

Locality 4 Blagreaves 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 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

Coffee Mornings and Crafts



Tuesday –

- Warm Welcome Cafe, 9:00am-13:00pm. Free refreshments, Newmount Methodist Church, Blagreaves Lane.

Wednesday –

- Craft Group, Gayton Community Centre 12:00pm – 16:00pm

Thursday –

- Coffee Morning, Blagreaves Library 10:00am-13:00pm
- Coffee Morning, Sunnyhill Community Centre 10:00am-12:00pm
- Wellbeing and Wildlife, Hannah's Field 10:00am-11:30am

Friday –

- Carlisle Against Crime Coffee Morning King George Pavilion (1st Friday of the month) 10:00am – 11:30pm.
- Friendly Face Space 13:00pm-15:00pm, Hannahs field Community Garden.

Physical Activity

Monday –

- Ladies Only Swimming, Gayton Swimming pool. 19:15pm-20:00pm £3.80
- New Life Derby Youth Safe Zone, Sunnyhill Community Centre, 4.30pm-6pm

Tuesday –

- Move and Groove - 19:00pm-20:00pm £5 per session - pay as you go. Newmount Methodist Church.
- Adult swim at 10am-10.45am and 11:45am-12:30pm £3.80
- Aquafit 11:00am-11:45am £4.80
- Taekwondo 5.30pm-7.45pm, Sunnyhill Community Centre

Wednesday –

- Over 50's swim, Gayton Swimming pool, 9:00am-9:45am £3.30
- Ladies only swim, Gayton Swimming pool, 10:15am -11:15am £4
- Adult swim, Gayton Swimming pool, 11:45am-12:30pm £3.80

Thursday –

- Derby Karate Academy, Derby Moor Academy 19:00pm-20:30pm
- New Life Derby Youth Safe Zone, Sunnyhill Community Centre 4.30pm-6pm

Saturday –

- Family swim, Gayton Swimming pool, 14:00pm-15:00pm and 15:00pm-16:00pm

Childrens Groups



Wednesday –

- Root to Nature Forest School Hannahs Field 9:30am-11:00am
- Derby County Community Trust Premier League Kicks FREE sessions for 8-19 year olds Sunnyhill Community Centre 4pm-6pm

Thursday –

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

Saturday –

- Community Hub 2pm-4pm (every Saturday except 1st of the month) Sunnyhill Community Centre, for families with children under 12,
- Sunnyhill Social Club at Sunnyhill Community Centre, Saturday evenings 6pm-10pm, everyone welcome including families.

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

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 -

2nd 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 activercoveryCJMS@dcct.co.uk or call the Derby County Community Trust team on **01332 416140**

Local Area Coordination

I'm Daren, the DCC Local Area Coordinator for the Blagreaves ward. I work with local people who want to work out what a good life might look like for them and start to make changes. Looking for Support?

- Want to change your life but don't know where to start?
- Unsure where to go for help?
- Feeling down, isolated, or lonely?
- Wish you had someone who would listen and be on your side? Email: 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

Call **01332 641254** or

Email livewell@derby.gov.uk

Pharmacy 1st

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



Useful Contacts

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.

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

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

Useful Derby City Council Contacts

General parking problems-
generalparkingproblems@derby.gov.uk

Telephone - 07917 233 812

Traffic concerns- traffic.management@derby.gov.uk

Telephone - 01332 640815

Highways - maintenance.highways@derby.gov.uk

Public Protection Team - PPOTeam@derby.gov.uk

Environmental Protection Team -
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

Neighbourhood Manager- Daniel.Giles@derby.gov.uk

Neighbourhood Officer- Kelsey.Mumford@derby.gov.uk

Wards Councillors

Saqui Amin – Saqui.amin@derby.gov.uk

Hardyal Dhindsa – Hardyal.Dhindsa@derby.gov.uk

Sara Bolton – Sara.bolton@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

Text 07812 300177

Derby City Dementia Support- Email:

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

Citizens Advice Mid Mercia - 0808 278 7972

Useful Medical & Emergency Contacts

Carelink

Telephone referral: **01332 642203**

Email: carelink@derby.gov.uk

Carers advice and support -

carers@citizensadvicemidmercia.org.uk / **01332 228 777**

Universal Services for Carers in Derby

Email: 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