

MEDIA RELEASE

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Waitrose shoppers support Safe Well, Happy project

Supermarket shoppers have lent their support to a project aimed at improving the lives of people with learning disabilities in Charnwood.

Waitrose, through its Community Matters scheme, has donated £400 to the Safe, Well and Happy Group, which originally met at the Soar Valley Leisure Centre in Mountsorrel.

Safe, Well, Happy is a multi-agency partnership which creates safe and welcoming places for people with learning disabilities in the heart of their local community. And this month sees the launch of a new group in Quorn— see *details at the end of this release*.

The Waitrose donation was welcomed by the Charnwood group. Volunteer Jane Parr said: “It’s fantastic that the local store is supporting people in the community. We’re really grateful to everyone who voted for us through the store’s Community Matters token donations scheme.



“The money will help us to help people with learning disabilities and carers to have a place where they can socialise and take part in activities that help them to learn and get active.”

Among those involved in the Charnwood group are learning disability nurses and speech and language therapists from Leicestershire Partnership NHS Trust (LPT), Active Charnwood - Charnwood Borough Council’s sport and active recreation team and Homefield College.

Rob Melling, LPT’s community development lead, said: “Together we want to ensure that people with a learning disability are supported to live happy, healthy and independent lives in their communities. We know that many people and carers can become isolated and lonely which has a negative impact on their health. Safe Well,

Happy aims to provide a place in the community where people can support each other and get in contact with people who can help them.”

Safe, Well, Happy group launch in Quorn:

Safe, Well, Happy volunteers are putting a lot of love into the launch of their new group in Quorn – which opens on Valentine’s Day. The venue is the Old School House on Quorn Lane and the session will run from 10am to noon.

Anyone with a learning disability is welcome to go along, with their friends and family, for free activities. Sessions are also open to anyone who is interested in making the community a better place for people with learning disabilities.

The theme for the first session is getting to know each other and finding out what people want to do in the future. Participants will also have the chance to meet new people, play board games and take part in physical activities. They will also be able to learn some signing.

There is also a café where people can buy drinks and a snack.

The group is keen to hear from local people interested in sharing their skills and knowledge at the monthly group meetings. For further information find the group on Facebook – search for SafeWellHappy or call 0116 295 5211.

Caption:

(Left to right) Safe, Well, Happy partnership representatives Rob Melling, Jane Parr, Alix Glazier (Charnwood Action Group) and Mat Richardson (Active Charnwood) with Waitrose partner Jo Fagan.

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NOTES TO EDITORS

1. **Leicestershire Partnership NHS Trust (LPT)** provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk

2. **Raising Health** is our registered charity (number 1057361) which raises funds to support LPT’s excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. www.raisinghealth.org.uk