

## Derby City South Wellbeing Team



Derby City South Primary Care Network:

A Network of GP Practices providing care to patients through a shared Wellbeing Team.

- Village Surgery
- Hollybrook Medical Centre
- Parkfields Surgery
- Alvaston Medical Centre
- Melbourne & Chellaston Medical Centre
- Willington Surgery
- Wellbrook Medical Centre

Our Wellbeing Team consists of Social Prescribers, Health and Wellbeing Coaches, and Care Coordinators. Please read on if you would like to discover what is on offer, how this can help you, and how to access the service. You must be registered at one of the above GP Practices.



## HEALTH & WELLBEING

### DERBY CITY SOUTH PRIMARY CARE NETWORK

Are you a patient at any of the surgeries below?

- Haven Medical Centre
- Hollybrook Medical Centre
- Alvaston Medical Centre
- Wellbrook Medical Centre
- Parkfield Surgery
- Chellaston Surgery
- Village Surgery
- Willington Surgery

## DO YOU WANT TO MANAGE YOUR HEALTH?

Join our Health and Wellbeing programme which aims to support people with long term health conditions through our 6-month free programme. We offer physical activity, healthy eating, yoga, holistic therapy sessions and much more to help you lead a healthy and active lifestyle.

FOR MORE INFORMATION SCAN OR VISIT

Website:  
[derbycountycommunitytrust.com](http://derbycountycommunitytrust.com)  
Phone:  
01332 416140



## Social Prescribing Team: Gary, Lydia, Naoise, Sammi

### What is Social Prescribing?

Social prescribing is a service that can help you access a range of local, non-clinical services.

Health can be determined by a range of social, economic, and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Social Prescribers start by finding out about the person they are supporting. The aim is to empower individuals to access services and support they may not have known was available or felt confident enough to engage with alone. Once aims are met you will be discharged from the social prescribing service but are always able to request a referral back to the service if more support is needed. Examples of services available:

- Health, lifestyle, healthy eating and active living
- Arts, crafts and creativity
- Befriending, counselling, support groups and specialist services
- Housing, benefits and financial support/ advice
- Employment support, training and learning
- Volunteering opportunities
- Local groups and activities
- Stopping smoking and weight management
- Refugee and asylum seekers support
- Carer Support

**For any further information or support please speak to a your GP surgery (or visit their website), who will ask a Social Prescriber to contact you.**

## Dementia Friendly Café

A warm, safe and welcoming space exclusively for Dementia patients and their families.

Monthly Sessions taking place on:  
6th March, 3rd April, 2nd May, 5th June, 3rd July, 7th August.

1:30pm - 3:30pm

Maple Tree Café, Repton, DE65 6GR

For more information please contact  
[helena@sdcv.org.uk](mailto:helena@sdcv.org.uk) 07514 728197

Community Action

NHS

### SOCIAL PRESCRIBING COFFEE MORNING

Social prescribing is a person centred approach focusing on what matters to you. We can support with signposting and accessing organisations and services that could benefit your current situation...

#### This could include but not limited to:

- Loneliness and isolation
- Mental health
- Community services
- Benefits
- Debt management
- Volunteering
- Housing

**Where** - The Tea Cosy,  
4 Normanton Lane, Littleover  
DE23 6GP

**When**- The last Tuesday of every month starting 26/07/22

**Time**- 09:30- 10:30

For more information contact Gary Stoppard on  
07838 248 795 or email  
[gary.stoppard@communityactionderby.org.uk](mailto:gary.stoppard@communityactionderby.org.uk)

# Health and Wellbeing Coaches: Denise and Chris

## Health and Wellbeing Coach

Our Health and Wellbeing Coaches, Denise and Chris work with Derby County Community Trust. They run a programme that aims to help patients with long term health conditions to live more active lifestyles.

Chris and Denise work with patients to set personalised goals and create bespoke exercise plans and classes, all while also focusing on mental wellbeing. The end goal is to improve the long term health of patients, to increase quality of life, and where applicable to encourage self-management of health conditions.

You can self refer to the program using the link below, or you can speak to your GP practice.

<https://www.derbycountycommunitytrust.com/programmes/health/health-and-wellbeing>

Examples of long term conditions include but not limited to: anxiety, asthma, back pain, cardiac rehabilitation, chronic pain, COPD, depression, diabetes, hypercholesterolaemia, hypertension, joint replacement, osteoarthritis, osteoporosis, rheumatoid arthritis, stable angina, weight management and stress.



Examples of exercises and classes offered:

- Muscle Release Clinic
- Rise and Shine Yoga
- Over 50's Circuits
- Knit and Knatter
- Chair Based Exercise
- Walking Football
- Over 50's Coffee Morning
- Team Talk—Mens Mental Health
- Box-fit
- Stretch and Relax
- Aqua Aerobics
- Book club
- Nutritional Natter
- Badminton

**RAMBLERS WELLBEING WALKS**

Better wellbeing is just **a step away**

<b>No need to plan your route</b> Our experienced Ramblers Wellbeing Walk volunteers will lead the way.	<b>Your fitness doesn't matter</b> Our walks start at 30 minutes and are a steady pace to suit everyone.	<b>Find a walk is easy</b> Our walks are local, and accessible on foot or by public transport.
--	---	---

**Elvaston Castle walk**  
Every Tuesday from 17th Jan 2023

Meet 9.50am outside Keldholme Lane Community Centre  
Simply turn up on the day

If you need more info, please contact  
[paul.mcgintry@derby.gov.uk](mailto:paul.mcgintry@derby.gov.uk) / 07812 302022



Care Coordinators: Diane, Shabnam, Jaz, Louise, Lisa, Delph, Angela, Laura, Samantha, Jess

### Care Coordinators

We're here to support, we're here to listen! Acting as a link for patient's over 18 between, GP surgery, Health Care teams, Adult Social Care, Care Home Support and other organisations in the community.

Contact your GP surgery to speak with your GP Care Coordinator or Care Home Care Coordinator, if you are struggling with any aspect of your health or your daily living, or if you know a family or friend who is.

We are here to identify what support people need in the community and to refer to services, or signpost to organisations who may be in a position to help. Some examples below:

- Adult Care – looking at packages of care and help in the home.
- Equipment & wheelchairs – referrals to Occupational Therapists or Physios who can help with aids & mobility.
- Dementia support.
- Informal carer support.
- Continence issues.
- Podiatry.
- Welfare rights.
- Sight or hearing support.
- Telecare pendant alarms.

### Horticulture Project at Whispering Trees



### Littlover Peersupport Group

First meeting- Tuesday 18<sup>th</sup> October 2022,  
4pm-6:30pm (and every Tuesday thereafter)  
Donnington Close Community Room  
DE23 1NB

Drop-in style sessions for all ages and all abilities from across Derby with a range of activities including:

- Bingo
- Craft activities
- Exercise
- Play your cards right
- Guest speakers
- Quiet room

Refreshments will be available. This is a SAFE SPACE FOR ALL.

For more information contact Auna via:

01332 233 007

Facebook: Littlover Peersupport Group

Community Action



### SOCIAL PRESCRIBING COFFEE MORNING

Social prescribing is a person centred approach focusing on what matters to you. We can support with signposting and accessing organisations and services that could benefit your current situation...

#### This could include but not limited to:

- Loneliness and isolation
- Mental health
- Community services
- Benefits
- Debt management
- Volunteering
- Housing

**Where** - Willington Village Hall,  
Twyford Road, Willington  
DE65 6DE

**When**- Tuesday 02/08/22  
Tuesday 30/08/22 and then the  
last Wednesday of every month  
**Time**- 10:15-11:45



For more information contact Lydia Alty on  
07429 452 483 or email  
lydia.alty@nhs.net



Claire the Goat at Whispering Trees—a peaceful, countryside environment that runs wellbeing programs to help individuals reduce stress and assist participants to effectively regulate their emotions to enhance self-esteem, promote relationships and maintain / discover / re-discover their emotional equilibrium

We are looking for Good Neighbours in the Derby & South Derbyshire Community – people who can help others with things like:

- Food shopping
- Check in and chat (telephone and/or face to face)
- Taking people to medical appointments
- Collecting prescriptions
- Practical tasks such as, walking your dog, taking your bin out, and light gardening



This is a great chance to do something good for someone in your community while possibly developing a long-term connection with them. Please call us on 01332 346266 or email [support@communityactionderby.org.uk](mailto:support@communityactionderby.org.uk)

## Sinfin and Hollybrook Carers' Group

A group for those who look after or care for ill or disabled family or friends

Every Wednesday, 1.30pm – 3.30 pm

At  
**Sinfin Community Centre**  
**50 Swallowdale Road,**  
**Sinfin,**  
**Derby**  
**DE24 9NT**

For further information call Sushma Sehmbi  
 On 0793 2656835  
 or  
 Email: [sinfinandhollybrookcarers@gmail.com](mailto:sinfinandhollybrookcarers@gmail.com)  
 Or  
 Just come along.

Supported by Sinfin and Hollybrook Medical Centre



Supporting people who are in genuine need, to create and maintain a safe, healthy, and 'homely' living environment

Volunteers Needed to declutter, organize, clean do simple DIY tasks, decorate and/or gardening.

Whilst providing friendship, in the homes of people facing significant barriers and disadvantages.

A wide range of roles

No experience necessary

Email: [hello@newleafderbyshire.co.uk](mailto:hello@newleafderbyshire.co.uk)

Or call 07449 721 710

Our mission is to improve the mental health, wellbeing, self-esteem, confidence, and social inclusion of people in Derby and Derbyshire

