

# Drop in for a chat if you're struggling

Neighbourhood  
Mental Health

Cafés

For times when you're struggling to cope

# rcc



**NHS**

Leicester, Leicestershire  
and Rutland

## 12 - 3pm every Thursday

Starting from 22nd June

Old School Room, Syston Community Centre, LE7 1HN

Tracey@ruralcc.org.uk | 07752 183044