

South Derbyshire Community Guide

Willington & Mercia Marina

Autumn/Winter 2025/26

As we get older, lots of us may start to feel a bit unsteady on our feet and become worried about falling. But there are simple things you can do to help yourself feel more confident and avoid a slip or fall.

Steps to staying steady (Age UK)

This handy checklist runs through 8 key things you can do to help avoid a fall:

1. **Stay active** - Focus on activities that challenge your balance and strengthen your legs and upper body, like walking, gardening or dancing.
2. **Check your sight and hearing** - Go for regular sight tests and report any hearing difficulties you have to identify any problems that may be affecting your balance.
3. **Look after your feet** - Wear well-fitting shoes and slippers and tell your GP or chiropodist about any foot problems
4. **Ask about your medicines** - Certain medicines can make you feel faint or affect your balance. Let your GP or pharmacist know if you ever feel like this.
5. **Get enough vitamin D** - Vitamin D is essential for keeping your bones strong – the best source is sunshine.
6. **Eat a calcium-rich diet** - Calcium helps to keep your bones strong. Good sources are dairy foods, fortified soya products and canned fish with bones.
7. **Check for hazards at home** - Make sure your home is hazard free and well lit.
8. **Visit your GP** - If you've had a fall or you're feeling unsteady, tell a healthcare professional, such as your doctor – even if you feel fine otherwise. There are many reasons why you might be feeling unsteady, and there are ways to help you feel more confident.

Helpful contacts:

Occupational Therapy can be contacted for equipment provision, minor home adaptations and environmental assessments by calling the Community Access Point: 01332 564900.

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. Tel: 01332 777850, SouthAreaAdmin@derbys-fire.gov.uk.

Staying Steady information guide, by Age UK: <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/staying-steady-download-page>

The **Handy Person support service** is available to ensure disabled and vulnerable residents are able to retain their independence in their own home. A range of physical adaptations and low-level improvements to homes including grab rails and key safes are supplied and fitted, free of charge. (Please note that council tenants are not eligible for this service) Email: handysupport@sd cvs.org.uk Tel: 01283 219761.

Please note that all details are correct as this document is published – December 2025

Coffee Mornings and Warm Spaces

Monday

- 12 noon (**2nd Monday of the month**) Monday Club
Willington Baptist Church, Twyford Road, Willington
- 12.15pm (**4th Monday of the month**) Community meal
Willington Baptist Church, Twyford Road, Willington

Tuesday

- 12-2pm (**1st Tuesday of the month**) Hidden disabilities coffee morning
Willington Village Hall, Twyford Road DE65 6DE

Wednesday

- 10am-12pm (**1st Wednesday of the month**) Library & coffee morning
St Michael's Church, 3 Church Close, Willington, DE65 6EN
Contact: stmichaelschurchwillington@gmail.com

Thursday

- 10am-12pm (**bi-weekly**) WI Coffee and Company Group
The Dragon, Willington DE65 6BP

Friday

- 9.30am-11.30am Willington Friday Club
Willington Village Hall, Twyford Road DE65 6DE

Arts and Crafts

Tuesday

- 10am-12 noon Adult art class, £8 per session
Willington Village Hall, Twyford Road DE65 6DE
Contact: Cathryn on 07533 844755 or email cathryn_haywood@yahoo.com

Thursday

- 10am-12 noon Willington Arts and Crafts Group
Willington Village Hall, Twyford Road DE65 6DE
Tel. 01283 702869 / www.willingtonartcraft.weebly.com

Exercise

Monday

- 11.10am-12.10pm Chair based exercise, £5 per session
Willington Village Hall, Twyford Road DE65 6DE
Contact Emma Yates on 07554 868161

Thursday

- 12.30pm-1.30pm Chair based exercise, £5 per session
Willington Village Hall, Twyford Road DE65 6DE
Call Lisa Dengate on 07989 449875
- 1.30pm-2.30pm Willington Walk (meet at canal car park)
Find out more at getactive@southderbyshire.gov.uk or call 01283 595906

Children

Dance classes

By Oakden Dance Academy, all classes £5
3-7 year olds 4pm-4.45pm
7-11 year olds 4.45pm-5.30pm
12 years and older 5.30pm-6.30pm
Willington Village Hall, Twyford Road DE65 6DE

Music Time

Magical music and movement classes for babies, toddlers and pre-school children
Fridays from 1.30pm to 2.15pm.
Willington Village Hall, Twyford Road DE65 6DE
Contact Tracey on 07866 689971 to find out more

Karate Jutsu

Beginners welcome, from age 5 upwards.
Sessions run on Fridays from 5.15pm to 6.15pm
First 3 sessions are free, then £31 per month, unlimited access
Willington Village Hall, Twyford Road DE65 6DE
Tel. 07855 632355 or email info.ukkj@gmail.com

Food Provision

The South Derbyshire CVS Food Hub, which is located on the Top Floor of Unit G, Sharpes Industrial Estate, Alexandra Rd, Swadlincote, DE11 9AZ (above Cain Brothers Timber Merchants), is the local food bank.

They also work closely with other support-based services and can signpost more in-depth support such as debt advice, dealing with housing issues and addressing energy poverty.

Food bank opening times are Monday, Tuesday, Thursday and Friday from 8:00am-3:30pm by appointment only.

To book an appointment, please contact Petra on projectsupport@sdcv.org.uk, 07458 305314 (call or text) or 01283 219761.

Please note, food parcels cannot be delivered.

Find out more about SDCVS at www.sdcvs.org.uk

Local Area Coordination

Local Area Coordination is available to all Willington and Mercia Marina residents, free of charge. The Local Area Coordinator (LAC) provides one-to-one support to help you make your life better. The LAC will work alongside you to:

- help you think about what is important to you
- make plans for change
- support you to implement those changes to improve your life.

They can also help you to get information and access services that can offer additional support.

Email: Samantha.edmundson@derby.gov.uk

Tel: 07468 360622

Social Prescribers

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

They can support with issues that are non-clinical. It may be loneliness, isolation or issues such as housing or finances. Supporting you to manage and resolve those issues can support your health and wellbeing. It all starts with a chat. You can be referred to the service through your local GP.

Mental Health

Derbyshire Mental Health Helpline

A freephone service available to everyone living in Derbyshire, whatever their age. This service is open every day 24/7. Call 111 and choose mental health option 2.

Samaritans

Whatever you are going through a Samaritan will face it with you. Call Samaritans free 24/7, 365 days a year on 116 123.

SANeline

If you're experiencing a mental health problem or supporting someone else who is, call 0300 304 7000 (4pm–10pm every day).

National Suicide Prevention Helpline UK

Offers a supportive listening service to anyone with thoughts of suicide. Call 0800 587 0800 (6pm-midnight every day).

Shout

Shout offer a confidential 24/7 text service for support if you are struggling to cope and need to talk. Text SHOUT to 85258.

The Mix

The Mix offer support, advice and community to young people, a place to talk about anything. Find out more at

www.themix.org.uk

Switchboard. The national LGBTQIA+ support helpline where you can talk about anything related to sexuality or gender identity. Find out more at www.switchboard.lgbt Phone operators all identify as LGBT+. Call 0800 0119 100, 10am-10pm.

Live Life Better Derbyshire

FREE help to live life better

Live Life Better Derbyshire offer support to lose weight, stop smoking, get active, improve mental wellbeing, alcohol awareness, falls prevention and pregnancy/healthy families.

To find out more visit: www.livelifebetterderbyshire.org.uk or call 0800 085 2299 or 01629 538200.

Advice

Citizens Advice Mid Mercia

For support about debt, benefits and legal advice, call 0808 278 7972, Monday-Friday, 10am-4pm.

Visit www.citizensadvicemidmercia.org.uk

Derbyshire Welfare Rights Service

For advice about benefits, including pension credit, and how to claim, call 01629 531535 or email welfarebenefits@derbyshire.gov.uk

Substance Support

Derbyshire Recovery Partnership

The service offers advice, support and treatment to adults in Derbyshire who need help with their drug or alcohol. This can include binge drinking and recreational drug use, as well as physical or psychological alcohol or drug dependence. The aim of Derbyshire Recovery Partnership is to reduce drug and alcohol use and its associated impact on individuals, their families and communities and into long-term recovery.

The service is based in four main sites across Derbyshire, with some services offered in local venues, including Willington.

This service only accepts self-referrals via its single point of entry, referred to as the hub. To refer yourself please call 01246 206514 or email info@derbyshirerecoverypartnership.co.uk Find out more at www.derbyshirerecoverypartnership.co.uk

Kelsey Foundation CIC

Provides holistic based recovery support for anyone affected by substance use disorder either directly or indirectly. Recovering Together is a project established to allow families, those in recovery and anyone affected by substance use with a clear support network to recover together. Call 07733 335797 or email Kffcic@gmail.com to make a referral. Find out more at www.growingrecoveryinderbyshire.co.uk

Useful Contacts

Bulky waste Collection

If you have extra waste or large items, you can take them to the local tip or contact South Derbyshire Council to arrange a bulky waste collection. There is a charge of £31 to collect up to six domestic items (not including fridges/freezers). Fridges/freezers are charged at £26 each item. Request and pay for collection using online form at www.southderbyshire.gov.uk

Supermarkets call/deliver service

Morrisons: 0345 6116111, option 5.

Adaptations for Council properties

South Derbyshire District Council – Call 01283 595795 or email repairs@southderbyshire.gov.uk

Direct Help & Advice (Derby Law Centre)

Supporting people into work and education or training, as well providing information and advice around debt, housing issues & homelessness. Call 01332 287 850, Monday-Friday, 9am-5pm.

Police –

Non-Emergency – 101

Emergency – 999

Social Care

Social care

Call to request an assessment if you have care or support needs (adults) or to report concerns about a child or young person.

This service is open from 9am to 5pm, Monday to Friday by calling 01629 533190.

To find out more and access out of hours contact details check the website at www.derbyshire.gov.uk/social-health/social-care-contacts/contacting-social-care

Energy Support

Warmer Derby and Derbyshire

Offering advice about staying warm at home and energy bills. Call 0800 677 1332 or email wdd@mea.org.uk

Green Homes Grants

Grants are available to improve home energy efficiency.

For advice email

environmental.health@southderbyshire.gov.uk

Visit www.southderbyshire.gov.uk/green-homes-grant

Helpful Health Contacts

GP Surgery

Kingfisher Lane, Willington DE65 6QT
Tel: 01283 703318

NHS

Non-Emergency number – 111

Emergency number – 999

Telecare

Personal alarm system which is monitored 24/7 to keep people safe in their own homes.

For further information telephone 01283 225810 or

email careline@southderbyshire.gov.uk

Medequip

Provides equipment for individuals to use in their own home, as well as some home adaptations.

Telephone 01773 604426 for information.

East Midlands Ambulance Service (EMAS) non emergency patient service

This service is for hospital appointments only and is available to ensure an individual's safety, safe mobilisation, condition management or recovery. Find out more at

www.emas.nhs.uk/your-service/patient-transport-service

Call 0300 300 3434 to book transport.

South Derbyshire CVS Volunteer transport

Active Travel and Social Car services, provided by South Derbyshire CVS, supports vulnerable adults who are unable to drive or use public transport. The transport can be used to help attend medical or other important appointments without having the additional transport worries.

Some travel is arranged through volunteer drivers who use their own cars. There is also access to a partner organisation who provide wheelchair accessible minibus transport where necessary.

Although a financial contribution may be required, this is a highly affordable solution, particularly over multiple appointments.

If you would like to find out more contact SDCVS:

Email: info@sd cvs.org.uk

Tel: 01283 219761