

Diversity and equality

We recognise that Leicester is a multi-cultural and diverse City.

As such we aim to ensure we meet the needs of all the communities by finding out what specific support they want.

Our goal is to work with different communities and people from all backgrounds to ensure that they are able to access the opportunities they are interested in.

Where barriers to this exist, we will endeavour to address them.

Our team has staff from Black and Minority Ethnic (BME) communities.

Team roles and responsibilities

Inclusion Development Workers will:

- Work with you on a one to one basis to get to know you and support you into your chosen opportunities and activities.
- Advocate on your behalf and will take up issues where discrimination occurs.
- Work with and share information with other staff and agencies who are also supporting you.
- Signpost you to relevant services for help such as benefits, housing, financial which the team does not provide.

Senior Inclusion Development Workers will:

- Work with mainstream organisations such as colleges and employment agencies, to address the barriers that can prevent people with mental ill health from using them.
- Raise awareness about mental ill health and its effects in the mainstream community through training and events.
- Challenge discrimination and stigma where it exists in organisations and communities.

Leicester City Social Inclusion Team

Support for adults experiencing mental health difficulties

Information for service users,
carers, family and friends



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Referral criteria

- We take referrals from people aged 16 to 65
- You must be under the care of a Consultant Psychiatrist
- We accept referrals from professionals in the care team, but not directly from GPs
- Referrals are not accepted for those in residential care
- To be referred you need to be ready to engage in mainstream opportunities or be willing to engage in short term work to facilitate this (e.g. bus programme, Remit, short-term focused groups)
- Emphasis is placed on your skills, strengths and aspirations.

When you want to be referred

Your care co-ordinator or Consultant will complete the referral form with you. Once received, an Inclusion Worker will be identified and will meet with you to complete an assessment of your needs and to identify your goals

How we will support you

Your Inclusion Worker will support you to look for opportunities or activities in the community that will help you to reach your goals.

They will accompany you to your chosen activity (such as to an education class, a club or a volunteering opportunity) to support you, make you feel comfortable and help you to overcome any difficulties.

Your Inclusion Worker will help you to create an Action Plan which will include support to overcome any barriers in order to achieve the goals set. They will review your Action Plan with you regularly and revise your goals.

The service does not provide ongoing structured activities, it enables you to take steps on your recovery journey using opportunities in your community.

Our main focus

The aim of our service is to support you in the following areas:

- Arts and Culture
- Employment
- Social and Leisure
- Volunteering
- Education
- Faith and Spirituality
- Training

Our main links

◆ Arts and Culture

Theatres, Museums, Embrace Arts at the RA Centre, Fabrika, Access Art Space, Bright Sparks

◆ Education

Leicester Adult Education Centre, Further Education Colleges, Workers' Educational Association, Libraries, Amethyst, Alpha Tutorials

◆ Employment and Training

Aspiro, Tomorrow Together, Next Step, Apex, Remploy, Jobcentre Plus, Intraining, Cooke e-learning Foundation

◆ Faith and Spirituality

Churches, Mosques, Temples, Meditation, Maitri Project, Brahma Kumaris, Buddhist Centre

◆ Social and Leisure

Leisure Centres, Community Centres, Book Club, Dance Classes, Walking Groups, Gym, Yoga, Centre Project, Age Concern

◆ Volunteering

Voluntary Action Leicester, Charities, Voluntary Services, Groundwork, Baby Gear, Conservation, Parks and open spaces