



Bright Hope

in North West Leicestershire

Giving support when you need it

Weekly
drop-in
groups



Support Cafés

Support and friendship

info@brighthouse-nwl.org.uk • 01530 648 553

www.brighthouse-nwl.org.uk



Support Cafés

Our three weekly drop-in Support Cafés in North West Leicestershire are a great place to receive support and make new friends.

What is a Support Café?

A Support Café is a friendly drop-in group for anyone wishing to receive support, take a break and meet new people. It is an ideal place for you to share your thoughts and feelings with others who may be going through a similar situation.

Our Support Cafés are led by a team of volunteers, who facilitate the activities that happen within them.

Complementary therapies are available at some Support Cafés on occasions.

Where and when are the Support Cafés?

Our Support Cafés work because of their locations. Ideally located towards the centre of populated areas in North West Leicestershire, it means they are accessible for most people.

We currently have three Support Cafés, which run weekly on the day listed below from 1.30pm until 4pm.

Ibstock Support Café (Tuesdays):

Church Schoolroom
Wesleyan Reform Church
Central Avenue
Ibstock LE67 6NF

Coalville Support Café (Wednesdays):

Methodist Church
(Next door to Coalville Rugby Club)
Hall Lane
Whitwick LE67 5PF

Ashby Support Café (Fridays):

Legion House
South Street
Ashby de la Zouch LE65 1BQ

“The Support Cafés are welcoming and you are made to feel comfortable there.”

Gowan, Support Café Guest

Who can attend?

Our Support Cafés are open to anyone aged 18 years and over who are registered to a North West Leicestershire GP surgery and who has a condition that leads to a reduction in the quality of their life or have been diagnosed with a life limiting illness. Carers are also welcome to use this service.

We do have a small number of volunteer drivers should you not be able to get to a Support Cafés. However, we ask that, where possible, guests get themselves to the venue.

How to access our service

The Support Cafés run on a drop-in basis so anyone can walk in at any time and receive a warm welcome.

Should you require more information you can refer into this service by completing our referral form on our website yourself, speaking to a health or social care professional who can refer you, or by calling our Care Services Manager on 01530 648 553.

One of the Bright Hope in North West Leicestershire team will then be in touch with you to speak about this service.

How often can I go to a Support Café?

You are more than welcome to attend a Support Café as frequently or infrequently as you wish. Most people visit on a weekly basis, some fortnightly, others monthly, it is entirely up to you as to the level of support and interaction you wish to receive.

Will I have to pay?

All services provided by the charity are free to the person receiving them, however they come at a cost to the charity. Bright Hope in North West Leicestershire currently costs in excess of £300,000 a year to run. We would appreciate it if people using our services made a donation for the support they have received.

Smoking/Vaping

All our Support Cafés take place in buildings where smoking/vaping is not allowed.



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Our mission and vision:

Bright Hope offers a range of non-clinical, therapeutic and social care services in North West Leicestershire.

The charity supports adults with a life limiting condition, or one that leads to a reduction in quality of life, as well as offering support to their partner, carer or family.

About us:

Bright Hope in North West Leicestershire is a local charity, which prides itself on the existing range of valuable services provided for those over 18 years living with a life limiting illness, or other conditions that significantly limit the quality of life.

We also recognise the vital role of those in caring roles. We strive to ensure support for family members and carers, enabling them to recharge their batteries and take a well-earned break.

It is possible to self-refer to all of our services apart from counselling, which must be made by a health or social care professional.

The full range of our services and online referral form can be found on our website, or please contact us by any of the ways below.

For further details contact us at:
Bright Hope House,
Talbot Lane, Swannington, Leicestershire LE67 8QT

info@brighthope-nwl.org.uk or call **01530 648 553**

www.brighthope-nwl.org.uk



Charitable Incorporated
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