








ACTIVE TOGETHER LOCAL SERVICES CONTACT LIST

*Services available in Leicester-Shire
& Rutland to support individuals to
make positive changes to their
health and wellbeing*



	<i>Leicester City</i>	<i>Leicestershire County</i>
<p><i>Smoking</i></p>  	<p>Leicester Stop Smoking Service (Live Well Leicester) Tel: 0116 454 4000 Website: http://livewell.leicester.gov.uk/services/stopping-smoking/</p> <p>At Live Well Leicester we are fully committed to supporting our local communities in Leicester to become, happier, healthier and fitter by offering access to a wide range of support services.</p>	<p>Quit Ready Tel: 0345 646 66 66 Email: www.quitready.co.uk/contact-us/ Website: www.quitready.co.uk/</p> <p>Quit Ready offer a tailored stop smoking programme that is led by you the patient. Our service is non-judgemental, confidential and free.</p>
<p><i>Physical Activity</i></p>  	<p>Leicester-Shire and Rutland Sport (LRS) Tel: 01509 564888 / 01509 564874 Email: info@active-together.org Website: www.active-together.org</p> <p>Active Together is your Active Partnerships Team for physical activity and sport across Leicestershire, Leicester and Rutland.</p> <p>Whether you belong to a local club/organisation, school, workplace or business, or are just simply interested in getting involved in local activity, sport and wellbeing opportunities, we can provide the support, advice and information you need.</p>	<p>Local Sport Alliance (LSA) There is an LSA in every local authority area. To find the contact details of yours, visit: www.active-together.org/yourlsa</p> <p>An LSA is a collection of people who have a desire to develop and promote sport and physical activity in their locality. So, if you are looking for information on how to become more physically active locally then your LSA is there to help and support you!</p>
<p><i>Alcohol Consumption</i></p>	<p>Live Well Leicester Tel: 0116 454 4000 Website: http://livewell.leicester.gov.uk/services/reducing-alcohol/</p>	

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	<p>Turning Point Tel: 0330 303 6000 Email: Llreferrals@turning-point.co.uk Website: http://wellbeing.turning-point.co.uk/leicestershire/our-services/ Various Hubs across Leicester City and Leicestershire.</p> <p>Turning Point Leicester, Leicestershire & Rutland is the integrated substance misuse service for the city, Leicestershire and Rutland county and Leicester prison. We work with anyone who is affected by drugs or alcohol and wants support to make change. We offer a variety of treatment options.</p>	
<p>Healthy Weight</p> 	<p>Live Well Leicester Tel: 0116 454 4000 Website: http://livewell.leicester.gov.uk/services/losing-weight-eating-healthy/</p> <p>At Live Well Leicester we are fully committed to supporting our local communities in Leicester to become, happier, healthier and fitter by offering access to a wide range of support services.</p>	<p>Leicestershire Weight Management Service Tel: 01163051510 Website: https://www.leicestershirewms.co.uk/</p> <p>The aim of the Leicestershire County Council weight management service is to provide effective support and guidance to the residents of Leicestershire, so that they can achieve and maintain a healthy weight.</p>
<p>Mental Health & Wellbeing</p> 	<p>Vita Minds Tel: 0330 094 5595 Website/Online Self-Referral: www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/leicester-leicestershire-rutland/</p> <p>VitaMinds works in partnership with the NHS to provide talking therapy services and counselling in Leicester, Leicestershire & Rutland known as IAPT (Improving Access to Psychological Therapies)</p>	