

DRPSS Group Update: March 2024

South Derbyshire and Erewash

Erewash



Ilkeston Cantelupe Gardens Group – Tuesdays 10am-12noon at the Cantelupe Centre on Ilkeston Market Place. Providing a social and supportive space whilst tending the centres rear garden area, no experience needed, tea and coffee available every week along with indoor activities provided in winter and when the weather is not suitable to be outside.



Creative Arts Project – An arts and crafts group which meets twice weekly at the Cantelupe Centre in Ilkeston. Wednesdays 4-6pm and **Thursdays 1pm - 3pm**. Refreshments are available each week and the group charge £1:50 per session. To access this group, contact the facilitator Stuart on 07719547048.

Please note time change on the Thursday is now 1pm-3pm



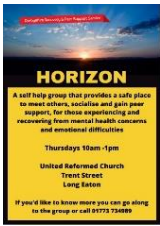
Ilkeston Self Help Group – The Ilkeston Self Help Group meet twice weekly at the Cantelupe centre in Ilkeston. **Mondays and Thursdays 11am – 1pm**. It's a social support group who meet and have a chat over a cuppa and biscuits and an occasional trip out.



The Men's Room – A group just for men who are feeling isolated, stressed or experiencing difficulties to get together and share experiences and coping strategies. Mondays 2-4pm at the Cantelupe Centre, Ilkeston.



Long Eaton Hearts & Minds – A woman's only group that enjoy trips out, providing social support for better mental wellbeing. Meeting every Tuesday from 1pm at various locations. They meet the last Tuesday of the Month 1pm – 4pm at The United Reformed Church in Long Eaton to plan the next month's activities and advise new members wishing to join to do so at this session first. Contact the group on 07802652909.



Long Eaton Horizon – Thursdays 10am – 1pm at the United Reformed Church, Long Eaton. Horizon is a self-help group which provides a safe space to socialise and gain peer support. This group welcomes people just to drop into the group without having to contact them first.



Rant n Rave Long Eaton – **NOW CLOSED**



Long Eaton Self Help Group – **10:30AM – 12:30PM** every Tuesday at St John's Church Hall, Canal Street Long Eaton. £1/session towards the tea and coffee and weekly activities, they provide support for anyone who is feeling isolated stressed or experiencing mental health issues. Find them on Facebook.

PLEASE NOTE SLIGHT TIME CHANGE



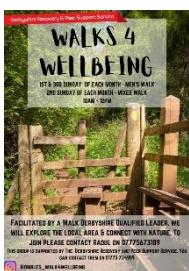
Sawley Social Support – Mondays 10.30am – 12.30pm at Sawley Memorial/Community Hall on Draycott Road in Sawley. A social support group meeting to talk, share experiences and make new friends to help alleviate isolation over a cuppa and some biscuits with some games and crafts.



Better ways to better days – Long Eaton - **United Reform Church Hall from 1.30pm to 3.30pm on the 3rd Tuesday of each month,**

Life with chronic pain, long term illness, physical disability or an invisible illness can be lonely and isolating, at times it can be difficult to feel understood and to not feel like a burden to others around you. This monthly group is a safe space to share your lived experience and connect with others that may face similar challenges to yourself.

Whether you need to lighten the load or perhaps you could inspire someone else. For more info, please contact ben.gough@rethink.org



Walk for Wellbeing – Draycott - 10am-12pm. **Meet at the Draycott fish bar car park (which is behind).** The 1st and 3rd Sundays are men only and the 2nd Sunday is a mixed group. All led by a Walk Derbyshire qualified walk leader. For more information, please contact Raoul on 07775673189



Accessible Walk & Talk – Long Eaton - This group meets every 3rd Saturday of the month **1:30pm-3:30pm** for a gentle accessible walk on flat paths led by trained walk leaders. Length of walk will be 1-2 miles. Disabled parking, Toilets & Cafe. Suitable for wheelchair & mobility scooter users and people with reduced mobility. Meet outside West Park Leisure Centre, Wilsthorpe Road, Long Eaton. NG10 4AA. For more info and to book on to the walk please contact Raoul on 07775673189.

Next session 16th March

South Derbyshire

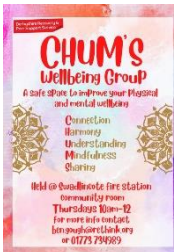


Swadlincote Social Support – A social support group meeting every other Monday at 1:30pm. They meet at various locations around Swadlincote. The best way is to contact Ben to find out where they will next be meeting and discuss the activities planned.

This group is on hold.



Chum's Swadlincote – Chum's is a social group to get people outdoors and socializing. It runs every Wednesday 1pm-3pm on Eureka Park. For more info contact the facilitator Belinda on 07505944166. Or contact Ben Gough.



Chum's Wellbeing Group – This group runs – Thursday's 10am-12pm - A wellbeing group to help with your physical and mental health. Held at the Swadlincote fire station 10am-12 every Thursday. For more info, please contact Ben.

NEW WELLBEING HUB

Derbyshire Recovery & Peer Support Service

LIVING WELL
Derbyshire

Mind
Derbyshire

Mental Health Wellbeing Sessions

Join us on the 1st & 3rd Thursday of the Month at Kirk Hallam Community Centre,

Come any time between 1pm and 3pm

Mental and physical health

Signposting

Loss

Isolation

Volunteering

Education

Relationships

Alcohol or drug misuse

Finances

Managing your home

If you're unsure of where to turn, what service you need, or who to talk to, a good start would be to come and see us.

Derbyshire Recovery & Peer Support Service can offer you guidance, information, practical support, referrals, signposting or peer support.

Our workers will listen to you, and you can talk through your options together. You can be in control of making positive changes in your life.

This is a free service for anyone aged 18+ – pop in and say hello. For more information advice or support please call us on 01773 734989.

Volunteering

Derbyshire Recovery & Peer Support Service

Signposting

Mental Health Wellbeing Sessions

Terms of Reference

Who are we

We are peer support workers, wellbeing or peer coaches and community development support workers from the Derbyshire Recovery and Peer Service and Living Well Derbyshire Teams.

We are not

We are not therapist's and do not offer to council people and we are not a crisis service.

What we do offer

- We offer a confidential space.
- We specialise in mental health and wellbeing.
- We offer a listening ear.

• We are aware of much of the support that is available locally to meet many needs.

- We do engage with other support services.
- We do offer relevant signposting.

• We can each share experience that resonate with each other.

We are here to help, guide, support and signpost where possible.

LIVING WELL
Derbyshire

Mind
Derbyshire

The Derbyshire Federation for Mental Health

P3

Rethink
Mental
Illness.

This is a free service for anyone aged 18+ – pop in and say hello. For more information advice or support please call 01773 734989.

If you require any more information, any posters for the groups listed above or know of someone who could help facilitate a group that is on hold please contact me via my email ben.gough@rethink.org, call my mobile on 07502157029 or call the Service Single Point of Access on 01773 734989.