

# Locality 4 Littleover ward

## Community Care Guide

2025



### Derby Parkinson's Support Group

Our group offers friendship and support locally to people with Parkinson's, their families and carers, contact us to find out more. For information and advice on Parkinson's, or for emotional support, the Parkinson's UK helpline call on **0808 800 0303**

### Derby City Dementia Support Service

If you live in Derby and you or a person you care for has dementia, the Derby City Dementia Support Service can help you. The service is run by the Alzheimer's Society and can provide information, advice and support for those experiencing the symptoms of or diagnosed with dementia and their carers. The service also puts on wellbeing, peer support and dementia education events across the city.

You can contact the service by phone **01332 497640**, email [derbycitydementiasupport@alzheimers.org.uk](mailto:derbycitydementiasupport@alzheimers.org.uk) or visit the Alzheimer's Society website.

### Universal services for carers

**Identifying as an unpaid carer:** Do you care for a loved one, family member, friend or neighbour.

Our team at Universal Services for Carers in Derby are here to support anyone providing care to a person living in Derby City who are informal and unpaid. 'Unpaid' means you are not caring as a professional, for example as a community care worker, residential care worker or a nurse. If you receive Carers Allowance you are still classed as an unpaid carer as the allowance only supports you in providing the care your loved ones require.

Unpaid carers provide vital support to their family and friends, which can cause a strain on their own lives. This makes it even more important for unpaid carers to be recognised for the work they do.

Information and advice helpline, answered by compassionate, knowledgeable, and fully trained staff, operational **Mon-Fri, 09:00-17:00, excluding public holidays**. Call us on **01332 228 777** The helpline also has an out of hours answerphone where you can leave us a message to get in touch with you.

### Community Nursing Team

The Community Nursing team can be contacted by calling the **Community Access Point: 01332 564900**.

For equipment to support activities of daily living please contact Derby City Council on **01332 640777**.

For district nursing, rehabilitation and walking aids please contact the Community Access Point on **01332 564900**.

Any queries please contact your care coordinator based at your GP surgery and they will be able to refer to the most appropriate service.

### Blagreaves Library

The Home Library Service brings the library to your door. We visit every six weeks and can bring you books, audiobooks and more and it's free! If you or someone you know, is interested please phone **01332 640617** minicom **01332 640666** for more information. Email: [Homelibraryservice@derby.gov.uk](mailto:Homelibraryservice@derby.gov.uk)

### Coffee Mornings

#### **Monday –**

- Littleover Methodist Church Lunch Club, 12:00pm-14:00pm

#### **Tuesday –**

- Lunch Club 12:00pm, St Peters Church Hall

#### **Wednesday –**

- Church Café, 9:30am – 13:30pm. Littleover Methodist Church
- Tranquility Café, 10:30am – 13:00pm Littleover Baptist Church
- Knit and Natter 14:00pm – 16:00pm St Peters Church Hall

#### **Friday –**

- Church Café, 9:30am – 13:30pm, Littleover Methodist Church
- Friendly Face Space 13:00pm-15:00pm, Hannahs field Community Garden

### Physical Activity

#### **Tuesday –**

- Zumba at St Andrews Church with 24Fit 18:30pm-19:30pm £5.50
- Table Tennis Club, Littleover Methodist church, 9.30am-11.30am, £1 donation

#### **Wednesday –**

- Balanced & Strong 13:30pm-14:30pm, Littleover Methodist Church, £5 per class.
- Pilates Class, Littleover Methodist Church 10:00am and 11:15am
- Zumba at Littleover Community School 18:00pm-19:00pm £7.50

#### **Thursday –**

- Move it or Lose it 10:00am-11:00am, Claremont House. £5 per class.
- Keep Fit, over 60's, Grange Hall Community Centre, 10:00am-10:55am and 11:05am-12:00pm
- Rehabilitative Pilates, 10am, Littleover Methodist Church

#### **Saturday –**

- Friend Of Littleover Parks Working Group -first Sat of the month at Sunnydale Park 10:00am-12:00pm

### Childrens Groups

#### **Monday –**

- Tiddlywinks at St Peter's Community Hub, Normanton Lane 13:30pm – 14:45pm

#### **Wednesday –**

- Under 5's Family Group 9:30am – 11:00am Haven Church
- Root to Nature Forest School Hannah's Field 9:30am-11.00am
- Youth Hot Chocolate and Toast at St Andrew's Community Hub, Blagreaves Lane 14:45pm – 16:00pm

#### **Thursday –**

- Rhyme-time Blagreaves Library 10:30am-11:00am

### Crafts

**Tuesday –** Arts in Nature Hannahs Field – 10:00am – 11:30am

**Thursday –** Water Colour Workshop, 10:00am-12:00pm and 12:30pm – 14:30pm, St Peters Church Hall.

**Saturday –** Crochet for beginners Hannahs Field – 10:00am-12:00pm

### Food Provision and Wellbeing

#### **Derby Food 4 Thought**

For people in need of food support the current process to request food is:

- People make their request for support by calling 01332 346 266 or email [info@DF4T.com](mailto:info@DF4T.com)

#### **Mickleover Community Pantry –**

Based in Mickleover at Vicarage Road Pavilion, Derby, DE3 0ED

Wednesday 12:00pm – 14:00pm

Thursday - 12:00pm – 14:00pm

#### **Derby Prostate Support Group -**

2<sup>nd</sup> Tuesday of every month (except Aug) 1.15pm-3pm Our Lady of Lourdes, RC Church.

#### **Active Recovery – From Cancer**

Active Recovery provides rehabilitation exercises for those living with and recovering from cancer to increase confidence, self-esteem and provide chances to socialise. This free 9 month physical activity programme is for anyone with a cancer diagnosis. You also have the option to bring along a support buddy for free. For more information contact [activerecoverycjms@dcct.co.uk](mailto:activerecoverycjms@dcct.co.uk) or call the Derby County Community Trust team on **01332 416140**

### Local Area Coordination

DCC Local Area Coordinators work within the Littleover ward. They work with local people who want to work out what a good life might look like for them and start to make changes.

Email: [Nadine.thomas@derby.gov.uk](mailto:Nadine.thomas@derby.gov.uk)

Tel: **07385401068**

Email: [Daren.Palmer@derby.gov.uk](mailto:Daren.Palmer@derby.gov.uk)

Tel: **07812300764**

### Social Prescriber

Social prescribing can help with whatever has impact on your health and wellbeing, focusing on what matters to you.

We can support with issues that are non-clinical. It may be loneliness, isolation or issues such as housing or finances. We can support you in managing and resolving those issues, which in turn supports your health and wellbeing. It all starts with a chat. You can be referred to our service through your local GP.

### Mental Health and Substance Support

**Samaritans.** To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone)

**Shout.** If you would prefer not to talk but want some mental health support, you could text SHOUT to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

#### **Aquarius – Family support**

Sinfin family hub, 345 Sinfin lane, Derby, DE24 9SF

Supports families as a while where a parent or carer uses drugs or alcohol. Call **01332 362 744**

#### **Breakout**

Breakout is a specialist young person's substance misuse service covering Derby City. Call **01332 641 661**

#### **Derby Drug and Alcohol Recovery Service**

St Andrew House, 201 London Road, Derby, DE1 2TZ

Derby drug and alcohol recovery service is an adult drug and alcohol treatment service.

Call **0300 790 0265**

### Livewell

**Helping you to be healthy and well** Livewell is a free service run by Derby City Council that supports people in Derby to lose weight, stop smoking, get fitter and feel the benefits of switching to a healthier lifestyle. The service provides a range of free 12-month programmes and NHS Health Checks. Each programme offers individual and group support in addition to fun, community-based activities to support weight loss, increase fitness and improve eating habits. A group-based programme offering free exercise sessions, led walks, weekly drop-ins and healthy eating support. Liveability - a specialist programme for adults with learning disabilities is also available. Free nicotine replacement therapy products and expert support to help you quit for good!

Free 40-minute NHS Health Checks for eligible 40 to 74-year-olds can help you stay healthier for longer

**To find out more and to register-** Visit

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

Call **01332 641254** or

Email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)

### Pharmacy 1<sup>st</sup>

#### **What it is:**

Pharmacy First allows pharmacists to provide treatment, including prescription-only medicines like antibiotics and antivirals, for seven common conditions.

#### **Conditions covered:**

These conditions include earache, sore throat, sinusitis, infected insect bites and stings, impetigo, shingles, and uncomplicated urinary tract infections (UTIs) in women.

#### **How it works:**

Patients can visit a participating pharmacy for an assessment and treatment. They can also be referred to the service by NHS **111** or their GP.

#### **Benefits:**

The service offers convenient access to healthcare, potentially reducing waiting times for GP appointments and providing timely treatment for minor ailments.

### Derby City Council Family Hubs

Derby's Family Hubs are here to welcome you and your family to find the help you need through support and friendship.

Scan the QR Code to go to  
[derby.gov.uk/family-hub](http://derby.gov.uk/family-hub)



#### Useful Contacts

**The Derbyshire Fire & Rescue Service** offer a Safe and Well visit to provide you with actions and advice to protect you and your family from the risks of fire, including a falls assessment and identifying any health and care needs. **01332 777850**

[SouthAreaAdmin@derbys-fire.gov.uk](mailto:SouthAreaAdmin@derbys-fire.gov.uk)

**Supermarkets call/delivery service** - Morrison: **0345 6116111**

#### Direct Help & Advice (Derby Law Centre)

Support people into work and education or training as well providing information and advice around debt, housing issues & homelessness **01332 287 850**

**Action Fraud** – **0300 123 2040** – [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

### Useful Derby City Council Contacts

**General parking problems- Email:**

[generalparkingproblems@derby.gov.uk](mailto:generalparkingproblems@derby.gov.uk)

**Telephone - 07917 233 812**

**Traffic concerns- Email:** [traffic.management@derby.gov.uk](mailto:traffic.management@derby.gov.uk)

**Telephone - 01332 640815**

**Highways - Email:** [maintenance.highways@derby.gov.uk](mailto:maintenance.highways@derby.gov.uk)

**Public Protection Team - Email:** [PPOTeam@derby.gov.uk](mailto:PPOTeam@derby.gov.uk)

**Environmental Protection Team Email:**

[environmental.services@derby.gov.uk](mailto:environmental.services@derby.gov.uk)

**Telephone - 01332 642020**

**Household Bulky Waste** - Collection of large items- furniture and large electrical items (charged service). Telephone: **0333 200 6981**. Or book online at: [www.derby.gov.uk/bulky-waste/make-booking](http://www.derby.gov.uk/bulky-waste/make-booking)

**Neighbourhood Team – Email:**

[Neighbourhoods@derby.gov.uk](mailto:Neighbourhoods@derby.gov.uk)

#### Wards Councillors

**Ajit Atwal –** [Ajit.Atwal@derby.gov.uk](mailto:Ajit.Atwal@derby.gov.uk)

**Lucy Care –** [Lucy.care@derby.gov.uk](mailto:Lucy.care@derby.gov.uk)

**Emily Lonsdale –** [Emily.Lonsdale@derby.gov.uk](mailto:Emily.Lonsdale@derby.gov.uk)

### Social Care

**Adults- 01332 640777**

**Children & young people (under 18)- 01332 641172**

**Out of Hours (Derby City Care Line)- 01332 956606**

**For those who are hard of hearing or deaf – email:**

[DCCcareline@derby.gov.uk](mailto:DCCcareline@derby.gov.uk)

**Text 07812 300177**

**Derby City Dementia Support- Email:**

[Derbycitydementiasupport@alzheimers.co.uk](mailto:Derbycitydementiasupport@alzheimers.co.uk) or call **01332 497640**

### Energy Support

**Warmer Derby and Derbyshire**

**Bill Advice, Bill Support- 0800 677 1332**

[wdd@mea.org.uk](mailto:wdd@mea.org.uk)

**Citizens Advice Mid Mercia - 0808 278 7972**

**The Handy Person Service** can help with small jobs around the home including grab rails, smoke detectors and key safe fitting. Handy Van **01332 640163** [home.repairs@derby.gov.uk](mailto:home.repairs@derby.gov.uk).

### Useful Medical & Emergency Contacts

**Carelink**

**Telephone referral: 01332 642203**

**Email:** [carelink@derby.gov.uk](mailto:carelink@derby.gov.uk)

**Carers advice and support -**

[carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk) **01332 228 777**

**Universal Services for Carers in Derby**

**Email:** [carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk)

**Telephone: 01332 228777**

**Mediquip - 01773 604426**

**EMAS Hospital transport -03003003434**

**NHS- Non-Emergency: 111, Emergency: 999**

**Police- Non-Emergency: 101, Emergency: 999**

### Sporting Communities

Sporting Communities are running a **FREE** youth activity session funded by the Littleover Neighbourhood Board. Come along and engage in a range of fun activities, including arts and crafts, sports activities, team building, and play!  
**Every Monday 4:30-5:30PM at The Haven Christian Centre, Hollybrook Way, Littleover, Derby DE23 3TZ**