



Jamila's Legacy CIC

Mental Health

Awareness | Resilience | Training

JAMILA'S LEGACY

Jamila's Legacy – Supporting and educating communities and organisations in mental health well-being

Jamila's Legacy is a non-profit organisation that offers advice, advocacy, support, a listening service, self-care activities and training to individuals interested in maintaining their own mental health well-being and supporting others.

Jamila's Legacy has been bringing people together to increase mental health awareness and deepen understanding since 2015.



CONTACT DETAILS



Jamila's Legacy

 07821 849 336

 info@jamilaslegacy.co.uk

 www.jamilaslegacy.co.uk

 8 Cairnsford Road, Leicester LE2 6GF



BRINGING PEOPLE TOGETHER TO INCREASE
AWARENESS AND DEEPEN UNDERSTANDING OF
MENTAL HEALTH



Our Projects

THE WOMEN'S MENTAL HEALTH
WELLBEING PROJECT



MENTAL WELLBEING MONDAYS



TIME OUT SUNDAYS



THE YOUNG PEOPLE'S PROJECT
(11-25)



MONTHLY FOCUS ON MEN'S
MENTAL HEALTH



HIGHFIELDS MENTAL HEALTH
CAFÉ



THURNBY LODGE MENTAL
HEALTH CAFE



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THE WOMEN'S MENTAL HEALTH WELLBEING PROJECT

Thursdays - 10AM-12PM @ Highfields Library.

Peer support

Health & Wellbeing info

Confidence & Resilience building

Fun activities & much more!

Coffees, teas, juice & biscuits



www.jamilaslegacy.co.uk

Call/WhatsApp/Text 07821849336



JOHN
LEWIS
& PARTNERS



Mental Wellbeing Mondays

A monthly meet up for people to connect, gain support and maintain mental health wellbeing.

Join us for a complimentary hot drink at John Lewis Leicester, Place To Eat, 3rd Floor 10am - 12pm.

Book via eventbrite

Dates: 27 Jan, 24 Feb, 28 Apr, 23 Jun, 28 Jul, 22 Sept & 27 Oct

Email: info@jamilaslegacy.co.uk Website: www.jamilaslegacy.co.uk

Telephone/mobile/Watsapp: 07821 849336

Follow us on Facebook, Instagram & Tik Tok

JOHN
LEWIS
& PARTNERS

We're a  Mental Health
Friendly Place



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Mental Wellbeing Mondays

A monthly meet up for people to connect, gain support and maintain mental health wellbeing.

Join us for a complimentary hot drink at
John Lewis Leicester, Place To Eat, 3rd Floor - 10am - 12pm

28 April
Rock Decorating
&
30 June
Canvas Collage

Art & Craft for Wellbeing
Workshops facilitated by
Zee Sattar,
Community Engagement Officer
from Equality Action.

Book via eventbrite - limited places!



Email: info@jamilaslegacy.co.uk Website: www.jamilaslegacy.co.uk
Telephone/mobile/Watsapp: 07821 849336
Follow us on Facebook, Instagram & Tik Tok

**John Lewis, Highcross
Leicester, 3rd Floor,
Community Room**

TIME OUT SUNDAYS

11:00 AM - 1:00 PM

**A relaxed and friendly meet up
for adults wanting to make time for their
mental wellness.**

**13 April, 11 May, 08 June, 13 July, 10 August,
14 September, 12 October, 09 November**

Book via Eventbrite

**JOHN
LEWIS
& PARTNERS**



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Telephone/mobile/Watsapp: 07821 849336

Follow us on Facebook, Instagram & Tik Tok



TIME OUT SUNDAYS



13th April

In partnership with
The Curator- Educator



11am- 1pm

FREE



John Lewis, Highcross , Leicester
3rd Floor, Community room

[Book via Eventbrite](#)



THE YOUNG PEOPLE'S PROJECT



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Mental Health
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MENTAL HEALTH WELLBEING

CONVERSATIONS

SUPPORT

FUN ACTIVITIES

MEET UP WITH OTHER YOUNG PEOPLE (11-25YRS).
SATURDAYS, MONTHLY, 2-4PM
@ CROWN HILLS COMMUNITY COLLEGE

CHECK OUR SOCIAL MEDIA FOR DATES AND SESSION DETAILS

FACILITATED BY

REHANA SIDAT - BSC (HONS) COGNITIVE BEHAVIOURAL
THERAPEUTIC APPROACHES

SHEEREN SIDAT - BSC COUNSELLING AND PSYCHOTHERAPY

ZARA MAJDA AHMAD - EDUCATOR - BSC (HONS), PGCE PRIMARY
(QTS)



BOOK VIA EVENTBRITE

email: info@jamilaslegacy.co.uk

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NHS

Leicester, Leicestershire
and Rutland

Highfields Mental Health Café

Drop in support for when you're struggling
to cope

Tuesdays, 9.30am - 12.30pm (last drop in: 12pm)

Merlyn Vaz Centre, 1 Spinney Hill Road, Leicester, LE5 3GH

Thursdays, 2pm - 5pm

Highfields Library, 98 Melbourne Road, Leicester, LE2 0DS

Email: info@jamilaslegacy.co.uk

Phone: 07821 849 336

www.jamilaslegacy.co.uk



For up to date times/dates, scan the QR Code

Neighbourhood
Mental Health
Cafés





Jamila's Legacy CIC
Mental Health
Awareness | Resilience | Training

NHS

Leicester, Leicestershire
and Rutland

Thurnby Lodge Mental Health Café

Drop in support for when you're struggling
to cope

Wednesdays, 10.30am - 1.30pm
Fridays, 3pm - 6pm

Thurnby Lodge Community Centre
Thurncourt Road, Leicester, LE5 2NG

Email: info@jamilaslegacy.co.uk
Phone: 07821 849 336
www.jamilaslegacy.co.uk

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