

# Locality 4 Blagreaves 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](mailto: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](mailto: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](mailto: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](mailto:SouthAreaAdmin@derbys-fire.gov.uk).

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

## 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 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 (1<sup>st</sup> Friday of the month) 10:00am – 12:00pm.

## 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, Blagreaves Lane.
- 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

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](mailto:movemore@derby.gov.uk)

## 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 1<sup>st</sup> 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.

## Special Educational Need or Disability (SEND)

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

### SEND Dynamic CIC

Email: [info@thesenddynamic.co.uk](mailto:info@thesenddynamic.co.uk)

[www.communityactionderby.org.uk/application/files/7017/0670/0546/The\\_SEND\\_Dynamic\\_Flyer.pdf](http://www.communityactionderby.org.uk/application/files/7017/0670/0546/The_SEND_Dynamic_Flyer.pdf)

## 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 community centre, 8 Uttoxeter Road, Mickleover, Derby DE3 0DA

Open 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

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](mailto:activercoveryCJMS@dcct.co.uk) or call the Derby County Community Trust team on 01332 416140

## Local Area Coordination



I'm Amanda, 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: [Amanda.Clarke@derby.gov.uk](mailto:Amanda.Clarke@derby.gov.uk)

Tel: 07741 854 496

## 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

**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 (10am – 10pm 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](http://www.livewellderby.co.uk)

Call 01332 641254 or

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

