

Oadby and Wigston Borough Information Sheet

Local Council Information and Support

Oadby & Wigston Borough Council
40 Bell Street, Wigston, Leicestershire LE18 1ED
0116 2888961
CSC@oadby-wigston.gov.uk

Hours:

Friday	8:45am–4:15pm
Saturday	Closed
Sunday	Closed
Monday	8:45am–4:45pm
Tuesday	8:45am–4:45pm
Wednesday	9:30am–4:45pm
Thursday	8:45am–4:45pm

Supermarkets and Food Deliveries

ASDA – Leicester Road, Oadby Frith, Leicester, LE2 4AH
Phone: 0116 2718341
Opening Hours: Mon to Sat 8am - 10pm. Sun 10am – 4pm

Sainsbury's – Leicester Road, Wigston, Leicester, LE18 1JX
Phone: 0116 2885571
Opening Hours: Mon to Sun 7am – 9pm

Londis – 182 Oadby Road, Wigston, LE18 3PW
Phone: 0116 2571391

Foodbanks

Food banks are designed to provide short-term, emergency support with food during a crisis. Their aim is to relieve the immediate pressure of the crisis by providing food, while also providing additional support to help people resolve the crises that they face

The Kings Centre,
56 Bull Head Street,
Wigston,
Leicester,
LE18 1PA
07912 194783

<http://leicestersouth.foodbank.org.uk/>

Mon
18:00 - 19:00
Tue
Closed
Wed
Closed
Thu
13:00 - 14:00
Fri
Closed
Sat
Closed
Sun
Closed

When you contact a foodbank direct, inform them you are a PA Housing resident. We have agreements with many foodbanks and it may assist them in deciding whether they can help you.

The Trussell Trust covers approximately 75% of the Foodbanks across the UK. If the local numbers can't provide the help and support you need, try the Trust at <https://www.trusselltrust.org/coronavirus-food-banks/> or on 01722 580180. It may help find foodbanks near to you and give you contact details to see what they are offering local residents.

Local Pharmacies

Wigston Pharmacy – 36 Leicester Road, Wigston, LE18 1DR
Phone: 0116 2883203
Opening Hours: Mon to Fri 8:30am – 6pm. Sat 9am – 5pm

Well South Wigston – 64 Blaby Road, Wigston, LE18 4SD
Phone: 0116 2785160
Opening Hours: Mon to Fri 8:30am – 6:30pm. Sat 9am – 1pm

Severn Pharmacy – 44 Severn Road, Oadby, Leicester, LE2 4FY
Phone: 0116 2719053
Opening Hours: Mon to Fri 9am – 6:30pm. Sat 9am – 1pm

Lloyd Pharmacy – 90 Shackerdale Road, Wigston, Leicester, LE2 6HS
Phone: 0116 2884568
Opening Hours: Mon to Fri 9am – 6pm. Sat 9am – 1pm

Other Essential Shops and Surgeries

All Dentists, opticians and vets are open as usual.

Local Banks and Banking

Main banks in Oadby and Wigston appear to be keeping regular hours.

Online and phone banking normal but obviously busy

Local Support

Citizens Advice Service Wigston – Bell Street, Wigston, LE18 1AD
Phone: 0300 3302111
Website: <http://citizensadviceleicestershire.org/contact-us/>

UAVA (United Against Violence & Abuse) is a Leicestershire based service

UAVA Helpline – 0808 80 200 28

Open 8am to 8pm, Monday to Saturday. They can provide support in different languages. Calls to the helpline are recorded for training and monitoring purposes.

Health and Wellbeing

Here are some contacts that may help with a number of health and wellbeing issues

General health: www.nhs.uk or call 111

Support for mental health issues: www.mind.org.uk/information-support/coronavirus
or www.mind.org.uk or call 020 8519 2122

Senior citizen's support: www.ageuk.org.uk or
<https://www.ageuk.org.uk/information-advice/coronavirus/> or call **0800 678 1602**. –
open 8am to 7pm, every day of the year.

Daily Meditation – online app providing support through meditation, sleep and movement exercises: www.headspace.com or <https://www.headspace.com/covid-19>

Alzheimer's Support - advice for people living with dementia: Call 0333 150 3456 or www.alzheimers.org.uk

Online Counselling – Cognitive Behavioural Therapy: www.iesohealth.com or call 0800 074 5560

Domestic abuse advice: www.womensaid.org.uk or call 0808 2000 247 (women) 0808 801 0327 (men), www.refuge.org.uk and www.mankind.org.uk or call 01823 334244

Citizens Advice England www.citizensadvice.org.uk/ or call 03444 111 444

Gyms, libraries, council healthy walks and fitness classes are closed however here are some exercises you can do at home:

Over 70s Sitting exercises	https://www.nhs.uk/live-well/exercise/sitting-exercises/	Home Keeping Fit - Online only
Gym free exercises	https://www.nhs.uk/live-well/exercise/gym-free-exercises/	Cheap and fun gym-free activities to improve health and fitness.
CBeebies	https://www.bbc.co.uk/cbeebies/grown-ups/fun-exercises-to-do-at-home-with-kids	Fun exercises to do at home with kids
World Stories with Kids	https://worldstories.org.uk/	Stories available in numerous languages: https://worldstories.org.uk/library
CBBC	https://www.bbc.co.uk/cbbc	Games, quizzes and puzzles
BBC	http://www.bbc.co.uk/scotland/brainsmart/games/	Brain games for adults
Games online	https://www.chess.com/ https://www.roalddahl.com/shop/gifts-toys-and-games/roald-dahl-monopoly	Chess Monopoly (for adults & kids)
Mind	https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/	Distraction when you're in crisis

NHS	https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	Free Pilates for beginners
British Heart Foundation	https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/yoga/yoga-poses	Chair based yoga



Paragon Asra

PA Housing