

Locality 4 Mickleover Ward

Community Care Guide

2024



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.

Forever Active

Forever Active is a programme supporting active ageing, focusing on improving strength and balance through exercise and making activity part of your everyday life. Our team will be able to discuss your interests and signpost you to social activities which take place in community venues.

For more information or to make a professional referral please email movemore@derby.gov.uk

Helpful contacts

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.

Derby City Dementia Support- Email: Derbycitydementiasupport@alzheimers.co.uk or call 01332 497640

The Handy Van 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.

Useful Resource: <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/staying-steady-download-page/>

Physical Activity - If you'd like to speak to someone about how you'd like to be active in your area, please email movemore@derby.gov.uk

Mickleover Library

The Home Library Service brings the library to your door. 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

Monday –

- Internet Cafe, St John's Community Link. 10:00am
- Coffee and chat with a friendly volunteer, Mickleover Library – 13:00pm – 14:30pm

Tuesday –

- Coffee and chat with a friendly volunteer, Mickleover Library - 13:00pm–14:30pm.
- Stitches Group, All Saints Church, Mickleover. 10:30am-12:30pm.

Wednesday –

- Coffee Morning, All Saints Church 10:00am-12:00pm
- Coffee morning, Nags Head 10:00am-12:00pm (buy your own drinks)
- Coffee and chat, Methodist Church 10:00am
- Friendship group, St Johns Church Hall, 14:00pm – 16:00pm

Thursday –

- Sewing/Knitting Mickleover Library. 14:00pm-16:00pm.

Friday –

- Coffee Morning, Rest Stop Cafe, St John's Church 10:00am-12:00pm.
- Coffee Morning, Holly Court, Derby Homes Community Room 10:00am-12:00pm.

Sunday – Royal British Legion, Sunday dinner 12:00pm (Purchase your own)

Physical Activity

Monday –

- Zumba at Mickleover Memorial Hall, first class FREE, 9.30am-10.25am

Tuesday –

- Chair Exercise Group, Memorial Hall, 10:30am-12:00pm. £5 per person, Booking required.
- Ladies Only Kickboxing Class, Mickleover Pavilion FREE first class - 17:45pm-18:45pm
- Adult kickboxing session age 16+ 19:00pm-21:00pm
- 18:00pm-19:30pm Adults only Mickleover Memorial Hall

Wednesday –

- Zumba Gold Mickleover Memorial Hall, £5, 14:00pm-14:45pm
- Kids martial arts session, Mickleover Pavilion, 14:30-15:30pm
- Zumba Kids, Murray Park School, 17:45pm -18:30pm and 18:30pm-18:15pm

Thursday –

- Fitsteps Mickleover Memorial Hall, Dance based fitness, 10:00am-10:50am
- Zumba, Mickleover Memorial Hall, 18:30pm-19:25pm
- POUND dance class, Mickleover Memorial Hall, 19:40pm-20:30pm

Friday –

- Move it or lose it - Mickleover Community Centre, - £5 per class– 10:00am – 11:00am 11:15am – 12:15pm
- Over 50s exercise class, All Saints Church Hall 9:30am
- Pilates, All Saints Church Hall 11:30am
- Music and movement, All Saints Church Hall 17:30pm

Childrens Groups

Monday –

- Little Mickleover's Baby & Toddlers Group, Station Road, DE3 9GH 13:30pm
- Derwent Beavers, Station Road, DE3 9GH - 18:00pm

Tuesday –

- Red Fox Cub Scouts, Station Road, DE3 9GH - 18:30pm.
- Rhyme time – 11:00am –11:30am Mickleover Library

Wednesday –

- Dove Beavers - Station Road - 17:30pm
- Girls Brigade - Station Road, Mickleover, DE3 9GH. 18:00pm
- TinyTalk Baby sign class 11.30am-12.30pm £7.25 per family per class, Mickleover Memorial Hall

Thursday –

- Brown Bear Cub Scouts - Station Road, DE3 9GH - 18:30pm.
- Rhyme time – Mickleover library 11:00am-11:30am
- Children's French class, Mickleover library, 10:00am-11:00am. (Contact provider for cost)

Friday -

- Rhyme time/Story time – Mickleover library 11:00am-11:30am.
- Kinder Scouts - Station Road, DE3 9GH -19:00pm.
- Derby Karate Academy, Mickleover memorial hall 18:30-20:00pm Age 7-14 years

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 community centre, 8 Utttoxeter Road, Mickleover, Derby DE3 0DA

Open Monday and 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

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 or call the Derby County Community Trust team on 01332 416140

Local Area Coordination



I'm Nadine, the DCC Local Area Coordinator for the Mickleover 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: Nadine.thomas@derby.gov.uk

Tel: 07385 401 068

Social Prescriber

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

Email: Janelindsay1@nhs.net

Telephone: 07950 275 890

Mental Health

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)

Derbyshire Mental health helpline and support services. Struggling to cope? Talk to us anytime. Call 0800 028 0077. You can also reach us by dialling 111 and selecting option 2. The Derbyshire mental health helpline and support service is a freephone service available to everyone living in Derbyshire – young people and adults. It is open 24 hours a day, seven days a week.

National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (6pm to midnight everyday)

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.

The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (3pm – midnight everyday)

Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10:00am – 22:00pm everyday) Phone operators all identify as LGBT+

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

Substance Support



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

Kelsey Foundation

Recovering Together

Shifting Stigma

Recovery Community Space

Call – 07733 335 797

Email - Kffcic@gmail.com

Useful Contacts

Neighbourhood Team – Email: Neighbourhoods@derby.gov.uk

Locality Team – Daniel Giles and Kelsey Mumford

Email: Daniel.Giles@derby.gov.uk- 07342 078 202

Kelsey.Mumford@derby.gov.uk – 07920 387 463

Wards Councillors

Alison Holmes – Alison.holmes@derby.gov.uk

Matthew Holmes – Matthew.holmes@derby.gov.uk

Miles Pattison – Miles.pattison@derby.gov.uk

Public Protection Team - Email: PPOTeam@derby.gov.uk

Environmental Protection Team

Email: 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

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

Be a Good Neighbour

How you can get involved

If you would like to become a Good Neighbour, please call 01332 342272 or email: goodneighbours@community@derby.org.uk

How to get support from a Good Neighbour

If you need support from a Good Neighbour, please contact us on 01332 346266 or email: support@communityactionderby.org.uk



Good Neighbours Derby

Could you be a Good Neighbour?

Join our team of Good Neighbours to help support Derby residents with simple tasks like shopping or a quick check in and chat.

An hour a week can make all the difference to someone in your community!

WE NEED HELP WITH:

- Food shopping
- Check in and chats
- Light gardening / house tasks
- Transporting people to medical appointments
- Dog walking
- Help using digital devices

Give back to your community

- Make new friends
- Help our NHS

If you're interested in becoming a Good Neighbour, please get in touch today!

☎ 01332 342 272

goodneighbours@communityactionderby.org.uk
www.goodneighboursderby.org.uk

Energy Support



Warmer Derby and Derbyshire

Bill Advice, Bill Support- 0800 677 1332

wdd@mea.org.uk

Citizens Advice Mid Mercia - 0808 278 7972

Traffic & Parking Concerns

General parking problems- Email:

generalparkingproblems@derby.gov.uk

Telephone- 07917 233 812

Traffic concerns-

Email: traffic.management@derby.gov.uk

Telephone- 01332 640815

Highways- Email: maintenance.highways@derby.gov.uk

Special Educational Need or Disability (SEND)

Derby's Local SEND offer: www.derby.gov.uk/education-and-learning/derbys-send-local-offer/

SEND Dynamic CIC

Email: info@thesenddynamic.co.uk

www.communityactionderby.org.uk/application/files/7017/0670/0546/The_SEND_Dynamic_Flyer.pdf

Useful Medical & Emergency Contacts

Carelink

Telephone referral: 01332 642203

To discuss Telecare: 01332 642920

Email: carelink@derby.gov.uk

Mediquip - 01773 604426

EMAS Hospital transport -03003003434

Universal Services for Carers in Derby

Email: carers@citizensadvicemidmercia.org.uk

Telephone: 01332 228777

NHS- Non-Emergency: 111, Emergency: 999

Police- Non-Emergency: 101, Emergency: 999

Carers advice and support - carers@citizensadvicemidmercia.org.uk/
01332 228 777

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