



**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](mailto:info@jamilaslegacy.co.uk)

🌐 [www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)

📍 8 Cairnsford Road, Leicester LE2 6GF



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





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



**NHS**  
Leicester, Leicestershire  
and Rutland



# Highfields Mental Health Café

Drop in support for when you're struggling to cope

## PLEASE NOTE:

Important changes to the  
Highfields Mental Health Cafe  
from Tuesday 5 March

Tuesdays, 9.30am - 12.30pm

Last drop in: 12.00pm

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

Thursdays, 3pm - 6pm

Last drop in: 5.30pm

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

Email: [info@jamilaslegacy.co.uk](mailto:info@jamilaslegacy.co.uk)

Phone: 07821 849 336

[www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)



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, 2.30pm - 5.30pm

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

Email: [info@jamilaslegacy.co.uk](mailto:info@jamilaslegacy.co.uk)

Phone: 07821 849 336

[www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)

**SESSIONS COMMENCE FROM WEDNESDAY 5 JUNE**

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



Neighbourhood  
Mental Health  
Cafés



# What's on this week

## Week commencing 10 June

Tuesday

The Women's Mental Health Wellbeing Project  
10-12 @The African Caribbean Centre  
Henna and Eid crafts with Smita & Reema

Tuesday

Highfields Mental Health Cafe  
9.30am - 12.30pm @Merlyn Vaz Health Centre  
Drop in for people struggling to cope

Wednesday

NEW - Thurnby Lodge Mental Health Cafe  
10.30am - 1.30pm @Thurnby Lodge Community Centre  
Drop in for people struggling to cope

Thursday

The Women's Mental Health Wellbeing Project  
10-12 @Highfields Library  
Henna and Eid crafts with Smita & Reema

Thursday

Highfields Mental Health Cafe  
3pm - 6pm @Highfields Library  
Drop in for people struggling to cope

Friday

NEW - Thurnby Lodge Mental Health Cafe  
2.30pm - 5.30pm @Thurnby Lodge Community Centre  
Drop in for people struggling to cope

info@jamilaslegacy.co.uk  
www.jamilaslegacy.co.uk  
07821 849336

Follow us on Facebook, Instagram, X & Tik Tok

# What Are the Views of Muslim Communities on Managing Symptoms During the Last Days of Life?

JUNE

**22** Saturday  
12:00-2:30

Madani School

Researchers at the University of Cambridge would like invite you to a **group discussion** to learn from your personal views and experiences of managing symptoms for loved ones during the final days of life.



**SATURDAY**  
**JUNE 22, 2024**

12:00 pm - 2:30 pm



**Madani Schools**  
**Federation Library**

77 Evington Valley  
Rd, Leicester LE5 5LL

We are working with members of Muslim communities in **Leicester and Luton** to understand their preferences regarding end of life care.

**We want to hear from you what research would be meaningful and helpful.**



**Scan the QR Code or use  
this [link](#) to save your spot**

Food, refreshments, and £10 Love2Shop vouchers will be provided to thank you for your time.

For more information please contact Zara Ahmad



officejamilaslegacy@gmail.com



Jamila's Legacy CIC

# TIME OUT SUNDAYS

A monthly meet up for people wanting to make time for their mental wellness.

John Lewis  
Highcross Leicester  
3rd Floor  
Community Room

**11am - 1pm**

**28 July 2024**

**25 February 2024**

**25 August 2024**

**28 April 2024**

**22 September 2024**

**26 May 2024**

**27 October 2024**

**23 June 2024**

**24 November 2024**

**Booking Essential  
Limited Places  
Book via email or text**

**07821 849336**

**info@jamilaslegacy.co.uk**

**www.jamilaslegacy.co.uk**

# MENTAL WELLBEING MONDAYS

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



**John Lewis  
Highcross Leicester  
3rd Floor  
The Place To Eat Cafe  
10am - 12pm**



**22 January 2024**

**26 February 2024**

**22 April 2024**

**24 June 2024**

**22 July 2024**

**23 September 2024**

**28 October 2024**

**BOOK VIA EMAIL OR TEXT  
07821 849336**

**[info@jamilaslegacy.co.uk](mailto:info@jamilaslegacy.co.uk)  
[www.jamilaslegacy.co.uk](http://www.jamilaslegacy.co.uk)**





# Joy APP

Joy helps you to find activities, groups and support offers near you. From walking groups to debt advice, it's about what matters to you. Go to [www.LLRjoy.com](http://www.LLRjoy.com) to find out more.

