



an information guide for people
with long-term illnesses

Your health, Your way ... stroke

Generally, there are two types of stroke. These are caused by bleeding into the brain, or a blood clot in a vessel leading to the brain.

(A third type is a 'transient ischaemic attack' – better known as a 'mini stroke'. This is short-term and the effects may only last for up to 24 hours, with the majority of patients making a full recovery – but this can later lead to a full blown stroke if not investigated and managed appropriately).

But if you have had a full stroke, there is no cure for the damage it has caused, but it can be managed so that it doesn't dominate and control your life.

There is plenty that can be done to improve your quality of life. This booklet is aimed at helping you, and the people around you, including your family and friends.

Living with a long-term condition can sometimes be difficult to manage day to day. So it's important you get the right information and the right help at the right time.

If you understand your condition and its treatment, you'll feel more confident. You'll be able to take better care of yourself and manage your condition; you'll be better equipped to make informed choices and decisions about your care.

So it's important to have good, reliable information about the local services available to you. Wrong or misleading information can do more harm than good. It can confuse and scare you, raise false hopes and even damage your health further.

This booklet is aimed to help you, the people around you, including family and friends, in these difficult times. It will guide you in the right direction - show you where you can get local help, support, services and information. It won't give you the answers to all your questions, but it will show you where and how to get those answers.

It is designed to point you in the right direction to find out more about your condition, your treatment, how to live with it and manage it, how to get involved with local support groups if you want to; who to turn to when you need help and support, and who to talk to if you want to discuss things with people who know what you are going through.

Your condition ... What is a stroke?

A stroke is a 'brain attack' that happens when the blood supply to part of the brain is cut off or a blood vessel in the brain bursts. It is sudden - and the impact on the body is immediate.

Every stroke is different and people who have a stroke are affected in different ways. For some, the symptoms are quite mild and last a short time - just a few minutes or hours in the case of a 'mini stroke', at transient ischaemic attack. A mini-stroke is the sign of an oncoming full blown stroke, and must be treated immediately.

Some strokes may cause paralysis, impairing movement and speech.

The brain controls how we think, learn, feel and communicate, so speech can be badly affected. A stroke can also affect mental processes, such as talking, understanding, reading and writing, making sense of what you see, hear and touch and judging size, speed, distance or position in space.

It's also possible that other parts of the brain can learn to take over from areas that have died. Most recovery happens in the first few months, but people can continue to recover for several years after the stroke.

If a stroke has happened to you, or someone you care for, you'll want to know more about it, its effects and the physical and emotional impact it can have on people's lives.

Your treatment

If you have suffered a stroke, you will have been treated at an accident and emergency unit and maybe transferred to a specialist stroke unit. Leicestershire's specialist stroke unit is at the Leicester General Hospital.

A special rapid response unit has also been opened at the unit to treat patients who have suffered a Transient Ischaemic Attack (TIA) or 'mini-stroke', which has similar symptoms to a stroke but gets better within 24 hours.

After your stroke has been treated, you will be treated as an out-patient with community support, or transferred to a specialist rehabilitation ward, probably to one of two special community stroke rehabilitation units, which helps patients from Leicester city, the county and Rutland to recover quicker and get back to their families and loved ones sooner.

The wards – in the north of the county at Coalville Hospital and in the south at St. Luke's hospital at Market Harborough – are manned by specialist stroke teams, supported by family and carer support workers.

Much of the damage caused by a stroke occurs in the first six hours. The primary areas of research have focused on the development of new clot-dissolving drugs and medications that make the brain more resistant to stroke.

Research proves that the sooner people start rehabilitation care after stroke treatment, the quicker they are to recover.

Living with your condition

There is life after stroke. It takes time and rehabilitation, but people who have suffered from a stroke can manage the disabilities that have been caused by stroke damage.

People experience many different emotions, which can cause confusion and frequent mood swings. These emotions are part of the process that many people go through in dealing with their illness. You may find it helpful to talk to your GP, a counsellor or a member of your hospital medical team, who can help you.

A stroke can change lives – and will impact both those who have actually had the stroke and their families and friends. If a stroke has happened to you, or to someone you care for, you'll want to know as much as you can about what practical, emotional and financial support is available.

The damage caused by a stroke can be widespread and long-lasting. Many people need to have a long period of rehabilitation before they can recover their former independence.

The process of rehabilitation will be specific to you, and will depend on your symptoms and severity. A team of specialists are available to help, including physiotherapists, psychologists, occupational therapists, speech therapists and specialist nurses and doctors.

Talking about your experience and concerns with your health teams or people who have undergone what you are going through can be a great help in coming to terms with the psychological impact of a stroke.

A stroke may affect you in a number of ways:

- communication - both verbal and written
- spatial awareness - having a natural awareness of where your body is in relation to your immediate environment
- memory
- concentration
- executive function - the ability to plan, problem solve and reason about situations, and
- praxis - the ability to carry out skilled physical activities, such as getting dressed or making a cup of tea.

As part of your treatment, each one of your functions will be assessed and a treatment and rehabilitation plan will be created.

You can be taught a wide range of techniques that can help you 're-learn' disrupted cognitive functions, such as recovering communication skills through speech therapy.

A stroke can cause weakness or paralysis in one side of the body. Also, many people have problems with co-ordination and balance. So you may need help and care at home as well as rehabilitation care. As part of your rehabilitation you should be seen by a physiotherapist, who will assess the extent of any physical disability before drawing up a treatment plan.

A member of your family or a carer will be encouraged to become involved in your physiotherapy. The physiotherapist can teach you both simple exercises which you can carry out at home.

Where can I find out more?

University Hospitals of Leicester NHS Trust at www.uhl-tr.nhs.uk/our-services/medical-services

The Stroke Association, the national charity set up to help stroke sufferers and their families – www.stroke.org.uk or **0845 30 33 100**.

Different Strokes, the charity set up by younger stroke survivors for younger stroke survivors - www.differentstrokes.co.uk

There are two charities set up to help people with Aphasia, which means people can't always find the words although you know what you want to say, usually after suffering stroke:

Speakability at www.speakability.org.uk or on **080 8808 9572** or **Connect** at www.ukconnect.org or on **0207 367 0840**

Local Support Groups:

Ashby and District Stroke Support Group (Ashby de la Zouch) meets on alternate Tuesday afternoons from 2pm to 4pm at Brown Court, Atkinson Road, Ashby. Transport is provided.

Broughton Astley and District Stroke Club meets on Mondays from 10.30am to 2.30pm at Arkwright House, Orchard Road, Broughton Astley.

Castle Donington and District Stroke Club meets every Monday from 10am to 2pm at St Edward's Hall, St Anne's Gate, Castle Donington. Transport is available.

Charnwood Stroke Club (Loughborough) meets each week on Tuesdays and Wednesdays. Transport provided.

Coalville Stroke Club meets on alternate Tuesdays from 10am to 12noon at The Marlene Reid Centre, 88 Belvoir Road, Coalville. Some transport is provided.

Hinckley Stroke Club meets on Tuesdays from 10am to 1.30pm at The Westfield Community Centre, Rosemary Way, Hinckley.

Ibstock Stroke Club meets weekly on Wednesdays at Ibstock Community College, Central Avenue, Ibstock from 2 to 4pm. Some transport available.

Leicester Stroke Club Meets three times a week on Tuesdays, Wednesdays and Fridays from 10am to 2pm for different groups of members. Meetings take place in The Community Centre, Wigston Road, Oadby and The Aapka Centre, Pool Road, Leicester. Transport available.

Market Harborough and District Stroke Club meets every Thursday from 9.30am to 1.30pm at The Baptist Church, Manor Walk, Coventry Road, Market Harborough.

Shepshed and District Stroke Club meets at Shepshed and District Community Centre, Charnwood Road, Shepshed every Thursday from 10.30am to 2.00pm.

Melton Stroke Club meets at the Working Men's Club, 21 Norman Way, Melton on alternate Thursdays at 11.45am to 2.30pm
tel: 01664 481301.

The Stroke Association runs a Family & Carer Support Service in Leicester, Leicestershire and Rutland, providing emotional support, practical advice, advocacy and information through five co-ordinators whose roles are to help stroke survivors, their carers and families through the maze of having a stroke.

They are:

Jenny King (providing support to people based in the city) is based at Leicester General hospital **tel: 07717 275710** or **0116 249 0490 ext. 4785** or **email: jenny.king@stroke.org.uk**

Lynne Fitzpatrick (also providing support to people who live in the city) is also based at LGH **tel: 07538 795269** or **e-mail: lynne.fitzpatrick@stroke.org.uk**

Mary O'Brien (providing support to people in the south of the county) is based at St Luke's Hospital, Market Harborough,

tel: 01858 434960 or 07538 795267 or

email: mary.obrien@stroke.org.uk

Eileen Rowe (providing support to people who live in the north of the county) is based at the stroke rehabilitation unit at Coalville

tel: 01530 835589 or 07538 795268 or

email: eileen.rowe@stroke.org.uk

Nicola Holland (providing support to people who live in Rutland)

tel: 01572 720675 or 07940 481906 or **email:**

Nicola.holland@stroke.org.uk

YOUR care plan

Having a stroke can be devastating. For many, as well as the disability it can cause, it is hard to take in and you may go through feelings of shock, anger, disbelief and fear.

It is vital at this time that you work with your health team, working with them to produce your own health plan in the fight against your illness.

But you are not on your own. As well as your health teams, there are charities, support groups, and even internet blogs and meetings where you can talk to people in the same situation as you.

Your health teams are there to give you support, help and treatment.

However you are in control and you can make choices and decisions that affect your condition and it's important that you develop your own personal care plan to help you manage it. Your health team will help you with this, but there are certain things you might want to do as well.

Lifestyle: Changing your lifestyle can help manage and control your condition. Local help is available to support you:-

Giving up smoking: Both NHS Leicester city and NHS Leicestershire County and Rutland have dedicated teams to help you give up smoking through one-to-one advice, clinics, personal advice and nicotine patches and replacements. The City **STOP!** Team can be contacted on **0116 295 4141**, and the County and Rutland team on **0845 045 2828**.

Healthy Weight, Healthy Life: maintaining a healthy weight can have a major impact on your health. Being overweight can increase your risk of raised blood pressure, diabetes and heart disease while being significantly underweight can impact on your immune system.

The **Leicestershire Nutrition and Dietetic service** has a team of dietitians who work in a variety of clinical specialties and can help you

make informed choices about the food you eat. You can access general healthy eating advice and condition specific advice via their website at **www.lnds.nhs.uk**. If appropriate your GP or practice nurse can refer you to a dietician working within your local area.

Keeping Active: Regular physical activity can help and also reduces the risk of other serious conditions, such as heart disease and stroke. Leicester, Leicestershire and Rutland has a wide range of activities available such as gentle aerobics, cycling, salsa, walking and yoga. Every level of fitness is catered for, with help and advice readily available. Each district or borough has its own physical co-ordinator who provides advice on what's available in your area. Whether you are new exerciser; returning after a long time off; or a regular exerciser, all different abilities are catered for.

Whether you are new exerciser; returning after a long time off; or a regular exerciser, all different abilities are catered for.

For more details, go to the Leicester-Shire and Rutland Sport website, **www.lrsport.org.uk** or telephone your local co-ordinator on:

Hinckley and Bosworth **tel: 01455 255875**

North West Leicestershire **tel: 01530 454830**

Charnwood **tel: 01509 634836**

Melton **tel: 01664 502389**

Harborough **tel: 01858 821284**

Blaby **tel: 0116 272 7704**

Oadby and Wigston **tel: 0116 257 2672**

Rutland **tel: 01572 720936**

Leicester **tel: 0116 252 7350**

Fit and Active Buddies (FAB) Project – personal trainers and cut price gym sessions to help people lose weight in Braunstone, Beaumont Leys, New Parks and Belgrave. **tel: 0778 538 5911**

Walking: **www.leicester.gov.uk/walking**

City Sport: www.leicester.gov.uk/sports for a variety of sport and leisure activities to suit all.

Talking to others: Meeting and talking with other people who are, or have been, in a similar situation can be both reassuring and helpful. Details of local and national support and help groups can be found on the websites detailed in this directory.

Support groups are also listed on the Leicestershire **'Infolinx'** website, a community information website run by the nine county and local councils, detailing more than 5,000 clubs, societies, organisations and self help groups based in the region. It can be reached at infolinx.leics.gov.uk

Need help or advice?

The **Patient Advice and Liaison Service (PALS)** is a free, confidential and individual service where you or your carers can be advised about the NHS, or voice your concerns about either your own or a relative's treatment. It aims to help solve any problems, concerns or questions you have when using health services in the area - a customer care service for your local NHS. PALS:

- Provides advice and support to patients, their families and carers
- Provides information on NHS services and local support groups
- Listens to your concerns, suggestions, queries or compliments
- Gives advice on how to make a complaint
- Helps sort out health concerns on your behalf
- Provides information on how you can get more involved in developing NHS services

You can contact a member of the PALS team in person, by telephone, email or letter. Patients and members of the public can meet PALS staff by arrangement.

NHS Leicester City PALS tel: 0116 295 7011 (Monday to Friday, 9am to 5pm. Outside hours please leave a message and PALS will call you).
email: pals@leicestercity.nhs.uk

NHS Leicestershire County and Rutland PALS tel: 01455 441971
or **01509 564444**. **email: pals@lcr.nhs.uk**

University Hospitals of Leicester PALS tel: 0116 258 3100.
email: pals@uhl-tr.nhs.uk

Leicestershire Partnership NHS Trust PALS tel: 0116 225 6647.
email: pals@leicspart.nhs.uk

Other organisations that could help:

LEEAP (Leicestershire Ethnic Elderly Advocacy Project) 30 Chandos Street, Leicester **tel: 0116 275 5515**

For city services and support groups: visit www.leicester.gov.uk/socialcare or www.leicester.gov.uk/health

Benefits and financial help

Many people find that facing a long-term illness affects their finances and can cause money problems. Several local organisations offer information and advice about benefits, grants and loans you may be able to obtain.

Another useful source of information is the Government citizens' information website, **www.direct.gov.uk**

Benefit Enquiry Line: Confidential advice and information for people with disabilities, their carers and families about social security benefits, **tel: 0800 882200**

Leicester Money Advice: Free debt service which provides money advice and counselling for people who live in the city, **tel: 0116 242 1120**

Welfare Rights Advice Line. Telephone advice about benefits to people with a mental health problem and their carers, **tel: 0116 225 62 22**

Age Concern: Offers practical help, advice and information about services for older people. Age Concern Leicester has its own Welfare Rights Officer on **tel: 0116 222 0555**. Other officers can be contacted at:

Leicester, Leicester-Shire and Rutland - **tel: 0116 299 2233**

Lutterworth - **tel: 01455 557116**

Oadby and Wigston - **tel: 0116 288 5203**

Hinckley and Bosworth - **tel: 01455 619519**

It's worth checking that you're claiming everything that you are entitled to: **www.entitledto.co.uk** or **[www.direct.gov.uk/en/MoneyTaxAndBenefits/ BenefitsTaxCreditsAndOtherSupport](http://www.direct.gov.uk/en/MoneyTaxAndBenefits/BenefitsTaxCreditsAndOtherSupport)**

The right equipment and social care

You might need special equipment to help you live at home, for example stair rails, jar openers, stair lifts, bath rails or even tap turners. If you are experiencing some form of disability as a result of your condition or its treatment, you may be entitled to help. If you are a hospital inpatient you may be seen by occupational therapists (OT) before you are discharged. The OT will assess you to find out if you need any special equipment or living aids to help you maintain your independence or improve your quality of life. If you are not an inpatient, you can ask your local social care services department for a care assessment to assess your needs.

The social care services offices are:

Blaby, Oadby and Wigston - **tel: 0116 278 7111**

Market Harborough - **tel: 01858 465331**

Charnwood - **tel: 01509 266641**

Melton Mowbray - **tel: 01664 564698**

Hinckley and Bosworth - **tel: 01455 636964**

North West Leicestershire - **tel: 01530 275200**

Rutland County Council - **tel: 01572 722577**

Leicester - **tel: 0116 253 1191**

British Red Cross Disabled Living Centre: The Disabled Living Centre at Aquis House, 211 Belgrave Gate, Leicester, LE1 3HT has a permanent display of daily living aids and equipment to promote independence. They offer free, impartial advice, information and assessment to people with disabilities, the elderly, carers and health professionals.

A referral is not required. Assessment is by appointment only.
Monday – Friday, 9.00 am – 4.15 pm on **0845 373 0217** or
dlcinfo@redcross.org.uk

British Red Cross Independent Living Products Shop at 113 Clarendon Park Road, Leicester, LE2 3AH stocks extensive range of equipment to improve the quality of life for elderly and disabled people on **0116 244 9049**. Monday – Friday: 9.00am – 5.00pm, Saturday: 9.00am – 4.30pm.

British Red Cross also provides a dial-a-wheelchair service providing manual wheelchairs on short-term loan (up to two months). This service is available from 244 London Road, Leicester, LE2 1RN **tel: 0116 270 0210**. Monday: 10.00am – 4.00pm

The Disabled Living Foundation – www.dlf.org.uk is a national charity that provides free, impartial advice about all types of daily living equipment for disabled adults and children, older people, their carers and families on **0845 130 9177**.

Carers

Leicestershire has its own **carers project** which aims to provide carers with a local contact who can supply information, advice and support. The project also runs quarterly forums every year bringing carers together to enjoy each other's company and meet organisations and individuals providing support.

Carers development workers are located around the county and each team offers a variety of practical help, support, information and advice. Contact your local office for further details of the services and help available.

Voluntary Action Blaby District: Sandra Stocks **tel: 0116 272 7669**
email: carers@vabd.org.uk

Voluntary Action Charnwood: Nita Patel **tel: 01509 631783**
email: nita.patel@voluntaryactioncharnwood.org.uk

Voluntary Action Melton: Helen Brocklehurst **tel: 01664 485304**
email: Helenb@voluntaryactionmelton.org.uk

Voluntary Action Rutland: Gill Huddleston **tel: 01572 720052**
email: gill@claspthe carerscentre.org.uk

North West Leicestershire CVS: Sarah Houlton-Ellingworth
tel: 01530 510515 email: sarahhe@nwlcvs.org.uk

Oadby and Wigston Community Action: Sarah Lambrianou
tel: 0116 281 0026 ext.28 email: ksmith@vaow.org.uk

Voluntary Action South Leicestershire runs a carers telephone befriending Service, where carers enjoy a weekly call from a volunteer befriender giving them time to talk to someone confidentially outside the family. If you care for someone and would like more information to help you in your caring role, contact either Jacqui Mowson on **01858 439263** or Diane Claridge on 01858 439262. The carers project is based at Voluntary Action South Leicestershire, The Settling Rooms, St, Mary' Place, Market Harborough, Leicestershire LE16 7DR. **email:jmowson@vasl.org.uk**

Advice

Citizens Advice Bureau: www.citizensadvice.org.uk gives advice on debt, benefits, housing, employment and other legal rights.

Leicester - **tel: 0116 285 2801**

North West Leicestershire - **tel: 01530 454751**

South Leicestershire (Blaby, Lutterworth, Market Harborough) and outreach venues - **0844 848 9009** Debtline - **tel: 0844 248 0040**

Melton - **tel: 01664 484050**

Charnwood (Loughborough) - **tel: 01509 267376**

Hinckley - **tel: 0844 826 9710**

Shepshed - **tel: 01509 506663**

Rutland - **tel: 0845 120 3705**

Mosaic, Shaping Disability Service (Leicester) - tel: 0116 251 5565 Helpline: 0116 262 6900 textdirect: 18001 0116 251 5565.

Voluntary Action Leicester Shire provides information and support for voluntary and community groups and volunteers in Leicester city and various venues across Leicestershire. See their website, **www.valonline.org.uk** for more information or email **helpline@valonline.org.uk** or telephone the helpline on **0116 257 5050**.

Voluntary Action Blaby District - **tel: 0116 272 7669**

Voluntary Action Oadby and Wigston - **tel: 0116 281 0026**

Voluntary Action South Leicestershire - **tel: 01858 432014**

NW Leicestershire CVS - **tel: 01530 510515**

Voluntary Action Charnwood - **tel: 01509 631750**

Voluntary Action Melton - **tel: 01664 483043**

Voluntary Action Hinckley and Bosworth - **tel: 01455 633002**

Getting the most from your medicines

Around half of patients with a long-term condition do not take their medicines as prescribed. However, for patients to take real control of their conditions, they need fast and convenient access to medicines, involvement in decisions about those medicines, advice about how to take them and information on any side effects which they may suffer.

Pharmacists have an increasing role as a source of advice for patients and their carers. There are more than 200 pharmacists throughout Leicester city, Leicestershire and Rutland who are available to help with advice and information.

Refer to the NHS Choices website at www.nhs.uk, or talk to **NHS Direct** on **0845 46 47** for details of your nearest pharmacist.

Shopping

Shopping can be difficult if you find it hard to get around because of your condition. But there are local shopmobility schemes that provide or loan disability equipment to help, such as mobility scooters.

Leicester Shopmobility operates from two locations in the heart of the city:

Highcross Shopping Centre - **tel: 0116 253 2596**;

Haymarket Shopping Centre - **tel: 0116 253 7125**

Further information can be found at

www.leicester.gov.uk/shopmobility or for details and contacts of other Shopmobility schemes, visit **www.shopmobility.org**

Melton Mowbray - **tel: 01664 480677**

Market Harborough - **tel: 01858 410864**

Hinckley - **tel: 07982 302 780**

Fosse Park - **tel: 0116 263 0600**

Coalville - **tel: 07982 706 285**

Loughborough - **tel: 01536 412 886**

Your choice...

You have the right to be treated where and when you choose.

For instance, if you needed hospital treatment, in the majority of cases you can pick the hospital of your choice for your treatment, which is right for you and your family.

Your doctor or health team would discuss the choice with you, so that you have the right information to make the decision that is right for you.

You might want to choose a hospital closer to family or friends, or a big teaching hospital. If you needed treatment, such as an operation, you might want to delay it to avoid a special occasion. But the choice is yours!

You can find out more at:

- Your GP practice
- Libraries
- **www.nhsdirect.nhs.uk**
- **NHS Direct Interactive** on digital satellite TV
- **NHS Direct** on **0845 4647**
- **www.nhs.uk**
- **www.healthspace.nhs.uk**
- **www.chooseandbook.nhs.uk**
- **www.healthcarecommission.org.uk**
- **www.patientopinion.org.uk**

NHS Choices

A wide range of information and advice about your condition and choices about your care and treatment is available on the NHS website, '**NHS Choices**', or from the NHS telephone helpline, '**NHS Direct**'.

'NHS Choices' on **www.nhs.uk** is a wide ranging comprehensive guide and directory that gives:

- Medical advice about most conditions
- Services from GPs to gyms, doctors to dentists, midwives to memory problems
- 'All you need to know' guides covering 750 conditions and treatments
- Carers help and advice
- Blogs to talk to the experts and other patients
- Feedback from other patients
- Up to date medical news and views on treatment and research
- Tips and help on keeping you healthy
- Benefits advice
- Links to other medical, charity and support websites
- Comparisons between hospitals to help YOU chose where YOU want to be treated

For those without internet facilities, the same information and more is available from 'NHS Direct' – the 24 hours a day every day of the year helpline.

Trained staff are available round the clock to give advice and information on all aspects of health - from instant help with immediate symptoms or problems and where to get treatment; to details of walk in centres, clinics, local organisations, support and help on **0845 46 47**.

We can provide versions of this directory in other languages and formats such as Braille and large print on request. Please telephone **0116 295 7626** or **0116 295 4743**.

آه تمانه آا اءناوهءماں آاپهل ماالهلل سمالوا ماال مءء آهللآل آولل نل مآلرآانل آرلنل
0116 2954743 ٲر آلن آرل.

نلور ڈواڈل الس آسزاهلآ ڈا ولسا ولسڈ سڈڈل لآل مآڈ ڈل لآڈ رل ڈا ڈلآا وركل الس نلآر ڈل
لآلآلآل وركل **0116 295 4743**

अगर आपको इस दस्तावेज में शामिल जानकारी समझने में सहायता चाहिए तो कृपया 0116 295 4743
ٲर फ़ोन कीजिए।

اس دسٹاویز میں جو کچھ سب اس کی معلومات کے لیے براہ کرم **0116 2954743** پر ٹیلیفون کریں۔

Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan
nagala soo xiriir telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o
telefon pod numer 0116 2954743.

This publication has been jointly produced by the four NHS organisations in Leicester, Leicestershire County and Rutland. Printed copies are available by contacting any of the organisations:

- **NHS Leicestershire County and Rutland**

Lakeside House, 4 Smith Way, Grove Park, Enderby,
Leicestershire, LE19 1SS

tel: 0116 295 7689

or **email: communications@lcr.nhs.uk**

- **NHS Leicester City**

St John's House, 30 East Street, Leicester, LE1 6NB

tel: 0116 295 1100/1400

or **email: enquiries@leicestercity.nhs.uk**

- **Leicestershire Partnership NHS Trust**

George Hine House, Gipsy Lane, Leicester, LE5 0TD

tel: 0116 225 6485

or **email: feedback@leicspt.nhs.uk**

- **University Hospitals of Leicester NHS Trust**

University Hospitals of Leicester NHS Trust Headquarters,
Gwendolen House, Gwendolen Road, Leicester LE5 4QF

tel: 0116 258 8963

or **email: communications@uhl-tr.nhs.uk**

For further information or comments, or if you would like to contribute to the production of this document or further publications, please contact any of the above trusts.

Spring 2009

The NHS trusts listed above cannot be held responsible for any information provided by non-NHS organisations detailed in this document