

## DRPSS Group Update Chesterfield, NEDB & Amber Valley - May 2024



### Alfreton

**Strictly No Falling** – This group runs out of the Palmer Morewood Club, 36 Hall St DE55 7BU. Wednesday @ 11am. They have fun, socialise, and maintain independence. Join our local activity session to improve your strength, balance, and coordination. **Contact Collette 07778 745650 for more information.** This group is working in partnership with Derbyshire Community Health Services NHS Foundation Trust, Derbyshire Recovery and Peer Support Service, and Age Concern.



### Belper

**Dot-Teas Emporium** - Dot-teas have multiple groups during the week. They have a craft group, gardening group, book club and even a human library session twice a month. For more info on the groups please **contact them on 01773 882678.** Address - 99-101 Bridge St, Belper DE561BA



**Belper Drop In** – Thursdays 12:45-2:45 - This group is a friendly peer support drop in for anyone 18+ who live with or are experiencing mental health issues or for anyone who is lonely and isolated. The group runs from Strutt's Centre, Derby Road DE56 1UU.



**Mindful Walks** – A friendly and informal walking group that meets in Belper. For walk dates and more information please **contact Paula by email mindfulwalks22@aol.com**

### Bolsover



**Craft N Chat** – Tuesdays – 10-12pm @ Hillstown Village Hall – A friendly and mixed craft and chat group who love meeting new people so just turn up and introduce yourself.

# Chesterfield



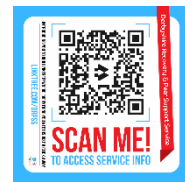
**Building Bridges** – Biweekly starting Tuesday April 2<sup>nd</sup> 12:00pm – 1:30pm. At the Chesterfield Library – this group is here to help and support you with accessibility to places and services while creating friendships along the way. Start making friends and getting support that’s right for you. Email – [buildingbridgescommunity@outlook.com](mailto:buildingbridgescommunity@outlook.com)



**Chesterfield Bipolar Support Group** – First & Third Wednesday of the month, 7pm-9pm @ Saint’s Parish Centre, 5 Marys gate, Chesterfield. S41 7TD. This group offers support and information in a friendly, safe and confidential setting for anyone affected by Bipolar Disorder. Family members, Partners, Friends & Carers are all welcome. For further information please **contact 0333 323 3885 or [supportgroups@bipolaruk.org](mailto:supportgroups@bipolaruk.org)**



**Endeavour Football Group** – Monday – 6-7pm & Thursday 11 – 12pm, Queens Park 3G Pitch. Weekly football sessions to support those with a mental health condition. For more information please contact Steven on 07 8 4 9 2 8 2 1 2 5 or Mark Hudson on 0 7 4 8 4 0 0 1 8 4 2 and for further support options scan the code to the right.



**Enjoy Ceramics Group** - We are a constituted peer support group aimed at supporting people who are 17yrs+ from the Chesterfield and surrounding areas who are learning to manage their mental health wellbeing and or long-term illness through art ceramics and print making, for a few hours a week, creatively communicating and, be enabled to express yourself in a friendly atmosphere where you can work as part of a small group or on your own individual projects. free to access, small groups, running weekdays Subject to booking and availability. For more information **please contact – 01773 734989 or 07888922245.**



**Chesterfield Mental Health Peer Support Group** – 10-12pm every Friday. We are a peer-led support group for anyone 18+. We are a chatty support group, however please bring your own project if you like to keep occupied beyond this and your own refreshments. We offer a chance to chat with like-minded people and a safe forum for those people who live with/experience or are diagnosed with mental ill health. For more information, please contact Mark on 07484 001 842 or email [mark.hudson@rethink.org](mailto:mark.hudson@rethink.org)



**Metamorphic Technique – 1st Tuesday of the month, Now at the Chesterfield Library.** Come and learn a simple yet profound life-altering technique that only involves the gentle touching of your feet, head and hands. £5.00 per session and refreshments are included. For more details, please contact **Ann Wood on 01246 450490**

**Opening Doors**



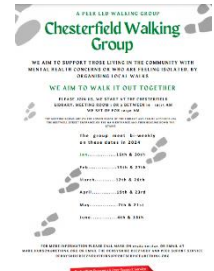
**Opening Doors – First & Third Monday of the month 11am – 1pm.** Cornerstone Cafe, Central Methodist Church, Saltergate, Chesterfield S40 1UH. Supporting those with low moods and anxiety to make new friends, Free to access, social outings, Peer Support Drop in style & Informal. **For more information contact mark.hudson@rethink.org 07484 001 842**



**Singing With Nature -** Have you ever noticed how much better you feel when you spend time in nature? You don't have to be good at singing to join in (this isn't a choir.). It's perfectly fine to just observe. Do wear suitable clothing for the weather conditions and bring a drink of water. The one-hour session includes opportunities for quiet reflection, but you won't have to close your eyes because you will already be in a beautiful outdoor space. You will be gently guided through the techniques to connect with nature which can also help with symptoms of depression and anxiety. This is a simple and inclusive way to start finding your unique connection with nature and meet others in a safe outdoor space. Join our free Singing with Nature sessions to book or for further information email [singingwithnature@gmail.com](mailto:singingwithnature@gmail.com)



**Ladies Creative Group – Stepping Stones. – New Venue** The Group meets every Friday 12-3pm. **Now held at West Studios, Sheffield Road, Chesterfield. S417LL.** Friendly self-help group for adult women who have had or have moderate to medium mental health issues, and have an interest in arts, crafts, supporting others and making new friends. £1 per session. **For more info contact Mark Hudson on 07484001842**



**Chesterfield Walking Group –** A peer led walking group who meet at the Chesterfield library. Biweekly. We support those living in the community with mental health concerns or are feeling isolated or lonely by organising short local walks. For more info, **please contact Mark Hudson on 07484001842.**

# Tupton



**Tupton Friendship Group** - Meeting Every Tuesday 2-4 pm. At The Britannia Inn, Ward Street, Tupton. The group is all about relaxing and having fun in a safe space, around like-minded people, there can be an element of peer support and a chance to listen and share your experiences, but overall, just enjoy a social cuppa in a relaxed, friendly, and safe space, a good chance to show some kindness and hope to others. For more details [call Coral on 07903705457](tel:07903705457).

# Hasland



## **Hasland Hobbycraft and Art Group – New Hours and Venue –**

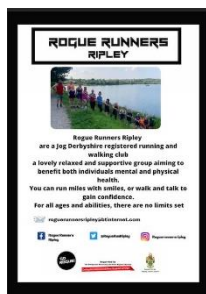
**Tuesdays 10-1pm. Hasland Club, Hampton Street, Hasland, Chesterfield. S41 0LH.** A mixed friendly group for anyone with or without mental health concerns or who feels isolated and who would benefit from regular peer led art and craft group. A chance to chat with likeminded people and make new friends, refreshments available. For more information, [please email mark mark.hudson@rethink.org](mailto:mark.mark.hudson@rethink.org) Tel: 07484 001 842



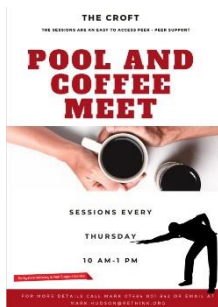
**(Hasland) North Derbyshire Mental Health Carers Group** - An informal group of Carers who care for those family or friends, who have a mental health concerns. We offer no stress and no tests. **The sessions are held at West Studios, Sheffield Road, Chesterfield.** every Friday 2:00pm - 4:30pm. [Contact Malcolm on 01246 220686](tel:01246220686) –

**This group Has a new venue in Chesterfield**

# Ripley



**Rogue Runners** - Rogue Runners Ripley are a Jog Derbyshire registered running and walking club a lovely relaxed and supportive group aiming to benefit both individuals mental and physical health. You can run miles with smiles or walk and talk to gain confidence. For all ages and abilities, there are no limits set. Please contact [roguerunnersripley@btinternet.com](mailto:roguerunnersripley@btinternet.com)



**Pool and Coffee Meet** – We meet every Thursday 10-1pm. The pool and coffee sessions are all about relaxing and having fun in a safe space and a round like-minded people, there can be an element of peer support and a chance to listen and offer your own experiences, but overall, just play pool, enjoy a cuppa in a relaxed, friendly, and safe space, a good chance to show some kindness and hope to others.

**This session has been extended for a hour**

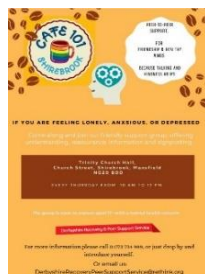


**Ripley Sport 4 Wellbeing** – Every Wednesday 1pm-3pm. Ripley Leisure Centre. Free to access, Peer support, make new friends and keep active, sport sessions held in the hall. Badminton, Basketball, Football, Table Tennis. **This session doesn't run during the school holidays, and wont ruin on these dates- 29th May, 24th July, 31st July, 7th August, 4th August.** For more information contact [mark.hudson@rethink.org](mailto:mark.hudson@rethink.org) 07484001842



**Wellbeing Wednesday Singing Group** – Wednesdays 1pm-3pm. Field Terrace Community Centre, Off Slack Lane, Ripley, Derbyshire DE5 3HL. This group meets weekly to sing songs and socialise. Supporting those with or without mental health concerns and those who are isolated. **For more information call Peter or Lisa on 07958 538421**

## Shirebrook



**Café 101** – We meet every Thursday from 10am to 1pm. Holy Trinity Church Hall, Church Drive, Shirebrook, Nottinghamshire NG20 8DE. Peer to peer support, friendship, helping to support healthy minds. If you are feeling lonely, anxious or depressed, then come along and join our friendly support group, offering understanding, reassurance, information and signposting. Our group is open to anyone aged 17+ with a mental health concern. The group aims to create a safe environment for members to help build resilience, confidence, independence as well as make new friends by the way of interaction and group activities.



**Arts & Café** – Meeting every Thursday 1pm - 3pm **@ The Shirebrook Adult Education Centre, Carter Lane, Shirebrook, NG20 8PE.** Feeling lonely, down or anxious? Then pop in and introduce yourself. This group is open to anyone 17+ with a mental health concern. **For more information call 07375 144 777**



# Eckington



**Eckington Craft Group** – Every Thursday 10-12:30pm. We are a craft group for people who struggle with their mental health. We offer the chance to socialise while developing a range of creative skills including textiles and sewing, card making, painting and drawing and more. Please contact us prior to attending on

[eckingtoncraftgroup@gmail.com](mailto:eckingtoncraftgroup@gmail.com) **THERE IS A WAITING LIST FOR THIS GROUP**

# Wellbeing Hubs

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 us via our email [GroupsDRPSS@rethink.org](mailto:GroupsDRPSS@rethink.org) or call the Service Single Point of Access on 01773 734989.