p><b>Thursday 12 October 2023, 9:00am – 1:00pm</b> Bradgate Mental Health Unit, Glenfield Hospital Site, Groby Road, Leicester. LE3 9EJ (parked outside the second entrance to the BMHU, that leads outpatients into the Olanzapine clinics)</p>
<p><b>Thursday 12 October 2023, 1:30pm to 5:00pm</b> Loughborough Hospital, Hospital Way, Loughborough LE11 5JY</p>	<p><b>Friday 13 October 2023, 9:00am – 5:00pm</b>  Rutland tbc</p>
<p><b>Saturday 14 October 2023, 09:00am – 5:00pm</b> Melton Town Centre</p>	

