

# Group Update Central November 2023

**GOSA-ACTIVITYWELLBEING**  
AN OFFER IN ASSOCIATION WITH THE AMBER VALLEY LEISURE CENTRES

HEANOR RIPLEY ALFRETON BELPER

**12 WEEKS GYM, SWIM AND VIRTUAL CLASSES  
£2 PER SESSION**

**HOW TO ACCESS**

PLEASE CALL CHRIS FROST ON 01773 512076 OR EMAIL HIM AT [CHRISFROST@AVCVS.ORG](mailto:CHRISFROST@AVCVS.ORG) TO GET YOUR CARD AND ENABLE YOUR 12-WEEK ACCESS.

FOR AN OFFICIAL RECORD, YOU WILL BE REQUIRED TO SIGN AND COMPLETE AN ANNUAL FORM. THE SIGNATURE AND DATE WILL BE REQUIRED TO ACCESS YOUR CARD AND AFTER A WEEK AT THE OFFICE BY POST.

OFF-PEAK ACTIVITY OFFERS AN EXCELLENT OPPORTUNITY TO GET ACTIVE AND IMPROVE YOUR HEALTH AND WELLBEING. THE £2 PER SESSION OFFER IS AVAILABLE FOR ALL AGES AND ABILITIES. THE £2 PER SESSION OFFER IS AVAILABLE FOR ALL AGES AND ABILITIES. THE £2 PER SESSION OFFER IS AVAILABLE FOR ALL AGES AND ABILITIES.

**FREE TO ACCESS MENTAL HEALTH SUPPORT**

THE £2 PER SESSION OFFER IS AVAILABLE FOR ALL AGES AND ABILITIES. THE £2 PER SESSION OFFER IS AVAILABLE FOR ALL AGES AND ABILITIES. THE £2 PER SESSION OFFER IS AVAILABLE FOR ALL AGES AND ABILITIES.

WE ARE HERE BY PROVIDING SUPPORTED SOCIAL PROMOTION SERVICES. EVALUATING AND AUTHORIZING YOUR SUPPORT GROUPS. OFFERING VOLUNTEER OPPORTUNITIES ACROSS DERBYSHIRE. PROVIDING A SUPPORT GROUP FOR ALL AGES AND ABILITIES.

FOR MORE INFORMATION ABOUT THE OFFER, PLEASE VISIT [www.avcvcs.org](http://www.avcvcs.org) OR CONTACT CHRIS FROST ON 01773 512076 OR EMAIL HIM AT [CHRISFROST@AVCVS.ORG](mailto:CHRISFROST@AVCVS.ORG).

**Get Out, Get Active** - An offer in association with the Amber Valley Leisure centres. 12 weeks gym, swim and virtual classes @ a discounted rate of £2 per session. **At Heanor, Belper, Ripley and Alfreton Leisure centres.** Please call Chris Frost on 01773 512076 or [Chrisfrost@avcvcs.org](mailto:Chrisfrost@avcvcs.org) to get your card and enable your 12-week access. The £2 sessions include, gym, virtual classes and community swim sessions, the sessions are for the off-peak times 9-4 pm each weekday and after 8 pm. at the weekend all times are permitted.

## Alfreton

**Strictly No Falling**  
Have fun, socialise and maintain your independence

Join a local activity session to improve your strength, balance and coordination.

**Alfreton strength & balance class**  
Palmer Morewood Club  
36 Hall St DE55 7BU  
Wednesday 11.00

Contact Collette  
07778 745650

Working in partnership with:  
Derbyshire Community Health Services NHS Foundation Trust

[www.ageuk.org.uk/derbyandderbyshire/strictlynofalling](http://www.ageuk.org.uk/derbyandderbyshire/strictlynofalling)

**Strictly No Falling** – this group runs at the Palmer Morewood Club, 36 Hall St DE55 7BU. Wednesday @ 11am. Have fun, socialise and maintain your independence Join a 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

## Belper

**Dot - Teas Emporium**  
Community Group Sessions

2nd TUES of each month - Book Club 10 - 12 pm

EVERY WED: Crafts (21 tables) 10 - 12 pm

EVERY WED: the Gardening Club (11 pots to suit)

1st THUR of each month: Dot An C up 10 - 12 pm

EVERY THURS: we do a Fourscored meal includes a top of eme-rican £5.50

EVERY FRI: Dot Craft Club 10 - 12 pm

EVERY OTHER SAT: 10.30-12.30 pm Human Library. You do two a human and not a book as we will have a story to tell.

99-101 Bridge St, Belper DE56 1RA  
Tel: 01773 882678

**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**

WE ARE A FRIENDLY PEER SUPPORT DROP-IN GROUP FOR ANYONE 18+ WHO LIVE WITH, EXPERIENCE OR HAVE BEEN DIAGNOSED WITH DEPRESSION, ANXIETY OTHER MENTAL HEALTH CONCERNS OR ARE FEELING ISOLATED.

THURSDAYS  
12.45 - 2.45

STRUTT'S CENTRE,  
DERBY ROAD, DE56 1UU

THE DROP-IN GROUP OFFERS AN OPPORTUNITY TO CONNECT WITH OTHERS WHO ARE HAVING SIMILAR EXPERIENCES

FOR MORE INFORMATION  
PLEASE CALL 01773 734989

**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](mailto:mindfulwalks22@aol.com)

**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](mailto: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



**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](tel:03333233885) 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 Mark Hudson on 07484001842](tel:07484001842)



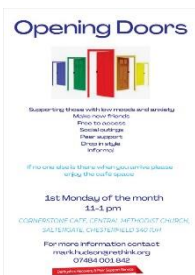
**Enjoy Ceramics Group** - We are a constituted peer support group aimed at supporting people who are 17yrs+ from the Chesterfield and surrounding areas who are learning to manage their mental health wellbeing and or long-term illness through art ceramics and print making For a few hours, a week creatively communicate and 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](tel:01773734989) or [07888922245](tel:07888322245).



**Chesterfield Mental Health Peer Support Group** – 10-12pm every Friday. Come along for a chat with like-minded people about our mental health. For more info, please contact [Mark Hudson on 07484001842](tel:07484001842)



**Metamorphic Technique** – 3<sup>rd</sup> Tuesday of the month, Tontine Road Community Centre. Come and learn a simple yet profound life-altering technique that only involves the gentle touching of your feet, head and hands. £2.00 per session and refreshments are included. For more details, please contact **Ann Wood on 01246 450490**



**Opening Doors** – First 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 and practice social distancing. 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.** The Group meets every Friday 12-3pm. At the Chesterfield community centre, Tontine Road, Chesterfield. S40 1QU. Friendly self-help group for adult women who have had or have moderate to medium mental health issues, and who 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 Bi-weekly. Supporting those living in the community with mental health concerns or are feeling isolated and lonely by organising local walks. For more info, **please contact Mark Hudson on 07484001842.**

# Clowne



**Safe Space Clowne** – Tuesdays from 2pm. Inside Clowne parish church, S43 4AZ. A free weekly support group for anyone struggling with their mental health - arrive any time after 2pm and stay as long as you need. If you are anxious about attending, feel free to join our closed Facebook Group first (search for 'Safe Space Clowne') and/or **ring Rev'd Bryony Taylor on 01246 813569 or email revbryonytaylor@gmail.com** and we can arrange for someone to meet you outside and bring you in. The group is for anyone who may be struggling with an aspect of mental health, be that anxiety, bereavement, depression, or similar mood related conditions. No referral is needed, although if you attend regularly, it is recommended you let your doctor or therapist know.

# Dronfield



**Abstract Art** – Wednesdays 12-1:45pm, The Peel Centre, High Street, Dronfield. S18 1PX. The group aims to help peer support members and offer a creative safe space during difficult times doing art & crafts. **For more details contact Mark Hudson on 07484001842**



**Dronfield Woodhouse Community Support Hub** – we are a local group based in Dronfield woodhouse providing a safe space for people to improve their Mental health and wellbeing. Moray Place Community Building, Moray Place, Dronfield Woodhouse, S18 8ZN.

Tel – 07821691192. Email – [dwcsh@outlook.com](mailto:dwcsh@outlook.com).

Website - [www.dronfield-woodhouse-community.com](http://www.dronfield-woodhouse-community.com)

# New Group

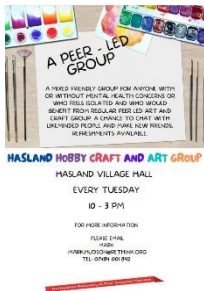


**Dronfield Woodhouse Chair Based Yoga Group** – Tuesdays @ 11:30am & Wednesdays @ 2:30pm @ The Dronfield Woodhouse Community Support Hub. Join us for a gentle chair-based yoga session £2 per session. For more info, please contact

Tel – 07821691192. Email – [dwcsh@outlook.com](mailto:dwcsh@outlook.com).

Website - [www.dronfield-woodhouse-community.com](http://www.dronfield-woodhouse-community.com)

# Hasland



**Hasland Hobbycraft and Art Group** – Tuesdays 10-3pm Hasland Village Hall. 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@rethink.org](mailto:mark@rethink.org) Tel: 07484 001 842



**Carers Art Group** - An informal group of Carers who care for those, family or friends, who have a mental illness. No Stress, No Tests Held at the Hasland Village Hall every Friday 2:30-4:30pm. [Contact Malcolm on 01246 220686](tel:01246220686)

# Ripley

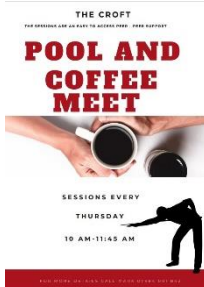


**Rogue Runners** - Rogue Runners Ripley are a Jog Derbyshire registered running and walking club a lovely relaxed and supportive group aiming to benefit both individuals mental and physical health. You can run miles with smiles or walk and talk to gain confidence. For all ages and abilities, there are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



**The Croft Gardens** – **THIS GROUP IS ON HOLD FOR THE WINTER SEASON**

Fridays from 10am @ The Croft, Ripley, Slack Lane. Join us to help tend to the gardens, socialize & get out in the fresh air @ The Croft in Ripley. Get involved with looking after the garden, planting flowers, vegetables and helping to turn part of the garden into a community allotment. For more information, [please contact us on 07502157029](mailto:ben.gough@rethink.org) [ben.gough@rethink.org](mailto:ben.gough@rethink.org)



**Pool and Coffee Meet** – Every Thursday 10-11:45am. 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 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.



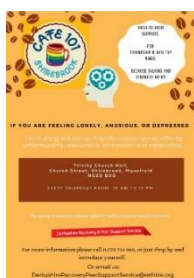


**Ripley Sport 4 Wellbeing** – Every Wednesday 1pm-3pm. Ripley Leisure Centre. Free to access, Peer support, make new friends and keep active, sport sessions held in the hall. Badminton, Basketball, Football, Table Tennis. **For more information contact mark.hudson@rethink.org 07484001842**



**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. **For more information call Peter or Lisa on 07958 538421**

## Shirebrook



**Café 101** – Every Thursday from 10am to 1pm. Holy Trinity Church Hall, Church Drive, Shirebrook, Nottinghamshire NG20 8DE. Peer to peer support, friendship, healthy minds. Feeling lonely, anxious or depressed? 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** – Every Thursday 1pm - 3pm Village Hall Park Road Shirebrook NG20 8JP. Feeling lonely, down or anxious? **For more information call 07375 144 777** or pop in and introduce yourself This group is open to anyone 17+ with a mental health concern.

## Tuption



**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 offer your experiences, but overall, just enjoy a 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.**

# 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)

# Wellbeing Hub

Alcohol or drug misuse

Volunteering

Derbyshire Recovery & Peer Support Service

# Wellbeing Hub

Mental and physical health

Housing

Join us every Tuesday at Chesterfield Library, New Beetwell Street, Town Centre, Chesterfield S40 1QN

Come any time between 10.30am and 12.30pm

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 and Peer Support Service can offer you guidance, information, practical support, referrals, signposting or peer support. Our worker will listen to you, and you can talk through your options together. You can be in control of making positive changes in your life.

Isolation

Loss

Relationships

Managing your home

Education

Finances

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